



Ref.: SU/BOS/ P. E. /690

Date: 04 - 01- 2025

To,

The Principals,  
All Concerned Affiliated Colleges /Institutions.  
Shivaji University, Kolhapur.

**Subject :** Regarding syllabi of **B. A. Yoga Part I** Course under the Faculty of Inter-Disciplinary Studies as per National Education Policy 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 syllabi of B. A. Yoga Part I Course under the Faculty of Inter-Disciplinary Studies. as per National Education Policy, 2020. (2.0)

This syllabus and nature of question shall be implemented from the academic year 2024-2025 onwards. A soft copy containing the syllabus is attached herewith and it is also available on university website [www.unishivaji.ac.in](http://www.unishivaji.ac.in). (NEP-2020@suk / Online Syllabus)

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

Copy to:

1	The Dean, Faculty of IDS	7	Affiliation T. 1 & T. 2 Section
2	Director, Board of Examination and Evaluation	8	P.G.Admission Section
3	The Chairman, Respective Board of Studies	9	Appointment A & B Section
4	B.A., B.Com., B.Sc. Exam	10	P.G.Seminar Section
5	Eligibility Section	11	I.T.cell
6	Computer Centre	12	I.Q. AC

# SHIVAJI UNIVERSITY, KOLHAPUR



Established: 1962

A<sup>++</sup> 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 - I (Semester - I and II)

**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 2024 ONWARDS)**

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# SHIVAJI UNIVERSITY, KOLHAPUR

## Syllabus For

### B.A. (Yoga) Undergraduate

(As per National Education Policy 2020)

**Title: B.A. (Yoga) Undergraduate**

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

**2) 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.

**3) 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.

**4) 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.

**5) 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.

**6) 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)

**7) 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**.

**8) 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.

**9) SCHEME OF TEACHING AND EXAMINATION PATTERN (Theory/Practical/Internal)**

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

**11) STRUCTURE OF PROGRAMME:**

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

<b>COURSE CATEGORY</b>	<b>ABBREVIATION (Only 2 Letters)</b>	<b>DESCRIPTION</b>
<b>MAJOR</b>	Mandatory (MM)	Major – Mandatory Course
	Elective (ME)	Major – Elective Course
<b>MINOR</b>	Minor (MN)	Minor - Course
<b>IDC/MDC/ GEC/OE</b>	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)
<b>VSC/SEC</b>	VSC (VS)	Vocational Skill Course
	SEC (SE)	Skill Enhancement Course
<b>AEC/VAC/IKS</b>	AEC (AE)	Ability Enhancement Course
	VAC (VA)	Value Added Course
	IKS (IK)	Indian Knowledge System
<b>OJT/FP/CEP/CC/RP</b>	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. - I) (UG DIPLOMA):**

<b>YEAR:</b>	<b>B.A. - I</b>
<b>SEMESTER:</b>	<b>I and II</b>
<b>LEVEL:</b>	<b>4.5</b>
<b>TOTAL CREDITS</b>	<b>22 + 22= 44</b>
<b>DEGREE AWARDED:</b>	<b>UG CERTIFICATE (AFTER 44 CREDITS IN TOTAL)</b>

**(Annexur-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
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 Lectures	Hours	Credits		---	Paper Hours	Max	Min	Internal	Max
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		10	04
8.	CEP	2	2	2		2 Viva	10	4	Concurrent Fieldwork	40	14
Total		22	22	22		---	410	---		140	---
		SEE + IA = 410+140= 550									

A - I) B.A. – I: SEMESTER - I (TOTAL CREDITS - 22): (Note: Put ‘—’ wherever ‘Not Applicable’)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
Course-1	DSC I	History and Philosophy of Yoga		04
Course-2	DSC I	Schools of Yoga		04
Course-3	DSC I	Yoga Practical 1		04
OE	OE I	Foundations of Ashtanga Yoga - Maharshi Patanjali		02
SEC	SEC - I	Yogic Kriya 1		02
AEC/	AEC	(Write Name) English - I		02
IKS	IKS (Generic)	(Write Name)		02
CC		(Write Name)		02
CREDITS FOR B.A. - I, SEM - I:				22

A -2) B.A.I, SEMESTER II (TOTAL CREDITS - 22): (Note: Put ‘—’ wherever ‘Not Applicable’)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
Course-1	DSC II	Indian Yogis		04
Course-2	DSC II	Anatomy & Physiology		04
Course-3	DSC II	Yoga Practical 2		04
OE	OE II	Introduction to Hathyog / Chaturang Yoga		02
SEC	SEC - II	Yogic Kriya 2		02
AEC /	AEC	(Write Name) English - II		02



