

**Curriculum Book**  
**and**  
**Assessment and Evaluation Scheme**

**based on**  
**Outcome Based Education (OBE)**

**M.Sc. in Yogic Science**  
**2 Year Degree Program**

Revised as on 01 August 2023 Applicable w.e.f Academic Session 2023-24



**AKS University**  
**Satna 485001, Madhya Pradesh, India**

**Faculty of Social science and humanities**  
**Department of Yogic Science**

# A K S University



Faculty of social science and humanities

Department of Yogic science  
Curriculum & Syllabus of MSc. Yoga program  
(Revised as on 01 August 2023)

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*B. A. Chopade*  
Vice Chancellor

Professor B.A. Chopade  
Vice - Chancellor  
AKS University  
Satna, 485001 (M.P.)



## **A K S University**

*Faculty of social science and humanness*

**Department of Yogic Science**

**Curriculum of M.Sc. yoga Program**

**(Revised as on 01 August 2023)**

### **Forwarding**

*I am thrilled to observe the updated curriculum of the yogic science Department for MSc yoga Program, which seamlessly integrates the most recent technological advancements and adheres to the guidelines set forth by UGC. The revised curriculum also thoughtfully incorporates the directives of NEP-2020 and the Sustainable Development Goals.*

*The alignment of course outcomes (COs), Programme Outcome (POs) and Programme specific outcomes (PSOs) has been intricately executed, aligning perfectly with the requisites of NEP-2020 and NAAC standards. I hold the belief that this revised syllabus will significantly enhance the skills and employability of our students.*

*With immense satisfaction, I hereby present the revised curriculum for the MSc yoga program for implementation in the upcoming session.*

01 August 2023

Er. Anant Kumar Soni  
Pro-Chancellor & Chairman  
AKS University, Satna



## AKS University

Faculty of social science and humanness  
Department of Yogic Science  
Curriculum of M.Sc. yoga Program  
(Revised as on 01 August 2023)

### *From the Desk of the Vice-Chancellor*



AKS University is currently undergoing a process to revamp its curriculum into an outcome-based approach, with the aim of enhancing the teaching and learning process. The foundation of quality of quality education lies in the implementation of a curriculum that aligns with both societal and industrial needs, focusing on relevant outcomes. This entails dedicated and inspired faculty members, as well as impactful industry internships.

Hence, it is of utmost importance to begin this endeavor by crafting an outcome-based curriculum in collaboration with academia and industry experts. This curriculum design should be informed by the latest technological advancements, market demands, the guidelines outlined in the National Education Policy (NEP) of 2020, and sustainable goals.

I'm delighted to learn that the revised curriculum has been meticulously crafted by the Yogic Science Department, in consultation with an array of experts from the yog industry, research institutes, and academia. This curriculum effectively integrates the principles outlined in the NEP-2020 guidelines, as well as sustainable goals. It also adeptly incorporates the latest advancements in Yoga Health and education sector.

Furthermore, the curriculum takes into account the specific needs of the Indian yoga industry, focusing on the production of good yoga experts, high-quality yoga teachers and researchers.. This inclusion not only imparts knowledge but also encourages students' independent thinking for potential enhancements in this area.

The curriculum goes beyond theoretical learning and embraces practical applications by incorporating the utilization of old and new yoga streams. To enhance students' skills, the curriculum integrates Hands-On Training, industrial visits, and On-Job Training experiences, research and progress. This well-rounded approach ensures that students receive a comprehensive education, fostering their skill development and preparing them for success in the yoga industry.

I am confident that the updated curriculum for cement yogic science will not only enhance students' technical skills but also contribute significantly to their employability. During the process of revising the curriculum, I am pleased to observe that the yogic science department has diligently adhered to the guidelines provided by the UGC. Additionally, they have maintained a total credit requirement of 110 for the MSc Yoga program.

It's worth noting that curriculum revision is an ongoing and dynamic process, designed to address the continuous evolution of technological advancements and both local and global concerns. This ensures that the curriculum remains responsive and attuned to the changing landscape of education and industry.

AKS University warmly invites input and suggestions from industry experts and technocrats and Alumni students to enhance the curriculum and make it more student-centered. Your valuable insights will greatly contribute to shaping an education that best serves the needs and aspirations of our students.

*B. A. Chopade*

Professor B. A. Chopade  
Vice- Chancellor  
AKS University, Satna

01 August 2023

**Professor B.A. Chopade**  
**Vice - Chancellor**  
**AKS University**  
**Satna, 485001 (M.P.)**



## AKS University

Faculty of social science and humanness  
Department of Yogic Science  
Curriculum of M.Sc. yoga Program  
(Revised as on 01 August 2023)

### *Preface*

As part of our commitment to ongoing enhancement, the Department of yogic science consistently reviews and updates its MSc yogic science program curriculum every three years. Through this process, we ensure that the curriculum remains aligned with the latest technological advancements, as well as local and global industrial and social demands.


During this procedure, the existing curriculum for the MSc Yoga Program undergoes evaluation by a panel of technocrats, yoga industry specialists, and academics. Following meticulous scrutiny, the revised curriculum has been formulated and is set to be implemented starting from August 01, 2023. This implementation is contingent upon the endorsement of the curriculum by the University's Board of Studies and Governing Body.

This curriculum closely adheres to the UGC model syllabus distributed in 2016. It seamlessly integrates the guidelines set forth by the Ministry of Higher Education, Government of India, through NEP-2020, as well as the principles of Sustainable Development Goals. In order to foster the holistic skill development of students, a range of practical activities, including Hands-On Training, Industrial Visits, Project planning and execution, Report Writing, Seminars, and Industrial Field work Training, have been incorporated. Furthermore, in alignment with UGC directives, the total credit allocation for the MSc Yoga program is capped at 110 credits. This curriculum is enriched with course components in alignment with UGC guidelines, encompassing various disciplines such as Fundamental Science Concepts:

For each course, a thorough mapping of Course Outcomes, Program Outcomes, and Programme Specific Outcomes has been undertaken. As the course syllabus is being meticulously developed, various elements such as session outcomes, laboratory instruction, classroom instruction, self-learning activities, assignments, and mini projects are meticulously outlined.

We hold the belief that this dynamic curriculum will undoubtedly enhance independent thinking, skills, and overall employability of the students.

01 August 2023

  
Dr. Dileep Kumar Tiwari  
Head, Department of Yoga  
AKS University  
विभागाध्यक्ष  
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सतना (म.प्र.)



# **A K S University**

*Faculty of social science and humanness*

**Department of Yogic Science**

**Curriculum of M.Sc. Yoga Program**

(Revised as on 01 August 2023)

## **Introduction:**

AKS University proudly stands as a pioneer, being the first in the nation to introduce a comprehensive 2-year MSc Yoga program in Cement Technology back in 2019. This innovative curriculum has been meticulously crafted to align with the dynamic needs of the yoga health and education industry and the most current advancements. The yogic science department boasts cutting-edge laboratories that serve as hubs for immersive hands-on training, enabling students to delve into practical applications of their learning. The program incorporates both in-Field training and Ayurvedic hospital apprenticeship training, vital components that enrich the educational journey, the department combines robust classroom instruction with practical and industrial acumen. This unique blend empowers our students to confidently contribute to yog , holistic health and make a significant impact in the field.

## **Vision**

- 1-To play a leading role in giving new and higher dimension to the philosophy and practice of yoga science, alternative therapies, and Indian culture within the country and the cross the globe;
- 2-To Endeavour that the knowledge contained in the above field in India and other traditions, along with the non-medicinal therapy and medicinal plant and herbs, be incorporated and accorded their rightful place in the higher education system;
- 3-To prepare Global Citizen by bringing together the vedic and upnishadik knowledge and the modern Sciences, Sattvik Karma, spirituality, with the spirit of yoga who would be equipped with diverse skill, in true with National and international standard,
- 4- To inspire man to lead a life of harmony and peace by giving knowledge of yoga and related subjects.

## **Mission**

- 1- To spread the knowledge of Yoga and traditional therapy to every individual, to contribute to the building of a healthy and spiritual society, nation and city.
- 2- Achieving excellence in modern yogic knowledge, science and research in the field of yoga and alternative therapies with traditional therapy System in India and culture.
- 3- Empowering student to achieve their professional goals in the in the context of yogic knowledge and modern science
- 4- Dimension of education, strengthening educational relation by the providing self-employment



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vocational and Self Reliance best education

5- Learning the life related highest human values and ethics to bring harmonious functioning in heritage, culture and environment for improving quality of life.

## **PROGRAM EDUCATIONAL OBJECTIVES (PEO)-**

PEO 1- To prepare good yoga teachers, practitioners and trainers.

PEO 2- To impart legal and scientific knowledge of yoga .

PEO 3- imparting classical knowledge of yoga and its related Spiritual text.

PEO 4- To provide scientific and medical knowledge of Yoga in the context of modern social and science.

PEO 5- Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedic panchkarma and alternative Therapy or other related therapies .

PEO 6- To provide the research based education of yoga.

## **Program Outcomes (POs)**

- 1- The course will provide deeper insight into the curriculum of Yogic Sciences along with the Textual knowledge of yoga, Indian philosophy, Upanishads, Shastras, with Indian spiritual text .
- 2- This course will introduce human biology, therapeutic yoga, management of yoga as well as application of Hatha Yoga and Patanjali Yoga which will help in gaining the ability to control non-communicable and psychosomatic disorders.
- 3- This course will introduce the fundamentals of Yoga, Yoga therapy, its principles and Yoga practices along with the physiological effects of Yoga for the prevention of various lifestyles, non-communicable disorders and the balance of the Emotional, physical, occupational, social, spiritual, intellectual, Environmental, Financial health.
- 4- This course will provide in-depth knowledge of alternative therapy applications, Will develop therapy practice, with knowledge of naturopathy, electrotherapy, Ayurveda.
- 5- The course will produce the Knowledge of yogic food, diet and nutrition along with applied psychology and yogic counseling.
- 6- Treatment: To create professional therapists of high caliber who know the concepts, Techniques and can handle lifestyle disease under the guidance of a super specialist Expert to select safe specific practices for different diseases.
- 7- To create yoga therapy experts with in-depth knowledge based on yogic texts. For Example, to train them 'be and make' i. e., ensure they practice what they teach.
- 8- Social health: To establish holistic health, social harmony and world peace by Training them to be great citizens who can offer yogic way of life as examples of right living .
- 9- The course will provide the deeper knowledge of yoga teaching capability, research ability, and ability to develop the business of yoga centres .



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## Program Specific Outcomes (PSOs)

On completion of M.A. yoga science program, the students will achieve the following program specific outcomes:-

**PSO 1:** The knowledge as well as ability to apply alternative medicine, naturopathy, electrotherapy, Ayurveda applications will lead to the development of therapy practice.

**PSO 2:** Ability to understand the Yogic Sciences along with the Textual knowledge of yoga, philosophy, upnisads, shastras, with indian sprichual text .

**PSO 3:** Ability to understand the practices of yoga along with the physiological effects of Yoga for the prevention of various lifestyles, non-communicable disorders

**PSO 4:** Ability to use the research based innovative knowledge for sustainable development in yog, health, education and treatment filed .

## Consistency/Mapping of PEOs with Mission of the Department

PEO	M 1	M 2	M 3	M 4
PEO 1	3	2	3	2
PEO 2	2	2	2	3
PEO 3	2	3	2	1
PEO 4	2	2	3	3

1: Slight (Low) 2: Moderate (Medium) 3: Substantial (High) “-”: No correlation





# A K S University

*Faculty of Engineering and Technology*

**Department of Yogic Science**

Curriculum of MSc. Yoga Program

( Revised as on 01 August 2023)

## GENERAL COURSE STRUCTURE & THEME

### 1. Definition of Credit

1 Hr. Lecture (L) per week	1 Credit
1 Hr. Tutorial (T) per week	1 Credit
1:30 Hours Practical (P) per week	1 Credit

### 2. Range of Credits:

In the light of the fact that a typical Model Under Two Year Master degree program in yoga has about 110 credits, the total number of credits proposed for the Two-year MSc yoga Science is kept as 110 considering NEP-20 and NAAC guidelines.

### 3. Structure of MSc Program in Yogic Science:

The structure of MSc program in Yogic Science shall have essentially the following categories of courses with the breakup of credits as given:



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## COMPONENTS OF THE CURRICULUM

(Program curriculum grouping based on course components)

Sr. No	Course Component	% of total number of credits of the Program	Total number of Credits
1	Yoga Core Course (YCC)	37.03	40
2	Basic science Course (BSC)	3.70	4
3	Yoga Alighte course (YAC)	25.92	28
4	Yoga Elective Course (YEC)	7.40	8
5	Research methodology Course (RMC)	3.70	4
6	Yoga Practical course (YPC)	22.22	26
TOTAL		100%	110



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 Department of Yogic Science  
 Curriculum of MSc .Yoga Program  
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## General Couse Structure and Credit Distribution

### Curriculum of M.Sc. Yogic Science

Semester – I		Semester – II	
Course Title	Credit	Course Title	Credit
1. Insights into Indian Philosophy	3:1:0 = 4	1. Applications of Yoga Vasistha and Bhagavad Gita	3:1:2 = 4
2. Applications of Hatha Yoga And Patanjali Yoga	3:1:0 = 4	2. Physiological Effects of Yoga Practices	3:1:0 = 4
3. Human Biology	3:1:0 = 4	3. Yoga, Dietetics and Nutrition	3:1:0 = 4
4. Therapeutic Yoga	3:1:0 = 4	4. Applied psychology and Yogic Counselling	3:1:3 = 4
5. Yoga and Strategic Management	3:1:0 = 4	5. Research Methodology and statistics	3:1:0 = 4
6. Fundamentals of Yoga	3:1:0 = 4	6. Introduction of Ayurveda	3:1:0 = 4
7. Practical-I (Yoga therapy techniques)	0:0:8 =6	7. Practical: Contemporary Yoga Techniques for self- management	8:0:0 = 6
<b>Total Credit</b>	<b>30</b>	<b>Total Credit</b>	<b>30</b>
Semester –III		Semester – IV	
Course Title	Credit	Course Title	Credit
1.Principal Upanishads	3:1:0 = 4	1. Yoga Shastras-I* : Brahmasutra & Viveka Chudamani	3:1:0 = 4
2.Yoga in World Religions – Synthesis	3:1:0 = 4	2. Yoga Shastras –II** Sankhya Karika	3:0:1 = 4
3. Elective-I Human Consciousness /OR Evidence based yoga therapy-I	3:1:0 = 4	3. Elective-II ELECTRO THERAPY /OR Evidence based yoga therapy-II	3:1:0 = 4
4. Applications of Yoga & Teaching Methodology	3:1:0 = 4	4. Alternative Therapy	3:1:0 = 4
5.Naturopathy	3:1:0 = 4	5- Field Training-II	0:0:2 =2
6- Practical I	8:0:0 =6	6- Dissertation -II	0:0:4 =4
7- Field Training-I	0:0:2 =2	<b>Total Credit</b>	<b>22</b>
<b>Total Credit</b>	<b>28</b>	<b>Total Credit</b>	<b>110</b>



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**Department of Yogic Science**

**Curriculum of M.Sc. Yoga Program**

(Revised as on 01 August 2023)

- 1- Human Consciousness/OR Swami Vivekananda's Four Yoga Streams **Electives 1:** Any 2 courses from the list of those offered in 3<sup>rd</sup> sem.
- 2- Elective-II -YOGA UPANISHADS/OR ELECTRO THERAPY (**OEL**): Any 3 courses (from any department), based on individual interest and project.
- 3- **Field training (internship):** Internship in yog industry, start-up or yoga ,naturopathy, Ayurvedic hospital ,school or in 3<sup>rd</sup> and 4<sup>th</sup> sem is compulsory . The field training must be properly evaluated.

**Total Credit : 110**



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*Faculty of social science and humanities*

**Department of Yogic Science**

**Curriculum of M.Sc. Yoga Program**

(Revised as on 01 August 2023)

## Course code and definition:

<b>L T P C</b>	<b>Lecture Tutorial Practical Credit</b>
(YCC)	Yoga Core Course
(BSC)	Basic science Course
(YAC)	Yoga Alight course
(YEC)	Yoga Elective Course
(RMC)	Research methodology Course
(YPC)	Yoga Practical course

## Course level coding scheme:

Three-digit number (odd numbers are for the odd semester courses and even numbers are for even semester courses) used as suffix with the Course Code for identifying the level of the course. Digit at hundred's place signifies the year in which course is offered. e.g.101, 102 etc. for first sem. 201, 202 Etc. for second sem.301, 302 for third sem.401. 402- for Fourth sem.



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## CATEGORY-WISE COURSES

### Yoga Core Course (MCC)

#### 1. Number of Yoga Core Course (YCC): 10, Credits: 40

Sr. No	Code No	Subject	Semester	Credits
1	YCC	Applications of Hatha Yoga and Patanjala Yoga	1	4
2	YCC	Therapeutic Yoga	1	4
3	YCC	Fundamentals of Yoga	1	4
4	YCC	Applications of Yoga Vasistha and Bhagavad Gita	2	4
5	YCC	Physiological Effects of Yoga Practices	2	4
6	YCC	Principal Upanishads	3	4
7	YCC	Yoga in World Religions – Synthesis	3	4
8	YCC	Applications of Yoga & Teaching Methodology	3	4
9	YCC	Yoga Shastras-I* : Brahmasutra & Viveka Chudamani	4	4
10	YCC	Yoga Shastras –II** Sankhya Karika	4	4
<b>Total Credits</b>				<b>40</b>

#### 2. Yoga Alight course (YAC): 07, Credits: 28

Sr. No	Code No	Subject	Semester	Credits
1	YAC	Insights into Indian philosophy	1	4
2	YAC	Yoga and Strategic Management	1	4
3	YAC	Yoga, Dietetics and Nutrition	2	4
4	YAC	Applied psychology and Yogic Counselling	2	4
5	YAC	Introduction of Ayurveda	2	4
6	YAC	Naturopathy	3	4
7	YAC	Alternative Therapy	4	4
<b>Total Credits</b>				<b>28</b>

#### 3. Yoga Elective Course (YEC): 04, Credits: 08

Sr. No	Code No	Subject	Semester	Credits
1	YEC	Elective-I Human Consciousness/ Avidence besed yoga therapyII	3	4
2	YEC	Elective-II ELECTRO THERAPY/ Avidence besed yoga therapyII	4	4
<b>Total Credits</b>				<b>8</b>

#### 4. Number of Basic Science (BSC): 01, Credits: 4

Sr. No	Code No	Subject	Semester	Credits
1	BSC	Human Biology	I	4
<b>Total Credits</b>				<b>4</b>



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### 5. Research methodology Course (RMC): 01, Credits: 04

Sr. No	Code No	Subject	Semester	Credits
1	RMC	Research methodology Course	2	4
<b>Total Credits</b>				<b>4</b>

### 6. Yoga Practical Course (YPC): 06, Credits: 26

Sr. No	Code No	Subject	Semester	Credits
1	YPC	Practical-I (Yoga therapy techniques)	1	6
2	YPC	Practical: Contemporary Yoga Techniques for self- management	2	6
3	YPC	Practical 1	3	6
4	YPC	Field Training-I	3	2
5	YPC	Field Training-II	4	2
6	YPC	Dissertation –II	4	4
<b>Total Credits</b>				<b>26</b>

### PROFESSIONAL CORE COURSES [PCC] (Total 20)

Sl.	Code No.	Subject	Semester	Credits
1	70 MYS101	Insights into Indian philosophy	1	3:1:0 =4
2	70 MYS102	Applications of Hatha Yoga and Patanjala Yoga	1	3:1:0 =4
3	70 MYS103	<b>Human Biology</b>	1	3:1:0 =4
4	70 MYS104	Therapeutic Yoga	1	3:1:0 =4
5	70 MYS105	Yoga and Strategic Management	1	3:1:0 =4
6	70 MYS107	Fundamentals of Yoga	1	3:1:0 =4
7	70 MYS152	Practical-I (Yoga therapy techniques)	1	0:8:6 =6
8	70 MYS201	Applications of Yoga Vasistha and Bhagavad Gita	2	3:1:0 =4
9	70 MYS202	Physiological Effects of Yoga Practices	2	0:1:0 =4
10	70 MYS203	Yoga, Dietetics and Nutrition	2	0:1:0 =4
11	70 MYS204	Applied psychology and Yogic Counselling	2	3:1:0 =4
12	70 MYS205	Research Methodology and statistics	2	3:1:0 =4
13	70 MYS207	Introduction of Ayurveda	2	3:1:0 =4
14	70 MYS251	Practical: Contemporary Yoga Techniques for self- management	2	0:8:6 =6
15	70 MYS301	Principal Upanishads	3	0:1:0 =4
16	70 MYS302	Yoga in World Religions – Synthesis	3	3:1:0 =4
17	70 MYS303-A	Elective-I Human Consciousnes /or Avidence besed yoga therapyII	3	3:1:0 =4
18	70 MYS304	Applications of Yoga & Teaching Methodology	3	3:1:0 =4
19	70 MYS305	Naturopathy	3	3:1:0 =4
20	70 MYS353	Practical 1	3	0:8:6 =6
21	70 MYS351	Field Training-I	3	0:2:2 =2



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22	70 MYS401	Yoga Shastras-I* : Brahmasutra & Viveka Chudamani	4	3:1:0 =4
23	70 MYS402	Yoga Shastras –II** Sankhya Karika	4	3:1:0 =4
24	70 MYS403-A	Elective-II Avidence besed yoga therapy II .OR ELECTRO THERAPY	4	3:1:0 =4
25	70 MYS404	Alternative Therapy	4	3:1:0 =4
26	70 MYS451	Field Training-II	4	0:2:2 =2
27	70 MYS452	Dissertation –II	4	0:4:4 =4
28	Elective 3 <sup>rd</sup> sem 70 MYS303-A	Human Consciousness	(4)	4:1:0=4
29	Elective 4th sem 70 MYS403 A	ELECTRO THERAPY	(4)	4:1:0=4
<b>Total Credits:</b>				<b>110</b>

### ELECTIVE [PEC]

Total 2 to be taken, at least one from each group – Technology and Industry Sector, based on Project topic and individual interest. Illustrative courses are listed here

Sl.	Code No.	Subj ect	Semester	Credits
1	70 MYS303-A	Elective-II -Human Consciousness	3	3:1:0 =4
2	70 MYS303-A	Elective-II -Avidence besed yoga therapyII	3	3:1:0 =4
3	70 MYS403-A	Elective-II Avidence besed yoga therapy II .	4	3:1:0 =4
4	70 MYS403-A	Elective-II -ELECTRO THERAPY	4	3:1:0 =4
				16

### RESEARCH PROJECT (3 Stages)

Sl.	Code No.	Subject	Semester	Credits
<b>1</b>	70 MYS351	Field Training-I	3	0:0:2=2
	70 YS451	Field Training-II	4	0:0:2=2
<b>2</b>	70 MYS452	Dissertation –II	4	0:0:4=4
<b>Total Credit</b>				<b>8</b>





*Faculty of social science and humanities*  
**Department of yogic science**  
**Curriculum of MSc . Program**  
**( Revised as on 01 August 2023)**

## **Induction Program**

Induction program for students to be offered right at the start of the first year. It is mandatory. AKS University has design an induction program for 1<sup>st</sup> year student, details are below:

- i. Physical activity
- ii. Creative Arts
- iii. Universal Human Values
- iv. Literary
- v. Proficiency Modules
- vi. Lectures by Eminent People
- vii. Visits to local Areas
- viii. Familiarization to Dept./Branch & Innovations

### **Mandatory Visits in yoga institutes /Expert Lectures:**

- i. It is mandatory to arrange one industrial visit at lest one time in the course.

### **Evaluation Scheme:**

#### **1. For Theory Courses:**

- i. The weightage of Internal assessment is 20 % and
- ii. End Semester Exam is 80 %

The student has to obtain at least 40% marks individually both in internal assessment and end semester exams to pass.

#### **2. For Practical Courses:**

- i. The weightage of Internal assessment is 20% and
- ii. End Semester Exam is 80%

The student has to obtain at least 40% marks individually both in internal assessment and end semester exams to pass.

#### **3. For field training / Internship / Projects / Seminar etc.**

Evaluation is based on work done, quality of report, performance in viva-voce, presentation etc



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### Semester wise Brief of total Credit and Teaching Hours

Semester	L	T	P	TotalHour	Total Credit
Semester -I	21	03	06	34	30
Semester -II	21	03	06	34	30
Semester -III	15	03	08	32	28
Semester - IV	15	03	06	26	22
<b>Total</b>	<b>72</b>	<b>12</b>	<b>26</b>	<b>110</b>	<b>110</b>

### Details of Semester Wise Course Structure (1<sup>st</sup> sem)

S.N.	Course Code	Course Name					Evaluation Scheme		Course Total	
							TA	SEE		
1	70MYS101	Insights into Indian philosophy	3	1	0	4	20	80	100	4
2	70MYS102	Applications of Hatha Yoga and Patanjala Yoga	3	1	0	4	20	80	100	4
3	70MYS103	<b>Human Biology</b>	3	1	0	4	20	80	100	4
4	70MYS104	Therapeutic Yoga	3	1	0	4	20	80	100	4
5	70MYS105	Yoga and Strategic Management	3	1	0	4	20	80	100	4
6	70MYS107	Fundamentals of Yoga	3	1	0	4	20	80	100	4
7	70MYS152	Practical-I (Yoga therapy techniques)	0	0	8	6	20	80	100	6
						30	Total		700	30 Hrs



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S.N.	Course Code	Course Name					Evaluation Scheme		Course Total	HOURS
							TA	SEE		
1	70 MYS201	Applications of Yoga Vasistha and Bhagavad Gita	3	1	0	4	20	80	100	4
2	70 MYS202	Physiological Effects of Yoga Practices	3	1	0	4	20	80	100	4
3	70 MYS203	Yoga, Dietetics and Nutrition	3	1	0	4	20	80	100	4
4	70 MYS204	Applied psychology and Yogic Counselling	3	1	0	4	20	80	100	4
5	70 MYS205	Research Methodology and statistics	3	1	0	4	20	80	100	4
6	70 MYS207	Introduction of Ayurveda	3	1	0	4	20	80	100	4
7	70 MYS251	<b>Practical: Contemporary Yoga Techniques for self- management</b>	0	0	8	6	20	80	100	6
						<b>30</b>	Total		700	30 Hrs

### Semester -3

#### 2<sup>nd</sup> year (3<sup>rd</sup> sem)

S.N.	Course Code	Course Name					Evaluation Scheme		Course Total	Hours
							TA	SEE		
1	70 MYS301	Principal Upanishads	3	1	0	4	20	80	100	4
2	70 MYS302	Yoga in World Religions – Synthesis	3	1	0	4	20	80	100	4
3	70MYS303-A	Elective-I 1 Human Consciousness/OR Evidence based yoga therapy-I	3	1	0	4	20	80	100	4



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4	70 MYS304	Applications of Yoga & Teaching Methodology	3	1	0	4	20	80	100	4
5	70 MYS305	Naturopathy	3	1		4	20	80	100	4
6	70 MYS353	Practical 1	0	0	8	6	20	80	100	6
7	70 MYS351	Field Training-I	0	0	2	2		100	100	2
						28	Total		700	28 Hrs

**Semester – IV**

**Final exam -IV( 4<sup>th</sup> sem)**

S.N.	Course Code	Course Name					Evaluation Scheme TA SEE		Course Total	Hours
1	70 MYS401	Yoga Shastras-I* : Brahmasutra & Viveka Chudamani	3	1	0	4	20	80	100	4
2	70 MYS402	Yoga Shastras –II** Sankhya Karika	3	1	0	4	20	80	100	4
3	70MYS403-A	Elective-II II Evidence based yoga therapy-II /OR ELECTRO THERAPY	3	1	0	4	20	80	100	4
4	70 MYS404	Alternative Therapy	3	1	0	4	20	80	100	4
5	70 MYS451	Field Training-II	0	0	2	2	00	100	100	2
6	70 MYS452	Dissertation -II	0	0	4	4	0	200	200	4
						22			700	22
						110	<b>Total marks</b>		2800	22Hrs



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Semester-I

**Course Code: 70 MYS101**

**Course Title : Insights into Indian philosophy**

**Pre-requisite:** Student should have basic knowledge of Nyaya, Vaisesika & Samkhya, Mimamasa (Purva and Uttara) & Naastik philosophy Yoga darshana of Patanjali and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Patanjali Yoga. At the same time, they should also have adequate knowledge of Indian philosophy in which they should have knowledge of its basic principles and elements.

**Course Outcomes**

CO 101.1: A student will able to differentiate about the Nyaya, Vaisesika & Samkhya philosophy.

CO 101.2: A student will able to differentiate about Mimamasa (Purva and Uttara) & Naastik philosophy.

CO 101.3: A student will able to discuss about the Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya

CO 101.4: A student will able to discuss the Samadhai, Sadhana , Vibhuti and Kaivalya Pada in patanjali yoga .

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits(C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
Program Core (PCC)	70 MYS101	Insight into Indian Philosophy	4	0	1	1	6	4

**Legend:**

CI: Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

LI: Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

SW: Sessional Work (includes assignment, seminar, mini project etc.),

SL: Self Learning,

C: Credits.

Note: SW & SL has to be planned and performed under the continuous guidance and feedback of teacher to ensure outcome of Learning.



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**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Progressive Assessment ( PRA )								
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)			
PC C	70 MYS1 O1	Insight into Indian Philosophy	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.