VEC	VEC	DEC.		02
CEP	CEP (Major)	PHYSICAL FITNESS, WELLNESS, AND LIFESTYLE		2
CREDITS FOR B.A. - I, SEM - II:				22
CREDITS FOR B. A. - I, SEM – I AND II:				22 + 22= 44
<b><i>SPECIAL NOTE:</i></b> <b>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 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. The Nature of SUMMER INTERNSHIP:</b>				

## 1. COURSE CODE TABLE

Semester No.	Course	Course Code	Title of Course
I	DSC I		History and Philosophy of Yoga
I	DSC I		Schools of Yoga
I	DSC I		Yoga Practical 1
I	OE I		Foundations of Ashtanga Yoga - Maharshi Patanjali
I	SEC I		Yogic Kriya 1
II	DSC II		Indian Yogis
II	DSC II		Anatomy & Physiology
II	DSC II		Yoga Practical 2
II	OE II		Introduction to Hathyog / Chaturang Yoga
II	SEC - II		Yogic Kriya 2
II	CEP (Major)		PHYSICAL FITNESS, WELLNESS, AND LIFESTYLE

## 12. Determination of 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:
  - If the total marks of course are 100 and passing criteria is 35%, then use the following Table for the conversion.
  - 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:

### 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:

1. Marks obtained  $\geq 0.5$  shall be rounded off to next higher digit.
2. The SGPA & CGPA shall be rounded off to 2 decimal points.
3. 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)

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

#### 2. Cumulative Grade Point Average (CGPA)

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

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

#### QUESTION PAPER PATTERN FOR B.A. PART I

B.A. (B.A. (Yoga)) SEMESTER-I/II

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.-I Semester-I - Home Assignment

B.A.-I Semester-II – Unit Test

## **10: SYLLABUS**

### **A) THEORY PAPERS:**

#### **B. A. I, SEMESTER – I**

**Course Category:** B.A. (Yoga)

**SEM - I (Level):** Course - 1

**Course Number:** MM01 (DSC-I)

**Course Name:** History and Philosophy of Yoga

**Course Code:**

**Course Credits:** 04

**Marks: Semester End:** (T-80+IA-20)

**Total Marks:** 100

### **OBJECTIVES:**

1. Enhance Understanding of the Meaning and Importance of Yoga
2. Recognize and Articulate the Importance of Yoga for Holistic Development
3. Develop a Comprehensive Understanding of the Aim and Objectives of Yoga
4. Identify and Correct Misconceptions about Yoga
5. Enhance Holistic Development and Well-being through Skill Development in Yoga
6. Explore and Promote Traditional Indian History and Philosophy of Yoga

### Course

Module No.	Module Name	Teaching Hours	Credit
01	INTRODUCTION OF YOGA Definition and Meaning of Yoga Aims and Objectives Historical Development of Yoga Relevance of yoga in the modern age Scope and Misconceptions about yoga.	15	01
02	YOGA IN DIFFERENT TEXTS Ved Upnishad Geeta Ayurveda Patanjali yoga sutra.	15	01
03	BRIEF INTRODUCTION OF ASHTANGA  YOGA  Yam  Niyam  Asan  Pranayam  Pratyahara  Dharana  Dhyan  Samadhi.	15	01
04	OBSTACLES, SEQUENCE, AND DIFFERENCE IN YOGIC PRACTICES Obstacles in the Path of Yoga Practice Sequence for yogic practices Difference between yogic and non-yogic system of exercise.	15	01
<b>Total</b>			<b>04</b>

### Course Learning Outcomes:

- Students will have an understanding of Yoga, its origin, history, philosophy, and development.
- Students will be able to comprehend the relationship between history and philosophy of Yoga.
- Students would learn about recent developments and the academic foundation of yoga.
- Students will acquire a comprehensive knowledge and sound understanding of Yoga.

- Students can compare the relationship between Yoga and Practical Life.

## **Bibliography: History and Philosophy of Yoga**

### **Essential Books:**

Patanjali. The Yoga Sutras of Patanjali. Various translations

Vivekananda, Swami. Raja Yoga. Advaita Ashrama, 1896.

Satchidananda, Swami. The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidananda. Integral Yoga Publications, 1978.

Singleton, Mark. Yoga Body: The Origins of Modern Posture Practice. Oxford University Press, 2010.

De Michelis, Elizabeth. A History of Modern Yoga: Patanjali and Western Esotericism. Continuum, 2005.

Saraswati, Swami Sivananda. The Philosophy of Yoga. The Divine Life Society, 1947.

Radhakrishnan, S. The Principal Upanishads. \* HarperCollins, 1992.

"योगशास्त्र" (Yoga Shastra) by N. S. Phadke

"योगाचे दर्शन" (Yogaache Darshan) by Swami Muktananda

"भक्तियोग" (Bhakti Yoga) by Swami Sivananda

"योग आणि आंतरंग" (Yoga Aani Antarang) by Dr. V. B. Kharat

"योगदर्शन" (Yogadarshan) by Y. R. Gaitonde

### **Suggested Readings:**

- योगविज्ञान-स्वामी विज्ञानानंद सरस्वती
- वेदों में योगविद्या-स्वामी दिव्यानंद
- योग मनोविज्ञान-शांतीप्रकाश आत्रेय
- औपनिषदिक अध्यात्मविज्ञान-डॉ. ईश्वर भारद्वाज
- कल्याण (योगतत्वांक) -गीताप्रेस, गोरखपूर
- कल्याण (योगांक) -गीताप्रेस, गोरखपूर
- भारतके संत महात्मा-रामलाल
- भारत के महान योगी-विश्वनाथ मुखर्जी

## **B. A. I, SEMESTER – I**

**Course Category:** B.A. (Yoga)

**SEM - I (Level):** Course – 2

**Course Number:** ME02 (DSC-I)

**Course Name:** Schools of Yoga

**Course Code:**

**Course Credits:** 04

**Marks: Semester End: (T - 80 + IA 20)**

**Total Marks: 100**

### **OBJECTIVES:**

1. Enhance Understanding of the Meaning and Importance of Schools of Yoga
2. Recognize and Articulate the Importance of Schools of Yoga for Holistic Development
3. Identify and Correct Misconceptions about Yoga
4. Enhance Holistic knowledge of various Schools of Yoga
5. Explore and Promote Traditional Indian History and Philosophy of different Schools of Yoga

### **Course**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Credit</b>
01	KARMA YOGA Introduction to Karma Yoga Concept of Karma in Indian philosophy Types of Karma Nishkama Karma (Selfless action) vs. Sakama Karma (Desire-driven action) Bhagavad Gita and Karma Yoga:	15	01
02	JNANA YOGA Introduction to Jnana Yoga: Meaning, Definition and principles of Jnana Yoga Maya (illusion) and the concept of Avidya (ignorance) Sadhana- Chatushtaya.	15	01
03	RAJA YOGA Introduction to Raja Yoga: Definition and Overview of Raja Yoga Importance of mental discipline and control	15	01
04	BHAKTI YOGA Meaning of bhakti and Bhakti Yoga, stages of Bhakti, Types of Bhakti, Means of Bhakti Yoga	15	01
<b>Total</b>			<b>04</b>

**Course Learning Outcomes:**

- Students will be able to understand the orientation of Schools of Yoga
- Students will be able to compare various Schools of Yoga.
- Students will be able to acquire a philosophical touch of different Schools of Yoga.
- Students will be able to keep an interest in the legacy of Yoga and Practical Life.

**Bibliography:****Karma Yoga**

1. "The Bhagavad Gita" by Vyasa, translated by EknathEaswaran
2. "Karma Yoga: A Yoga of Action" by Swami Sivananda

**Jnana Yoga**

1. "The Upanishads" translated by EknathEaswaran
2. "The Ashtavakra Gita" translated by Swami Nikhilananda

**Raja Yoga**

1. "The Yoga Sutras of Patanjali" by Patanjali, translated by Swami Satchidananda
2. "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar

**Hatha Yoga**

1. "Hatha Yoga Pradipika" by Swami Swatmarama
2. "The GherandaSamhita" by Gheranda
3. "Light on Yoga" by B.K.S. Iyengar

**MARATHI**

- "कर्मयोग" (Karma Yoga) by Swami Sivananda
- "भगवद्गीता" (Bhagavad Gita) translated by various authors
- "योगदर्शन" (Yogadarshan) by Y. R. Gaitonde
- "राजयोग" (Raja Yoga) by Swami Sivananda
- "योगशास्त्र" (Yoga Shastra) by N. S. Phadke
- "योगाची सुरवात" (YogachiSurwat) by Swami Muktananda

**B. A. I, SEMESTER – I**

**Course Category:** B.A. (Yoga)

**SEM - I (Level):** Course - 3

**Course Number:** MM01 (DSC-I)

**Course Name:** Yoga Practical 1

**Course Code:**

**Course Credits:** 04



Marks: Semester End: (T-80+IA-20)

Total Marks: 100

**OBJECTIVES:**

- To apply the textual understanding of yogic practices
- To know the techniques and importance of Asanas
- To know the techniques and importance of Pranayama
- To know the techniques and importance of SukshmaVyayam