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**CO.101. 1: A student will able to differentiate about the Nyaya, Vaisesika & Samkhya philosophy**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p>SO1.1 Student will able to Understand the Concept of Nyaya philosophy, sixteen Padarthas, Means and objects of knowledge, Prama and Aprama Praman- Pratyaksh, Anuman, Upman &amp; Shabda.</p> <p>SO1.2 Student will able to Describe the Vaisesika philosophy, Padarthas, Means and objects of knowledge, Prama and Aprama Praman- Pratyaksh, Anuman, Upman &amp; Shabda</p> <p>SO1.3 Student will able to Describe Twenty five entities according to Samkhya and means of knowledge; Satkarya Vada; Triguna; Existence of Purusa, Purusa, proximity of Purusa and Prakrti, Liberation,</p>	.	<p>Unit-1.0 introduction of Nyaya, Vaisesika &amp; Samkhya</p> <p>1.1 Define The sixteen Padarthas according to Nyaya (CI 2 )</p> <p>1.2 Discribe the Concept of Nyaya philosophy</p> <p>1.3 Determine means of salvation according to Nyaya and Vaisesika</p> <p>1.4 Describe Means and objects of knowledge according to Nyaya and Vaisesika Prama and Aprama Praman- Pratyaksh, Anuman, Upman &amp; Shabda.</p> <p>1.5 Identify the Category of substance- Nava dravya</p> <p>1.6 Review Theory of cause and effect; Prakrti and Purusha</p> <p>1.7 Define Process of evolution of universe Twenty five entities according to Samkhya and means of knowledge</p>	<p>1. Liberation, of Purusa and Prakrti, guna,</p> <p>2. Twenty five entities according to Samkhya, objects of knowledge</p>



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		<p>1.8 Interpret Satkarya Vada; Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti;</p> <p>1.9 Describe Liberation and means of attaining it;</p> <p>1.10 Define Process of evolution of universe Twenty five entities according to Samkhya and means of knowledge</p> <p>1.11 Identify the Category of substance- Nava dravya</p> <p>1.12 Interpret Satkarya Vada; Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakrti;</p> <p>1.13 1.9 Describe Liberation and means of attaining it</p> <p>1.14 Describe Means and objects of knowledge according to Nyaya and Vaisesika Prama and Aprama Praman- Pratyaksh, Anuman, Upman &amp; Shabda.</p> <p>1.15 Describe Liberation and means of attaining it;</p>	
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**SW-1 Suggested Sessional Work (SW):**

**a. Assignments:**

- i. Concept of Nyaya philosophy, sixteen Padarthas, Means and objects of knowledge, Prama and Aprama Praman- Pratyaksh, Anuman, Upman & Shabda.

**b. Mini Project:**

- i. Flow diagram of Twenty five entities of samkhya





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**Co 101.2: A student will able to differentiate about Mimamasa (Purva and Uttara) & Naastik philosophy.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p>SO2.1 Student will able to Understand the Concept of Badarayana in Uttaramimamsa</p> <p>SO2.2 Student will able to Understand the Concept Anumana, Sabda; vidya &amp; avidya, cause &amp; effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa;</p> <p>SO2.3 Student will able to understand the Concept of Purvamimasa, Apurva, Dharma , Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity,</p> <p>SO2.4 Student will able to understand the Carvaka philosophy and its concept of Metaphysics and Epistemology</p> <p>SO2.5 Student will able to lean about the Buddhism,</p>	.	<p>Unit-2 . Mimamasa (Purva and Uttara) &amp; Naastik philosophy</p> <p>2.1 Define Concept of Badarayana in Uttaramimamsa</p> <p>2.2 Describe the Anumana, Sabda; Difference between vidya &amp; avidya,</p> <p>2.3 Identify cause &amp; effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa;</p> <p>2.4 Describe Concept of Apurva, Dharma in the context of Purvamimasa</p> <p>2.5 Interpret the Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline; Daily schedule for psychophysical wellbeing, social awareness, sense of equality, unity with diversity,</p> <p>2.6 Describe selectiveness Carvaka philosophy:</p>	<p>i. Uttaramimamsa, Purvamimamsa,</p> <p>ii. Carvaka hilosophy, Buddhism, Jainism</p>



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Jainism and its main concepts		Metaphysics and Epistemology, 2.7 Discuss the Buddhism: Four noble truths 2.8 Define Jainism:, Triratnas andSyadvada 2.9 2.9Describe the Anumana, Sabda; Difference between vidya & avidya, 2.10 Identify cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa 2.11 Describe selectiveness Carvaka philosophy: Metaphysics and Epistemology, 2.12 Discuss the Buddhism: Four noble truths 2.13 Define Jainism:, Triratnas andSyadvada 2.14 Describe the Anumana, Sabda; Difference between vidya & avidya, 2.15 Concept of Badarayana in Uttaramimamsa	
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**SW-2 Suggested Sessional Work (SW):**

**a. Assignments:**

- i. the Concept Anumana, Sabda; vidya & avidya, cause & effect; Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa;
- ii. Buddhism: Four noble truths
- iii. Liberation, of Purusa and Prakrti, gunas



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**CO 101.3: A student will able to discuss about the Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
<b>Total</b>	<b>17</b>

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p>SO3.1 Student will able to understand of patanjali yog and Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya.</p> <p>SO3.2 A student will be able to explain Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.)</p> <p>SO3.3 A Student will be able to Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, 8 Tatvavaisharadi, Bhoja Vritti and Yoga-vartika);</p> <p>SO3.4 A student will be able to explain Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha);</p>	.	<p>Unit-3 : Introduction to Yoga darshana-</p> <p>3.1 Review the introduction to Yoga darshana of Patanjali</p> <p>3.2 Define the concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya</p> <p>3.3 Inspect the Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.),</p> <p>3.4 Describe The Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, 8 Tatvavaisharadi, Bhoja Vritti</p> <p>3.5 Yoga-vartika Review the introduction to Yoga darshana of Patanjali</p> <p>3.6 Define the concept of Citta,</p>	<p>Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.)</p> <p>Concept of chitta</p> <p>Ishwar Pranidhana,</p>



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		<p>citta bhoomis Citta vrittis and Citta vritti nirodhopaya</p> <p>3.7 Inspect the Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.),</p> <p>3.8 Describe The Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, 8 Tatvavaisharadi, Bhoja Vritti and Yoga-vartika)</p> <p>3.9 Defferentiate the Concept of Mana, Buddhi, Ahankar and Chitta</p> <p>3.10 Identify the Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha)</p> <p>3.11 Cite examples the Concept of Citta-Vrittis and their classification,</p> <p>3.12 Express Citta-Vritti Nirodhopaya (Abhyasa and Vairagya);</p> <p>3.13 Discuss the Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar</p> <p>3.14 Describe the Concept of Samprajnata</p> <p>3.15 Explain the Citta-Vikshepas (Antarayas) Express the Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.</p>	
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**SW-3 Suggested Sessional Work (SW):**

- a. Assignments:
- iii. Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, 8 Tatvavaisharadi, Bhoja Vritti and Yoga-varatika);
- iv. Concept of Mana, Buddhi, Ahankar and Chitta

**CO 101.4: A student will able to discuss the Samadhai, Sadhana , Vibhuti and Kaivalya Pada in patanjala yoga .**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO4.1 A student will be able to Evaluation of Yoganushasanam, Yoga Lakshanam and its results SO4.2 A student will be able to Understanding the Types of Samadhi SO4.3 A student will be able to Understand the Sadhana pada Concept of Kriya Yoga SO4.4 A student will be able to explain Preparation of theory of Kleshes and Dukhavada SO4.5 A student will be able to Describe Drishta and Drishanirupanam SO4.6 A student will be able to discuss the Ashtanga Yoga	.	Unit-4:Samadhai, Sadhana ,Vibhuti and Kaivalya Pada 4.1 Describe Concept of Yoganushasanam 4.2 Determine Yoga Lakshanam and its results 4.3 Explain Types of Samadhi(Samprajnatah and Asamprajnatah Samadhi) 4.4 Express Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); 4.5 Define Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara) 4.6 Identify Types of Asamprajnatah Samadhi(Bhavapratyaya and Upayapratyaya) 4.7 Discuss Sadhana pada Concept of Kriya Yoga of Patanjali 4.8 Tell theory of Kleshes (Avidya, Ashmita,	i.



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<p>SO4.7 A student will be able to understand Five Types of Siddhis and Jatyantar Parinamh SO4.8 A student will be able to pick types of Karmas</p>		<p>Raga, Dewesh, Abhinevesh) 4.9 ); discuss Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) 4.10 Discribe Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga 4.11 Express Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis. Vibhuti and Kaivalya Pada Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis 4.12 Explain Three types of Chitta Parinamah; Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; 4.13 Review VivekJnanaNirupanam, Kaivalya Nirvachana 4.14 Describe Role of Dharana, Dhyana, Samadhi and its application 4.15 Define Five Types of Siddhis and Jatyantar Parinamh, Discuss Concept of Nirman Chitta and four types of Karmas ,Explain Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.</p>	
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SW-4 Suggested Sessional Work (SW):

a. Assignments:

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita)



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**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
C0 101.1: A student will able to differentiate about the Nyaya, Vaisesika & Samkhya philosophy .	15	2	2	19
C0 101.2: A student will able to differentiate about Mimamasa (Purva and Uttara) & Naastik philosophy	15	2	2	19
C0 101.3: A student will able to discuss about the Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya .	15	2	2	19
C0 101.4: A student will able to discuss the Samadhai, Sadhana , Vibhuti and Kaivalya Pada in patanjali yoga .	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>



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**Suggestion for End Semester Assessment**

**Suggested Specification Table (For ESA)**

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Nyaya, Vaisesika & Samkhya	05	20	00	25
CO-2	Mimamasa (Purva and Uttara) & Naastik philosophy	05	20	00	25
CO-3	Introduction to Yoga darshana of Patanjali	05	20	00	25
CO-4	Samadhai, Sadhana , Vibhuti and Kaivalya Pada	05	20	00	25
Total		20	80	00	100

Legend: R: Remember, U: Understand, A: Apply

Note. Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

**Suggested Instructional/Implementation Strategies:**

1. Improved Lecture
2. Tutorial
3. Case Method
4. Group Discussion
5. Role Play
6. Visit to Yoga Institute
7. Demonstration
8. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
9. Brainstorming



Suggested Learning Resources:

**(a) Books :**

**TEXT BOOKS**

1. C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003

2. N. V. Banerjee: The Spirit of Indian Philosophy, Arnold-Heinemann Publishers, 1974

**REFERENCE BOOKS**

• P.T. Raju : Structural Depths of Indian Thought, SUNY Press, 1985

• S. N. Dasgupta: A History of Indian Philosophy Vol.1, Motilal Banarsidass Publications, 1992

• J.N. Mohanty: Classical Indian Philosophy, Published by Rowman & Littlefield, 2000

• T.M.P. Mahadevan: Invitation to Indian Philosophy, Arnold-Heinemann Publishers, 1974

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

Cos,POs and PSOs Mapping

Course Title: Insight into Indian Philosophy

Course Code : 70 MYS101

Course Title: Insight into Indian Philosophy

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PS 6
Course Outcomes	knowledge of yoga, indian philosophy, upanisads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medicinal knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
CO1 : A student will able to differentiate about the Nyaya, Vaisesika &	3	2	2	1	1	2	2	2	1	2	3	3	1	1	1

Samkhya philosophy															
CO 2 : A student will able to differentiate about Mimamasa (Purva and Uttara) & Naastik philosophy.	3	2	1	1	1	1	1	2	1	1	1	3	1	1	1
CO3 : A student will able to discuss about the Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya .	3	2	1	1	1	1	1	2	1	1	1	2	1	1	1
CO 4: A student will able to discuss the Samadhai, Sadhana , Vibhuti and Kaivalya Pada in patanjali yoga .	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1

Legend: 1 – Low, 2 – Medium, 3 – High

### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to differentiate about the Nyaya, Vaisesika & Samkhya philosophy .	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Nyaya, Vaisesika & Samkhya  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to differentiate about Mimamasa (Purva and Uttara) & Naastik philosophy.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Mimamasa (Purva and Uttara) & Naastik philosophy  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to discuss about the Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya .	SO3.1 SO3.2 SO3.3 SO3.4		Unit-3 : Introduction to Yoga darshana of Patanjali  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11, 3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to discuss the Samadhahi, Sadhana , Vibhuti and Kaivalya Pada in patanjali yoga	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Samadhahi, Sadhana , Vibhuti and Kaivalya Pada 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

## Semester-I

**Course Code:** 70 MYS1O2

**Course Title :** Applications of Hatha Yoga and Patanjala Yoga

**Pre- requisite:** Student should have basic knowledge of Hatha Yoga and Patanjala Yoga and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Patanjali Yoga. At the same time, they should also have adequate knowledge of Hath yoga in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

**CO 102.1:** A student will be able to express about the Application of yoga in stress management and personality development.

**CO 102.2:** A student will be able to discuss the Application of Patanjala yoga in Stress Management

**CO 102.3:** A student will be able to discuss the Application of Hatha yoga and Patanjala yoga in sports

**CO102.4:** A student will be able to discuss the Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs..

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies (Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits (C)
			CI	LI	SW	SL		
Program Core	70 MYS1O2	Applications of Hatha Yoga and Patanjala Yoga	4	0	1	1	6	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Note:** SW & SL has to be planned and performed under the continuous guidance and feedback of teacher to ensure outcome of Learning.

## Scheme of Assessment:

### Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA)	Class Activity any one (CA T)	Class Attendance (AT)				
PCC	70 MYS1 O2	Applications of Hatha Yoga and Patanjala Yoga	10	10	0	0	0	20	80	100	

### Course-Curriculum Detailing:

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO.102. 1:** A student will be able to express about the application of yoga in stress management and personality development.

#### Approximate Hours

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the stress management and personality development through asan ,pranayama kriya ,dharna ,dhyana etc .</p> <p><b>SO1.2</b> Student will able to Understand the Patanjala yoga in Stress Management</p> <p>1.3 Student will able to Describe the Physical level balance by yoga</p> <p>SO2.4 Student will able to Describe the <i>Mental level</i> balance by yoga</p> <p>SO1.5. Student will able to Describe <i>Prana level</i> balance by yoga</p> <p>SO1.5 Student will able to Describe <i>Emotion level</i> balance by yoga</p> <p>SO1.6 Student will able Describe Spiritual health</p>	<p>.</p>	<p><b>Unit-1.0</b> Applications Of Hatha Yoga in Stress Management &amp; Personality Development-</p> <p>1.1 Define The Stress reduction through mastery over the modifications of the mind using Combinations of Shat Kriyas (Detoxifying techniques )</p> <p>1.2 Discribe the Asanas (Culturing the body)</p> <p>1.3 Determine Mudras (for prä naperception and balance)</p> <p>1.4 Describe Pranayama (for mastery over prana through slowing and balance)</p> <p>1.5 Define dharana, Dhyana (mastery over mind through concentration, focusing and defocusing techniques).</p> <p><i>1.6 Determine physical level: Slim body, beauty, glow on face</i></p> <p>1.7 Determine healthy digestive fire and Disease free state through,</p> <p>1.8 Determine yogic diet yogic diet , Shat Kriyas (purifications of internal organs/ detoxification),Asanas (for strength and stamina ).</p> <p>1.9 Describe Pranayama.</p> <p><i>Mental level: Personal and Social Discipline through Yamas( don'ts) and Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi); Pranayama.</i></p> <p><i>1.10 Describe Mental level: Personal and Social Discipline through Yamas( don'ts) and Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana,</i></p>	<p>1. Stress Management &amp; Personality Development</p> <p>2. Physical level, Prana level , Mental level, Spiritual health, by yoga</p>

		<p>Dhyana, and Samadhi);</p> <p>1.11 Describe behavior, <i>Emotion level</i>: Mastery over emotions to prevent aggressive anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme</p> <p>1.12 Define behavior, <i>Emotion level</i>: Mastery over emotions to prevent aggressive anger, fear, anxiety, and depression through Ishwara Pranidhana (Surrenderance to the supreme</p> <p>1.13 Describe Social and civic sense: preserve environment by understanding that ‘I am a piece of the universe’ through right knowledge of <i>yjuyate anena it yogah</i> ( yoga is that which unites the individual consciousness with universal consciousness)</p> <p>1.14 Define Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states).</p> <p>1.15 Define Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states).</p>	
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**CO102. 2:** A student will able to discuss the application of Patanjala yoga in Stress Management

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17



Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p>SO2.1 Student will able to Understand the Patanjala yoga in Stress Management.</p> <p>SO2.2 Student will able to Describe the Physical level balance by yoga</p> <p>SO2.3 Student will able to Describe the Mental level balance by patanjala yoga</p> <p>SO2.3. Student will able to Describe Prana level balance by patanjala yoga</p> <p>SO2.4 Student will able to Describe Emotion level balance by patanjala yoga</p> <p>SO2.5 Student will able to Describe Spiritual health by patanjala yoga</p>		<p>Unit-1.0 Application of Patanjala yoga in Stress Management</p> <p>2.1 Define The Combinations of Shat Kriyas (Detoxifying), Asans (Strength), Mudras (steadiness),</p> <p>2.1 Pranayama (lightness), Dhyana (perception); Culturing the body through Asanas;</p> <p>2.3 Regulation the flow of prana through pranayama;</p> <p>1.4 Describe the Application in Stress management: Practices for Chitta Vritti Nirodha (Abhyasa and</p> <p>1.5 Vairagya), Cultivation of four fold attitude for Chitta prasadanam, Ashtanga Yoga:</p> <p>1.6 Cognitive abilities– Focus, creative skills</p> <p>1.7 and clear thinking; Willpower, Creativity; Spiritual Level: concept of using sports for</p> <p>1.8 spiritual growth through intensified awareness; abstinence from sense cravings; Applications in personality development:</p> <p>2.9 Determine Applications of Hatha Yoga in personality development for; Physical level: Slim body, beauty, glow on face, healthy digestive fire and Disease free state through, yogic diet , Shat Kriyas (purifications of internal organs/ detoxification), Asanas (for strength and stamina );</p> <p>2.10 Describe Prana level : Purification of Nadis and mastery over prana through mudras, bandhas</p> <p>2.11 Define Pranayama; Mental level: Personal and Social Discipline through five Yamas( don'ts) and five Niyama(do's), cultivation of four fold abilities (grasping , concentration, memory and intellectual capacity) through pratyahara, Dharana, Dhyana, and Samadhi);</p>	<p>1. STRESS MANAGEMENT &amp; PERSONALITY DEVELOPMENT</p> <p>2. Physical level, Prana level , Mental level, Spiritual health, by yoga</p>

		<p>2.12 Determine level: mastery over emotions to prevent aggressive behavior, anger, fear, anxiety, and</p> <p>2.13 depression through Ishwara Pranidhana (Surrenderance to the supreme)</p> <p>2.14 Determine Social and civic sense: preserve environment by understanding that 'I am a piece of the universe' through right knowledge of yuyate anena it yogah ( yoga is that which unites the individual consciousness with universal consciousness);</p> <p>2.15 Determine Spiritual health: joy, bliss and equanimity under all circumstances through Practice of Higher states of Meditation (Super consciousness states),</p>	
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**CO 102 . 3: A student will able to discuss the application of Hatha yoga and Patanjala yoga in sports**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p>SO3.1 Student will able to Understand the Hatha yoga and Patanjala yoga in sports.</p> <p>SO3.2 Student will able to Describe the Physical level balance by yoga</p> <p>SO3.3 Student will able to Describe the Vital Level balance by patanjala yoga</p> <p>SO3.3. Student will able Describe Mental Level balance by patanjala yoga</p>		<p><b>Unit-1.0</b> : Application of Hatha yoga and Patanjala yoga in sports</p> <p>3.1 Define The Physical Stamina</p> <p>3.2 strength</p> <p>3.3 Describe the Endurance</p> <p>3.4 Describe Muscle tone</p> <p>2.4 Describe flexibility through sanas</p> <p>3.4 Determine diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue</p>	<p>1. Application of Hatha yoga and Patanjala yoga in sports</p> <p>2. Physical level, Prana level , Mental level, Spiritual health, by yoga</p>

<p>SO3.4 Student will able to Describe Reduction of Ego balance by patanjala yoga</p>	<p>toxins before and after the intense training);  3.5 Describe Vital Level: Pranayama (for Lung capacity);  3.6 Define Pranayama; Mental level:  3.7 Determine Mental Level: Gain mastery over the Mind  3.8 depression concentration  3.9 Determine focusing  3.10 Determine Reduction of Ego  3.11 Development of positive and good qualities  3.12 Reduction of aggressive nature  3.13; through Meditation and Breathing Techniques;  3.14 Determine diet and kriyas ; Kriyas (Cleansing of internal organs for clearing the tissue toxins before and after the intense training);  3.15 through Meditation and Breathing Techniques;</p>	
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**CO102 . 4:** A student will able to discuss the application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p>SO4.1 Student will able to Understand the Hatha yoga and Patanjala yoga for rehabilitation of Children with <b>Special needs</b></p> <p>SO4.2 Student will able to Describe physical needs of normal and special children</p> <p>SO4.3 Student will able to Describe the Down syndrome</p> <p>SO4.3. Student will able to Describe speech, Emotional , behavior Disorder</p> <p>SO4.4 Student will able to Describe Practices which help in strength,endurance, speed, agility, flexibility, and self-confidence;</p>	<p>.</p>	<p><b>Unit-1.0</b> : Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with <b>Special needs-</b></p> <p>4.1 Define The Assessment of cognitive</p> <p>4.2 emotional, physical needs of normal and special children</p> <p>Specific modules of integrated yoga for children with : Down syndrome</p> <p>4.3 Describe the cerebral palsy</p> <p>4.4. Describe autism</p> <p>4.5 Describe spectrum disorders</p> <p>4.5 Determine learning disabilities</p> <p>4.6 Describe physical disability Impaired vision</p> <p>4.7 Define hearing</p> <p>4.8 Determine speech disorders</p> <p>4.9 depression Emotional disorder</p> <p>4.10 Determine behavior Integrated</p> <p>4.11 Determine yoga practices to increase cognitive and motor skills in normal children</p> <p>4.12 Development of Practices which help in strength</p> <p>4.13 endurance</p> <p>4.14; , agility</p> <p>4.15 Determine flexibility, and self- confidence;</p>	<p>1. Application of Hatha yoga and Patanjala yoga in sports</p> <p>2. Physical level, Prana level , Mental level, Spiritual health, by yoga</p>

### **TEXT BOOKS**

1. Sahay G.S. : HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
2. Iyengar B.K.S. : Light on the Sadhana Pada – Discipling the life through Yama and Niyama; Pratyahara practicing improved Yoga Sutras of Patanjali, Published Thorsons, 2002

### **REFERENCE BOOKS:**

1. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
2. Gharote, M.M. : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
3. Gharote ML : Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd Edition, 2009
4. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
5. Swami Vivekananda : Rajayoga, Advaita Ashram, Culcutta, 2000.
6. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

### **Curriculum development team –**

#### **Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

#### **b. Assignments:**

1-APPLICATIONS OF HATHA YOGA IN STRESS MANAGEMENT & PERSONALITY DEVELOPMENT

2- Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs

3- Application of Hatha yoga and Patanjala yoga in sports

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 102.1: A student will able to express about the Application of yoga in stress management and personality development.	15	2	2	<b>19</b>
C0 102.2: A student will able to discuss the Application of Patanjala yoga in Stress Management	15	2	2	<b>19</b>
C0 102.3: A student will able to discuss the Application of Hatha yoga and Patanjala yoga in sports	15	2	2	19
C0 102.4: A student will able to discuss the Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs.	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	A student will able to express about the Application of yoga in stress management and personality development.	05	20	00	25
CO-2	A student will able to discuss the Application of Patanjala yoga in Stress Management	05	20	00	25
CO-3	A student will able to discuss the Application of Hatha yoga and Patanjala yoga in sports	05	20	00	25
CO-4	A student will able to discuss the Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs.	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

10. Improved Lecture
11. Tutorial
12. Case Method
13. Group Discussion
14. Role Play
15. Visit to Yoga Institute
16. Demonstration
17. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
18. Brainstor

Cos.POs and PSOs Mapping

Course Title: Applications of Hatha

Yoga and Patanjala Yoga

Course Code : 70 MYS102

Course Title: Applications of Hatha Yoga and Patanjala Yoga

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanisads, shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medicinal knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
CO1: A student will be able to express about the Application of yoga in stress management and personality development.	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>1</b>



CO 2 : A student will able to discuss the Application of Patanjala yoga in Stress Management	2	1	2	2	1	2	3	3	1	3	3	2	3	1	1
CO3 : A student will able to discuss the Application of Hatha yoga and Patanjala yoga in sports	1	3	2	1	1	3	3	2	1	3	3	2	3	1	1
CO 4: A student will able to discuss the Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs.	1	3	3	1	1	3	3	2	1	3	3	2	3	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning (SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to express about the Application of yoga in stress management and personality development.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 APPLICATIONS OF HATHA YOGA IN STRESS MANAGEMENT & PERSONALITY DEVELOPMENT  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10, 1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to discuss the Application of Patanjala yoga in Stress Management	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Application of Patanjala yoga in Stress Management  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to discuss the Application of Hatha yoga and Patanjala yoga in sports	SO3.1 SO3.2 SO3.3 SO3.4		Unit-3 : Application of Hatha yoga and Patanjala yoga in sports 3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11 ,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to discuss the Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Application of Hatha yoga and Patanjala yoga for rehabilitation of Children with Special needs 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10	

## Semester-I

**Course Code:** 70 MYS1O3

**Course Title :** Human biology

**Pre- requisite:** Student should have basic knowledge of human biology and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Patanjali Yoga. At the same time, they should also have adequate knowledge of human biology in which they should have knowledge of its basic principles and elements.

### Course Outcomes:

**CO 103.1:** A student will be able to discuss the introduction of human body with concept of cells, tissues and their gross anatomy and physiology.

**CO 103.2:** A student will be able to explain the concept of Skeletal System, their Types & Functions with gross anatomy and physiology.

**CO 103.3:** A student will be able to identify the Muscular System: Concept, Types & Functions with gross anatomy and physiology.

**CO103.4:** A student will be able to express the Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions.

**CO103.5:** A student will be able to describe the Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions

### Scheme of Studies:

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits(C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
Program Core	70 MYS1O3	<b>Human biology</b>	4	0	1	1	6	4

### Legend:

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment 5 number 3 marks each ( CA )	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA )	Class Activity any one (CAT)	Class Attendance (AT)				
PCC	70 MYS103	Human biology	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO.103. 1:** A A student will able to discuss the introduction of human body with concept of cells, tissues and their gross anatomy and physiology.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the human biology and anatomy</p> <p><b>SO1.2</b> Student will able to Understand the anatomy of cells &amp; tissues of the human body</p> <p>SO1.3 Student will able to Describe types of cells.</p> <p>SO2.4 Student will able to Describe types of tissues</p> <p>SO1.5. Student will able to Describe Meaning of anatomical terms</p>	.	<p><b>Unit-1.0</b> - Human biology</p> <p>1.1 Define The cells &amp; tissues of the human body</p> <p>1.2 Define The cells &amp; tissues of the human body</p> <p>1.3 Define The cells &amp; tissues of the human body</p> <p>1.4 Define The cells &amp; tissues of the human body</p> <p>1.5 Discribe the types, structure &amp; functions</p> <p>1.6 Discribe the types, structure &amp; functions</p> <p>1.7 Discribe the types, structure &amp; functions</p> <p>1.8 Discribe the types, structure &amp; functions</p> <p>1.9 Discribe the types, structure &amp; functions of tissues (epithelial, connective, muscle, &amp;nervous),</p> <p>1.10 Discribe the types, structure &amp; functions of tissues (epithelial, connective, muscle, &amp;nervous),</p> <p>1.11 Discribe the types, structure &amp; functions of tissues (epithelial, connective, muscle, &amp;nervous),</p> <p>1.12 Discribe the types, structure &amp; functions of tissues (epithelial, connective, muscle, &amp;nervous),</p> <p>1.13 Determine Meaning of anatomical terms (median plane, directional terms &amp; regional terms).</p> <p>1.14 Determine Meaning of anatomical terms (median plane, directional terms &amp; regional terms).</p> <p>1.15 Determine Meaning of anatomical terms (median plane, directional terms &amp; regional terms).</p>	<p>1. cells &amp; tissues of the human body (</p> <p>2.the types, structure &amp; functions of tissues</p> <p>3. Meaning of anatomical terms</p>

**CO.103. 2:** A A student will able to explain the concept of Skeletal System, their Types &Functions with gross anatomy and physiology.