**Course**

<b>Module No.</b>	<b>Module Name</b>	<b>Practical's Hours</b>	<b>Credit</b>
01	1. Omkar chanting 2. Prayer	30	01
02	3. SukshmaVyayam (Micro Exercises) KaraTalasaktiVikasaka(plams) KohinishaktiVikasaka(elbows) BhujaBandha Shakti Vikasaka(Upper arms) SkandhaTathaBahumulashaktiVikasaka(shoulder blades and joints) GrivashaktiVikasaka(Neck movement) Kati shaktiVikasaka 1,2(Trunk movement) Janghashakti Vikasaka1 (Knee movement) Pad mulashaktiVikasaka(Ankle movement) 4.Suryanamaskar (Aundhkarpadhati 10 count)	30	01

03	5. Asanas 1. Supine Ekpaduttanpadasan Dwipaduttanpadasan Nouksan Skandharasan Pawanmuktasan Shavasan 2. Prone BhujangasanShalbhasanDhanurasanMakarasan 3. Sitting Padmasan: Padmasanyogmudra Vajrasan: Vajrasanyogmudra Vakrasan Bhadrasan(butterfly ) 4. Standing Tadasan Vrikshasan Trikonasan 6. Shudhikriya Kapalbhati	30	01
04	7. Breathing exercise Yogic shwashan VibhagiyaSvasana(Sectional breathing) Abdominal, thoracic, and clavicular. 8. Closing prayer	30	01
<b>Total</b>			<b>04</b>

**Course Learning Outcomes:**

- To know the difference between yogic exercises and other exercises
- To understand the higher principles of Yoga through practice
- To know the effects of Yogic practices on different systems
- To understand the fundamental teaching principle of simple to complex

## **B. A. I, SEMESTER – I**

**Course Category:** B.A. (Yoga)

**SEM - I (Level):** Course – Open Elective

**Course Number:** OE01

**Course Name:** Foundations of Ashtanga Yoga - MaharshiPatanjali

**Course Code:**

**Course Credits:** 02

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

**Total Marks:** 50

### **OBJECTIVES:**

1. To provide a comprehensive understanding of Patanjali's Eight Limbs of Yoga and their application in daily life.
2. To enhance physical strength, flexibility, and stamina through the practice of asanas (postures).
3. To promote mental focus and emotional stability through pranayama (breath control) and meditation techniques.
4. To encourage spiritual growth and self-realization through ethical practices and mindfulness.

### **Course**

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
02	30	-	-
<b>Module – I</b>			15
1.1 Overview of Yoga and Patanjali 1.2 Definition of yoga and its branches 1.3 Introduction to Maharshi Patanjali and the Yoga Sutras the Eight Limbs of Yoga (Ashtanga) 1.4 Introduction to the eight limbs: Yama (ethical disciplines) Niyama (self-disciplines) 1.5 Asana and Pranayama: Role of Asana (postures) in practice 1.6 Introduction to Pranayama.			

<b>Module – II</b> 2.1 Pratyahara and Dharana 2.2 Understanding Pratyahara (withdrawal of senses) 2.3 Techniques for Dharana (concentration) 2.4 Dhyana and Samadhi 2.5 Overview of Dhyana (meditation) and its significance 2.6 Introduction to Samadhi (state of bliss)		15
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 achieve a balanced integration of physical, mental, and spiritual health through the principles of Ashtanga Yoga.
- Learners will develop self-discipline and commitment through a regular practice of the Eight Limbs of Yoga.
- Students will cultivate mindfulness and awareness, improving focus and reducing stress in daily life.
- Individuals will deepen their spiritual understanding and connection, promoting inner peace and enlightenment.

#### **Bibliography:**

- शरीरक्रियाविज्ञान – डॉ. प्रीयवृत्त शर्मा
- सुश्रुत – भास्कर गोविंद घाणेकर
- शरीररचना व क्रिया विज्ञान – डॉ. एस. आर. वर्मा
- Anatomy & Physiology for Nursees – Jaypee Brothers
- Anatomy & Physiology-Ross & wilson
- Anatomy&Physiology-C.Gyton

- HumanAnatomy -grays
- HumanAnatomy- M.LyesPrives
- Human physiology - Chakravti,Ghoshandsahana
- Basicphysiology–E.D.AmourFred
- SwasthyaShikshaAvamSharirVigyan-H.K.Sharma
- HealthforallthroughYoga-Dr.GaneshShankerGhi
- ManvavSarirDipika-Dr.MukundSwarupVerma
- YogaAvamSwasthya–RaajPublicationPatoyala

### **B. A. I, SEMESTER – I**

**Course Category:** B.A. (Yoga)

SEM - I (Level): Course – SEC -1 5

Course Number: SEC01

Course Name: Yogic Kriya 1(योगिक क्रिया) - Practical 1

Course Code:

Course Credits: 02

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

Total Marks: 50

#### **OBJECTIVES:**

- Cleanses the body of toxins, enhancing overall health and vitality.
- Reduces stress and sharpens focus, improving cognitive function.
- Promotes self-awareness and resilience, aiding in emotional regulation.
- Deepens spiritual connection, fostering inner peace and mindfulness.

#### **Course**

Number of Theory Credits	Number of lecture hours/semester	Number of Practical hours/ semesters
02	30	-
<b>Module – I</b>		15
1.1 Introduction to Yogic Shatkarma		
1.2 Definition and significance of Shatkarma		

1.3	Historical context in yogic practices	15
1.4	Overview of the six cleansing techniques	
<b>Module – II</b>		
2.1	Introduction to Neti (Nasal cleansing)	
2.2	Detailed practice of Jala Neti: benefits, contraindications, and practical demonstration	
2.3	Introduction to Kapalbhathi Explanation of Kapalbhathi (Skull shining breath) and its benefits	
2.4	basic anatomy and physiology involved in Kapalbhathi	
2.5	Safety precautions and contraindications	
2.6	Step-by-step demonstration of Kapalbhathi	
<i>Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically / Visually Challenged students</i>		
Formative Assessment		
Assessment		Weightage in Marks
Theory		Theory - 40 Marks
IA		IA - 10 Marks
Total		50 Marks

*Note: 1. \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

### **Course Learning Outcomes:**

- Participants will experience improved physical well-being and vitality through effective detoxification techniques.
- Learners will develop greater mental clarity and concentration.
- Individuals will cultivate emotional balance and self-awareness.
- Students will deepen their spiritual connection and mindfulness.

**Bibliography:**

- HathYoga Pradipika-Kaivalyadham
- Asana, Pranayama, Mudra, Bandha
- समग्र योग महाविज्ञान-विश्वजीत वर्मा
- हठयोग प्रदीपिका-कैवल्यधाम, लोणावळा
- घेरंडसंहिता-कैवाल्याधाम, लोणावळा
- गोरक्षसंहिता-गोरक्षनाथ
- भक्तिसागर-स्वामी चरणदास
- योगासन विज्ञान-स्वामी धीरेंद्रब्रम्हचारी
- योग परिचय-पितांबर झा
- सरळ योगासन-डॉ. ईश्वर भारद्वाज
- आसन प्राणायाम-देवव्रत आचार्य
- आसन प्राणायाम मुद्रा बंध-स्वामी सत्यानंद
- बहिरंग योग-स्वामी योगेश्वरानंद
- शिवासंहिता-स्वामी महेशानंदजी

**B. A. I, SEMESTER – II**

**Course Category:** B.A. (Yoga)

SEM-II (Level): Course – 1

Course Number: MM01 (DSC-II)

Course Name: Indian Yogis

Course Code:

Course Credits: 04

Marks: Semester End: (T - 80 + IA - 20)

Total Marks: 100

**OBJECTIVES:**

1. Elevate Understanding of the Indian Yogis
2. Develop a Comprehensive Understanding of the greatness of the Indian Yogis
3. Enhance the Holistic legacy of the Indian Yogis
4. Explore and Promote Traditional Indian History and Indian Yogis

### Course

Module No.	Module Name	Teaching Hours	Credit
01	Life sketch and their contribution to Yoga: Maharshi Patanjali	15	01
02	Life sketch and their contribution to Yoga: Maharshi swami kuvalyanand	15	01
03	Life sketch and their contribution to Yoga: Maharishi Dayananda Saraswati.	15	01
04	Life sketch and their contribution to Yoga: Sri Aurobindo	15	01
<b>Total</b>			<b>04</b>

#### Course Learning Outcomes:

- Students will be able to understand Indian Cultural Heritage.
- Students will be able to keep an interest in the philosophy of the Indian Yogis.
- Students will be able to acquire a philosophical touch of Indian Yogis.
- Students will be able to think about the legacy of the Indian Yogi and Practical Life.