**Approximate Hours**

Item	AppX Hrs
Cl	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the Skeletal System.</p> <p><b>SO2.2</b> Student will able to Understand the Concept of Bone.</p> <p>SO2.3 Student will able to Describe types of Concept, types, Number, Gross anatomy &amp; physiology.</p> <p>SO2.4 Student will able to Describe type Synovial Joints</p> <p>SO2.5. Student will able to Describe Spine.</p> <p>SO2.5. Student will able to Describe Skeletal System</p>		<p><b>Unit-2.0</b> - Human biology</p> <p>2.1 Define The Skeletal System: Concept, Types &amp;Functions;</p> <p>2.2 Define The Skeletal System: Concept, Types &amp;Functions;</p> <p>2.3 Define The Skeletal System: Concept, Types &amp;Functions;</p> <p>2.4 Discribe the types, Bone: Concept, Types, Number, Gross anatomy &amp; Physiology, &amp; Functions,</p> <p>2.5 Discribe the types, Bone: Concept, Types, Number, Gross anatomy &amp; Physiology, &amp; Functions</p> <p>2.6 Discribe the types, Bone: Concept, Types, Number, Gross anatomy &amp; Physiology, &amp; Functions</p> <p>2.7 Describe the Bone Cells: Concept, Types &amp; their Functions;</p> <p>2.8 Describe the Bone Cells: Concept, Types &amp; their Functions;</p> <p>2.9 Describe the Bone Cells: Concept, Types &amp; their Functions;</p> <p>2.10 Determine Synovial Joints: Concept, types &amp; their features,</p>	<p>1. cells &amp; tissues of the human body (</p> <p>2.the types, structure &amp; functions of tissues</p> <p>3. Meaning of anatomical terms</p>

		2.11 Describe the Bone Cells: Concept, Types & their Functions; 2.12 Describe the Bone Cells: Concept, Types & their Functions; 2.13 Define The Spine: Gross Anatomy & Physiology and Functions; 2.14 Define The Spine: Gross Anatomy & Physiology and Functions; 2.15 Determine Yogic effect on Bone/Skeletal System.	
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**CO.103. 3:** A student will able to identify the Muscular System: Concept, Types & Functions with gross anatomy and physiology.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO3.1</b> Student will able to Concept Muscles.  <b>SO3.2</b> Student will able to Understand Anatomy & Physiology <b>SO3.3</b> Student will able to Describe Yogic effect on Muscular System.	.	<b>Unit-3.0</b> - Muscular System  3.1 Define The Concept, Types & Functions; Muscles : 3.2 Define The Concept, Types & Functions; Muscles 3.3 Define The Concept, Types & Functions; Muscles 3.4 Define The Concept, Types & Functions; Muscles 3.5 Define The Concept,	1. Concept Muscles.  2. Anatomy & Physiology 3. Muscular System.

		<p>Types &amp; Functions; Muscles</p> <p>3.6 Describe the : Concept, Number, Types, &amp; their Gross Anatomy &amp; Physiology and Functions; Brief introduction</p> <p>3.7 Describe the : Concept, Number, Types, &amp; their Gross Anatomy &amp; Physiology and Functions; Brief introduction</p> <p>3.8 Describe the : Concept, Number, Types, &amp; their Gross Anatomy &amp; Physiology and Functions; Brief introduction</p> <p>3.9 Describe the : Concept, Number, Types, &amp; their Gross Anatomy &amp; Physiology and Functions; Brief introduction</p> <p>3.10 Describe the : Concept, Number, Types, &amp; their Gross Anatomy &amp; Physiology and Functions; Brief introduction</p> <p>3.11 Describe the yogic effect on muscular system.</p> <p>3.12 Describe the yogic effect on muscular system.</p> <p>3.13 Describe the yogic effect on muscular system.</p> <p>3.14 Describe the yogic effect on muscular system.</p> <p>3.15 Describe the yogic</p>	
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		effect on muscular system.	
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**CO.103. 4:** A student will able to express the Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Concept Respiratory System and its Anatomy &amp; Physiology</p> <p><b>SO4.2</b> Student will able to Understand Lungs Functions.</p> <p><b>SO4.3</b> Student will able to Describe Respiration Concept</p> <p><b>SO4.4</b> Student will able to Describe Respiratory Control Center.</p> <p><b>SO4.5</b> Student will able to Describe Yogic effect on Respiratory System</p>	.	<p><b>Unit-4.0</b> -Respiratory System</p> <p>4.1 Define The Respiratory System: Concept, Gross Anatomy &amp; Physiology, Types &amp; Functions:</p> <p>4.2 Define The Respiratory System: Concept, Gross Anatomy &amp; Physiology, Types &amp; Functions</p> <p>4.3 Define The Respiratory System: Concept, Gross Anatomy &amp; Physiology, Types &amp; Functions</p> <p>4.4 Discribe the Lungs: Gross Anatomy &amp; Physiology and Functions; Respiration</p> <p>4.5 Discribe the Lungs: Gross Anatomy &amp; Physiology and Functions; Respiration</p> <p>4.6 Discribe the Lungs: Gross Anatomy &amp; Physiology and Functions; Respiration</p> <p>4.7 Describe the Concept,</p>	<p>1. Respiratory System</p> <p>2. Lungs Functions</p> <p>3 Yogic effect on Respiratory System</p>

		<p>Types, Gross Anatomy &amp; Physiology, Breathing Mechanics &amp; Gaseous</p> <p>4.8 Describe the : Concept, Types, Gross Anatomy &amp; Physiology, Breathing Mechanics &amp; Gaseous</p> <p>4.9 Describe the Concept, Types, Gross Anatomy &amp; Physiology, Breathing Mechanics &amp; Gaseous</p> <p>4.10 Describe the Concept, Types, Gross Anatomy &amp; Physiology, Breathing Mechanics &amp; Gaseous exchange</p> <p>4.11 Describe the : Concept, Types, Gross Anatomy &amp; Physiology, Breathing Mechanics &amp; Gaseous exchange</p> <p>4.12 Describe the : Concept, Types, Gross Anatomy &amp; Physiology, Breathing Mechanics &amp; Gaseous exchange</p> <p>4.13 Define The Respiratory Control Center Define The Yogic effect on Respiratory System.</p> <p>4.14 Define The Respiratory Control Center Define The Yogic effect on Respiratory System.</p> <p>4.15 Define The Respiratory Control Center Define The Yogic effect on Respiratory System.</p>	
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**CO.103. 5: A student will able to describe the Cardiovascular System: Concept, Gross Anatomy, Physiology, &Functions**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO5.1</b> Student will able to Concept Cardiovascular System and its Anatomy &amp; Physiology</p> <p><b>SO5.2</b> Student will able to Understand Blood (RBC, WBC&amp; Platelets)</p> <p>SO4.3 Student will able to Describe Concept of Heart.</p> <p>SO5.4 Student will able to Describe Blood Groups; Blood Vessels.</p> <p>SO5.5 Student will able to Describe Cardiac output, Blood Pressure, Circulation.</p> <p>SO5.6 Student will able to Describe Effect of Yoga on Circulatory system</p>	.	<p><b>Unit-4.0</b> Cardiovascular system</p> <p>5.1 Define The Cardiovascular System: Concept, Gross Anatomy, Physiology, &amp;Function:</p> <p>5.2 Define The Cardiovascular System: Concept, Gross Anatomy, Physiology, &amp;Functions</p> <p>5.3 Define The Cardiovascular System: Concept, Gross Anatomy, Physiology, &amp;Functions</p> <p>5.4 Discribe the Blood (RBC, WBC&amp; Platelets) Concept, Composition &amp; Functions</p> <p>5.5. Discribe the Blood (RBC, WBC&amp; Platelets) Concept, Composition &amp; Functions</p> <p>5.6 Discribe the Blood (RBC, WBC&amp; Platelets) Concept, Composition &amp; Functions</p> <p>5.7 Describe the Heart: Gross Anatomy, Physiology, Innervation &amp; Functions</p> <p>5.8 Describe the Heart: Gross Anatomy, Physiology, Innervation &amp; Functions</p> <p>5.9 Describe the Heart: Gross Anatomy, Physiology, Innervation</p>	<p>1. Cardiovascular System</p> <p>2. Blood and groups (RBC, WBC&amp; Platelets)</p> <p>3. Effect of Yoga on Circulatory system</p>

		& Functions 5.10 Define The Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation 5.11 Define The Blood Groups; Blood Vessels (Artery, Vein & Capillary): Gross Anatomy & Functions; Cardiac output, Blood Pressure, Circulation 5.12 Define The Concept, Types & their mechanisms; Control of cardiac cycle & circulations; 5.13 Define The Concept, Types & their mechanisms; Control of cardiac cycle & circulations; 5.14 Define The Concept, Types & their mechanisms; Control of cardiac cycle & circulations; 5.15 Define The Effect of Yoga on Circulatory system.	
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SW-4 Suggested Sessional Work (SW):

**c. Assignments:**

- i. Human biology
- ii. Respiratory System
- iii. Cardiovascular system

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 103.1: A student will able to discuss the introduction of human body with concept of cells, tissues and their gross anatomy and physiology.	12	2	2	<b>19</b>
C0 103.2: A student will able to explain the concept of Skeletal System, their Types &Functions with gross anatomy and physiology	12	2	2	<b>19</b>
C0 1013.3: A student will able to identify the Muscular System: Concept, Types &Functions with gross anatomy and physiology.	12	2	2	19
C0 103.4: A student will able to express the Respiratory System: Concept, Gross Anatomy & Physiology, Types &Functions.	12	2	2	19
C0103.5; A student will able to describe the Cardiovascular System: Concept, Gross Anatomy, Physiology, &Functions	12			
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

### Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	A student will able to discuss the introduction of human body with concept of cells, tissues and their gross anatomy and physiology.	04	16	00	20
CO-2	A student will able to explain the concept of Skeletal System, their Types & Functions with gross anatomy and physiology	04	16	00	20
CO-3	A student will able to identify the Muscular System: Concept, Types & Functions with gross anatomy and physiology.	04	16	00	20
CO-4	A student will able to express the Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions.	04	16	00	20
CO-5	A student will able to describe the Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions	04	16	00	20
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks.

Teachers can also design different tasks as per requirement, for end semester assessment.

**Suggested Instructional/Implementation Strategies:**

19. Improved Lecture
20. Tutorial
21. Case Method
22. Group Discussion
23. Role Play
24. Visit to Yoga Institute
25. Demonstration
26. ICT Based Teaching Learning (Video Demonstration/Tutorials  
CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online  
sources)
27. Brainstormi



**Cos.POs and PSOs Mapping**

**Course Title: Human Biology**

**Course Code : 70 MYS1O3**

**Course Title: Human Biology**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
knowle dge of yoga, indian philoso phy,upn isads ,shastra s	<b>human biology, therapeutic yoga, management</b> applicati on of Hatha Yoga and Patanjali	<b>fundame ntals of Yoga, Yoga therapy, its principle s and Yoga practice,</b> physiological effects of Yoga	<b>alter nati ve ther apy,</b> natur opat hy, elect rothe rapy, Ayur veda ,	yogic food , diet and nutriti on alog with applie d psych ology	Treat ment: To create profes sional therap ists	To create yoga therap y expert s with in- depth knowl edge based on yogic texts	Soci al healt h: To estab lish holis tic healt h	yoga techi ng capi bilty, resea rch abilit y	To prep are good yoga teach ers, pract ition ers and train ers.	To impart legal and scienti fic knowl edge of yoga .	impar ting classi cal knowl edge of yoga and its relete d Spirit ual text.	To provi de scient ific and medic al knowl edge of Yoga in the conte xt of mode rn societ y And scienc e.	Visit to the best yoga institutes, University ,college or centre , providing excellent training in yoga ayurvedik panchkar ma and alternative Therapy or other releted therapes .	To provi de the resea rch base d educ ation of yoga .	

<b>CO1 :</b> A student will able to discuss the introduction of human body with concept of cells, tissues and their gross anatomy and physiology.	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>
<b>CO 2:</b> A student will able to explain the concept of Skeletal System, their Types &Functions with gross anatomy and physiology	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>
<b>CO3:</b> A student will able to identify the Muscular System: Concept, Types &Functions with gross anatomy and physiology.	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>CO 4:</b> A student will able to express the	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>

Respiratory System: Concept, Gross Anatomy & Physiology, Types & Functions															
<b>C0 5;</b> A student will able to describe the Cardiovascular System: Concept, Gross Anatomy, Physiology, & Functions	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning (SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1:. A student will able to discuss the introduction of human body with concept of cells, tissues and their gross anatomy and physiology.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 The cells & tissues of the human body  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : . A student will able to explain the concept of Skeletal System, their Types &Functions with gross anatomy and physiology	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Skeletal System  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3: A student will able to identify the Muscular System: Concept, Types &Functions with gross anatomy and physiology.	SO3.1 SO3.2 SO3.3 SO3.4		Unit-3 : Muscular System  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to express the Respiratory System: Concept, Gross Anatomy & Physiology, Types &Functions	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Respiratory System 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10	
PO 1,2,3,4,5,6,7,8,9 PSO 1,2, 3, 4, 5	Co 5- A student will able to describe the Cardiovascular System: Concept, Gross Anatomy, Physiology, &Functions	SO5.1 So 5.2 SO 5.3 SO 5.4 SO 5.5		Unit-5 : Cardiovascular System 4.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12,5.13,5.14,5.15	

## Semester I

**Course Code:** 70 MYS104

**Course Title :** **Therapeutic Yoga**

**Pre- requisite:** Student should have basic knowledge of **Therapeutic Yoga** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Therapeutic Yoga** in which they should have knowledge of its basic principles and elements.

### Course Outcomes:

CO 104.1: A student will able to discuss the Yogic concepts of health, stress and disease.

CO 104.2: A student will able to explain the Preventive healthcare according to yoga.

CO 104.3: A student will able to describe the Yoga for prevention of health.

CO104.4: A student will able to interpret the Psycho physiological effects of yoga evidences through modern research

### Scheme of Studies:

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL			
ProgramCore	70 MYS104	<b>Therapeutic Yoga</b>	4	0	1	1	6	4	

### Legend:

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment (Marks)							End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/ Home Assignment 5 number 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CAT)	Class Attendance (AT)				
PC C	70 MYS1 O4	<b>Therapeutic Yoga</b>	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO.104. 1:** A student will able to discuss the Yogic concepts of health, stress and disease.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Importance of Health(: Physical, Mental, Social and Spiritual)</p> <p><b>SO1.2</b> Student will able to Understand the Concept of Health and Disease</p> <p><b>SO1.3</b> Student will able to Describe Yogic Concept of Health and Disease</p> <p><b>SO2.4</b> Student will able to Describe Concept of Adhi and Vyadhi</p> <p><b>SO1.5.</b> Student will able to Describe Tapatrayas and Kleshas</p> <p><b>SO1.6.</b> Student will able to Describe Mental and Emotional ill Health</p>	.	<p><b>Unit-1.0- Yogic concepts of health, stress and disease</b></p> <p>1.1 Define The Definition &amp; Importance of Health According to WHO</p> <p>1.2 Discribe the; Dimensions of Health: Physical, Mental, Social and Spiritual;</p> <p>1.3 Discribe the Concept of Health and Disease in modern and Indian Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine</p> <p>1.4 Determine Utility and Limitations of these systems in health and healing</p> <p>1.5 Yogic Concept of Health and Disease</p> <p>1.6 Meaning and definitions</p> <p>1.7 Concept of Adhi and Vyadhi</p> <p>1.8 Concept of stress (Adhi) as cause for Vyadhi (yoga vasishta);</p> <p>1.9 Role of Yoga in preventive health care</p> <p>1.10 Heyam dukham anagatam</p> <p>1.11 Potential causes of Ill-health</p> <p>1.12 Tapatrayas and Kleshas, Physical and Physiological Manifestation of disease</p> <p>1.13 Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa</p> <p>1.14 . Mental and Emotional ill Health</p> <p>1.15 Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhrantidarsana, Alabdha-bhumikatva and Anavasthitatva</p>	<p>1. Importance of Health(: Physical, Mental, Social and Spiritual)</p> <p>2. Concept of Health and Disease</p> <p>3. Concept of Adhi and Vyadhi</p>

**CO.104. 2: A student will able to explain the Preventive healthcare according to yoga.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the Concepts of Trigunas, mahabhutas, kosha, prana,chakras</p> <p><b>SO2.2</b> Student will able to Understand the Shuddhi Prakriyas</p> <p>SO2.3 Student will able to Describe</p> <p>SO2.4 Student will able to Describe Karma Shuddhi, Ghata Shuddhi, Snayu Shuddhi</p> <p>SO2.5. Student will able to Describe Prana Shuddhi, Indriya and Mano Shuddhi</p> <p>SO2.6. Student will able to Describe Chitta Shuddhi</p>	.	<p><b>Unit-2.0- Preventive healthcare according to yoga</b></p> <p>2.1 Define The Concepts of Trigunas</p> <p>1.2 Discribe the Pancha-mahabhutas</p> <p>1.3 Discribe the pancha koshas</p> <p>1.4 Determine Pancha-prana</p> <p>1.5 nadis</p> <p>1.7 chakras</p> <p>1.8 Chakras and their role in Health and Healing</p> <p>1.9 Shuddhi Prakriyas in Yoga</p> <p>1.10 Role of Shuddhi Prakriyas in preventive and curative Health,</p> <p>1.11 Karma Shuddhi (Yama, Niyama),</p> <p>1.12 Ghata Shuddhi (Shatkarma),</p> <p>1.13 Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama),</p> <p>1.14 Indriya and Mano Shuddhi (Pratyahara)</p> <p>1.15 Mana, Buddhi, Ahankara and Chitta Shuddhi (Dharana, Dhyana and Samadhi)</p>	<p>1. Concepts of Trigunas, mahabhutas, kosha, prana,chakras</p> <p>2. Shuddhi Prakriyas</p>



**CO.104. 3: A student will able to describe the Yoga for prevention of health.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> Student will able to Understand the Dietary regulation according to Hatha yoga and Bhagavadgita</p> <p><b>SO3.2</b> Student will able to Understand the Shatkriyas and Tatva shuddhi</p> <p>SO3.3 Student will able to Describe mind body and spirit</p> <p>SO3.4 Student will able to Describe Mental Health &amp; Mental Hygiene</p> <p>SO3.5. Student will able to Describe Indian approach of personality</p> <p>SO3.6. Student will able to Describe Adaptation and adjustment</p>	.	<p><b>Unit-3.0</b> - Preventive healthcare according to yoga</p> <p>3.1 Define Dietary regulation according to Hatha yoga and Bhagavadgita</p> <p>3.2 Discribe the Shatkriyas</p> <p>3.3 Discribe the Tatva shuddhi</p> <p>3.4 Determine Asana for mind body and spirit</p> <p>3.5 Pranayama</p> <p>3.7 Definition of Mental Health</p> <p>3.8 Mental Hygiene</p> <p>3.9 Total Health</p> <p>3.10 Indian approach to personality and personality integration Psycho-Social Implications of yoga</p> <p>3.10 Adaptation and adjustment</p> <p>3.11 [Personal and interpersonal]</p> <p>3.12 yogic rules and regulations</p> <p>3.13 Niyamas</p> <p>3.14 Yamas</p> <p>3.15 Yamas</p>	<p>1. Dietary regulation according to Hatha yoga and Bhagavadgita</p> <p>2. Mental Health &amp; Mental Hygiene</p>

**CO.104. 3: A student will able to interpret the Psycho physiological effects of yoga evidences through modern research**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand the therapeutic benefits of yoga in health and diseases</p> <p><b>SO4.2</b> Student will able to Understand the Literature on psycho-physiological diseases</p> <p><b>SO4.3</b> Student will able to Describe positive health</p>	.	<p><b>Unit-4.0 - Psycho physiological effects of yoga evidences through modern research</b></p> <p>4.1 Define Literature on therapeutic benefits of yoga in health and diseases of cardiovascular</p> <p>4.2 Discribe the respiratory</p> <p>4.3 Discribe the neurological</p> <p>4.4 Determine psychiatric</p> <p>4.5 endocrine</p> <p>4.6. metabolic</p> <p>4.7 renal</p> <p>4.8 ENT</p> <p>4.9 ophthalmology</p> <p>4.10 reproductive system</p> <p>4.11 Literature on psycho-physiological research in normal healthy volunteers;</p> <p>4.12 Literature on pysho-physioloigcal research in promotion of positive health- on Individual asanas,</p> <p>4.13 kriyas</p> <p>4.14 mudras, bandhas</p> <p>4.15 , pranayamas, different meditation techniques.</p>	<p>1. therapeutic benefits of yoga in health and diseases</p> <p>2. psycho-physiological diseases</p> <p>3- positive health</p>

### **TEXT BOOKS**

1. Preeti Goel & Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
2. M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)

### **REFERENCE BOOKS**

1. Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
2. T.S. Rukmani : Patanjala Yoga Sutra, Munshiram Manoharlal, 2001
3. Nagendra, H. R.: Yoga for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2000
4. Nagendra H. R: New Perspective in Stress Management, VK Yoga Publication, Bangalore

### **Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

#### **d. Assignments:**

- i. Psycho physiological effects of yoga evidences through modern research
- ii. Preventive healthcare according to yoga
- iii. Preventive healthcare according to yoga

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 104.1: A student will able to discuss the Yogic concepts of health, stress and disease.	15	2	2	19
C0 104.2: A student will able to explain the Preventive healthcare according to yoga.	15	2	2	19
C0 104.3: A student will able to describe the Yoga for prevention of health.	15	2	2	19
C0 104.4: A student will able to interpret the Psycho physiological effects of yoga evidences through modern research	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Yogic concepts of health, stress and disease	05	20	00	25
CO-2	Preventive healthcare according to yoga	05	20	00	25
CO-3	Yoga for prevention of health	05	20	00	25
CO-4	Psycho physiological effects of yoga evidences through modern research	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks.

Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

28. Improved Lecture
29. Tutorial
30. Case Method
31. Group Discussion
32. Role Play
33. Visit to Yoga Institute
34. Demonstration
35. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
36. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Therapeutic Yoga**

**Course Code : 70 MYS104**

**Course Title: Therapeutic Yoga**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanisads, shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medicinal knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
CO1: A student will be able to discuss the Yogic concepts of health, stress and disease.	<b>1</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>

CO 2 : A student will able to explain the Preventive healthcare according to yoga.	1	2	3	1	1	3	3	3	2	2	3	1	3	1	1
CO3: A student will able to describe the Yoga for prevention of health	1	3	2	1	3	3	3	3	3	3	3	2	1	1	1
CO 4: A student will able to interpret the Psycho physiological effects of yoga evidences through modern research	1	2	3	1	3	3	3	2	2	2	3	2	1	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Course Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to discuss the Yogic concepts of health, stress and disease.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Yogic concepts of health, stress and disease  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to explain the Preventive healthcare according to yoga.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Preventive healthcare according to yoga  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to describe the Yoga for prevention of health.	SO3.1 SO3.2  SO3.3 SO3.4		Unit-3 : Yoga for prevention of health  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to interpret the Psycho physiological effects of yoga evidences through modern research	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Psycho physiological effects of yoga evidences through modern research  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	



**Course Code:** 70 MYS105  
**Course Title :** **Yoga and Strategic management**  
**Pre- requisite:** Student should have basic knowledge of **Yoga and Strategic management** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Yoga and Strategic management** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

CO 105.1: A student will able to discuss to the complexities of managing a formal organization.

CO 105.2: A student will able to determinate to help develop analytical skills for identifying key strategic issues and formulating appropriate strategies given a firm’s situation.

CO 105.3: A student will able to describe about the Understand and conceptualize the Indian ethos and need for holistic globalization

CO105.4: A student will able to explain the Conceptualize the need for Indian models and significance.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL			
Program Core	70 MYS105	<b>Yoga and Strategic management</b>	4	0	1	1	6	4	

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment (Marks)							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment (PRA)						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment number 5 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CAT)	Class Attendance (AT)				
PC C	70 MYS1 O5	. Yoga and Strategic management	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO.105. 1:** A student will able to discuss to appreciate the complexities of managing a formal organization.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Strategic Management</p> <p><b>SO1.2</b> Student will able to Understand the SM, SM Model</p> <p><b>SO1.3</b> Student will able to Describe strategic planning</p> <p><b>SO2.4</b> Student will able to Describe Pitfalls in strategic planning</p> <p><b>SO1.5.</b> Student will able to Describe Key success</p>	.	<p><b>Unit-1.0 - Basic Concepts in Strategic Management</b></p> <p>1.2 Define The Meaning of strategy</p> <p>1.2 Discribe the ; Strategic Management</p> <p>1.3 Discribe meaning of Strategic Management</p> <p>1.4 Determine definition</p> <p>1.5 role</p> <p>1.6 scope</p> <p>1.7 importance</p> <p>1.8 , stages</p> <p>1.9 benefits,</p> <p>1.10, key terms</p> <p>1.11 need for strategic planning</p> <p>1.12 why firms avoid strategic planning</p> <p>1.13 Pitfalls in strategic planning</p> <p>1.14 guidelines for yogic approach to effective strategic management</p> <p>1.15 Key success factors of a business.</p>	<p><b>1. the Strategic Management</b></p> <p>2. SM, SM Model</p> <p>3. strategic planning</p>

**CO.105. 2:** A student will able to determinate to help develop analytical skills for identifying key strategic issues and formulating appropriate strategies given a firm's situation.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the Yogic Vision and Mission</p> <p><b>SO2.2</b> Student will able to Understand the Vision vs. Mission</p> <p><b>SO2.3</b> Student will able to Describe components of Vision and Mission</p> <p><b>SO2.4</b> Student will able to Describe characteristics Vision and Mission</p>		<p><b>Unit-2.0- Yogic Vision, Mission</b></p> <p>2.1 Define The Yogic Vision</p> <p>2.2 Discribe the Yogic Mission</p> <p>2.3 Discribe Need of Yogic Vision and Mission</p> <p>2.4 Determine meaning of Yogic Vision and Mission</p> <p>2.5 Vision vs. Mission</p> <p>2.6 importance</p> <p>2.7 process</p> <p>2.8 characteristics</p> <p>2.9 components</p> <p>2.10 writing and evaluating yogic vision and mission statements</p> <p>2.11 writing and evaluating yogic vision and mission statements</p> <p>2.12 writing and evaluating yogic vision and mission statements</p> <p>2.13 Determine meaning of Yogic Vision and Mission</p> <p>2.14 Discribe the Yogic Mission</p> <p>2.15 Discribe Need of Yogic Vision and Mission</p>	<p><b>1. Yogic Vision and Mission</b></p> <p>2. Vision vs. Mission</p> <p>3. characteristics Vision and Mission</p>

**CO.105. 3:** A student will able to describe about the Understand and conceptualize the Indian ethos and need for holistic globalization

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> Student will able to Understand the process of performing an internal strategic management</p> <p><b>SO3.2</b> Student will able to Understand the different functional areas of business</p> <p>SO3.3 Student will able to Describe sources of external information</p> <p>SO3.4 Student will able to Describe Five generic competitive strategies</p>	.	<p>Unit-3.0 - Internal and External Assessment, and business strategies</p> <p>3.1 Key internal forces,</p> <p>3.2 process of performing an internal strategic management audit,</p> <p>3.3 Basic functions or activities that make up the different functional areas of business.</p> <p>3.4 Key external forces,</p> <p>3.5 sources of external information,</p> <p>3.6 Porter’s five forces model of competition,</p> <p>3.7 Cooperative vs. Competitive Strategies –</p> <p>3.8 examples and exercises.</p> <p>3.9 Five generic competitive strategies,</p> <p>3.10 Diversification strategies –</p> <p>3.11 related and unrelated,</p> <p>3.12 core competencies, 3.13 outsourcing.</p> <p>3.14 Horizontal and vertical</p> <p>3.15 integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.</p>	<p>1. process of performing an internal strategic management</p> <p>2. different functional areas of business</p> <p>3. sources of external information</p>

**CO.105. 4: Yogic Approach to strategic management**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand the Importance of ethics</p> <p><b>SO4.2</b> Student will able to Understand the Yoga and ethical strategic management</p> <p><b>SO4.3</b> Student will able to Describe Western and Eastern management</p> <p><b>SO4.4</b> Student will able to Describe holistic approach</p>		<p><b>Unit-4.0 - Yogic Approach to strategic management</b></p> <p>4.1 Importance of ethics in the overall process:</p> <p>4.2 Importance of ethics in the overall process:</p> <p>4.3 Importance of ethics in the overall process:</p> <p>4.4 Yoga and ethical strategic management,</p> <p>4.5 Yoga and ethical strategic management,</p> <p>4.6 Yoga and ethical strategic management,</p> <p>4.7 convergence of Western and Eastern management practices,</p> <p>4.8 convergence of Western and Eastern management practices,</p> <p>4.9 convergence of Western and Eastern management practices,</p> <p>4.10 Compassionate Leadership through Yogic approach,</p> <p>4.11 Compassionate Leadership through Yogic approach,</p> <p>4.12 Compassionate Leadership through Yogic approach,</p> <p>4.13 Balancing Purusharthas through a holistic approach and Evolution of the SELF.</p> <p>4.14 Balancing Purusharthas through a holistic approach and Evolution of the SELF.</p> <p>4.15 Balancing Purusharthas through a holistic approach and Evolution of the SELF.</p>	<p>1. Importance of ethics</p> <p>2. Yoga and ethical strategic management</p> <p>3. holistic approach</p>

**Text Book:**

1. Fred R David, Strategic Management concepts and cases, 10/e, Prentice Hall

**Reference Books:**

2. John A. Pearce II and Richard B Robinson Jr., Strategic Management: Formulation, Implementation and Control, 9/e, Tata McGraw Hill
3. Srinivasan, Strategic Management - Indian Context, Prentice Hall Of India
4. Sharma Subhash, New Mantras in Corporate Corridors: From Ancient Roots to Global Routes, New Age International Publishers, New Delhi
5. Color of the Rainbow – Compassionate Leadership, Swami Amritaswarupananda Puri, M.A.center, 2013
6. Hartman & Chatterjee, Perspectives in Business Ethics, 3/e, Tata McGraw Hill.