#### Bibliography:

##### ENGLISH

##### 1. Swami Vivekananda

- "Raja Yoga" by Swami Vivekananda
- "The Complete Works of Swami Vivekananda" by Swami Vivekananda
- "Meditation and Its Methods" by Swami Vivekananda

##### 2. Swami Sivananda

- "The Science of Self-Realization" by Swami Sivananda
- "Karma Yoga: A Yoga of Action" by Swami Sivananda
- "Bhakti Yoga: The Yoga of Devotion" by Swami Sivananda

##### 3. Swami Muktananda

- "Siddhi: The Perfection of Yoga" by Swami Muktananda



- "The Art of Meditation" by Swami Muktananda

#### 4. Sri Aurobindo

- "The Synthesis of Yoga" by Sri Aurobindo
- "The Life Divine" by Sri Aurobindo

#### 5. ParamahansaYogananda

- "Autobiography of a Yogi" by Paramahansa Yogananda
- "The Science of Religion" by Paramahansa Yogananda

#### 6. Osho (Bhagwan Shree Rajneesh)

- "The Book of Secrets" by Osho
- "The Philosophy of the Mystic" by Osho

#### Marathi

##### 1. Swami Vivekananda

- "राजयोग" (Raja Yoga) translated by various authors
- "स्वामीविवेकानंदः जीवनआणितत्त्वज्ञान" (Swami Vivekananda: JeevanAaniTattvajnana) by various authors

##### 2. Swami Sivananda

- "कर्मयोग" (Karma Yoga) by Swami Sivananda
- "भक्तियोग" (Bhakti Yoga) by Swami Sivananda
- "आध्यात्मिकसाधना" (AdhyatmikSadhana) by Swami Sivananda

##### 3. Swami Muktananda

- "सिद्धिः योगाचेपरिपूर्णता" (Siddhi: YogacheParipurnata) by Swami Muktananda
- "ध्यानाचीकला" (Dhyanachi Kala) by Swami Muktananda

##### 4. Sri Aurobindo

- "योगाचासंलय" (YogaachaSanlay) by Sri Aurobindo
- "जीवनदिव्य" (JeevanDivya) by Sri Aurobindo

##### 5. ParamahansaYogananda

- "योगींच्याआत्मचरित्र" (YoginchyaAtmcharitra) translated by various authors

- "धर्मशास्त्राचा विज्ञान" (Dharmashastra Vijnan) by Paramahansa Yogananda

6. Osho (Bhagwan Shree Rajneesh)

- "गुप्तवाणी" (Guptavani) by Osho
- "मिस्टिक तत्त्वज्ञान" (Mystic Tattvajnana) by Osho

## B. A. I, SEMESTER – II

**Course Category:** B.A. (Yoga)

SEM-II (Level): Course – 2

Course Number: ME03 (DSC-II)

Course Name: Anatomy & Physiology

Course Code:

Course Credits: 04

Marks: Semester End: (T - 80 + IA 20)

Total Marks: 100

### Course Objectives:

To understand the fundamental principles of anatomy and physiology

To understand the role and importance of anatomy and physiology

To know the utility of Yoga in modern science

To apply yogic practices to the masses

To develop a sound understanding of Yoga in the modern era

### Course

Module No.	Module Name	Teaching Hours	Credit
01	Effects of Yogic Practices on the Musculoskeletal System Cell Physiology Anatomy and Physiology of Muscular System Anatomy and Physiology of Skeletal System Effects of Asana, Pranayama, Kriyaon Musculoskeletal system	15	01

02	Effects of Yogic Practices on the Digestive and Excretory System Anatomy and Physiology of Digestive System Anatomy and Physiology of Excretory System Anatomy and Physiology of Urinary System Effects of Asana, Pranayama, and Kriyaon above systems	15	15
03	Effects of Yogic Practices on Nervous System and Glands Anatomy and Physiology of Nervous System Anatomy and Physiology of Endocrines Glands Anatomy and Physiology of Exocrine Glands Effects of Asana, Pranayama, and Kriyaon above systems	15	15
04	Effects of Yogic Practices on Reproductive, Respiratory, and Circulatory Systems Anatomy and Physiology of Reproductive System Anatomy and Physiology of Respiratory System Anatomy and Physiology of Circulatory System Effects of Asana, Pranayama, and Kriyaon above systems	15	15
<b>Total</b>			<b>04</b>

#### **Course Outcomes:**

- To understand ancient yogic concepts based on modern understanding
- To understand the effects of Yogic practices on different systems
- To understand the integrated effect on different systems together
- To highlight the ancient wisdom of Yoga through modern parameters

#### **Reference Books:**

Gore M.M., Anatomy and Physiology of Yogic practices, KanchanPrakshan, Lonavala, 2003.

Mandlik V. Yoga Parichaya: Sharira Shastra, YogachaitanyaPrakashana, Nashik.

Shirley Telles, Nagendra H.R., A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.

Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it, Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988

Mandlik V., Yoga Parichaya, YogachaitanyaPrakashana, Nashik.

Gharote M.M., Therapeutic Reference in Traditional Yoga Texts, The Lonavala Yoga Institute

### **B. A. I, SEMESTER – II**

**Course Category:** B.A. (Yoga)

**SEM-II (Level): Course – 3**

**Course Number: ME03 (DSC-II)**

**Course Name: Yoga Practical 2**

**Course Code:**

**Course Credits: 04**

**Marks: Semester End: (T - 80 + IA 20)**

**Total Marks: 100**

#### **Objectives:**

To apply the textual understanding of yogic practices prayer etc.

To know the techniques and importance of various Asana

To know the techniques and importance of Pranayama

To know the techniques and importance of Kriyas

#### **Course**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Practical's Hours</b>	<b>Credit</b>
01	1. Omkar chanting 2. Prayer		30	01
02	3. Sukshma vyayam (Micro Exercises) Jogging, Forward & Backward bending Side bending Twisting Alternate toe touch Straight Leg Raising 4 Suryanamaskar-12 counts with Mantras		30	01

03	5 Asanas 1. Supine Viparithkarni Markatasan Ardhashakrasana Shavasana 2. Prone Nirālamb Bhujangasana Naukasana Makarasana 3. Sitting Ardhamatsyendrasana Paschimotanasana 4. Standing Veerasana Virbhadrasana 6. Suddhikriya Tratak Jalneti Vaman Dhauti		30	01
04	7. Breathing exercise Deep breathing Ratio 1:2 8. Pranayama Anulomvilom Suryabhedha Pranayama (without Bandhas) Shitalipranayama (without bandhas) Bhramari Pranayama (without Bandhas) 8. Closing Prayer.		30	01
<b>Total</b>				<b>04</b>

**Course Outcomes:**

- To know the difference between yogic exercises and other exercises
- To understand the higher principles of Yoga through practice
- To know the effects of Yogic practices on different systems
- To understand the fundamental teaching principle of simple to complex

**B. A. I SEMESTER – II**

**Course Category:** B.A. (Yoga)

SEM-II (Level): Course – Open Elective 4

Course Number: OE02

Course Name: Introduction to Hathyog / Chaturanga Yoga

Course Code:

Course Credits: 02

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

Total Marks: 50

**OBJECTIVES:**

To explore the foundational concepts and historical context of Hatha Yoga as a holistic practice.

To learn about prana, chakras, and nadis principles about physical and energetic health.

To examine the integration of Hatha Yoga within the broader framework of the Eight Limbs of Yoga.

To investigate the connection between physical posture, mental states, and spiritual awareness in Hatha Yoga practice.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
02	30		
<p style="text-align: center;"><b>Module I</b></p> <p>Chaturanga Yoga Asanas and Pranayama</p> <p>Overview of Chaturanga: Definition and benefits in yoga practice.</p> <p>Asanas Details, Pranayama Techniques.</p> <p style="text-align: center;"><b>Module II</b></p> <p>Mudras and Nadanusandhan</p> <p>1. Introduction to Mudras: Types and Significance in Chaturanga Yoga.</p> <p>Nadanusandhan: Understanding sound and its role in meditation.</p>			15+15
Formative Assessment			
Assessment		Weightage in Marks	
Assessment		Weightage in Marks	
Theory		Theory - 40 Marks	
IA		IA - 10 Marks	

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

**Course Learning Outcomes:**

- Participants will gain a solid understanding of Hatha Yoga principles and their historical significance.
- Learners will develop a deeper awareness of prana, chakras, and nadis, and their roles in overall well-being.
- Students will be able to articulate how Hatha Yoga fits within the broader context of the Eight Limbs of Yoga.
- Individuals will cultivate an understanding of the mind-body connection, fostering greater mental and spiritual awareness.

**Bibliography:**

- शरीरक्रियाविज्ञान – डॉ. प्रीयवृत्त शर्मा
- सुश्रुत – भास्कर गोविंद घाणेकर
- शरीर रचना व क्रिया विज्ञान – डॉ. एस. आर. वर्मा
- Anatomy & Physiology for Nursees- Jaypee Brothers
- Anatomy & Physiology- Ross & wilson
- Anatomy & Physiology-C.Gyton
- Human Anatomy -grays
- Human Anatomy- M. LyesPrives
- Human physiology - Chakravti,Ghoshandsahana
- Basic physiology–E.D.AmourFred
- Swasthya ShikshaAvamSharirVigyan-H.K.Sharma
- Health for all through Yoga-Dr.Ganesh Shanker Ghi
- ManvavSarir Dipika-Dr. MukundSwarup Verma
- Yoga Avam Swasthya–Raaj Publication Patoyala