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Dr Ganesh Prasad Gupta

Dr Dherendra Singh

Shri Anurag Singh

**SW-4 Suggested Sessional Work (SW):****e. Assignments:**

- i. **Basic Concepts in Strategic Management**
- ii. Yogic Approach to strategic management
- iii. Basic Concepts in Strategic Management

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
C0 105.1: A student will able to discuss the Yogic concepts of health, stress and disease.	15	2	2	<b>19</b>
C0 105.2: A student will able to explain the Preventive healthcare according to yoga.	15	2	2	<b>19</b>
C0 105.3: A student will able to describe the Yoga for prevention of health.	15	2	2	19
C0 105.4: A student will able to interpret the Psycho physiological effects of yoga evidences through modern research	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>



## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Yogic concepts of health, stress and disease	05	20	00	25
CO-2	Preventive healthcare according to yoga	05	20	00	25
CO-3	Yoga for prevention of health	05	20	00	25
CO-4	Psycho physiological effects of yoga evidences through modern research	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

37. Improved Lecture
38. Tutorial
39. Case Method
40. Group Discussion
41. Role Play
42. Visit to Yoga Institute
43. Demonstration
44. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
45. Brainstormin

**Cos.POs and PSOs Mapping**

**Course Title: Yoga and Strategic management**

**Course Code : 70 MYS105**

**Course Title: Yoga and Strategic management**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanishads, shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medicinal knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.

CO1: A student will able to discuss the Yogic concepts of health, stress and disease.	1	1	3	2	3	3	3	3	2	2	3	1	3	1	1
CO 2: A student will able to explain the Preventive healthcare according to yoga.	1	1	3	1	3	3	3	3	1	2	3	2	3	1	1
CO3:A student will able to describe the Yoga for prevention of health.	1	1	2	1	1	2	3	3	1	1	3	1	3	1	1
CO 4: A student will able to interpret the Psycho physiological effects of yoga evidences through modern research	1	1	3	3	3	3	3	2	3	3	3	3	3	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Course Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1- A student will able to discuss the Yogic concepts of health, stress and disease.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Yogic concepts of health, stress and disease  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to explain the Preventive healthcare according to yoga.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Preventive healthcare according to yoga  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to describe the Yoga for prevention of health.	SO3.1 SO3.2  SO3.3 SO3.4		Unit-3 : Yoga for prevention of health  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to interpret the Psycho physiological effects of yoga evidences through modern research	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Psycho physiological effects of yoga evidences through modern research  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS107

**Course Title :** **Fundamentals of Yoga-**

**Pre- requisite:** Student should have basic knowledge of **Fundamentals of Yoga-** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Fundamentals of Yoga-** in which they should have knowledge of its basic principles and elements

**Course Outcomes:**

**CO 107.1:** A student will able to interpret the application of yoga and its use in modern age

**CO 107.2:** A student will able to describe Form of yoga in scriptures texts.

**CO 107.3:** A student will able to explain the system of yoga .

**CO107.4:** A student will able to discuss the Introduction to Different Yogis life biography.

**CO107.5:** A student will able to discuss the introduction of yoga texts.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL			
ProgramCore	70 MYS10 7	<b>Fundamentals of Yoga-</b>	4	0	1	1	6	4	

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop,field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:**Credits.

## Scheme of Assessment:

### Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment 5 number 3 marks each ( CA )	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CA T)	Class Attendance (AT)				
PCC	70 MYS107	<b>Fundamentals of Yoga-</b>	10	10	0	0	0	20	80	100	

### Course-Curriculum Detailing:

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO.107. 1: A student will able to interpret the application of yoga and its use in modern age.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Meaning yoga</p> <p><b>SO1.2</b> Student will able to Understand the Form of yoga</p> <p><b>SO1.3</b> Student will able to Describe significance of yoga</p> <p><b>SO1.4</b> Student will able to Describe Personality of Yogi</p> <p><b>SO1.5.</b> Student will able to Describe yoga in modern age</p>	.	<p><b>Unit-1.0 -</b></p> <p>1.1 Meaning of yoga</p> <p>1.2 Meaning of yoga</p> <p>Meaning Meaning of yoga</p> <p>1.3 f yoga</p> <p>1.4 definition of yoga</p> <p>1.5 definition of yoga</p> <p>1.6 definition of yoga</p> <p>1.7 Form of Yoga</p> <p>1.8 Form of Yoga</p> <p>1.9 Form of Yoga</p> <p>1.10 Significance of Yoga</p> <p>1.11 Significance of Yoga</p> <p>1.12 Personality of Yogi</p> <p>1.13 Personality of Yogi</p> <p>1.14 Use of yoga in modern age</p> <p>1.15 Use of yoga in modern age</p>	<p>1. Meaning of yoga</p> <p>2. Form of Yoga</p> <p>3. Personality of Yogi</p>

**CO.107. 2: A student will able to describe Form of yoga in scriptures texts.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the Form of yoga in vade</p> <p><b>SO2.2</b> Student will able to Understand the Form of yoga in upnishad, geeta,</p> <p><b>SO2.3</b> Student will able to Describe yogvashistha,jainmat</p> <p><b>SO2.4</b> Student will able to Describe buddhamat, sankhyashastra</p> <p><b>SO2.5.</b> Student will able to Describe vedant ,tantra shastra,ayurvede</p>	.	<p><b>Unit-1.0</b> - Form of yoga</p> <p>2.1 Form of yoga in dnt scriptures-vade</p> <p>2.2 Form of yoga in dnt scriptures- Upnishad</p> <p>2.3 Form of yoga in dnt scriptures-geeta</p> <p>2.4 Form of yoga in dnt scriptures- yogavashistha</p> <p>2.5 Form of yoga in dnt scriptures-jainmat</p> <p>2.6 Form of yoga in dnt scriptures-Buddhmat</p> <p>2.7 Form of yoga in dnt scriptures-Shankhyashastra</p> <p>2.8 Form of yoga in dnt scriptures-Vedanta</p> <p>2.9 Form of yoga in dnt scriptures- Tantra shastra</p> <p>2.10 Form of yoga in dnt scriptures- ayurvede</p> <p>2.11 Form of yoga in dnt scriptures-Shankhyashastra</p> <p>2.12 Form of yoga in dnt scriptures- Tantra shastra</p> <p>2.13 Form of yoga in dnt scriptures-Vedanta</p> <p>2.14 Form of yoga in dnt scriptures-Buddhmat</p> <p>2.15 Form of yoga in dnt scriptures- Upnishad</p>	<p>1. Form of yoga in vade</p> <p>2the Form of yoga in upnishad, geeta</p> <p>1. buddhamat,sankhyashastra</p>



**CO.107. 3:** A student will able to explain the system of yoga.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> Student will able to Understand the yoga system</p> <p><b>SO3.2</b> Student will able to Understand the rajyog,gyaanyog</p> <p><b>SO3.3</b> Student will able to Describe bhaktiyog,karmyog</p> <p><b>SO3.4</b> Student will able to Describe astangyog,hathyog</p> <p><b>SO3.5.</b> Student will able to Describe mantrayog,sanyashyog</p>	.	<p><b>Unit-1.0</b> - yoga system</p> <p>3.1 yoga system-</p> <p>3.2 rajyog, -</p> <p>3.4 rajyog, -</p> <p>3.5 gyaanyog,</p> <p>3.6 gyaanyog</p> <p>3.7 bhaktiyog</p> <p>3.8 bhaktiyog</p> <p>3.9 bhaktiyog, -</p> <p>3.10 karmyog,</p> <p>3.11 astangyog, -</p> <p>3.12 astangyog,</p> <p>3.13 hathyog, -</p> <p>3.14 mantrayog,</p> <p>3.15 sanyashyog-</p>	<p>1. yoga system</p> <p>2. rajyog,gyaan yog</p> <p>3. bhaktiyog,karmyog</p> <p>4. astangyog</p>

**CO.107. 4:** A student will able to discuss the Introduction to Different Yogis life biography.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand the Introduction to Different Yogis-maharshi patanjali, gorckhanath</p> <p><b>SO4.2</b> Student will able to Understand the the Introduction to Different Yogis maharshi dayanand,swami vivekanand,</p> <p><b>SO4.3</b> Student will able to Describe the Introduction to Different Yogis shri arvind,mahrshi ramd</p> <p><b>SO4.4</b> Student will able to Describe the Introduction to Different Yogis shyamacharn lahidi, parmhansh</p> <p><b>SO4.5.</b> Student will able to Describe the Introduction to Different Yogis-yoganand,swami shivanand,swami kuwalyanand</p>	.	<p>Unit-1.0 Introduction to Different Yogis-maharshi</p> <p>4.1 Introduction to Different Yogis-maharshi patanjali,</p> <p>4.2 gorckhanath,</p> <p>4.3 gorckhanath,</p> <p>4.4 Maharshi dayanand</p> <p>4.5 Maharshi dayanand</p> <p>4.6 swami vivekanand</p> <p>4.7 swami vivekanand</p> <p>4.8 shri arvind</p> <p>4.9 , shri arvind</p> <p>4.10 mahrshi ramd</p> <p>4.11 mahrshi ramd</p> <p>4.12 shyamacharn lahidi</p> <p>4.13 parmhansh yoganand,</p> <p>4.14 swami shivanand</p> <p>4.15 , swami kuwalyanand</p>	<p>1. yoga system</p> <p>2. rajyog,gyaan yog</p> <p>3. bhaktiyog,kar myog</p> <p>4. astangyog,hat hyog</p>

**CO.107. 5: A student will able to discuss the introduction of yoga texts.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO5.1</b> Student will able to Understand the intyroduction of yoga texts</p> <p><b>SO5.2</b> Student will able to Understand the patanjali yogsutra</p> <p><b>SO5.3</b> Student will able to Describe the shrimadbhagwat geeta</p> <p><b>SO5.4</b> Student will able to Describe the hathyog pradipika,</p> <p><b>SO4.5.</b> Student will able to gherand shamhita,bhaktisager Describe</p>	.	<p><b>Unit-1.0</b> - intyroduction of yoga texts</p> <p>5.1 intyroduction of yoga texts- patanjali yogsutra,</p> <p>5.2 intyroduction of yoga texts- patanjali yogsutra</p> <p>5.3 intyroduction of yoga texts- patanjali yogsutra</p> <p>5.4 shrimadbhagwatgeeta</p> <p>5.5 shrimadbhagwatgeeta</p> <p>5.6 shrimadbhagwatgeeta</p> <p>5.7 hathyog pradipika</p> <p>5.8 hathyog pradipika</p> <p>5.9 hathyog pradipika,</p> <p>5.10gherand shamhita</p> <p>5.11 gherand shamhita</p> <p>5.12 gherand shamhita</p> <p>5.13 bhaktisager</p> <p>5.14 bhaktisager</p> <p>5.15. bhaktisager</p>	<p>5. <b>yoga system</b></p> <p>6. rajyog,gyaan yog</p> <p>7. bhaktiyog,ka rmyog</p> <p>8. astangyog,hathyog</p>

## **Texts**

shrimadbhagwatgeeta- shankarbhasya  
patanjali yog sutra- geetapres gorkhpor  
yog vashista- geetapres gorkhpor  
yog vigyan- swami vityananand saraswati  
yog mahavigyan- Dr.kamakhya kumar  
vedo me yog vidhya- swami divyanand  
yog manovigyan – shantiprakash atreye  
bhartiye darshan- baldev upadhyay  
upnishdik adhyatm vigyan- Dr.ishwer bhardwaj  
kalyaan-(yog tatwank)- geetapres gorkhpor  
kalyaan-(yogank)- geetapres gorkhpor  
Yoga Darshan – Swami Niranjanananda Saraswati  
Super Science of Yoga – Dr Kamakhya Kumar  
Bhart ke mahan sant- Ramlal  
Bhart ke mahaan yogi- vishwanath mukharji

## **Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

### **f. Assignments:**

- i. Write Prakriti Purusha SamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit)

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 107.1: A student will able to interpret the application of yoga and its use in modern age	12	2	2	<b>16</b>
C0 107.2: A student will able to describe Form of yoga in scriptures texts.	12	2	2	<b>16</b>
C0 107.3: A student will able to explain the system of yoga.	12	2	2	16
C0 107.4: A student will able to discuss the Introduction to Different Yogis life biography.	12	2	2	16
<b>CO 107.5;</b> A student will able to discuss the introduction of yoga texts.	12	2	2	<b>16</b>
<b>Total Hours</b>	<b>60</b>	<b>10</b>	<b>10</b>	<b>80</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Meaning of yoga	04	16	00	20
CO-2	Form of yoga in dnt scriptures-vade	04	16	00	20
CO-3	yoga system	04	16	00	20
CO-4	Introduction to Different Yogis-	04	16	00	20
CO-5	intyroduction of yoga texts	04	16	00	20
Total					

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

46. Improved Lecture
47. Tutorial
48. Case Method
49. Group Discussion
50. Role Play
51. Visit to A Yoga Institute
52. Demonstration
53. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
54. Brainstorming

**Cos,POs and PSOs Mapping**

**Course Title: Fundamentals of Yoga-**

**Course Code : 70 MYS107**

**Course Title: Fundamentals of Yoga-**

	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
<b>Course Outcomes</b>	knowledge of yoga, indian philosophy, upn isads ,shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda ,	yogic food , diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University ,college or centre , providing excellent training in yoga ayurvedik panchkar ma and alternative Therapy or other related therapies .	To provide the research based education of yoga .

CO1: A student will able to interpret the application of yoga and its use in modern age	1	1	2	1	3	2	3	3	2	2	3	1	3	1	1
CO 2 : A student will able to describe Form of yoga in scriptures texts	3	2	1	1	1	1	1	2	1	1	1	3	1	1	1
CO3: A student will able to explain the system of yoga.	3	2	1	1	1	1	1	2	1	1	1	2	1	1	1
CO 4: A student will able to discuss the Introduction to Different Yogis life biography.	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1
CO 5; A student will able to discuss the introduction of yoga texts.	3	2	1	1	1	1	1	3	1	1	2	2	1	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**



### Curriculum Map:

COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
CO-1: A student will be able to interpret the application of yoga and its use in modern age	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Meaning of yoga  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
CO 2 : A student will be able to describe Form of yoga in scriptures texts	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Form of yoga in dnt scriptures  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
CO3 : A student will be able to explain the system of yoga .	SO3.1 SO3.2  SO3.3 SO3.4		Unit-3 : yoga system  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
CO 4: A student will be able to discuss the Introduction to Different Yogis life biography.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Introduction to Different Yogis 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
C05; A student will be able to discuss the introduction of yoga texts.	SO5.1 SO5.2 SO5.3 SO5.4		Unit-5- introduction of yoga texts 5.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12,5.13,5.14,5.15	

**Course Code** 70 MYS152  
**Course Title :** **Yoga Practical-I**

**Pre- requisite:** Student should have basic knowledge of **Yoga Practical-I** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Yoga Practical-I** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

**CO 152.1:** A students shall be able to understand the benefits, contraindications and procedure of all practices

**CO 152.2:** A students shall be able to Demonstrate each practice with confidence and skill.

**CO 152.3:** A students shall be able to Explain the procedure and subtle points involved

**CO152.4:** A students shall be able to Teach the yoga practices to any given group.

**CO152.5:** A students shall be able to pick the skill of cleansing process

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	S W	SL			
Progra mCore	70 MYS15 2	<b>Yoga Practical-I</b>	0	6	1	1	8	6	

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:  
Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Home Assignment number 5 3 marks each ( CA )	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA )	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks CA+CT+SA+CAT+AT)		
PCC	70 MYS152	<b>Yoga Practica l-I</b>	10	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO.152. 1:** A students shall be able to understand the benefits, contraindications and procedure of all practices.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO1.1</b> Student will able to Understand the introduction and practice of Asan	.	<b>Unit-1.0</b> - Asan pavanmukasan samooh, 1.1 surynamskar,sidhasan, padmashan. bbajrashan, 1.2 swastikashn, virashn, udrakarshnasana, 1.3 badrashn, janushirshashn, urdhamsyerndrashan, 1.4 gaumukhasan,ustrashan, uttanpadashan, 1.5 naukashan, sarvvangashan, halashan, 1.6 matysashan, suptbajrashan, katichakrashan, 1.7 chakrashan, tadashan, triyaktadashan, 1.8 ekpad pranaam , vrikshashan, garunsashn, manduukashan, 1.9hasttotaanashn ,padhastashan, trikonashan, 1.10 urdhhdhanurashan, marjaryashan, arudhsalbhashn, 1.11 bujangashn, makrashan, savashan, 1.12 balashan, bakashan, ardhhalashan, singhashan, 1.13 sarpsashan, sukhshashan, ardhpadmashan, 1.14 ekpadhalashan, parwatashan, setubandhashan, markatashan, 1.15 shashankashan, vipreet naukashan, dwikonashan,	1. 2. 3.

**CO.152. 2:** A students shall be able to demonstrate each practice with confidence and skill

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO2.1</b> Student will able to Understand the introduction and practice of - Pranayama	.	<b>Unit-2.0</b> - Pranayama –  2.1 Deep breath 2.2 Deep breath 2.3 Deep breath 2.4 Nadishodhan 2.5 Nadishodhan 2.6 Nadishodhan 2.7 Surybhedi 2.8 Surybhedi 2.9 Surybhedi 2.10 Chandrabedi 2.11 Chandrabedi 2.12 Chandrabedi 2.13 ujjayi 2.14 ujjayi 2.15 ujjayi	<b>1. Pranayama</b> 2. Deep breath 3. Nadishodhan Nadishodhan

**CO.152. 3:** A students shall be able to explain the procedure and subtle points involved.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO3.1</b> Student will able to Understand the introduction and practice of - Shatkarma	.	<b>Unit-3.0 - Shatkarma-</b> 3.1 Jalneti 3.2 Jalneti 3.3 Jalneti 3.4 Raberneti 3.5 Raberneti 3.6 Raberneti 3.7 vaman 3.8 vaman 3.9 vaman 3.10 kunjaj 3.11 kunjaj 3.12 kunjaj 3.13 Vvaatkarma kapalbhati 3.14 Vvaatkarma kapalbhati 3.15 Vvaatkarma kapalbhati	1. Jalneti 2. vaman 3. Vvaatkarma kapalbhati

**CO.152. 4:** A students shall be able to teach the yoga practices to any given group.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO4.1</b> Student will able to Understand the introduction and practice of - Mudra bandh-	.	<p><b>Unit-4.0</b> - Mudra bandh- Meditaion -</p> <p>4.1 Gyaan mudra 4.2 Gyaan mudra 4.3 Chinmudra 4.4 Chinmudra 4.5 Vvipreetkarni 4.6 Vvipreetkarni 4.7 Jalandharbandh 4.8 Jalandharbandh 4.9 Uiddiyaan bandh 4.10 Uiddiyaan bandh 4.11 Moolbandh 4.12 Moolbandh 4.13 Yogmudra 4.14 Yogmudra 4.15 Yogmudra</p>	<p>1. Mudra 2. bandh-</p>

**CO.152. 5:** A students shall be able to pick the skill of cleansing process

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO5.1</b> Student will able to Understand the introduction and practice of – Meditation	.	<b>Unit-5.0</b> Meditaion - 5.1 savitadhyan,soham dhyan 5.2 savitadhyan,soham dhyan 5.3 savitadhyan,soham dhyan 5.4 Cyclic Meditation (S-VYASA) 5.5 Cyclic Meditation (S-VYASA) 5.6 Cyclic Meditation (S-VYASA) 5.7 Mindfulness based Stress Reduction Technique (Kabatzin) 5.8 Mindfulness based Stress Reduction Technique (Kabatzin) 5.9 Mindfulness based Stress Reduction Technique (Kabatzin) 5.10 Vipasana Meditation 5.11 Vipasana Meditation 5.12 Vipasana Meditation 5.13 Preksha Meditation 5.14 Preksha Meditation 5.15 Preksha Meditation	1. Meditation



## **Texts-**

Hathyog pradipika – kaiwalyadham

Gherand shamhita-yog publication munger

Shiv shamhita – chaukhambha oriyentaliya

Asan pranayama mudra bbandh – yog publication mugger

**H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga  
Prakashan, Bangalore, 1999**

## **Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

### **g. Assignments:**

- i. 1-Asan pavanmukasan samooh,
- ii. 2- Meditaion
- iii. 3- Mudra bandh- Meditaion -

**Brief of Hours suggested for the Course Outcome**

Course Outcomes	Class Lecture (Cl)	Sessional Work (SW)	Self Learning (Sl)	Total hour (Cl+SW+S l)
C0 152.1: A students shall be able to Understand the benefits, contraindications and procedure of all practices.	12	2	2	<b>16</b>
<b>C0 152.2:</b> A students shall be able to Demonstrate each practice with confidence and skill.	12	2	2	<b>16</b>
C0 152.3: A students shall be able to Explain the procedure and subtle points involved.	12	2	2	16
<b>C0 152.4:</b> A students shall be able to Teach the yoga practices to any given group.	12	2	2	16
<b>C0 152.5:</b> A students shall be able to pick the skill of cleansing process	12	2	2	<b>16</b>
Total Hours	60	10	10	<b>100</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	A students shall be able to Understand the benefits, contraindications and procedure of all practices.	04	16	00	2
CO-2	A students shall be able to Demonstrate each practice with confidence and skill.	04	16	00	20
CO-3	A students shall be able to Explain the procedure and subtle points involved	04	16	00	20
CO-4	A students shall be able to Teach the yoga practices to any given group	04	16	00	20
CO-5	A students shall be able to pick the skill of cleansing process	04	16	00	20
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

55. Improved Lecture
56. Tutorial
57. Case Method
58. Group Discussion
59. Role Play
60. Visit to Yoga Institute
61. Demonstration
62. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
63. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title:** Yoga Practical-I

**Course Code:** 70 MYS152

**Course Title:** Yoga Practical-I

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upn isads ,shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>96lternative therapy,</b> naturopathy, electrotherapy, Ayurveda ,	yogic food , diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medicinal knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University ,college or centre , providing excellent training in yoga ayurvedik panchkar ma and alternative Therapy or other related therapies .	To provide the research based education of yoga .
<b>CO1:</b> A students shall be able to	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>3</b>

Understand the benefits, contraindications and procedure of all practices.															
<b>CO 2:</b> A students shall be able to Demonstrate each practice with confidence and skill.	1	1	1	2	1	3	3	3	2	3	3	2	3	3	3
<b>CO3:</b> A students shall be able to Explain the procedure and subtle points involved.	1	1	1	1	1	2	3	3	3	3	3	1	3	3	3
<b>CO 4:</b> A students shall be able to Teach the yoga practices to any given group.	1	1	1	1	1	3	3	3	3	3	3	2	3	3	3
<b>CO 5;</b> A students shall be able to pick the skill of cleansing process	1	1	1	1	1	3	3	3	3	2	3	2	3	3	3

**Legend: 1 – Low, 2 – Medium, 3 – Hig**

**Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1:. A students shall be able to Understand the benefits, contraindications and procedure of all practices.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Asan pavanmukasan samooh  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A students shall be able to Demonstrate each practice with confidence and skill.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Pranayama  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A students shall be able to Explain the procedure and subtle points involved.	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Shatkarma  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A students shall be able to Teach the yoga practices to any given group.	SO4.1 SO4.2 SO4.3  SO4.4		Unit-4 : Mudra bandh 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6,7,8,9,  PSO 1,2,3,4,5,	CO 5: A students shall be able to pick the skill of cleansing process	SO5.1 SO5.2 SO5.3 SO5.4		Unit-5 : Meditaion 5.1,5.2.,5.3,5.4,5.5.,5.6,5.7,5.8,5.9,5.10.,11,5.12,5.13,5.14,5.15	

## Semester-II

**CourseCode:** 70 MYS201

**CourseTitle:** Application of Yoga Vasistha and Bhagavad Gita

**Pre-requisite:** Student should have basic knowledge of Yoga Vasistha and Bhagavad Gita its concepts

**Rationale:** Yoga students should have a legal understanding of the basic scripture of Yoga, Bhagwat Geeta. Also they should have adequate knowledge of Yoga Vashishtha in which they should know its basic principles and elements.

### Course Outcomes:

**CO201.1:** A student will able to describe the Application of Bhagavadgita in stress management. With Personality development

**CO201.2:** A student will able to describe the Application of Bhagavadgita for Sports personnel to control Nature of action, Performance, humility, tolerance, non- violence, cleanliness, and self- control.

**CO201.3:** A student will able to discuss the Application of Yoga Vasistha in stress Management

**CO201.4:** A student will able to explain the: Applications of Yoga Vasistha in Personality development

### Scheme of Studies:

Code	CourseCode	CourseTitle	Scheme of studies (Hours/Week)				Total Study Hours(CI+LI+SW+SL)	Total Credits (C)
			CI	LI	SW	SL		
Program Core(PC C)	70 MYS201	Applications of Yoga Vasistha and Bhagavad Gita	3	0	1		4	4

### Legend:

**CI:**Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

### Note:

SW&SLhastobeplannedandperformedunderthecontinuousguidanceandfeedbackofteacher to ensure outcome of Learning.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment (Marks)							
			Progressive Assessment (PRA)						End Semester Assessment (ESA)	Total Marks (PRA+ES)
			Class/Home Assignment Number 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70 MYS201	Applications of Yoga Vasistha and Bhagavad Gita	10	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should show case the mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) up on the course's conclusion.



**CO 201.1: A student will able to differentiate about the Yoga Vasistha and Bhagavad Gita.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO1.1 student will</b> Understand The Essence of Gita and its background, division of faiths</p> <p><b>SO1.2 student will</b> Understand the Tamas and Rajas modes ,stitha prajna</p> <p><b>SO1.3 student will</b> Understand the Four rules of Karma Yoga</p> <p><b>SO1.4 student will</b> Understand the Concept of Devotion</p> <p><b>SO1.5 student will</b> Understand the Concept of Shraddha</p>	.	<p><b>unit no. 1 Application of Bhagavadgita –</b></p> <p><b>1.1</b> Define the Essence of Gita and its background;</p> <p><b>1.2</b> describe the Three division of faiths, thoughts and deed and eating habits corresponding to three modes</p> <p><b>1.3</b> discuss the Faith, thoughts and good deeds positively correlated with stress management;</p> <p><b>1.4</b> define The Tamas and Rajas modes as the cause of stress.</p> <p><b>1.5</b> Discuss the The Tamas and Rajas modes as the cause of stress</p> <p><b>1.6</b> Describe unconcerned attached to the results of action; Work efficiency</p> <p><b>1.7</b> Define Concept of Devotion – surrender to the supreme; Nature of Devotion and the Goal of Devotion; Concept of Shraddha (perseverance) and its relevance;</p> <p><b>1.8</b> Discuss Concept of Triguna in the context of Bhagavadgita</p> <p><b>1.9</b> Discuss Satva, Rajas and Tamas; Give up demonic traits such as anger, greed, lust and craving for sense objects and selfish flavor of happiness</p> <p><b>1.10</b> Describe Psycho analysis model in verses 2.62 and 2.63</p> <p><b>1.11</b> define Cause of destruction as craving for sense objects;</p> <p><b>1.12</b> discuss Raise above cognition and</p>	<p>1. Essence of Gita and its background</p> <p>2 Four rules of Karma Yoga</p> <p>3 Concept of Devotion</p>

		emotions 1.13 Define Mode of goodness – sense of happiness and knowledge; 1.14 discuss the Theory of Samatvam in healthy living as described in Bhagavadgita; 1.15 define Nature of Dhyana, Preparation of Dhyana and Dhyana Yoga etc; Remedial Measures of Abhyasa and Vairagya.	
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SW-1 Suggested Sessional Work (SW):

**a. Assignments:**

Understand Four rules of Karma Yoga

**CO 201.2:** A student will be able to describe the Application of Bhagavadgita for Sports personnel to control Nature of action, Performance, humility, tolerance, non-violence, cleanliness, and self-control.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO2.1 student will</b> Understand the Nature of action</p> <p><b>SO2.2 student will</b> Understand adapting qualities of humility</p> <p><b>SO2.3 student will</b> Understand Psycho analysis model described in Bhagavadgitha</p> <p><b>SO2.4 student will</b> Understand Moderation in sleep, entertainment and food</p>	.	<p>unit no. 2 Application of Bhagavadgita –2</p> <p><b>2.1</b> Define the Nature of action</p> <p>1.2 discuss the nature of inaction &amp; ego-less action 1.3 Describe the Performance without attaching to the fruits of action.</p>	<p>1. Understand the Nature of action 2. Psycho analysis model described in Bhagavadgitha</p>

<p><b>SO2.5 student will Understand Dhyana Yoga</b></p>		<p>2.4 Define the Maintaining the inner equipoise with knowledge and understanding</p> <p>2.5 discuss the adapting qualities like humility</p> <p>2.6 Describe the cleanliness, self control; absence of false and even tolerance</p> <p>2.7 Define the absence of false and even tolerance, non-violence mindedness.</p> <p>2.8 discuss the Four rules of Karma Yoga- Regulated with Duty</p> <p>2.9 Describe the Concept of Faith;</p> <p>2.10 Define the Psycho analysis model described in Bhagavadgitha to keep under senses under control</p> <p>2.11 discuss the Moderation in sleep.</p> <p>2.1 Describe the entertainment and food being the key to be in equanimity</p> <p>2.13 Define the Dhyana Yoga together with devotion as described in Bhagavadgita</p> <p>2.14 Define the Dhyana Yoga together with devotion as described in Bhagavadgita</p> <p>2.15 Describe the entertainment and food being the key to</p>	
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SW-1SuggestedSessionalWork(SW):

**b. Assignments: Psycho analysis model described in Bhagavadgitha**

**CO 201.3:A** student will able to discuss the Application of Yoga Vasistha in stress Management.

**ApproximateHours**

Item	AppXHrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> student will Understand Concept of Mind.</p> <p><b>SO3.2</b> student will Understand Manah Prashamanah upayah</p> <p><b>SO3.3</b> student will Understand Concept of Adhi and Vyadhi.</p> <p><b>SO3.4</b> student will Understand Restrain from Eating of unwholesome food</p> <p><b>SO3.5</b> student will Understand story of Kakabhushanda.</p>	.	<p>Unit – 3: Application of Yoga Vasistha – 1</p> <p>3.1. Concept of Mind.</p> <p>3.2 World is the projection of Mind.</p> <p>3.3.Manah Prashamanah upayah</p> <p>3.4 Understanding of the Concept of Adhi and Vyadhi.</p> <p>3.5. Stress as the key for Psychosomatic disease</p> <p>3.6. Life style prescription as suggested in Yoga vasistha – 3.7 Restrain from Eating of unwholesome food</p> <p>3.8 Living in unhealthy places</p> <p>3.9.Doing things at unseasonable hours.</p> <p>3.10. Association with the wicked.</p> <p>3.11. Longing after improper things</p> <p>3.12 Evil desires and bad thoughts;</p> <p>3.13 Control of breathing.</p> <p>3.14 the story of Kakabhushanda.</p> <p>3.15. Stress as the key for Psychosomatic disease</p>	<p>1. Concept of Mind.</p> <p>2. Concept of Adhi and Vyadhi.</p>

SW-1 Suggested Sessional Work (SW):

Assignments: Stress as the key for Psychosomatic disease.

**C0201.4:A** student will able to explain the : Applications of Yoga Vasistha in Personality development

**Approximate Hours**

Item	AppXHrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
1. Handling the mind and emotions-enhancing the power of discrimination. 2. Development of Satwaguna (Goof virtues). 3. Mind control through abhyasa ( practice) 4. Mind control through vairagya (dispassion).	.	<b>Applications of Yoga Vasistha – 2</b> 1. Good Association. 2. Self-Enquiry. 3. Development of Satwaguna(Goof virtues). 4. Mind control through abhyasa ( practice) 5. Mind control Through vairagya (dispassion). 6. Self-discipline and self-control, by Withdrawing our senses from the sense objects. 7. desires through detachments from the sense objects, 8. living in solitude, free from possessiveness and by Fixing our minds constantly on the Self. 9. Handling the mind and emotions-enhancing the power of discrimination. 10. Development of	1. Mind control through abhyasa  2. Self discipline and self control

		Satwaguna (Good virtues). 11. Mind control through abhyasa ( practice) 12. Mind control through vairagya (dispassion). 13. Self discipline and self control 14. desires through detachments from the sense objects, 15. Handling the mind and emotions-enhancing the power of discrimination.	
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SW-1 Suggested Sessional Work (SW):

Assignments: Self discipline and self control, by withdrawing our senses from the sense objects.

**TEXT BOOKS**

1. Holy Geeta : Swami Chinmayananda, Central Chinmayananda Mission Trust, 1992, Mumbai.
- Vaalmeeki : Essence of Yoga Vasishtha, Lotus Press, 1998

**REFERENCE BOOKS**

1. Swami Ranganathananda: Message of Upanishads, Bharatiya Vidya Bhavan, Bombay, 1985
2. Swami Venkatesananda: Vasistha's Yoga, State University of New York Press, Albany, 1993

**Curriculum development team –**

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Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**h. Assignments:**

- i. **Applications of Yoga Vasistha**
- ii. Concept of Adhi and Vyadhi
- iii. Psycho analysis model described in Bhagavadgitha

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
C0 201.1: A student will able to describe the Application of Bhagavadgita in stress management. With Personality development.	15	2	2	<b>19</b>
<b>C0 201.2:</b> A student will able to describe the Application of Bhagavadgita for Sports personnel to control Nature of action, Performance, humility, tolerance, non- violence, cleanliness, and self-control.	15	2	2	<b>19</b>
C0 201.3: A student will able to discuss the Application of Yoga Vasistha in stress Management	15	2	2	19
<b>C0 201.4:</b> A student will able to explain the : Applications of Yoga Vasistha in Personality development	15	2	2	19
Total Hours	60	8	8	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	A student will able to describe the Application of Bhagavadgita in stress management. With Personality development.	05	20	00	25
CO-2	A student will able to describe the Application of Bhagavadgita for Sports personnel to control Nature of action, Performance, humility, tolerance, non-violence, cleanliness, and self-control.	05	20	00	25
CO-3	A student will able to discuss the Application of Yoga Vasistha in stress Management	05	20	00	25
CO-4	A student will able to explain the : Applications of Yoga Vasistha in Personality development	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

- Improved Lecture
- Tutorial
- Case Method
- Group Discussion
- Role Play
- Visit to Yoga Institute
- Demonstration
- ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
- Brainstorming



**Cos.POs and PSOs Mapping**

**Course Title: Application of Yoga in Bhagavadgitha and Yoga Vasistha**

**Course Code : 70 MYS2O1**

**Course Title: Application of Yoga in Bhagavadgitha and Yoga Vasistha**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
knowle dge of yoga, indian philoso phy,upn isads ,shastra s	human biolog y, therape utic yoga, manag ement applica tion of Hatha Yoga and Patanja li	fundament als of Yoga, Yoga therapy, its principles and Yoga practice, physiologi cal effects of Yoga	altern ative therap y, naturo pathy, electr othera py, Ayurv eda,	yogic food , diet and nutritio n along with applied psycholo gy	Treatm ent: To create profess ional therapi sts	To create yoga therap y experts with in- depth knowle dge based on yogic texts	Social health : To establ ish holisti c health	yoga techn ing capibi lity, resear ch ability	To prepar e good yoga teache rs, practit ioners and traine rs.	To impart legal and scientifi c knowle dge of yoga .	imparti ng classic al knowle dge of yoga and its releted Spiritua l text.	To provid e scientif ic and medica l knowle dge of Yoga in the context of moder n society And science .	Visit to the best yoga institutes,U niversity,co llege or centre , providing excellent training in yoga ayurvedik panchkarm a and alternative Therapy or other releted therapes .	To provi de the resear ch based educa tion of yoga .	
<b>CO1 : A student will able to describe the Application of</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>

Bhagavadgita in stress management. With Personality development.															
<b>CO 2 :</b> A student will able to describe the Application of Bhagavadgita for Sports personnel to control Nature of action, Performance, humility, tolerance, non- violence, cleanliness, and self-control.	3	2	1	1	1	1	1	2	1	1	1	3	1	1	1
<b>CO3 :</b> A student will able to discuss the Application of Yoga Vasistha in stress Management	3	2	1	1	1	1	1	2	1	1	1	2	1	1	1
<b>CO 4:.</b> A student will able to explain the Applications of Yoga Vasistha in Personality development	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1

**Legend: 1 – Low, 2 – Medium, 3 – Hi**

### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1:. A student will be able to describe a deeper understanding of the physiological changes that occur after the practice of yoga.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 <b>Application of Bhagavadgita</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in  page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A student would be able to get a brief idea of the underlying mechanisms behind the potential benefits that result from the practice of yoga	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>Applications of Bhagavad Gita</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A student will able to describe about an idea of muscles and nerve fibers stretched and Compressed, toned up during various yogic posture.	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : <b>Application of Yoga Vasistha - 1</b>  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A student will able to describe the To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>Applications of Yoga Vasistha - 2</b>  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS202

**Course Title:** Physiological Effect of Yoga practices

**Pre-requisite:** Student should have basic knowledge of human Physiology and Physiological Effect of Yoga practices

**Rationale:** Yoga students must have an understanding of the human body Physiology. They should be aware of the effects that different yoga exercises have on the body.

### Course Outcomes

**CO202.1:** A student will be able to describe a deeper understanding of the physiological changes that occur after the practice of yoga.

**CO202.2:** A student would be able to get a brief idea of the underlying mechanisms behind the potential benefits that result from the practice of yoga

**CO202.3:A** A student will be able to describe about an idea of muscles and nerve fibers stretched and Compressed, toned up during various yogic posture.

**CO202.4:A** A student will be able to describe the To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

### Scheme of Studies:

Code	Course Code	Course Title	Scheme of studies (Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits (C)
			CI	LI	SW	SL		
Program Core(PC C)	70 MYS202	Physiological Effect of Yoga practices	3	0	1		4	4

### Legend:

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

### Note:

SW & SL has to be planned and performed under the continuous guidance and feedback of teacher to ensure outcome of Learning.

**Scheme of Assessment:****Theory**

Code	Course Code	Course Title	Scheme of Assessment (Marks)							
			Progressive Assessment (PRA)						End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Class/Home Assignment number 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity anyone (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70 MYS202	Physiological Effect of Yoga practices	10	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should show case their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO202.1:** A student will be able to describe a deeper understanding of the physiological changes that occur after the practice of yoga.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> student will Understand Regulatory systems of the body</p> <p><b>SO2.2</b> student will Understand Physiology of exercise, Asana</p> <p><b>SO2.3</b> student will Understand Effect of Yogic practices in setting up the internal environment of the body</p> <p><b>SO2.4</b> student will Understand Mechanism of influence of six types of asanas</p>	.	<p><b>Unit - 1: The concept of homeostasis.</b></p> <p>1.1.Regulatory systems of the body.            1.2. Characteristics of control systems,            1.3. Physiological basis of mind-body medicine.            1.4.Physiology of exercise, Asana .            1.5. Types and Categories; Musculo skeletal system and Humoral mechanism involved;            1.6. Effect of Yogic practices in setting up the internal environment of the body,            1.7. Mechanical influence of asanas.            1.8. Psychosomatic mechanism;            1.9.Mechanism of influence of six types of asanas.            1.10. stretching.            1.11.pivoting.            1.12. strengthening.            1.13. inverted.            1.14. pressing.            1.15. equilibration, Reciprocal inhibition and innervation</p>	<p>1. Physiological basis of mind-body medicine.</p> <p>2.Mechanical influence of asanas.</p>

SW-1SuggestedSessionalWork(SW):

**Assignments:**

Effect of Yogic practices in setting up the internal environment of the body.

**CO202.2:** A student would be able to get a brief idea of the underlying mechanisms behind the potential benefits that result from the practice of yoga

**ApproximateHours**

Item	AppXHrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> student will Understand Mechanism of respiration and mechanism of gas exchange</p> <p><b>SO2.2</b> student will Understand Psychophysiological effect of pranayama</p> <p><b>SO2.3</b> student will Understand Enabling different Groups of muscles in breathing.</p> <p><b>SO2.4</b> student will Understand Role of Pranayama on Vital capacity</p>	.	<p><b>Unit 2. Pranayama</b></p> <p>2.1 Mechanism of respiration and mechanism of gas exchange,</p> <p>2.2 Regulation of respiration.</p> <p>2.3 Psychophysiological effect of pranayama.</p> <p>2.4 changing of ratio of oxygen and carbonic acid in our body.</p> <p>2.5 Enabling different groups of muscles in breathing.</p> <p>2.6 Pranayama as respiratory Pump.</p> <p>2.7 Reflex impact over sympathetic and parasympathetic nervous system.</p> <p>2.8 Role of Pranayama on Vital capacity, Lung Volume and Lung function.</p> <p>2.9 Role of Pranayama and other yoga practices on compliance,</p> <p>2.10 Ventilation perfusion ratio.</p> <p>2.11 alveolar ventilation.</p> <p>2.12 dead space volume and minute ventilation.</p> <p>2.13 Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka</p> <p>2.14 dead space volume and minute ventilation.</p> <p>2.15 Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka</p>	<p>1. Enabling different groups of muscles in breathing.</p> <p>2. Role of Pranayama on Vital capacity, Lung Volume and Lung function</p>

SW-1 Suggested Sessional Work (SW):

**Assignments:**

Neurophysiological mechanism of Kevala, Antar and Bahir kumbhaka.

**CO202.3:A** A student will able to describe about an idea of muscles and nerve fibers stretched and Compressed, toned up during various yogic posture.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> student will Understand Significance of using salt during the practice of Kriya.</p> <p><b>SO3.2</b> student will Understand Effect of Kriyas in encouraging the peristalsis</p> <p><b>SO3.3</b> student will Understand Mechanism of action of Kriya practices in the activation of vagus nerve .</p> <p><b>SO4.4</b> student will Understand Effect of Kriyas on gastric mucosa on digestive system</p>	.	<p><b>Unit - 3: Kriyas</b></p> <p>3.1 An overview of diffusion osmosis, endo &amp; exosmosis, active transport.</p> <p>3.2. Significance of using salt during the practice of Kriya.</p> <p>3.3 Tonicity of the solution such as hypotonic, 3.4 hyper tonic and isotonic solution and the impact of the same on physiology.</p> <p>3.5 peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis;</p> <p>3.6 Opening and closing of sphincter;</p> <p>3.7 Role of Kriyas in smooth operation of sphincter;</p> <p>3.8 Mechanism of action of Kriya practices in the activation of vagus nerve,</p> <p>3.9 Effect of Kriyas on g astric mucosa on digestive system;</p> <p>3.10 Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.</p> <p>3.11 Effect of Kriyas on gastric mucosa on digestive system.</p> <p>3.12. Significance of using salt during the practice of Kriya.</p> <p>3.13 Significance of using salt during the practice of Kriya.</p> <p>3.14 . Role of Kriyas in smooth operation of sphincter</p> <p>4.15 Role of Kriyas in smooth operation of sphincter</p>	<p>1. An overview of diffusion osmosis, endo &amp; exosmosis, active transport.</p> <p>2. Role of Kriyas in smooth operation of sphincter</p>



SW-1 Suggested Sessional Work (SW):

**Assignments:**

Effect of Kriyas on gastric mucosa on digestive system

**CO202.4:** A student will be able to describe the To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> student will Understand Effect of Bandhas on joint complexes.</p> <p><b>SO4.2</b> student will Understand Isometric muscle activation and Bandhas.</p> <p><b>SO4.3</b> student will Understand Navadvara and their significance in yoga</p> <p><b>SO4.4</b> student will Understand Role of mudra is physiological functions of the body</p>	.	<p><b>Unit 4. Mudras Bandhas .</b></p> <p>4.1.Coactivation of two antagonistic muscles. activation of nerve reflexes.</p> <p>4.2. Proprioceptive neuromuscular facilitation.</p> <p>4.3.Effect of Bandhas on joint complexes.</p> <p>4.4.Central bandhas and co activation of opposing muscles in spinal joint complexes.</p> <p>5.5. Jalandhara bandha effects neck joint complexes.</p> <p>5.6 Uddiyan bandha effects upper joint complexes.</p> <p>5.7 Moola bandha for lower back joint complexes.</p> <p>5.8 Isometric muscle activation and Bandhas.</p> <p>5.9 .Synergistic muscle activation during Bandha practices.</p> <p>5.10 Navadvara and their significance in yoga.</p> <p>5.11 principles behind the practice of Mudras;</p> <p>Resting membrane potential;</p> <p>5.12 action potential and</p>	<p>1. Effect of Bandhas on joint complexes.</p> <p>2.Isometric muscle activation and Bandhas.</p> <p>3. Principles behind the practice of Mudras</p>

		<p>transmission of nerve impulse;</p> <p>5.13 significance of Neuro psychological lock and its impulse in body physiology;</p> <p>5.14 .secretion of neurotransmitter in the brain;</p> <p>5.15. Role of mudra is physiological functions of the body, regulating of the secretion in body</p>	
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SW-1 Suggested Sessional Work (SW):

**Assignments:**

Jalandhara bandha effects neck joint complexes.Uddiyan bandha effects upper joint complexes.Moola bandha for lower back joint complexes.

SW-4 Suggested Sessional Work (SW):

**i. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**TEXT BOOKS**

- Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners; Book by Herbert David Coulter; Publisher Body and Breath, 2001
- A Handbook for Yogasana Teachers: The Incorporation of Neuroscience, Physiology, and Anatomy by Mel Robin, Publisher: Wheatmark; 1 edition (15 May 2009)

**REFERENCE BOOKS**

- Simon Borg Olivier and Bianca Machiss; Applied Anatomy and Physiology of Yoga; 3rd edition, 2007.
- Clinical Anatomy: A Revision and Applied Anatomy for Clinical. Students , Harold Ellis, Blackwell Publishing, 2006
- Essentials of Pathophysiology: Concepts of Altered Health States Carol Mattson Porth, Lippincott Williams & Wilkins, 2006

**Curriculum development team –**

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Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 202.1: A student will be able to describe a deeper understanding of the physiological changes that occur after the practice of yoga.	15	2	2	<b>19</b>
<b>C0 202.2:</b> A student would be able to get a brief idea of the underlying mechanisms behind the potential benefits that result from the practice of yoga	15	2	2	<b>19</b>
C0 202.3: A student will able to describe about an idea of muscles and nerve fibers stretched and Compressed, toned up during various yogic posture.	15	2	2	19
<b>C0 202.4:</b> A student will able to describe the To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	A student will be able to describe a deeper understanding of the physiological changes that occur after the practice of yoga.	05	20	00	25
CO-2	A student would be able to get a brief idea of the underlying mechanisms behind the potential benefits that result from the practice of yoga	05	20	00	25
CO-3	A student will able to describe about an idea of muscles and nerve fibers stretched and Compressed, toned up during various yogic posture.	05	20	00	25
CO-4	A student will able to describe the To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### **Suggested Instructional/Implementation Strategies:**

64. Improved Lecture
65. Tutorial
66. Case Method
67. Group Discussion
68. Role Play
69. Visit to Yoga Institute
70. Demonstration
71. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
72. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Physiological Effect of Yoga practices**

**Course Code : 70 MYS2O2**

**Course Title: Physiological Effect of Yoga practices**

	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
<b>Course Outcomes</b>	knowledge of yoga, indian philosophy, upnissads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food , diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre , providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .
CO1 :. A student will be able to describe a deeper understanding of the physiological	<b>1</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>1</b>

changes that occur after the practice of yoga.															
CO 2 : A student would be able to get a brief idea of the underlying mechanisms behind the potential benefits that result from the practice of yoga	1	2	3	2	2	3	3	3	3	2	3	2	3	1	1
CO3 : A student will able to describe about an idea of muscles and nerve fibers stretched and Compressed, toned up during various yogic posture.	1	3	3	3	1	3	3	3	3	3	3	2	3	1	1
CO 4: A student will able to describe the To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.	1	3	3	3	3	3	3	3	3	3	3	2	3	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1:. A student will be able to describe a deeper understanding of the physiological changes that occur after the practice of yoga.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 <b>Application of Bhagavadgita</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A student would be able to get a brief idea of the underlying mechanisms behind the potential benefits that result from the practice of yoga	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>Applications of Bhagavad Gita</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A student will able to describe about an idea of muscles and nerve fibers stretched and Compressed, toned up during various yogic posture.	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : <b>Application of Yoga Vasistha - 1</b>  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A student will able to describe the To have an in-depth understanding about physiological benefits of Pranayama; Neuro Psychological locks in Mudras; Neuro Muscular locks in Bandhas.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>Applications of Yoga Vasistha - 2</b>  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS203  
**Course Title:** Yoga, dietetics and nutrition  
**Pre-requisite:** Student should have basic knowledge of Yoga and dietetics and nutrition  
**Rationale:** Yoga students should have understanding of diet and nutrition and knowledge of diet and nutrition should be there in yoga practice.

**Course Outcomes:**

**CO203.1:** A student will able to discuss the basic concept and components of food and nutrition.

**CO203.2:** A student will able to identify about the food groups.

**CO203.3:** A student will able to discuss about food and metabolism.

**CO203.4:** A student will able to explain the yogic concept of diet & nutrition Scheme of Studies:

Code	Course Code	Course Title	Scheme of studies (Hours/Week)				Total Study Hours(CI+LI+SW+SL)	Total Credit (C)
			CI	LI	SW	SL		
Program Core (PCC)	70 MYS203	Yoga, dietetics and nutrition	3	0	1		4	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Note:** SW & SL has to be planned and performed under the continuous guidance and feedback of teacher to ensure outcome of Learning.



**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment (Marks)							End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Progressive Assessment (PRA)						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment Number 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CAT)	Class Attendance (AT)				
PCC	70 MYS203	Yoga, dietetics and nutrition	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should show case their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) up on the course's conclusion.

**CO203.1:** A student will be able to discuss the basic concept and components of food and nutrition.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO1.1.</b> student will Understand to Basic Terminology in Relation to Nutrition Requirement</p> <p><b>SO1.2.</b> student will Understand to Concept of food, Acceptance of Food</p> <p><b>SO1.3.</b> student will Understand to Micro Nutrients - Sources</p> <p><b>SO1.4.</b> student will Understand to Functions and Effects on the Body</p>	.	<p><b>Unit – 1: Basic concepts and components of food and nutrition</b></p> <p>1.1 Understanding Nutrition,</p> <p>1.2 Basic Terminology in Relation to Nutrition Requirement,</p> <p>1.3 Human Nutritional Requirements</p> <p>1.4 ; Concept of food, Acceptance of Food</p> <p>1.5 Functions of Food;</p> <p>1.6 Components of Food &amp; their Classification;</p> <p>1.7 Macro Nutrients –Sources, Functions and Effects on the Body;</p> <p>1.8 Micro Nutrients - Sources,</p> <p>1.9 Functions and Effects on the Body;</p> <p>1.10 Fat Soluble Nutrients –</p> <p>1.11 Sources,</p> <p>1.12 Functions and Effects on the Body .</p> <p>1.13 Water soluble Nutrients - Sources, Functions and Effects on the Body.</p> <p>1.14 Water soluble Nutrients - Sources, Functions and Effects on the Body.</p> <p>1.15 Water soluble Nutrients - Sources, Functions and Effects on the Body.Water soluble Nutrients - Sources, Functions and Effects on the Body.</p>	<p>1.Basic Terminology in Relation to Nutrition Requirement</p> <p>2.Concept of food, Acceptance of Food</p> <p>3.Micro Nutrients - Sources</p>

SW-1SuggestedSessionalWork(SW):

**Assignments:**

Macro Nutrients –Sources, Functions and Effects on the Body.

**CO203.2.:** A student will able to identify about the food groups.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO2.1.</b> student will Understand to Cereals &amp; Millets</p> <p><b>SO2.2.</b> student will Understand to Milk and Milk Products.</p> <p><b>SO2.3.</b> student will Understand to Vegetables and Fruits.</p> <p><b>SO2.4.</b> student will Understand to . Fats, Oils and Sugar.</p>	.	<p><b>Unit-2: Food groups</b></p> <p>2.1.Cereals &amp; Millets –Selection,</p> <p>2.2. Preparation and Nutritive Value;</p> <p>2.3. Pulses, Nuts</p> <p>2.4. Oil Seeds- Selection,</p> <p>2.5. Preparation and Nutritive Value;</p> <p>2.6.Milk and Milk Products- Selection,</p> <p>2.7. Preparation and Nutritive Value;</p> <p>2.8.Vegetables and Fruits- Selection,</p> <p>2.9. Preparation and Nutritive Value,</p> <p>2.10. Fats, Oils and Sugar,</p> <p>2.11.Jaggery- Selection,</p> <p>2.12.Preparation and Nutritive Value.</p> <p>2.13.Preparation and Nutritive Value.</p> <p>2.14.Preparation and Nutritive Value.</p> <p>2.15.Preparation and Nutritive Value.</p>	<p>1. Milk and Milk Products</p> <p>2. Vegetables and Fruits- Selection</p>

SW-1SuggestedSessionalWork(SW):

**Assignments:**

Cereals & Millets –Selection, Preparation and Nutritive Value.

**CO203.3:** A student will able to discuss about food and metabolism.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO3.1.</b> student will Understand to Energy</p> <p><b>SO3.2.</b> student will Understand to Concept of Metabolism.</p> <p><b>SO3.3.</b> student will Understand to Factors affecting thermal effect of Food.</p> <p><b>SO3.4.</b> student will Understand to Double Labeled Water Technique</p>	.	<p><b>Unit-3: Food and metabolism.</b></p> <p>3.1 Energy- Basic Concepts, Definition and Components of Energy Requirement,</p> <p>3.2 Energy Imbalance Concept of Metabolism,</p> <p>3.3 Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity</p> <p>3.4 Metabolism of Carbohydrates,</p> <p>3.5 Lipids and Protein;</p> <p>3.6 Factors Affecting Energy;</p> <p>3.7 Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food,</p> <p>3.8 Factors affecting energy expenditure in physical activity;</p> <p>3.9 Methods of Estimation of Energy Expenditure and Requirements;</p> <p>3.10 Direct Calorimetry, Indirect Calorimetry,</p> <p>3.11 Double Labelled Water Technique,</p> <p>3.12 Heart Rate Monitoring Method,</p> <p>3.13 Factorial Estimation of Total Energy Expenditure.</p> <p>3.14 Factorial Estimation of Total Energy Expenditure.</p> <p>3.15 Factorial Estimation of Total Energy Expenditure.</p>	<p>1. Factors affecting BMR</p> <p>2. Factors Affecting Energy</p> <p>3. Direct Calorimetry, Indirect Calorimetry</p>

SW-1 Suggested Sessional Work (SW):

**Assignments:**

Food and metabolism.

**CO203.4:** A student will able to explain the yogic concept of diet & nutrition.

**Approximate Hours**

Item	AppXHrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO4.1.</b> student will Understand to Energy</p> <p><b>SO4.2.</b> student will Understand to Concept of Metabolism.</p> <p><b>SO4.3.</b> student will Understand to Factors affecting thermal effect of Food.</p> <p><b>SO4.4.</b> student will Understand to Double Labeled Water Technique</p>	.	<p><b>Unit – 4: Yogic concept of diet &amp; nutrition.</b></p> <p>4.1 General Introduction of Ahara (Diet),</p> <p><b>4.2</b> concept of Mitahara;</p> <p><b>4.3</b> Definition and Classification in Yogic diet according to traditional Yoga texts;</p> <p>4.4 Concepts of Diet according to Gheranda Samhita,</p> <p>4.5 Hatha Pradeepika</p> <p>4.6 Bhagavadgeeta.</p> <p>4.7 Rajasic, Tamasic and Sattvic food;</p> <p>4.8 Pathya and Apathya in diet according to Yogic texts;</p> <p>4.9 Guna and Ahara ;</p> <p>4.10 Importance of Yogic Diet in Yog Sadhana;</p> <p>4.11 Yogic Diet and its role in healthy living;</p> <p>4.12 Diet according to the body constitution( Prakriti)</p> <p>4.13 Vata,</p> <p>4.14 Pitta .</p> <p>4.15 Kapha.</p>	<p>1. Gheranda Samhita,</p> <p>2. Hatha Pradeepika</p> <p>3. Bhagavadgeeta</p>

SW-1 Suggested Sessional Work (SW):

**Assignments:** Definition and Classification in Yogic diet according to traditional Yoga texts.

SW-4 Suggested Sessional Work (SW):

**j. Assignments:**

- **Yogic concept of diet & nutrition**
- **Food and metabolism**
- **Food groups**

**TEXT BOOK**

- Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

**BOOKS FOR REFERENCE**

- Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Living's, Revised Edition
- Dennis Thompson : The Ayurvedic Diet, New age books, New Delhi, 2001
- Randolph Stone : A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition.

**Curriculum development team –**

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**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
C0 203.1: A student will able to discuss the basic concept and components of food and nutrition.	15	2	2	<b>19</b>
C0 203.2: A student will able to identify about the food groups.	15	2	2	<b>19</b>
C0 203.3: A student will able to discuss about food and metabolism.	15	2	2	19
C0 203.4: A student will able to explain the yogic concept of diet & nutrition.	15	2	2	19
<b>Total Hours</b>	60	8	8	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	A student will able to discuss the Basic concepts and components of food and nutrition.	05	20	00	25
CO-2	A student will able to identify about the Food groups.	05	20	00	25
CO-3	- A student will able to discuss about the Food and metabolism	05	20	00	25
CO-4	A student will able to explain the Yogic concept of diet & nutrition	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks.

Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

73. Improved Lecture
74. Tutorial
75. Case Method
76. Group Discussion
77. Role Play
78. Visit to Yoga Insitute
79. Demonstration
80. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
81. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Yoga, dietetics and nutrition**

**Course Code : 70 MYS203**

**Course Title: Yoga, dietetics and nutrition**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
	knowledge of yoga, indian philosophy, upnissads, shastras	<b>human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali</b>	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga</b>	<b>alternative therapy, naturopathy, electrotherapy, Ayurveda,</b>	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedic panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
<b>CO1 : A student will be able to discuss the Basic concepts and components of food and nutrition.</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>



<b>CO 2 :</b> A student will be able to identify about the Food groups.	1	1	1	1	3	2	1	3	3	1	1	1	1	1	1
<b>CO3 :</b> A student will be able to discuss about the Food and metabolism	1	1	1	1	3	2	1	3	1	1	1	1	1	1	1
<b>CO 4:</b> A student will be able to explain the Yogic concept of diet & nutrition	1	1	1	1	3	2	1	3	1	1	2	1	1	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to discuss the Basic concepts and components of food and nutrition.	SO1.1 SO1.2 SO1.3 SO1.4		<b>Unit-1.0 Basic concepts and components of food and nutrition</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to identify about the Food groups.	SO2.1 SO2.2 SO2.3 SO2.4		<b>Unit-2 Food groups</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to discuss about the Food and metabolism	SO3.1SO3.2  SO3.3 SO3.4		<b>Unit-3 : Food and metabolism</b>  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to explain the Yogic concept of diet & nutrition	SO4.1 SO4.2 SO4.3 SO4.4		<b>Unit-4 : Yogic concept of diet &amp; nutrition</b>  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS204

**Course Title:** **Applied Psychology and Yogic Counseling.**

**Pre-requisite:** Student should have basic knowledge of Applied Psychology and Yogic Counseling.

**Rationale:** Yoga students must have an understanding of the human body Physiology. They should be aware of the effects that different yoga exercises have on the body.