**B. A. I SEMESTER – II**

**Course Category:** B.A. (Yoga)

**SEM-II (Level):** Course – SEC -2

**Course Number:** SEC02

Course Name: Yogic Kriya 2 (योगिक क्रिया) 2

Course Code: BAY05SEC02TP

Course Credits: 02

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

Total Marks: 50

**OBJECTIVES:**

1. Understand the basics of Yoga preparation
2. Develop a Comprehensive Understanding of Yogic Shudhikriya
3. Study Yogic kriya with a high level of patience
4. Explore inside-out perceptions of Yogic realization

**COURSE**

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	<p><b>Module I</b></p> <p>Vaman Dhauti</p> <ol style="list-style-type: none"> <li>1. Introduction to Vaman Dhauti: Definition and benefits.</li> <li>2. Preparation: Dietary guidelines and mental readiness.</li> <li>3. Technique: Step-by-step practice of the procedure.</li> <li>4. Precautions: Contraindications and safety measures.</li> </ol>	15		<p>01</p> <p>01</p>



02	<b>Module II</b> Tratak Kriya 1. Overview of Tratak: Purpose and effects on concentration. 2. Setup: Creating an ideal environment for practice. 3. Practice: Detailed instructions for the Tratak technique. 4. Reflection: Benefits of Tratak for mental clarity and focus	15		
<b>Total</b>				<b>02</b>

*Note: 1. \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution.*

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

#### **Course Learning Outcomes:**

- Participants will master Vaman Dhauti to detoxify the digestive system and Tratak to enhance focus and clarity.
- Learners will experience better digestion and relief from related issues through the regular practice of Vaman Dhauti.
- Students will develop heightened concentration and mental clarity through Tratak, 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:**

- HathYogaPradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्रयोगमहाविज्ञान-विश्वजीतवर्मा
- हट्टयोगप्रदीपिका-कैवल्यधाम, लोणावळा
- घेरंडसंहिता-कैवाल्याधाम, लोणावळा
- गोरक्षसंहिता-गोरक्षनाथ
- भक्तिसागर-स्वामी चरणदास

- योगासन विज्ञान-स्वामी धीरेंद्रब्रम्हचारी
- योग परिचय-पितांबर झा
- सरळ योगासन-डॉ. ईश्वर भारद्वाज
- आसन प्राणायाम-देवव्रतआचार्य
- आसन प्राणायाम मुद्राबंध-स्वामी सत्यानंद
- बहिरंगयोग-स्वामी योगेश्वरानंद
- शिवासंहिता-स्वामी महेशानंदजी

## B. A. I SEMESTER – II

**Course Category:** B.A. (Yoga)

**Course Name:** Physical Fitness, Wellness, and Lifestyle

**Course Number:** CEP 2

**Course Code:**

**Course Credits:** 02

Total Marks: 50

**Specific learning objectives:**

- To make the students understand the Meaning & importance of Wellness, Health, and Physical Fitness
- To make students aware of the Components/ Dimensions of Wellness, Health, and Physical Fitness
- To make students learn Traditional Sports & Regional Games to promote wellness
- To Develop Leadership qualities through Physical Activity and Sports in Students

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
02	-	-	-
<b>Module – I</b>			15
1.1 Meaning & importance of Wellness, Health, and Physical Fitness.			
1.2. Components/Dimensions of Wellness, Health, and Physical Fitness			
1.3. Traditional Sports & Regional Games for promoting wellness			
<b>Module – I</b>			

2.1. Leadership through Physical Activity and Sports		15
2.2. Introduction to First Aid – PRICE		
MODES OF IN-SEMESTER ASSESSMENT: (10 Marks)		
Group Discussion		
Field Visits and Reporting		
Debate		
Formative Assessment		
Assessment	Weightage in Marks	
Theory	Theory - 40 Marks	
IN-SEMESTER ASSESSMENT	10 Marks	
Total	50 Marks	

#### **Learning Outcomes with Specific Competencies:**

After completing the unit, the students will be able to:

- Explain wellness and its importance and define the components of wellness.
- Classify physical fitness and recognize its importance in life.
- Distinguish between skill-related and health-related components of physical fitness.
- Illustrate traditional sports and regional games to promote wellness. Relate leadership through physical activity and sports
- Illustrate the different steps used in first aid - PRICE.

#### **Reference Books:**

1. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
2. Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.
3. Hick, J.W. (2005). Fifty Signs of Mental Health. A Guide to understanding Mental Health. Yale University Press.
4. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

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