**Course Outcomes:**

**CO204.1:** A student will be able to interpret about the Introduction to models of Psychopathology.

**CO204.2.** A student will be able to discuss the Case history taking and mental status examination.

**CO204.3.** A student will be able to interpret the Mental Disorders of Children and their treatment.

**CO204.4.** A student will be able to discuss about the Yogic counseling.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies (Hours/Week)				Total Study Hours(CI+LI+SW+SL)	Total Credits (C)
			CI	LI	S W	SL		
Program Core(PC C)	70MYS204	Applied Psychology and Yogic Counseling.	3	0	1		4	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, ie ld or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Note:**

SW & SL has to be planned and performed under the continuous guidance and feedback of teacher to ensure outcome of Learning.

**Scheme of Assessment:  
Theory**

Code	Course Code	Course Title	Scheme of Assessment(Marks )							
			Progressive Assessment (PRA)						End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Class/Home Assignment 5 number 3 marks each (CA)	Class Test2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity anyone (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70 MYS204	Applied Psychology and Yogic Counseling.	10	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should show case their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) up on the course's conclusion.

**CO204.1:** A student will able to interpret about the Introduction to models of Psychopathology.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO4.1.</b> A student will Understand to Psychoanalytic model.</p> <p><b>SO4.2.</b> A student will Understand to behavioral model.</p> <p><b>SO4.3.</b> A student will Understand to Diagnostic classification of mental disorders.</p> <p><b>SO4.4.</b> A student will Understand to Diagnostic classification of behavioral disorders.</p>	.	<p><b>Unit-1: Introduction to models of Psychopathology.</b></p> <p>1.1 Psychoanalytic, 1.2 behavioral, 1.3 Cognitive 1.4 biological models; Sociobiology of health; 1.5 Sociobiology of health; 1.6 Sociobiology of disease. 1.7 Diagnostic classification of mental disorders. 1.8 Diagnostic Classification of behavioral disorders. 1.9 Psychoanalytic. 1.10 behavioral, 1.10 Cognitive 1.11 biological models 1.12 Sociobiology of health 1.13 Sociobiology of disease. 1.14 Diagnostic classification of mental disorders. 1.15Diagnostic classification of mental disorders</p>	<p>1.Psychoanalytic . 2. Behavioral. 3. Cognitive. 4. mental disorders</p>

**Assignments:** Diagnostic classification of mental disorders.

**CO204.2.** A student will able to discuss the Case history taking and mental status examination.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO4.1.</b> A student will Understand to Disorders of attention.</p> <p><b>SO4.2.</b> A student will Understand to Stress Disorders.</p> <p><b>SO4.3.</b> A student will Understand to Psychosomatic Disorders</p> <p><b>SO4.4.</b> A student will Understand to Personality Disorders.</p>	.	<p><b>Unit-2: Case history taking and mental status examination.</b></p> <p>2.1 Disorders of attention, 2.2 perception, 2.3 thought movement, 2.4 Psychodiagnosis of major Mental</p> <p>2.5 Disorders of the Adults and their treatment:</p> <p>2.6 Stress Disorders, 2.7 Anxiety Disorders, 2.8 Schizophrenia, 2.9 Affective Disorders, 2.10 Psychosomatic Disorders, 2.11 Personality Disorders 2.12 Substance abuse. 2.13 Psychodiagnosis of major Mental Disorders of the Adults and their treatment. 2.14 Stress Disorders</p> <p>2.15 Anxiety Disorders Personality Disorders.</p>	<p>1. Schizophrenia</p> <p>2. Anxiety Disorders</p> <p>3. perception</p>

Assignments:  
Stress and Anxiety Disorders, and Schizophrenia.

**CO204.3.** A student will able to interpreted the Mental Disorders of Children and their treatment.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO4.1.</b> A student will Understand to Mental Retardation.</p> <p><b>SO4.2.</b> A student will Understand to Learning Disability.</p> <p><b>SO4.3.</b> A student will Understand to Hyperactivity</p> <p><b>SO4.4.</b> A student will Understand to Conduct disorders.</p>		<p><b>Unit-3: Mental Disorders of Children and their treatment .</b></p> <p>3.1 Mental Retardation.</p> <p>3.2 Learning Disability.</p> <p>3.3 Attention Deficit Disorders.</p> <p>3.4 Hyperactivity.</p> <p>3.5 Autism.</p> <p>3.6 Fears .</p> <p>3.7 Phobias.</p> <p>3.8 Conduct disorders.</p> <p>3.9 Mental Retardation.</p> <p>3.10 Learning Disability.</p> <p>3.11 Attention Deficit Disorders.</p> <p>3.12 Hyperactivity.</p> <p>3.13 Autism.</p> <p>3.14 Fears .</p> <p>3.15 Phobias.</p>	<p>1. Learning Disability</p> <p>2. Autism</p> <p>3. Phobias.</p> <p>4. Conduct disorders</p>

Assignments: Attention Deficit Disorders and Hyperactivity.

**CO204.4.** A student will able to discuss about the Yogic counseling.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO4.1.</b> A student will Understand to Introduction to counselling</p> <p><b>SO4.2.</b> A student will Understand to Attitude change towards yoga through individualized counseling</p> <p><b>SO4.3.</b> A student will Understand to Yogic methods Yoga Psychology for Adjustment</p> <p><b>SO4.4.</b> Action in relaxation-the secret of Karma Yoga.</p>	.	<p><b>Unit-4: Yogic counseling.</b></p> <p>4.1 Introduction to counselling,</p> <p>4.2 nature approaches and challenges;</p> <p>4.3 Approach to counseling.</p> <p>4.5 Attitude change towards yoga through individualized counseling,</p> <p>4.6 Psychological &amp; yogic method Tackling ill effects of conflict and Frustration;</p> <p>4.7 Yogic methods Yoga Psychology for Adjustment:</p> <p>4.8 Psychological, philosophical and yogic counseling;</p> <p>4.9 the remedial measures;</p> <p>4.10Action in relaxation-the secret of Karma Yoga;</p> <p>4.11Psycho-physiological effects and health</p> <p>4.12Benefits of Pranayama,</p> <p>4.13Shatkarma;</p> <p>4.14Bandha and Mudra ;</p> <p>4.15Psycho-physiological effects</p> <p>Health benefits of Meditation.</p>	<p>1. Individualize d counseling.</p> <p>2. Effects of conflict and Frustration.</p> <p>3. Yogic methods Yoga Psychology for Adjustment.</p> <p>4. Health benefits of Meditation.</p>



Assignments: Yogic methods Yoga Psychology for Adjustment: Psychological.

SW-4 Suggested Sessional Work (SW):

**k. Assignments:**

- i. Yogic counseling
- ii. Mental Disorders of Children and their treatment
- iii. Introduction to models of Psychopathology

**TEXT BOOKS**

1. Hersen, M., Kazdin, A. E., & Bellack, A. S. (1991) The Clinical Psychology Handbook Pergamon. New York

**REFERENC EBOOKS:**

1. Sweet, J. J. , Rozensky, A. & Tovia, S. M. (1991) Handbook of Clinical Psychology in Clinical Practice. New York: Plenum.
2. Walker, C. E. (2001) Handbook of Child Clinical Psychology. New York: John Wiley & Son

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 204.1: A student will able to interpreted about the Introduction to models of Psychopathology	15	2	2	<b>19</b>
<b>C0 204.2:</b> A student will able to discuss the Case history taking and mental status examination	15	2	2	<b>19</b>
C0 204.3: A student will able to interpreted the Mental Disorders of Children and their treatment	15	2	2	19
<b>C0 204.4:</b> A student will able to discuss about the Yogic counseling.	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	A student will able to interpreted about the Introduction to models of Psychopathology	05	20	00	25
CO-2	A student will able to discuss the Case history taking and mental status examination	05	20	00	25
CO-3	A student will able to interpreted the Mental Disorders of Children and their treatment	05	20	00	25
CO-4	A student will able to discuss about the Yogic counseling.	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

82. Improved Lecture
83. Tutorial
84. Case Method
85. Group Discussion
86. Role Play
87. Visit to Yoga Institute
88. Demonstration
89. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
90. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Applied Psychology and Yogic Counseling**

**Course Code : 70 MYS204**

**Course Title: Applied Psychology and Yogic Counseling**

	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
<b>Course Outcomes</b>	knowledge of yoga, indian philosophy, upnissads, shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga technology, capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
<b>CO1 : A student will be able to interpret about the Introduction to models of Psychopathology</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>

<b>CO 2 :</b> A student will be able to discuss the Case history taking and mental status examination	1	1	1	1	2	1	2	1	3	1	2	1	3	1	1
<b>CO3 :</b> A student will be able to interpret the Mental Disorders of Children and their treatment	1	1	1	1	3	2	1	3	3	2	3	1	3	1	1
<b>CO 4:</b> A student will be able to discuss about the Yogic counseling.	1	1	2	1	3	3	3	3	2	3	3	2	3	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to interpreted about the Introduction to models of Psychopathology	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 <b>Introduction to models of Psychopathology</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to discuss the Case history taking and mental status examination	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>Case history taking and mental status examination</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to interpreted the Mental Disorders of Children and their treatment	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : <b>Mental Disorders of Children and their treatment</b> 3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to discuss about the Yogic counseling.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>Yogic counselling</b> 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

**Name of the course:** Research Methodology and Statistics  
**Course code:** 70 MYS205  
**Course Title :** Research Methodology and Statistics

**Pre-requisite:** Student should have knowledge to be exposed to the basic theoretical concepts of conducting non-scientific research

**Rationale:** Student will know about A student will be able to be exposed to the basic theoretical concepts of conducting non-scientific research and motivate them to pursue higher research A student will able to interpreted about the Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher researchA student will able to interpreted Acquire basic understanding of Research methodology and knowledge of various statistical procedures A student will able to interpreted the knowledge on tools employed to conduct research, ability to address the Contemporary problems in scientific way

**Course Outcomes:**

CO205: A student will be able to be exposed to the basic theoretical concepts of conducting non-scientific research and motivate them to pursue higher research

CO205: A student will able to interpreted about the Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research

CO205: A student will able to interpreted Acquire basic understanding of Research methodology and knowledge of various statistical procedures

CO205. A student will able to interpreted the knowledge on tools employed to conduct research, ability to address the Contemporary problems in scientific way

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies (Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits (C)
			CI	LI	SW	SL			
	70 MYS205	<b>Research Methodology and Statistics</b>	3	0	2	1	6	4	

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, ie ld or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Note:**

SW & SL has to be planned and performed under the continuous guidance and feedback of teacher to ensure outcome of Learning.

**Scheme of Assessment:****Theory**

Code	Course Code	Course Title	Scheme of Assessment (Marks)							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Home Assignment 3 number 5 marks each ( CA)	Class Test 2 (CT)	Seminar {any one} ( SA)	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks (CA+CT+SA +CAT+AT)		
	70 MYS 205	<b>Research Methodology and Statistics</b>	10	10	-	5	-	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.



**CO205.1:** A student will be able to be exposed to the basic theoretical concepts of conducting non-scientific research and motivate them to pursue higher research

**Approximate Hours**

Item	Appx. Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO1.</b> Students will gain knowledge about Introduction to research methodology –</p> <p><b>SO2.</b> Student will understand the definition of research, types of research, need for Yoga research; the research process</p> <p><b>SO3.</b> Students will comprehend the Literature review – Purpose, Process, digital source: Pub Med, etc., presentation of literature review; Ethics of research</p> <p><b>SO4.</b> Students will grasp the Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice. Scales of</p>	0	<p><b>Unit-1: Research Methodology Concepts</b></p> <p>1.1.Introduction to research methodology –</p> <p>1.2 Introduction to research methodology</p> <p>1.3 Introduction to research methodology</p> <p>1.4 .definition of research, types of research, need for Yoga research; the research process;</p> <p>1.5 definition of research, types of research, need for Yoga research; the research process</p> <p>1.6 definition of research, types of research, need for Yoga research; the research process</p> <p>1.7 Literature review – Purpose, Process, digital source: Pub Med, etc., presentation of literature review; Ethics of research</p> <p>1.8 Literature review – Purpose, Process, digital source: Pub Med, etc., presentation of literature review; Ethics of research</p> <p>1.9 Literature review – Purpose, Process, digital source:</p>	<p>1 definition of research, types of research, need for Yoga research; the research process</p> <p>2. measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive</p>

<p><b>SO5.</b> Students will comprehend the measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive</p>		<p>Pub Med, etc., presentation of literature review; Ethics of research</p> <p>1.10 Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice.</p> <p>1.11 Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice</p> <p>1.12 Laboratory ethics, Publication ethics, Ethical bodies, IEC, IRB and guidelines for good clinical practice</p> <p>1.13 Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive</p> <p>1.14 Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive</p> <p>1.15 Scales of measurement – nominal, ordinal, interval, ratio; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archive</p>	
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**SW-1 Suggested Sessional Work (SW): Research Methodology Concept**

**CO205.2:** A student will be able to interpret about the Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research

**Approximate Hours**

Item	Appx. Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>2SO1.</b> student will understand Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases</p> <p><b>2SO2.</b> student will understand Randomization; Types of variables – Independent , dependent, confounding variable; Types of research</p> <p><b>2SO3.</b> student will understand design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test</p> <p><b>2SO4.</b> student will understand Retest Reliability, Internal Consistency, Inter rater Reliability;</p>	0	<p><b>Unit-2: Research Methodology Concepts –</b></p> <p>2.1 Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases –</p> <p>2.2 Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases</p> <p>2.3 Sampling methods - Population and Sample; Simple Random Sampling; Systematic Sampling, Stratified Sampling, Cluster Sampling; ii. Methods of controlling biases</p> <p>2.4 Randomization; Types of variables – Independent , dependent, confounding variable;</p> <p>2.5 Randomization; Types of variables – Independent , dependent, confounding variable</p> <p>2.6 Randomization; Types of variables – Independent , dependent, confounding variable</p> <p>2.7 Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability:</p>	<p>1 Randomization; Types of variables – Independent , dependent, confounding variable; Types of research</p> <p>2 Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification</p>

<p>Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity</p> <p><b>2SO5.</b> student will understand The Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification</p>		<p>Test- 2.8 Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test- 2.9 Types of research design – Experimental designs, cross sectional design; Case study, Survey; Reliability: Test- 2.10 Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity; 2.11 Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity 2.12 Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminant Validity 2.13 Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification 2.14 Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification 2.15 Issues of bias and confounding; Selection bias, Recall bias, Observer or measurement bias, Publication bias; Randomization, Matching, Crossover design, Restriction (or blocking); Stratification</p>	
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**SW-2 Suggested Sessional Work(SW): Research Methodology Concepts**

**CO205.3:** A student will be able to interpret and acquire basic understanding of Research methodology and knowledge of various statistical procedures

**Approximate Hours**

Item	Appx. Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p>3.SO1 student will understand Descriptive statistics</p> <p>SO2. student will understand Inferential statistics</p> <p>SO3. student will understand Hypothesis,</p> <p>3SO4. student will understand about null hypothesis</p> <p>SO5. student will understand Statistics and Parameters, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem</p>	0	<p><b>Unit-3: Statistical Concepts - I</b></p> <p>3.1.Descriptive statistics,</p> <p>3.2 Descriptive statistics</p> <p>3.3 Inferential statistics,</p> <p>3.4 Inferential statistics</p> <p>3.5 Hypothesis,</p> <p>3.6 Hypothesis</p> <p>3.7 .null hypothesis,</p> <p>3.8 null hypothesis</p> <p>3.9 Statistics and Parameters, Sample and Population, Generalization, One tailed, two tailed hypothesis, Statistics and Parameters,</p> <p>3.10 Statistics and Parameters, Sample and Population, Generalization, One tailed, two tailed hypothesis, Statistics and Parameters</p> <p>3.11 Sample and Population, Generalization, One tailed, two tailed hypothesis</p> <p>Statistics and Parameters,</p> <p>3.12 Sample and Population, Generalization, One tailed, two tailed hypothesis</p> <p>3.13 Sample and Population, Generalization, One tailed, two tailed hypothesis</p> <p>3.14 Types of Errors and its control, Central Limit Theorem</p> <p>3.15 Types of Errors and its control, Central Limit Theorem</p>	<p>1. Hypothesis,</p> <p>2. Statistics and Parameters, Sample and Population, Generalization, One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem</p>

**SW-2 Suggested Sessional Work(SW): Statistical Concepts**

CO205.4. A student will be able to interpret the knowledge on tools employed to conduct research, ability to address the Contemporary problems in scientific way

**Approximate Hours**

	Appx. Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>4SO1.</b> student will understand Point estimate and interval estimate, Power analysis</p> <p><b>4SO2.</b> student will understand Effect size, sample size, p-value, Confidence interval</p> <p><b>4SO3.</b> student will understand . Statistical tests and design, Assumptions of tests, Statistical tests</p> <p><b>4SO4.</b> student will understand various designs: Correlation, proportions, paired sample, and independent sample t-tests</p> <p><b>4SO5.</b> student will understand Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests,</p>	0	<p><b>Unit-4: Statistical Concepts - II</b></p> <p>4.1. Point estimate and interval estimate, Power analysis:</p> <p>4.2 Point estimate and interval estimate, Power analysis:</p> <p>4.3 Point estimate and interval estimate, Power analysis:</p> <p>4.4. Effect size, sample size, p-value, Confidence interval;</p> <p>4.5 Effect size, sample size, p-value, Confidence interval</p> <p>4.6 Effect size, sample size, p-value, Confidence interval</p> <p>4.7 Statistical tests and design, Assumptions of tests,</p> <p>4.8 Statistical tests and design, Assumptions of tests</p> <p>4.9 Statistical tests and design, Assumptions of tests</p> <p>4.10 Statistical tests for various designs: Correlation, proportions, paired sample, and independent sample t-tests, Statistical tests for</p> <p>4.11 various designs: Correlation, proportions, paired sample, and independent sample t-tests,</p> <p>4.12 Statistical tests for various designs: Correlation,</p>	<p>1. various designs: Correlation, proportions, paired sample, and independent sample t-tests 2 Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests,</p>

		proportions, paired sample, and independent sample t-tests,  4.13 .Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests, 4.14 Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests, 4.15 Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric tests,	
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SW-4 Suggested Sessional Work(SW): Statistical Concepts  
TEXT BOOK

• R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi

REFERENCE BOOKS

• C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.

• Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

1- Chi-Square tests, ANOVA, Repeated Measures ANOVA, parametric and non-parametric Tests

2- Sample and Population, Generalization, One tailed, two tailed hypothesis

3- Research Methodology Concepts

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

**Dr Ganesh Prasad Gupta**

**Dr Dherendra Singh**

Dr Sanand Gautam

SW-4 Suggested Sessional Work (SW):

**1. Assignments: on Methods and Techniques**

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 205.1: A student will be able to be exposed to the basic theoretical concepts of conducting non-scientific research and motivate them to pursue higher research.	15	2	2	<b>19</b>
<b>C0 205.2:</b> A student will able to interpreted about the Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.	15	2	2	<b>19</b>
C0 205.3: A student will able to interpreted Acquire basic understanding of Research methodology and knowledge of various statistical procedures	15	2	2	19
<b>C0 205.4:</b> A student will able to interpreted the knowledge on tools employed to conduct research, ability to address the Contemporary problems in scientific way.	15	2	2	19
Total Hours	60	8	8	<b>76</b>



## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Research Methodology Concepts -I	05	20	00	25
CO-2	: Research Methodology Concepts	05	20	00	25
CO-3	Statistical Concepts 1	05	20	00	25
CO-4	Statistical Concepts 2	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

91. Improved Lecture
92. Tutorial
93. Case Method
94. Group Discussion
95. Role Play
96. Visit to Yoga Institute
97. Demonstration
98. ICT Based Teaching Learning (Video Demonstration/Tutorials  
CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online  
sources)
99. Brainstormi

**Cos.POs and PSOs Mapping**

**Course Title: Research Methodology and Statistics**

**Course Code : 70 MYS205**

**Course Title: Research Methodology and Statistics**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upnissads, shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga technology capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .
<b>CO1 :</b> A student will be able to be exposed to the basic theoretical concepts of conducting non-scientific research and motivate them to pursue higher	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>3</b>

research															
<b>CO 2 :</b> A student will be able to interpret about the Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.	1	1	1	1	1	1	1	1	3	2	3	1	3	1	3
<b>CO3 :</b> A student will be able to interpret Acquire basic understanding of Research methodology and knowledge of various statistical procedures	1	1	1	1	1	1	1	1	3	3	3	1	3	1	3
<b>CO 4:.</b> A student will be able to interpret the knowledge on tools employed to conduct research.	1	1	1	1	1	1	1	1	3	3	3	1	3	1	3

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will be able to be exposed to the basic theoretical concepts of conducting non-scientific research and motivate them to pursue higher research	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 : <b>Research Methodology Concepts -I</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to interpreted about the Have expose of the basic theoretical concepts of conducting scientific research and motivate them to pursue higher research.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>Research Methodology Concepts –II</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to interpreted Acquire basic understanding of Research methodology and knowledge of various statistical procedures	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : <b>Statistical Concepts - I [</b>  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11, 3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to interpreted the knowledge on tools employed to conduct research, ability to address the Contemporary problems in scientific way	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>Statistical Concepts - II</b>  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11, 4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS207  
**Course Title:** Introduction to Ayurveda.

**Pre-requisite:** Student should have basic knowledge of Introduction to Ayurveda.

**Rationale:** Yoga students must have an understanding of the Introduction to Ayurveda. They should be aware of the effects of Ayurvedic medicines on the body.

**Course Outcomes:**

CO207: 1- A student will able to describe the introduction of Ayurveda and its Origin, Meaning, Definition, Uses, History, Major Principles of Disease Diagnosis and Testing.

CO207: 2- A student will able to identify the General Introduction of Major Herbs, properties, Health Promotion and Medical Experiments.

CO207: 3- A student will able to discuss the panchkarma.

CO207: 4- A student will able to identify the pradhan karma and various and introduction of diseases.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies (Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits (C)
			CI	LI	SW	SL		
Program Core (PCC)	70MYS 207	Introduction to Ayurveda.	3	0	1		4	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, ie ld or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Note:**

SW&SL hastobe planned and performed under the continuous guidance and feedback of teacher to ensure outcome of Learning.

### Scheme of Assessment:

#### Theory

Code	Course Code	Course Title	Scheme of Assessment (Marks )							End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Progressive Assessment (PRA)						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment number 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity anyone (CAT)	Class Attendance (AT)				
PCC	70 MYS207	Introduction to Ayurveda.	10	10	0	0	0	20	80	100	

#### Course-Curriculum Detailing:

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should show case their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) up on the course's conclusion.

**CO207.1.** A student will be able to describe the introduction of Ayurveda and its Origin, Meaning, Definition, Uses, History, Major Principles of Disease Diagnosis and Testing.

**Approximate Hours**

Item	AppXHrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> A student will be able to understand Meaning &amp; Definition of Ayurveda.</p> <p><b>SO1.2</b> A student will be able to understand Uses &amp; History of Ayurveda.</p> <p><b>SO1.3</b> A student will be able to understand Major Principles of Disease Diagnosis.</p> <p><b>SO1.4</b> A student will understand Major Principles of Testing.</p>		<p><b>Unit 1-</b></p> <p>1.1 Ayurveda</p> <p>1.2 Origin,</p> <p>1.3 Meaning,</p> <p>1.4 Definition,</p> <p>1.5 Uses</p> <p>1.6 History</p> <p>1.7 Major Principles of Disease Diagnosis</p> <p>1.8 Major Principles of Testing</p> <p>1.9 Meaning. Definition</p> <p>1.10 History</p> <p>1.11 Origin.</p> <p>1.12 Uses.</p> <p>1.13 Major Principles of Disease Diagnosis</p> <p>1.14 Major Principles of Testing.</p> <p>1.15 Major Principles of Testing.</p>	<p>1. History of Ayurveda.</p> <p>2. Meaning &amp; Definition of Ayurveda.</p>

SW-1 Suggested Sessional Work (SW):

**1. Assignments:**

Meaning & Definition of Ayurveda.

**CO207.2.** A student will be able to identify the Defects: Meaning, Definition, Types, Functions and Consequences of Distortion.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> A student will be able to understand Defects .</p> <p><b>SO1.2</b> A student will be able to understand Dhatu.</p> <p><b>SO1.3</b> .A student will be able to understand mal.</p> <p><b>SO1.4</b> .A student will understand prakriti.</p>		<p><b>Unit 2- Defects.</b></p> <p>1.1 Meaning, Definition, Types, Functions and Consequences of Distortion.</p> <p>1.2 Dhatu: Meaning, Definition, Types</p> <p>1.3 Functions and Consequences of Distortion</p> <p>1.4 Updhatu:- Meaning, Definition, Types</p> <p>1.5 Functions and Consequences of Distortion</p> <p>1.6 Dhatu:- Meaning, Definition, Types</p> <p>1.7 Functions and Consequences of Distortion</p> <p>1.8 Strotsha:- Meaning, Definition, Types, Functions</p> <p>1.9 Senses:- Meaning, Definition, Types, Functions</p> <p>1.10 Agni:- Meaning, Definition, Types, Functions</p> <p>1.11 Praan:- Meaning, Definition, Types, Functions and place</p> <p>1.12 Prakriti:- Meaning, Definition, Features and their disorders</p> <p>1.13 Deh prikriti :- Meaning, Definition, Type and Identity</p> <p>1.14 Mans prikriti :- Meaning, Definition</p> <p>1.15 Type and Identity</p>	<p>Dhatu.</p> <p>Dhatu.</p> <p>Strotsha.</p>

SW-1 Suggested Sessional Work (SW):



**1. Assignments:**

Meaning, Definition, Types, Functions and Consequences of Distortion

**CO207.3.** A student will be able to identify the General Introduction of Major Herbs, properties, Health Promotion and Medical Experiments.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> . A student will be able understand Introduction of Major Herbs .</p> <p><b>SO1.2.</b> A student will be able understand to Awla</p> <p><b>SO1.3.</b> A student will be able to understand to Dhaniya</p> <p><b>SO1.4.</b> A student will be able to understand to Gawarpatha.</p>	.	<p><b>Unit -3 -General Introduction of Major Herbs.</b></p> <p>1.1 Health Properties, Medical Experiments.</p> <p>1.2 Aak</p> <p>1.3 Avian</p> <p>1.4 Awla</p> <p>1.5 Upmarg</p> <p>1.6 Ashwagandha</p> <p>1.7 Tulsi</p> <p>1.8 Giloye</p> <p>1.9 Brhamhi</p> <p>1.10 Dhaniya</p> <p>1.11 Adrak</p> <p>1.12 Ilaychi</p> <p>1.13 Harad</p> <p>1.14 Neem&amp; Haldi</p> <p>1.15 Gawarpath</p>	<p>1. Ashwagandha</p> <p>2. Brhamhi</p> <p>3. Harad.</p>

SW-1 Suggested Sessional Work (SW):

**1. Assignments:**

General Introduction of Major Herbs.

**CO207.4.** A student will be able to discuss the panchkarma and the pradhan karma and various diseases.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> . A student will be able understand Introduction of Major Herbs .</p> <p><b>SO1.2.</b> A student will be able understand to Awla</p> <p><b>SO1.3.</b> A student will be able to understand to Dhaniya</p> <p><b>SO1.4.</b> A student will be able to understand to Gawarpatha.</p>	.	<p><b>Unit 4- panchkarma</b></p> <p>1.1 Purvkarma ,</p> <p>1.2 Pradhaankarma</p> <p>1.3 Paschaatkarma</p> <p>1.4 Paschaatkarma</p> <p>1.5 Meaning, Definition, Types, Purpose,</p> <p>1.6 Harm, Caution,</p> <p>1.7 Health Promotion and Medical Use</p> <p>1.8 In the detailed discussion of pradhan karma</p> <p>1.9 various diseases</p> <p>1.10 Arthritis,</p> <p>1.11 Obesity,</p> <p>1.12 Diabetes,</p> <p>1.13 Backache, Colitis,</p> <p>1.14 Liver disorder, Insomnia,</p> <p>1.15 Depression, Anxiety, Stress</p>	<p>4. Ashwagandha</p> <p>5. Brhamhi</p> <p>6. Harad.</p>

SW-1Suggested Sessional Work (SW):

**Assignment In the detailed discussion of pradhan karma**

SW-4 Suggested Sessional Work (SW):

**m. Assignments:**

- i. Panchkarma
- ii. General Introduction of Major Herbs
- iii. Pradhaankarma

**Text book –**

Ayurveda sidhan

t rahasya - Acharya Balakrishna

Ayurveda jadi buti rahasya - Acharya Balakrishna

Ayurveda sarir kriya vigyaan - Shiv Kumar Gondo

Swasthyavritya Dr. Ramharshan Singh

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

Dr R.L.Sikarwar

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 207.1: A student will able to describe the introduction of Ayurveda and its Origin, Meaning, Definition, Uses, History, Major Principles of Disease Diagnosis and Testing.	15	2	2	<b>19</b>
<b>C0 207.2:</b> A student will able to identify the General Introduction of Major Herbs, properties, Health Promotion and Medical Experiments	15	2	2	<b>19</b>
C0 207.3: A student will able to discuss the panchkarma	15	2	2	19
<b>C0 207.4:</b> A student will able to identify the pradhan karma and various and introduction of diseases	15	2	2	19
Total Hours	60	8	8	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Ayurveda:- Origin, Meaning, Definition, Uses, History, Major Principles of Disease Diagnosis and Testing	05	20	00	25
CO-2	Defects: Meaning, Definition, Types, Functions and Consequences of Distortion, Dhatu	05	20	00	25
CO-3	General Introduction of Major Herbs, properties, Health Promotion and Medical Experiments-	05	20	00	25
CO-4	panchkarma ( purvkarma , pradhaankarma ,aur paschaatkarma)	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

100. Improved Lecture
101. Tutorial
102. Case Method
103. Group Discussion
104. Role Play
105. Visit to Yoga Institute
106. Demonstration
107. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
108. Brainstorming

**Cos.POs and PSOs Mapping**

Course Title: Introduction to Ayurveda.

Course Code : 70 MYS207

Course Title: Introduction to Ayurveda.

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
knowledge of yoga, indian philosophy, upnissads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga technology, capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre , providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .	
CO1 : A student will be able to describe the introduction of Ayurveda and its Origin, Meaning, Definition, Uses, History, Major	1	2	3	3	2	3	3	3	2	2	3	1	3	1	1

Principles of Disease Diagnosis and Testing.															
<b>CO 2 :</b> A student will able to identify the General Introduction of Major Herbs, properties, Health Promotion and Medical Experiments.	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>
<b>CO3 :</b> A student will able to discuss the panchkarma	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>
<b>CO 4:.</b> A student will able to identify the pradhan karma and various and introduction of diseases.	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(LI)	Classroom Instruction(CI)	Self Learning (SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to describe the introduction of Ayurveda and its Origin, Meaning, Definition, Uses, History, Major Principles of Disease Diagnosis and Testing.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Ayurveda:- <b>Origin, Meaning, Definition, Uses, History, Major Principles of Disease Diagnosis and Testing</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to identify the General Introduction of Major Herbs, properties, Health Promotion and Medical Experiments.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Defects: Meaning, Definition, Types, Functions and Consequences of Distortion, Dhatu:  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to discuss the panchkarma.	SO3.1 SO3.2 SO3.3 SO3.4		Unit-3 : <b>General Introduction of Major Herbs, properties, Health Promotion and Medical Experiments</b> 3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to identify the pradhan karma and various and introduction of diseases.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>panchkarma ( purvkarma , pradhaankarma ,aur paschaatkarma)</b> 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	



**Course Title :** Yoga Practical-I  
**Course code:** 70 MYS251  
**Pre- requisite:** Student should have basic knowledge of **Yoga Practical-I (Contemporary Yoga Techniques)** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Yoga Practical-I (Contemporary Yoga Techniques)** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

**CO 251.1:** A students shall be able to understand the benefits, contraindications and procedure of all practices

**CO 251.2:** A students shall be able to Demonstrate each practice with confidence and skill.

**CO 251.3:** A students shall be able to Explain the procedure and subtle points involved

**CO251.4:** A students shall be able to Teach the yoga practices to any given group.

**CO251.5:** A students shall be able to pick the skill of cleansing process

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	S W	SL		
Program Core	70 MYS25 1	<b>Yoga Practical-I(Contemporary Yoga Techniques)</b>	0	6	1	1	8	6

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:  
Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/ Home Assignment 5 number 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA)	Class Activity any one (CA T)	Class Attendance (AT)				
PCC	70 MYS251	<b>Yoga Practical - I (Contemporary Yoga Techniques)</b>	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO. 251.1:** A students shall be able to Understand the benefits, contraindications and procedure of all practices.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	12
SW	1
SL	1
Total	14

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO1.1</b> Student will able to Understand the introduction and practice of Asan	.	<p><b>Unit-1.0</b> - Asan</p> <p>1.1 Utktashan, paschimotaa nashn,            1.2 chakrashan, samkonash an, 1.3 natrajashn, kukuttas han,            1.4 kurmashn, vakrashn, ha stpad            1.5 angusthashn, utthitpadmashn,            1.6 padangusthashn, parvta shn,            1.7 akarndhanurshan, bhun amnashan,            1.8 badhpadmashn, konash an, 1.9 astavakrashn, vataya nashn,            1.10 tulashan, vyagrashn,            1.11 kurmashn, gup padmashn,            1.12 garbhashan, tiryak bhujangashan, sarpashn, ardh chandrashan, ustrashn, ardh padmashn, parivritt janushirshashn, sankatashn</p>	1. Asan

SW-1 Suggested Sessional Work (SW):

**2. Assignments: Asan**

**CO.251. 2:** A students shall be able to Demonstrate each practice with confidence and skill

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	12
SW	1
SL	1
Total	14

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO2.1</b> Student will able to Understand the introduction and practice of - Pranayama	.	<b>Unit-2.0 - Pranayama –</b> 2.1 Shitli pranayama 2.2 Shitli pranayama 2.3 Shitli pranayama 2.4 Shitkari pranayama 2.5 Shitkari pranayama 2.6 Shitkari pranayama 2.7 Bhayavritti pranayama 2.8 Bhayavritti pranayama 2.9 Bhayavritti pranayama 2.10 Abhyanter vritti pranayama 2.11 Abhyanter vritti pranayama 2.12 Abhyanter vritti pranayama	<b>1. Pranayama</b> 2. Deep breath 3. Nadishodhan Nadishodhan

SW-1 Suggested Sessional Work (SW):

**1. Assignments: pranayama**

**CO251.. 3:** A students shall be able to explain the procedure and subtle points involved.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	12
SW	1
SL	1
Total	14

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO3.1</b> Student will able to Understand the introduction and practice of - Shatkarma	.	<b>Unit-3.0 - Shatkarma-</b> 3.1 Agnisar kriya 3.2 Agnisar kriya 3.3 Agnisar kriya 3.4 Sheetkarm kapalbhati 3.5 Sheetkarm kapalbhati 3.6 Sheetkarm kapalbhati 3.7 Sutra neti 3.8 Sutra neti 3.9 Sutra neti 3.10 Vyutkarm kapalbhati 3.11 Vyutkarm kapalbhati 3.12 Vyutkarm kapalbhati	1. Jalneti 2. vaman 3. Vvaatkarma kapalbhati

SW-1 Suggested Sessional Work (SW):

**1. Assignments: Shatkarma-**

**CO.251. 4:** A students shall be able to teach the yoga practices to any given group.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	12
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO4.1</b> Student will able to Understand the introduction and practice of - Mudra bandh-	.	<b>Unit-4.0</b> - Mudra bandh-Meditaion -  4.1 Bhambhavi mudra 4.2 Bhambhavi mudra 4.3 Tadagi mudra 4.4 Tadagi mudra 4.5 Pran mudra 4.6 Pran mudra 4.7 Kaki mudra 4.8 Kaki mudra 4.9 Maha mudra 4.10 Maha mudra	1. Mudra 2. bandh-

		4.11 Mahavedha mudra 4.12 Mahavedha mudra	
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SW-1 Suggested Sessional Work (SW):

**1. Assignments: Mudra bandh**

**CO.251. 5:** A students shall be able to pick the skill of cleansing process

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	12
SW	1
SL	1
Total	14

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO5.1</b> Student will able to Understand the introduction and practice of – Mediation	.	<b>Unit-5.0</b> Meditaion -  <b>5.1</b> anter maun 5.2 anter maun 5.3 Kayasthairyam 5.4 Kayasthairyam 5.5 Mind Sound Resonance Technique (S-VYASA) 5.6 Mind Sound Resonance Technique (S-VYASA) 5.7 Raja Yoga Meditation	1. Mediation

		(Brahmakumaris) 5.8 Raja Yoga Meditation (Brahmakumaris) 5.9 Raja Yoga Meditation (Brahmakumaris) 5.10 Transcendental Meditation (Mahesh Yogi) 5.11 Transcendental Meditation (Mahesh Yogi) 5.12 Transcendental Meditation (Mahesh Yogi)	
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SW-1 Suggested Sessional Work (SW):

**1. Assignments: Meditaion**

Meaning & Definition of Ayurveda

**Texts--**

Hathyog pradipika – kaiwalyadham

Gherand shamhita-yog publication munger

Shiv shamhita – chaukhambha oriyentaliya

Asan pranayama mudra bbandh – yog publication mugger

H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga

Prakashan, Bangalore, 1999

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**n. Assignments:**

i. asan

ii. pranayama

iii. meditation



**Brief of Hours suggested for the Course Outcome**

Course Outcomes	Class Lecture (II)	Sessional Work (SW)	Self Learning (SI)	Total hour (CI+SW+SI)
C0 251.1: A student will able to interpreted an exposure to understand the principles, concept and the procedure of various contemporary techniques.	15	2	2	<b>19</b>
<b>C0 251.2:</b> A student will able to interpreted the commonalities across the various contemporary techniques.	15	2	2	<b>19</b>
C0 251.3: A student will able to Explain and teach the techniques with confidence.	15	2	2	19
<b>C0 251.4:</b> A student will able to interpreted the meditation techniques of yoga .	15	2	2	19
Total Hours	60	8	8	<b>76</b>

### Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Asan	05	20	00	25
CO-2	Pranayama	05	20	00	25
CO-3	Shatkarma	05	20	00	25
CO-4	Mudra evam bandha	05	20	00	25
CO-5	Meditaion				
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

#### Suggested Instructional/Implementation Strategies:

109. Improved Lecture
110. Tutorial
111. Case Method
112. Group Discussion
113. Role Play
114. Visit to Yoga Institute
115. Demonstration
116. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
117. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Yoga Practical-I**

**Course Code : 70 MYS251**

**Course Title: Yoga Practical-I**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
knowledge of yoga, indian philosophy, upnissads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga technology, capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or related therapies.	To provide the research based education of yoga.	
<b>CO1:</b> A student will be able to interpret an exposure to understand the principles, concept and	<b>1</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>1</b>

the procedure of various contemporary techniques.															
<b>CO 2 :</b> A student will able to interpreted the commonalities across the various contemporary techniques.	1	1	3	2	2	3	3	3	3	3	3	2	2	1	1
<b>CO3 :</b> A student will able to Explain and teach the techniques with confidence.	1	1	3	1	3	2	3	3	3	3	3	3	3	1	1
<b>CO 4:.</b> A student will able to interpreted the meditation techniques of yoga .	3	1	3	3	3	3	3	3	3	3	3	3	3	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1: A student will able to interpreted an exposure to understand the principles, concept and the procedure of various contemporary techniques.	SO1.1 SO1.2 SO1.3  SO1.4		Unit-1.0 Asan  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10, 1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A student will able to interpreted the commonalities across the various contemporary techniques.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>Pranayama</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A student will able to Explain and teach the techniques with confidence.	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : <b>Shatkarma</b>  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11 ,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A student will able to interpreted the meditation techniques of yoga .	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>Meditaion</b>  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11 ,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS301

**Course Title :** **Principal Upanishads**

**Pre- requisite:** Student should have basic knowledge of **Principal Upanishads** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Principal Upanishads** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

**CO 301.1:** A student will able to discuss about the Introduction to Upanishads.

**CO 301.2:** A student will able to discuss the Tattva Mimansa in according of acharyas

**CO 301.3:** A student will able to describe the types of yoga and Yogatattva in Principal Upanishads .

**CO301.4:** A student will able to describe the astang yoga and Yogatattva in Principal Upanishads.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL		
Program Core	70 MYS301	<b>Principal Upanishads</b>	4	0	1	1	6	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Progressive Assessment ( PRA )								
			Class/Home Assignment 5 number 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks ( CA+CT+SA+CAT+AT)			
PCC	70 MYS301	Principal Upanishads	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO301. 1:** A student will able to discuss about the Introduction to Upanishads

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the introduction of <b>Introduction to Upanishads</b></p> <p><b>SO1.2</b> Student will able to Understand the Meaning ,Concept of Veda and Upanishad</p> <p><b>SO1.3</b> Student will able to Describe matters of Veda &amp; Upanishads</p> <p><b>SO2.4</b> Student will able to Describe of Principal Upanishads</p>	.	<p><b>Unit-1.0 - Introduction to Upanishads</b></p> <p>1.1 Meaning of Upanishad, 1.2 Concept of Veda 1.3 Concept of Upanishad, 1.4 Comparison between subject matters of Veda &amp; 1.5 Comparison between subject matters of Upanishads, 1.6 Number of Upanishads 1.7 Brief Introduction of Principal Upanishads- Isha, 1.8 Kena, 1.9 Katha, 1.10 Prashna, 1.11Mundaka, 1.12 Mandukya, 1.13Aitreya, 1.14Taittiriya, 1.15 Brihadaranyak &amp; Chhandogya Upanishad</p>	<p><b>1. Introduction to Upanishads</b> 2. Concept of Veda and Upanishad  3. matters of Veda &amp; Upanishads</p>



**CO301. 2:** A student will able to discuss the Tattva Mimansa in according of acharyas

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the introduction of <b>Tattva Mimansa</b></p> <p><b>SO2.2</b> Student will able to Understand the Nature of <i>Brahma &amp; Atma</i></p> <p><b>SO2.3</b> Student will able to Describe Upanishad in view of Acharya Shankar, Acharya Ramanuj, Acharya Madhva,</p> <p><b>SO2.4</b> Student will able to Describe of Describe Upanishad in view of Acharya Acharya Vallabh, Acharya Nimbark, <i>Shrishti Prakriya</i></p>	.	<p><b>Unit-2.0- Tattva Mimansa</b></p> <p>2.1 Nature of <i>Brahma &amp; Atma</i> according to Principal Upanishad in view of Acharya Shankar</p> <p>2.2 Nature of <i>Brahma &amp; Atma</i> according to Principal Upanishad in view of Acharya Shankar</p> <p>2.3 Nature of <i>Brahma &amp; Atma</i> according to Principal Upanishad in view of Acharya Shankar</p> <p>2.4 Nature of <i>Brahma &amp; Atma</i> according to Principal Upanishad in view of Acharya Shankar</p> <p>2.5 Nature of <i>Brahma &amp; Atma</i> according to Principal Upanishad in view of Acharya Ramanuj</p> <p>2.6 Nature of <i>Brahma &amp; Atma</i> according to Principal Upanishad in view of Acharya Ramanuj</p> <p>2.7 Nature of <i>Brahma &amp; Atma</i> according to Principal Upanishad in view of Acharya Madhva</p> <p>2.8 Nature of <i>Brahma &amp; Atma</i> according to Principal Upanishad in</p>	<p>1. <b>Tattva Mimansa</b></p> <p>2. Nature of <i>Brahma &amp; Atma</i></p> <p>3. <i>Shrishti Prakriya</i></p>

		view of Acharya Madhva 2.9 Nature of <i>Brahma</i> & <i>Atma</i> according to Principal Upanishad in view of Acharya Madhva 2.10 Nature of <i>Brahma</i> & <i>Atma</i> according to Principal Upanishad in view of Acharya Vallabh, 2.11 Nature of <i>Brahma</i> & <i>Atma</i> according to Principal Upanishad in view of Acharya Vallabh 2.12 Nature of <i>Brahma</i> & <i>Atma</i> according to Principal Upanishad in view of Acharya Vallabh 2.13 Nature of <i>Brahma</i> & <i>Atma</i> according to Principal Upanishad in view of Acharya Nimbark, 2.14 Nature of <i>Brahma</i> & <i>Atma</i> according to Principal Upanishad in view of Acharya Nimbark 2.15 <i>Shrishti Prakriya</i> (Process of Creation)	
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**CO301.3:** A student will able to describe the types of yoga and Yogatattva in Principal Upanishads .

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> Student will able to Understand the introduction of <b>Yoga .</b></p> <p><b>SO3.2</b> Student will able to Understand the Types of Yoga</p> <p><b>SO3.3</b> Student will able to Describe Concept of Panchkosha</p> <p><b>SO3.4</b> Student will able to Describe of Describe</p> <p><b>SO3.5</b> Student will able to Describe Teen Shareer and Omkara Upasana</p>	.	<p><b>Unit-3.0 - Yogatattva in Principal Upanishads -I</b></p> <p><b>3.1</b> Definition of Yoga</p> <p>3.1 Types of Yoga</p> <p>3.3 Types of Yoga</p> <p>3.4 Jnana Yoga</p> <p>3.5 Jnana Yoga</p> <p>3.6 Bhakti Yoga</p> <p>3.7 Bhakti Yoga</p> <p>3.8 Karma Yoga</p> <p>3.9 Karma Yoga</p> <p>3.10 Raja Yoga</p> <p>3.11 Raja Yoga</p> <p>3.12 Concept of Panchkosha</p> <p>3.13 Concept of Panchkosha</p> <p>3.14 Teen Shareer</p> <p>3.15 Omkara Upasana</p>	<p>1. <b>Yoga .</b></p> <p>2. Types of Yoga</p> <p>3. Panchkosha</p>

**CO301.4:** A student will able to describe the astang yoga and Yoga tattva in Principal Upanishads.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand the Ashtanga Yoga in Principal Upanishad</p> <p><b>SO4.2</b> Student will able to Understand the Yama, Niyama</p> <p><b>SO4.3</b> Student will able to Describe Asana, Pranayama</p> <p><b>SO4.4</b> Student will able to Describe of Dharana, Dhyana</p> <p><b>SO4.5</b> Student will able to Describe , Samadh</p>	.	<p><b>Unit-4.0 - Yogatattva in Principal Upanishads-II</b></p> <p>4.1 Ashtanga Yoga in Principal Upanishad-</p> <p>4.2 Ashtanga Yoga in Principal Upanishad</p> <p>4.3 Ashtanga Yoga in Principal Upanishad</p> <p>4.4 Yama,</p> <p>4.5 Niyama,</p> <p>4.6 Asana,</p> <p>4.7 Pranayama,</p> <p>4.8 pranayama</p> <p>4.9 Pratyahara,</p> <p>4.10 Dharana,</p> <p>4.11 Dharana</p> <p>4.12 Dhyana,</p> <p>4.13 Dhyana</p> <p>4.14 Samadh</p> <p>4.15 Samadh</p>	<p><b>1. Ashtanga Yoga in Principal Upanishad</b></p>

**Reference Books:**

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980
3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003
4. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
5. 108 Upanishad-Brahmavidya Khand-Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj, Haridwar.

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**o. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

Course Outcomes	Class Lecture (CI)	Sessional Work (SW)	Self Learning (SI)	Total hour (CI+SW+SI)
C0 301.1: A student will able to discuss about the Introduction to Upanishads.	15	2	2	<b>19</b>
<b>C0 301.2:</b> A student will able to discuss the Tattva Mimansa in according of acharyas	15	2	2	<b>19</b>
C0 301.3: A student will able to describe the types of yoga and Yogatattva in Principal Upanishads	15	2	2	19
<b>C0 301.4:</b> A student will able to describe the astang yoga and Yogatattva in Principal Upanishads.	15	2	2	19
Total Hours	60	8	8	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Introduction to Upanishads	05	20	00	25
CO-2	Tattva Mimansa	05	20	00	25
CO-3	Yogatattva in Principal Upanishads	05	20	00	25
CO-4	Yogatattva in Principal Upanishads-II	05	20	00	25
Total		20	80	00	100

**Legend:**    **R: Remember,**    **U: Understand,**    **A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

118. Improved Lecture
119. Tutorial
120. Case Method
121. Group Discussion
122. Role Play
123. Visit to Yoga Institute
124. Demonstration
125. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
126. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Principal Upanishads**

**Course Code : 70 MYS301**

**Course Title: Principal Upanishads**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanisads, shastras	<b>human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali</b>	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga</b>	<b>alternative therapy, naturopathy, electrotherapy, Ayurveda,</b>	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga technology, capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
<b>CO1 : A student will able to discuss about the Introduction to Upanishads.</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>CO 2 : A student will able to discuss the Tattva Mimansa in</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>

according of acharyas															
<b>CO3</b> : A student will able to describe the types of yoga and Yogatattva in Principal Upanishads .	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	1	1
CO 4: A student will able to describe the astang yoga and Yogatattva in Principal Upanishads.	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>1</b>	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**



**Course Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to discuss about the Introduction to Upanishads.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 <b>Introduction to Upanishads</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to discuss the Tattva Mimansa in according of acharyas	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>Tattva Mimansa</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to describe the types of yoga and Yogatattva in Principal Upanishads	SO3.1 SO3.2 SO3.3 SO3.4		Unit-3 : <b>Yogatattva in Principal Upanishads-I</b> 3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10, 3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to describe the astang yoga and Yogatattva in Principal Upanishads.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>Yogatattva in Principal Upanishads-II</b> 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10, 4.11,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS302

**Course Title :** Yoga in World Religions - Synthesis

**Pre- requisite:** Student should have basic knowledge of Yoga in World Religions Synthesis and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of Yoga in World Religions - Synthesis in which they should have knowledge of its basi principles and elements.

**Course Outcomes:**

**CO 302.1:** A student will able to discuss about that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation

**CO 302.2:** A student will able to discuss about to inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace

**CO 302.3:** A student will able to explain about the introduction of Religions and their essence

**CO302.4:** A student will able to describe about the Yoga in Jainism and Buddhism, Sufism and Islam, Christianity sadhna.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies (Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL		
Program Core	70 MYS302	<b>Yoga in World Religions - Synthesis</b>	4	0	1	1	6	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment number 5 each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CA T)	Class Attendance (AT)				
PCC	70 MYS3 02	<b>Yoga in World Religions Synthesis</b>	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO302. 1:** A student will be able to discuss about that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will be able to Understand the introduction of Religion</p> <p><b>SO1.2</b> Student will be able to Understand the Jainism and Goal</p> <p><b>SO1.3</b> Student will be able to Describe Buddhism and Goal</p> <p><b>SO2.4</b> Student will be able to Describe Islam and Goal</p> <p><b>SO2.5</b> Student will be able to Describe Christianity and Goal</p> <p><b>SO2.6</b> Student will be able to Describe Sufism and Goal</p>	.	<p><b>Unit-1.0 - Introduction to Upanishads</b></p> <p><b>1.1</b> Meaning of Religion;</p> <p><b>1.2</b> Introduction to Jainism</p> <p><b>1.3</b> Introduction to Jainism</p> <p><b>1.4</b> Goal of human life in Jainism;</p> <p><b>1.5</b> Introduction of Buddhism</p> <p><b>1.6</b> Introduction of Buddhism</p> <p><b>1.7</b> Goal of human life in Buddhism;</p> <p><b>1.8</b> Introduction to Islam</p> <p><b>1.9</b> Introduction to Islam</p> <p><b>1.10</b> Goal of human life in Islam;</p> <p><b>1.11</b> Introduction to Christianity</p> <p><b>1.12</b> Introduction to Christianity</p> <p><b>1.13</b> Goal of human life in Christianity;</p> <p><b>1.14</b> Introduction and Essence of Sufism</p> <p><b>1.15</b> Goal of human life in Sufism.</p>	<p>1. introduction of Religion</p> <p>2. Jainism</p> <p>3Buddhism</p> <p>4Christianity</p> <p>5Sufism</p>

**CO302. 2:** A student will able to discuss about To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the ), Concept of Anekantavada</p> <p><b>SO2.2</b> Student will able to Understand the Concept of Kayotsarga</p> <p><b>SO2.3</b> Student will able to Describe Buddhism, Skandha-vada</p> <p><b>SO2.4</b> Student will able to Describe Concept of Arya-satya</p> <p><b>SO2.5</b> Student will able to Describe Arya-astangika-marga</p>	.	<p><b>Unit-2.0 - Yoga in Jainism and Buddhism</b></p> <p>2.1 Anekantavada (Syadvada)</p> <p>2.2 Anekantavada (Syadvada),</p> <p>2.3 Concept of Tri-ratnas,</p> <p>2.4 Concept of Kayotsarga (Prekshadhyana);</p> <p>2.5 Inroduction to Buddhism,</p> <p>2.6 Skandha-vada,</p> <p>2.7 Skandha-vada</p> <p>2.8 Concept of Arya-satya or Four Noble</p> <p>2.9 Truths,</p> <p>2.10 Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga);</p> <p>2.11 Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga);</p> <p>2.12 Tai Chi-based meditation,</p> <p>2.13 Zen meditation,</p> <p>2.14 Qi-gong meditation</p> <p>2.15 G-Tum-O meditation.</p>	<p>1. Concept of Anekantavada</p> <p>2. Concept of Kayotsarga</p> <p>3. Skandha-vada</p> <p>4. Arya-astangika-marga</p>

**CO302. 3** A student will able to explain about the introduction of Religions and their essence.:

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> Student will able to Understand the <b>Yoga in Sufism and Islam</b></p> <p><b>SO3.2</b> Student will able to Understand the Yoga in Sufism</p> <p><b>SO3.3</b> Student will able to Describe yoga in islam</p>	.	<p>Unit-3.0 - Yoga in Sufism and Islam</p> <p>3.1 Elements of Yoga in Sufism,</p> <p>3.2 Elements of Yoga in Sufism,</p> <p>3.3 Elements of Yoga in Sufism,</p> <p>3.4 Sufi Meditation Techniques.</p> <p>3.5 Sufi Meditation:</p> <p>3.6 Sufi Meditation</p> <p>3.7 Muraqaba;</p> <p>3.8 Islam</p> <p>3.9 Islam</p> <p>3.10 Salat positions along with their most similar yoga positions;</p> <p>3.11 Salat positions along with their most similar yoga positions;</p> <p>3.12 Qiyam and Namaste;</p> <p>3.13 Ruk'u and Ardha Uttanasana;</p> <p>3.14 Julus and Vajrasana;</p> <p>3.15 Sujud and Blasana;</p>	<p><b>1. Yoga in Sufism and Islam</b></p> <p>2. Yoga in Sufism</p>

**CO302. 4.** A student will able to describe about the Yoga in Jainism and Buddhism, Sufism and Islam, Christianity sadhna

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand the Yoga in Christianity</p> <p><b>SO4.2</b> Student will able to Understand the Contemplation,</p> <p><b>SO4.3</b> Student will able to Describe Christianity Meditation</p>	.	<p><b>Unit-4.0 - : Yoga in Christianity</b></p> <p>4.1 Contemplation,</p> <p>4.2 Contemplation</p> <p>4.3 Meditation</p> <p>4.4 Meditation</p> <p>4.5 practiced by Franciscan nuns</p> <p>4.6 practiced by Franciscan nuns</p> <p>4.7 Rosary meditation,</p> <p>4.8 Rosary meditation</p> <p>4.9 Meditation prescribed by the church</p> <p>4.10 Meditation prescribed by the church</p> <p>4.11 Meditation in Christian literature</p> <p>4.12 Meditation in Christian literature</p> <p>4.13 Hesychasm,</p> <p>4.14 Maranatha-</p> <p>4.15 A christian meditation mantra.</p>	<p>1. Yoga in Christianity</p> <p>2. Contemplation,</p>

**TEXT BOOK:**

1. Lajpat, Rai & others : Meditation, Anubhava Rai Publications, Gurgaon, 1999

**REFERENCE BOOKS:**

1. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, 1996, Munger, Bihar, India,

2. Lajpat, Rai: Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999)

3. Parragon: World Religion, Parragon Publishing India

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**p. Assignments:**

i. Write PrakritiPurushaSamYoga

ii. Write of Nirman Chitta and four types of Karmas

iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit



**Brief of Hours suggested for the Course Outcome**

Course Outcomes	Class Lecture (Cl)	Sessional Work (SW)	Self Learning (Sl)	Total hour (Cl+SW+Sl)
C0 302.1: A student will able to discuss about that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.	15	2	2	<b>19</b>
<b>C0 302.2:</b> A student will able to discuss about To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.	15	2	2	<b>19</b>
C0 302.3: A student will able to explain about the introduction of Religions and their essence.	15	2	2	19
<b>C0 302.4:</b> A student will able to describe about the Yoga in Jainism and Buddhism, Sufism and Islam, Christianity sadhna.	15	2	2	19
Total Hours	60	8	8	<b>76</b>

### Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Religions and their essence	05	20	00	25
CO-2	Yoga in Jainism and Buddhism	05	20	00	25
CO-3	Yoga in Sufism and Islam	05	20	00	25
CO-4	Yoga in Christianity	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

#### Suggested Instructional/Implementation Strategies:

127. Improved Lecture
128. Tutorial
129. Case Method
130. Group Discussion
131. Role Play
132. Visit to Yoga Institute
133. Demonstration
134. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
135. Brainstormin

**Cos.POs and PSOs Mapping**

**Course Title: Yoga in World Religions - Synthesis**

**Course Code : 70 MYS302**

**Course Title: Yoga in World Religions - Synthesis**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upnissads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga technology, capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science .	Visit to the best yoga institutes, University, college or centre , providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .
CO1: A student will be able to discuss about that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.	3	2	2	1	1	2	2	2	1	2	3	3	1	1	1

CO 2: A student will be able to discuss about To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.	3	2	1	1	1	1	1	2	1	1	1	3	1	1	1
CO3 : A student will be able to explain about the introduction of Religions and their essence.	3	2	1	1	1	1	1	2	1	1	1	2	1	1	1
CO 4: A student will be able to describe about the Yoga in Jainism and Buddhism, Sufism and Islam, Christianity sadhna .	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

## Course Curriculum Map

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1: A student will able to discuss about that the basic concepts and sadhana behind every religion is common for which Yoga provides a systematic elucidation.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Religions and their essence  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in  page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A student will able to discuss about To inculcate awareness that all the religions have common sadhanas of which Yoga is a grammar will help in synthesizing the world religions leading towards harmony and peace.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Yoga in Jainism and Buddhism  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A student will able to explain about the introduction of Religions and their essence.	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Yoga in Sufism and Islam  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11, 3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A student will able to describe about the Yoga in Jainism and Buddhism, Sufism and Islam, Christianity sadhna .	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Yoga in Christianity  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11, 4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS303

**Course Title :** **Human Consciousness**

**Pre- requisite:** Student should have basic knowledge of **Human Consciousness** and its consents

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Human Consciousness** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

**CO 303.1:** A student will able to interpret about the Introduction and Concept of Human Consciousness.

**CO 303.2:** - A student will able to discuss about the Philosophy and Science of Human Consciousness.

**CO 303.3:** A student will able to describe about the Various streams of Ancient Indian & Modern Sciences of human consciousness.

**CO303.4:** A student will able to discriminate the Different Mysteries and Development of Human Consciousness.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL			
Program Core	70 MYS303	Human Consciousness	4	0	1	1	6	4	

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:  
Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment 5 number 3 marks each ( CA )	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CA T)	Class Attendance (AT)				
PCC	70 MYS303	<b>Human Consciousness</b>	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO303. 1:** A student will able to interpret about the Introduction and Concept of Human Consciousness.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand Concept of Human Consciousness</p> <p><b>SO1.2</b> Student will able to Understand the Nature of Consciousness,</p> <p><b>SO1.3</b> Student will able to Describe Present Crisis on Human Consciousness</p> <p><b>SO1.4</b> Student will able to Describe Consciousness and measures of their appropriate solutions.</p>	.	<p>Unit-1.0 - Introduction and Concept of Human Consciousness.</p> <p>1.1 Meaning 1.2 Meaning 1.3 definition</p> <p>1.4 Scope of Consciousness 1.5 Scope of Consciousness 1.6 Nature of Consciousness 1.7 Nature of Consciousness 1.8 Need of study of Human Consciousness 1.9 Need of study of Human Consciousness 1.10 Present Crisis on Human Consciousness 1.11 Present Crisis on Human Consciousness 1.12 measures of their appropriate 1.13 measures of their appropriate 1.14 measures of their appropriate 1.15 measures of their appropriate</p>	<p>1. Concept of Human Consciousness</p> <p>2. Nature of Consciousness, 3. Crisis on Human Consciousness</p>



**CO303.2** : A student will able to discuss about the Philosophy and Science of Human Consciousness.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand Philosophy and Science of Human Consciousness</p> <p><b>SO2.2</b> Student will able to Understand the Consciousness in <b>Veda and Upnishad</b></p> <p><b>SO2.3</b> Student will able to Describe Consciousness in Nyaya</p> <p><b>SO2.4</b> Student will able to Describe Consciousness in Vaisheshik, Sankhya, Yoga, Mimamsha and Vedanta</p>	.	<p><b>Unit-2.0</b> - Philosophy and Science of Human Consciousness</p> <p>2.1 Human Consciousness in Veda</p> <p>2.2 Human Consciousness in Veda</p> <p>2.3 Upnishad</p> <p>2.3 Upnishad</p> <p>2.4 Human Consciousness in Buddha</p> <p>2.5 Human Consciousness in Buddha</p> <p>2.6 Jain Philosophy</p> <p>2.7 Jain Philosophy</p> <p>2.8 Human Consciousness in Nyaya</p> <p>2.9 Human Consciousness in Nyaya,</p> <p>2.10 Vaisheshik,</p> <p>2.11 Sankhya,</p> <p>2.12 Yoga, Mimamsha</p> <p>2.13 Yoga, Mimamsha</p> <p>2.13 Vedanta.</p> <p>2.14Vedanta</p>	<p>1. Human Consciousness</p> <p>2. Consciousness in Veda and Upnishad</p> <p>3. Consciousness in Nyaya</p>

**CO303.3:** A student will able to describe about the Various streams of Ancient Indian & Modern Sciences of human consciousness

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> Student will able to Understand Various streams of Modern Sciences</p> <p><b>SO3.2</b> Student will able to Understand the Human Consciousness in Tantra, Astrology and Ayurveda</p> <p><b>SO3.3</b> Student will able to Describe Human Consciousness in Modern Science</p> <p><b>SO3.4</b> Student will able to Describe : Researches related to Human Consciousness in Human Anatomy</p>	.	<p><b>Unit-3.0 - Various streams of Ancient Indian &amp; Modern Sciences</b></p> <p>3.1 Human Consciousness in Tantra</p> <p>3.2 Human Consciousness in Tantra</p> <p>3.3 Human Consciousness in Tantra</p> <p>3.4 Astrology and Ayurveda,</p> <p>3.5 Astrology and Ayurveda</p> <p>3.6 Astrology and Ayurveda</p> <p>3.7 Human Consciousness in Modern Science:</p> <p>3.8 Human Consciousness in Modern Science</p> <p>3.9 Human Consciousness in Modern Science</p> <p>3.10 Researches related to Human Consciousness in Human Anatomy</p> <p>3.11 Researches related to Human Consciousness in Human Anatomy</p> <p>3.12 Researches related to Human Consciousness in Human Anatomy</p> <p>3.13 Physiology</p> <p>3.14 Physiology</p> <p>3.15 Psychology.</p>	<p><b>1. - Various streams of Ancient Indian &amp; Modern Sciences</b></p> <p>2. Human Consciousness in Human Anatomy</p> <p>3. Human Consciousness in Tantra,</p>

**CO303.4** : A student will able to discriminate the Different Mysteries and Development of Human Consciousness.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand Different Mysteries and Development of Human Consciousness</p> <p><b>SO4.2</b> Student will able to Understand the Birth and Life, Fate and Efforts (Purushartha)</p> <p><b>SO4.3</b> Student will able to Describe Principles of Karma, Samskar and Rebirth</p> <p><b>SO4.4</b> Student will able to Describe Concept of Kundalini, Concept of Chakra</p> <p><b>SO4.5</b> Student will able to Describe Human Consciousness in Various Religions</p>	.	<p><b>Unit-4.0 - Different Mysteries and Development of Human Consciousness</b></p> <p>4.1 Birth and Life,</p> <p>4.2 Fate and Efforts (Purushartha)</p> <p>4.3 Fate and Efforts (Purushartha)</p> <p>4.4 Principles of Karma,</p> <p>4.5 Samskar and Rebirth.</p> <p>4.6 Samskar and Rebirth</p> <p>4.7 Concept of Kundalini,</p> <p>4.8 Concept of Chakra</p> <p>4.9 Concept of Chakra.</p> <p>4.10 Various psychological methods for development of Human Consciousness.</p> <p>4.11 Methods for development of Human Consciousness in Various Religions-</p> <p>4.12 Islam,</p> <p>4.13 Christianity,</p> <p>4.14 Sikhism,</p> <p>4.15 Various Techniques for developments of Human Consciousness by Indian Rishis.</p>	<p>1. Different Mysteries and Development of Human Consciousness</p> <p>2. Principles of Karma, Samskar and Rebirth</p> <p>3. Concept of Kundalini, Chakra</p>

## Reference Books

1. Bharatiya Darshano mein Chetana ka Swaroop- Dr. Krishna Saxena
2. Bharatiya Darshan- Acharya Baldev Upadhyaya
3. Upanishadic Adhyatma Vigyan - Dr. Ishwar Bharadwaj
4. Manav Chetana- Dr. Ishwar Bharadwaj
5. Manav Chetana ewam Yoga Vigyan- Dr. Kamakhya Kumar
6. A study in Consciousness Annie Besant
7. Ayurveda and Mind Dr. David Frawley
8. The Root of Consciousness Jeffery Mishlor
9. Mind and Super Mind N.C. Panda
10. Seven States of Consciousness Anthony Campbell
11. Human Consciousness & Yogic Science Dr. Kamakhya Kumar

## Curriculum development team –

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

## SW-4 Suggested Sessional Work (SW):

### q. Assignments:

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 303.1: A student will able to interpret about the Introduction and Concept of Human Consciousness.	15	2	2	<b>19</b>
C0 303.2: A student will able to discuss about the Philosophy and Science of Human Consciousness.	15	2	2	<b>19</b>
C0 303.3 A student will able to describe about the Various streams of Ancient Indian & Modern Sciences of human consciousness.	15	2	2	19
C0 303.4: A student will able to discriminate the Different Mysteries and Development of Human Consciousness	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	- Introduction and Concept of Human Consciousness	05	20	00	25
CO-2	- Philosophy and Science of Human Consciousness	05	20	00	25
CO-3	Various streams of Ancient Indian & Modern Sciences	05	20	00	25
CO-4	Different Mysteries and Development of Human Consciousness	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

136. Improved Lecture
137. Tutorial
138. Case Method
139. Group Discussion
140. Role Play
141. Visit to Yoga Institute
142. Demonstration
143. ICT Based Teaching Learning (Video Demonstration/Tutorials  
CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
144. Brainstorming

Cos.POs and PSOs Mapping

Course Title: Human Consciousness

Course Code : 70 MYS303

Course Title: Human Consciousness

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upn isads ,shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food , diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre , providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .
CO1 : A student will be able to interpret about the Introduction and Concept of Human Consciousness	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>2</b>

CO 2: A student will be able to discuss about the Philosophy and Science of Human Consciousness	3	1	1	1	1	1	3	3	2	2	2	3	3	1	2
CO3: A student will be able to describe about the Various streams of Ancient Indian & Modern Sciences of human consciousness	3	1	1	1	1	3	2	3	2	2	3	2	3	1	2
CO 4: A student will be able to discriminate the Different Mysteries and Development of Human Consciousness	3	1	1	1	2	3	3	3	3	2	3	3	3	1	2

**Legend: 1 – Low, 2 – Medium, 3 – High**



**Course Curriculum Map:**

<b>POs &amp; PSOs No.</b>	<b>COs No.&amp; Titles</b>	<b>SOs No.</b>	<b>Laboratory Instruction (LI)</b>	<b>Classroom Instruction(CI)</b>	<b>Self Learning(SL)</b>
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to interpret about the Introduction and Concept of Human Consciousness	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 - Introduction and Concept of Human Consciousness  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to discuss about the Philosophy and Science of Human Consciousness	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Philosophy and Science of Human Consciousness  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to describe about the Various streams of Ancient Indian & Modern Sciences of human consciousness	SO3.1 SO3.2 SO3.3 SO3.4		Unit-3 : Various streams of Ancient Indian & Modern Sciences 3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to discriminate the Different Mysteries and Development of Human Consciousness	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Different Mysteries and Development of Human Consciousness 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS304

**Course Title :** Applications of Yoga & Teaching Methodology

**Pre- requisite:** Student should have basic knowledge of Applications of Yoga & Teaching Methodology and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of Applications of Yoga & Teaching Methodology in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

CO 304.1: A student will able to interpret about the introduction of yoga and its Features and of factors in Yoga Education.

CO 304.2:- A student will able to discuss about the Components of physical fitness and strength.

CO 304.3: A student will able to understand the Training ability of teaching yoga and develop the planning ability of yoga.

CO304.4: A student will able to differentiate about the Teaching and learning-relationship

CO304.5: A student will able to measure about the Rating of Ideal Yoga Classes, Adaptation Method of Yogic Class.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL			
Progra mCore	70 MYS30 4	Applications of Yoga & Teaching Methodology	4	0	1	1	6	4	

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:  
Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA)	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70 MYS304	Applications of Yoga & Teaching Methodology	10	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO304. 1:** A student will able to interpret about the introduction of yoga and its Features and of factors in Yoga Education.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Education in yoga</p> <p><b>SO1.2</b> Student will able to Understand the yoga-main Features and factors of yoga education</p> <p><b>SO1.3</b> Student will able to Describe Guru Shishya Tradition</p> <p><b>SO1.4</b> Student will able to Describe value education,</p> <p><b>SO1.5</b> Student will able to Describe roll of yoga to Development of values.</p>	.	<p><b>Unit-1.0 Education in yoga</b></p> <p>1.1 Education in yoga</p> <p>1.2 Education in yoga</p> <p>1.3 main Features of Yoga Education</p> <p>1.4 main Features of Yoga Education</p> <p>1.5 factors of yoga education,</p> <p>1.6 Guru Shishya Tradition and Yoga</p> <p>1.7 Guru Shishya Tradition and Yoga</p> <p>1.8 importance of education ,</p> <p>1.9 meaning of value education</p> <p>1.10 meaning of value education</p> <p>1.11 definition ,</p> <p>1.12 type of value,</p> <p>1.13 value besed education,</p> <p>1.14 the roll of yoga to Development of values</p> <p>1.15 the roll of yoga to Development of values</p>	<p>1. <b>Education in yoga</b></p> <p>2. the yoga-main Features and factors of yoga education</p> <p>3. Guru Shishya Tradition</p>

**CO304. 2:** A student will able to discuss about the Components of physical fitness and strength.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the Components of physical fitness</p> <p><b>SO2.2</b> Student will able to Understand the Components of physical strength</p> <p><b>SO2.3</b> Student will able to Describe Flexibility</p>	.	<p><b>Unit-2.0 Components of physical fitness</b></p> <p><b>2.1</b> Components of physical fitness and strength-</p> <p><b>2.2</b> Components of physical strength</p> <p><b>2.3</b> definition</p> <p><b>2.4</b> types,</p> <p><b>2.5</b> tolerability-defination</p> <p><b>2.6</b> types</p> <p><b>2.7</b> specialties,</p> <p><b>2.8</b> Flexibility- definition</p> <p><b>2.9</b> specialties,</p> <p><b>2.10</b> types</p> <p><b>2.11</b> Flexibility Methods</p> <p><b>2.12</b> Precautions,</p> <p><b>2.13</b>coordination ability- definition</p> <p><b>2.14</b> types</p> <p><b>2.15</b> specialties.</p>	<p>1. Components of physical fitness</p> <p>2. Components of physical strength</p> <p>3. Flexibility</p>

**CO304. 3:** A student will able to understand the training ability of teaching yoga and develop the palaining ability of yoga

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> Student will able to Understand the Training ability</p> <p><b>SO3.2</b> Student will able to Understand the , warming up and colling</p> <p><b>SO3.3</b> Student will able to Describe planning system</p>	.	<p><b>Unit-3. Training ability</b></p> <p>3.1 Training ability-</p> <p>3.2 construction</p> <p>3.3 construction</p> <p>3.4 importance,</p> <p>3.5 principles of planning,</p> <p>3.6 planning system</p> <p>3.7 its importance in yoga</p> <p>3.8 its importance in yoga</p> <p>3.9 duration and its type, 3.10 warming up</p> <p>3.11 warming up</p> <p>3.12 colling,</p> <p>3.13 down(sithalikarn)</p> <p>3.14 difrence between asan and exercise</p> <p>3.15 difrence between asan and exercise</p>	<p>1. Training ability</p> <p>2. warming up and colling</p> <p>3. planning system</p>

**CO304. 4:** A student will able to differentiate about the teaching and learning-relationship

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand the Teaching and learning-</p> <p><b>SO4.2</b> Student will able to Understand the relationship between Teaching and learning</p> <p><b>SO4.3</b> Student will able to Describe qualities of a yoga teacher</p> <p><b>SO4.4</b> Student will able to Describe vidhyarathi, shisya,aur mumukchu</p> <p><b>SO4.5</b> Student will able to Describe of yoga techer and Training</p>	.	<p><b>Unit-4. Teaching and learning-</b></p> <p>4.1Teaching and learning-</p> <p>4.2relationship between Teaching</p> <p>4.3 learning,</p> <p>4.5 principles of teaching,</p> <p>4.6Level and Dimensions of Teaching,</p> <p>4.7 qualities of a yoga teacher,</p> <p>4.8 Yogic level of learning-</p> <p>4.9vidhyarathi, shisya,aur mumukchu.</p> <p>4.10 Meaning and region of teaching methods-need and effects,</p> <p>4.11 sources of teaching methods,</p> <p>4.12roll of yoga techer and Training techniques at individual and group level,</p> <p>4.13large group teching techniques,</p> <p>4.14 learning management-time management</p> <p>4.15 discipline</p>	<p>1. <b>Teaching and learning-</b></p> <p>2. relationship between Teaching and learning</p> <p>3. qualities of a yoga teacher</p>

**CO304. 5:** A student will able to measure about the Rating of Ideal Yoga Classes, Adaptation Method of Yogic Class

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO5.1</b> Student will able to Understand the Evaluation</p> <p><b>SO5.2</b> Student will able to Understand the Rating of Ideal Yoga Classes</p> <p>SO5.3 Student will able to Describe Method of Yogic Class</p> <p>SO5.4 Student will able to Describe Yoga class-important factors,</p> <p>SO5.5 Student will able to Describe pranipaad, question and serve.</p>	.	<p>Unit-5. Evaluation</p> <p>5.1 Evaluation-</p> <p>5.2 Rating of Ideal Yoga Classes</p> <p>5.3 Rating of Ideal Yoga Classes</p> <p>5.4 Adaptation Method of Yogic Class(for individual needs) .</p> <p>5.5 Adaptation Method of Yogic Class(for individual needs) .</p> <p>5.6 Yoga class-important factors.</p> <p>5.7 Yoga class-important factors.</p> <p>5.8 aria,</p> <p>5.9 siting arengment</p> <p>5.10 student's feelings towards teacher.</p> <p>5.11 student's feelings towards teacher.</p> <p>5.12 pranipaad,</p> <p>5.13 pranipaad</p> <p>5.14 question and serve .</p> <p>5.15 question and serve</p>	<p>1. - <b>Evaluation</b></p> <p>2. Yoga class-important factors,</p> <p>3. Rating of Ideal Yoga Classes</p>



### **Texts –**

Yog vashista –geeta press Gorakhpur

Bachoo me yog shiksha – swami satyanand sarswati

Yog evam saririk shiksha – madhwananda

Yoga Education for Children – Swami Satyanand Saraswati

Yoga Education (A Text Book) - Dr. Kamakhya Kumar

Teaching of Yoga – Dr. N. Baskaran

Method and technique of teaching- S. K. Kochar

A Hand Book of Education- A. G. Sundarans

Khel training ke sidhant – R.k. sharma

### **Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

Dr Sanand Gautam

SW-4 Suggested Sessional Work (SW):

#### **r. Assignments:**

i. Write PrakritiPurushaSamYoga

ii. Write of Nirman Chitta and four types of Karmas

iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

Course Outcomes	Class Lecture (CI)	Sessional Work (SW)	Self Learning (SI)	Total hour (CI+SW+SI)
C0 304.1: A student will able to interpret about the introduction of yoga and its Features and of factors in Yoga Education	12	2	2	<b>16</b>
C0 304.2: A student will able to discuss about the Components of physical fitness and strength.	12	2	2	<b>16</b>
C0 304.3: A student will able to understand the Training ability of teaching yoga and develop the palaining ability of yoga .	12	2	2	16
C0 304.4: A student will able to differentiate about the Teaching and learning-relationship	12	2	2	16
C0 304.5: A student will able to measure about the Rating of Ideal Yoga Classes, Adaptation Method of Yogic Class.	12	2	2	<b>16</b>
Total Hours	60	10	10	<b>80</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Education in yoga	04	16	00	20
CO-2	Components of physical fitness	04	16	00	20
CO-3	Training ability	04	16	00	20
CO-4	Teaching and learning	04	16	00	20
CO-5	Evaluation	04	16	00	20
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

145. Improved Lecture
146. Tutorial
147. Case Method
148. Group Discussion
149. Role Play
150. Visit to Yoga Institute
151. Demonstration
152. ICT Based Teaching Learning (Video Demonstration/Tutorials  
CBT,Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
153. Brainstorming

Cos.POs and PSOs Mapping

Course Title: Applications of Yoga  
&TeachingMethodology

Course Code : 70 MYS304

Course Title: Applications of Yoga & Teaching Methodology

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upnisads ,shastras	<b>human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali</b>	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga</b>	<b>alternative therapy, naturopathy, electrotherapy, Ayurveda,</b>	yogic food , diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga techin g capibility, research ability	To prepare good yoga teachers, practitioners and trainees.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science	Visit to the best yoga institutes,University,college or centre , providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapes .	To provide the research based education of yoga .
CO1 : A student will able to interpret about the introduction of yoga and its Features and of factors in Yoga Education.	2	1	1	1	1	2	3	3	1	2	3	2	2	3	3
CO 2 : A student will able to discuss about the Components of physical	1	1	1	1	2	2	3	3	2	3	2	2	2	2	3

fitness and strength.															
CO3: A student will able to understand the Training ability of teaching yoga and develop the palaining ability of yoga.	1	1	1	1	1	3	3	3	3	3	3	2	3	2	3
CO 4: A student will able to differentiate about the Teaching and learning-relationship	1	1	1	1	1	3	3	3	3	3	2	3	3	3	3
CO 5: A student will able to measure about the Rating of Ideal Yoga Classes, Adaptation Method of Yogic Class.	1	1	1	1	1	3	3	3	2	3	2	2	2	3	3

**Legend: 1 – Low, 2 – Medium, 3 – High**

## Curriculum Map

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will able to interpret about the introduction of yoga and its Features and of factors in Yoga Education.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Education in yoga  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will able to discuss about the Components of physical fitness and strength.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Components of physical fitness  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will able to understand the Training ability of teaching yoga and develop the palaining ability of yoga.	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Training ability  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will able to differentiate about the Teaching and learning-relationship	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Teaching and learning  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6,7,8,9 PSO 1,2, 3, 4, 5	CO 5: A student will able to measure about the Rating of Ideal Yoga Classes, Adaptation Method of Yogic Class.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-5 : Evaluation  5.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12,5.13,5.14,5.15	

**Course Code:** 70 MYS305

**Course Title :** Naturopathy

**Pre- requisite:** Student should have basic knowledge of Applications of **Naturopathy** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Naturopathy** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

CO 305.1: A student will be able to interpret about the Brief introduction and History of Naturopathy

CO 305.2:A student will be able to discuss about the introduction hydrotherapy.

CO 305.3:A student will be able to describe about the soil sun and air therapy.

CO305.4:A student will be able to interpret about the introduction Fasting therapy,

CO305.5:A student will be able to interpret about the introduction abhyanga and its history, Effects of abhyanga on organs, methods samanay aur gharshan.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL		
Program Core	70 MYS305	<b>Naturopathy</b>	4	0	1	1	6	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:  
Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70 MYS305	<b>Naturopathy</b>	10	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.



**CO305. 1:** A student will able to interpret about the Brief introduction and History of Naturopathy

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO1.1 Student will able to Understand the Brief History of Naturopathy SO1.2 Student will able to Understand the fundamentals of naturopathy- SO1.3 Student will able to Describe ways to increase vitality SO1.4 Student will able to Describe alien poison theory, SO1.5 Student will able to Describe bulge theory	.	Unit-1.0 History of Naturopathy 1.1 Brief History of naturopathy- 1.2 Brief History of Naturopathy 1.3 fundamentals of naturopathy- 1.4 fundamentals of naturopathy 1.5 main cause of disease, 1.6 acute disease 1.7 acute disease 1.8 chronic stage of disease 1.9 alien poison theory 1.10 alien poison theory 1.11 bulge theory 1.12 bulge theory 1.13 ways to increase vitality 1.14 shape diagnosis 1.15 shape diagnosis	1. Brief History of Naturopathy 2. fundamentals of naturopathy- 3. ways to increase vitality

**CO305. 2:** A student will able to discuss about the introduction hydrotherapy.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO2.1 Student will able to Understand the hydrotherapy SO2.2 Student will able to Understand the Effect of water on the body at different temperatures SO2.3 Student will able to Describe water use methods, SO2.4 Student will able to Describe natural bath SO2.4 Student will able to Describe natural bath	.	<b>Unit-2.0</b> hydrotherapy  unit 2- 2.1 hydrotherapy- 2.2 importance of hydrotherapy, 2.3 properties of water, 2.4 Effect of water on the body at different temperatures, 2.5 principles of hydrotherapy, 2.6 water use methods, jalpaan , 2.7 natural bath, 2.8 simple and abrasive bath, 2.9 kati bath 2.11 mehan bath, 2.12 vashp bath, 2.13 spinal bath, 2.14 ushan paad bath, 2.15 full body wet bandage, Chest satamauchh Neck hand ,foot bandage, sapanj ,anima	1. hydrotherapy 2. Effect of water on the body at different temperatures  3. water use methods

**CO305. 3:** A student will able to describe about the soil sun and air therapy.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO3.1 Student will able to Understand the soil sun and air therapy SO3.2 Student will able to Understand the effect of clay on the body SO3.3 Student will able to Describe soil bath,  SO3.4 Student will able to Describe importance of sun light SO3.4 Student will able to Describe healing effect of air	.	Unit-3.0 soil sun and air therapy 3.1 soil sun and air therapy- 3.2 Importance of soil types 3.3 properties, 3.4 effect of clay on the body, 3.5 soil bandage 3.6 soil bandage 3.7 soil bath, 3.8 importance of sun light , 3.9 action of sunlight on the body 3.10 action of sunlight on the body 3.11 sun bath, use of different 3.12 colors, 3.13 importance of air , 3.14 healing effect of air, 3.15 air bath.	1. soil sun and air therapy  2. effect of clay on the body  3. healing effect of air

**CO305. 4:** A student will able to interpret about the introduction Fasting therapy,

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO4.1 Student will able to Understand the Fasting SO4.2 Student will able to Understand the type of fasting, SO4.3 Student will able to Describe ideal diet SO4.4 Student will able to Describe balanced diet	.	Unit-4.0 Fasting  4.1 Fasting- 4.2 principle and physical action 4.3 fasting for healing, 4.4 rog ka ubhar aur fasting 4.5 rull of fasting, 4.6 type of fasting 4.7 long short half water fasting 4.8 rasopvaash, 4.9 falopvaash, 4.10 ekaharopvaash,. 4.11 ideal diet- 4.12 natural diet, 4.13 proper diet for disease prevention, 4.14 difference between ideal and balanced diet 4.15 difference between ideal and balanced diet	1. Fasting 2. type of fasting 3. balanced diet

**CO305. 5:** A student will able to interpret about the introduction abhyanga and its history, Effects of abhyang on organs, methods-samanay aur gharshan.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO5.1 Student will able to Understand the definition of abhyanga SO5.2 Student will able to Understand the Effects of abhyang SO5.3 Student will able to Describe methods of abhyang SO5.4 Student will able to Describe diseasevin abhyanga	.	Unit-5.0 definition of abhyanga  5.1 definition of abhyanga – 5.2 history and importance , 5.3 Effects of abhyang on organs, 5.4 methods- 5.5 samanay 5.6 gharshan 5.7 Thapki, 5.8 Masalna, 5.9 dalna, 5.10 kampan, 5.11 belan, 5.12 sahelana, 5.13 jhakjhorna, 5.14 taal, 5.15 mukkti,chutki, diseasevin abhyanga	1. definition of abhyanga 2. Effects of abhyang 3. methods of abhyang

### **Texts Book –**

chikitsa upchar ke vividha ayaam- shri ram acharya sharma khand 40

jived shard shatam –shri ram acharya sharma 40

swasthya vritta vigyan-pro.ramharsh sing

swasthyavritt-shivkumar gond

ahar aur swasthya –dr hera lal

rogo ko sarl chikitsa- vithal das modi

ayurvedik praktik chikitsa-rakesh Jindal

Diet and Nutrition - Dr. Rudolf

History and Philosophy of Naturopathy - Dr. S.J. Singh

Nature Cure - Dr. H. K. Bakhru

The Practice of Nature Cure - Dr. Henry Lindlhar

### **Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

s. Assignments:

i. Write PrakritiPurushaSamYoga

ii. Write of Nirman Chitta and four types of Karmas

iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 305.1: A student will able to interpret about the Brief introduction and History of Naturopathy	12	2	2	16
C0 305.2: A student will able to discuss about the introduction hydrotherapy	12	2	2	16
C0 305.3: A student will able to describe about the soil sun and air therapy	12	2	2	16
C0 305.4: A student will able to interpret about the introduction Fasting therapy,	12	2	2	16
C0 305.5: A student will able to interpret about the introduction abhyanga and its history, Effects of abhyang on organs, methods-samanay aur gharshan.	12	2	3	16
<b>Total Hours</b>	<b>60</b>	<b>10</b>	<b>10</b>	<b>80</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	History of Naturopathy	04	16	00	20
CO-2	hydrotherapy	04	16	00	20
CO-3	soil sun and air therapy	04	16	00	20
CO-4	Fasting	04	16	00	20
CO-5	definition of abhyanga	04	16	00	20
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

154. Improved Lecture
155. Tutorial
156. Case Method
157. Group Discussion
158. Role Play
159. Visit to Yoga Institute
160. Demonstration
161. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
162. Brainstorming



Cos.POs and PSOs Mapping

Course Title: Naturopathy

Course Code : 70 MYS305

Course Title: Naturopathy

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upnisads, shastras	<b>human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali</b>	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga</b>	<b>alternative therapy, naturopathy, electrotherapy, Ayurveda,</b>	yogic food , diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga technology capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science .	Visit to the best yoga institutes, University, college or centre , providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .
CO1 : A student will able to interpret about the Brief introduction and History of Naturopathy	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>2</b>
CO 2 : A student will able to discuss about the introduction hydrotherapy.	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>2</b>

CO3 : A student will able to describe about the soil sun and air therapy.	1	1	1	1	1	2	1	3	3	3	2	2	2	3	3
CO 4: A student will able to interpret about the introduction Fasting therapy	1	1	1	1	1	2	1	3	3	3	2	2	2	3	3
C0 5: A student will able to interpret about the introduction abhyanga and its history, Effects of abhyang on organs, methods- samanay aur gharshan.	1	1	1	1	1	2	1	3	3	3	2	2	2	3	3

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1: A student will able to interpret about the Brief introduction and History of Naturopathy	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 History of Naturopathy  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A student will able to discuss about the introduction hydrotherapy.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 hydrotherapy  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A student will able to describe about the soil sun and air therapy	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : soil sun and air therapy  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A student will able to interpret about the introduction Fasting therapy,	SO4.1 SO4.2 SO4.3  SO4.4		Unit-4 : Fasting 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6,7,8,9,  PSO 1,2, 3, 4, 5	CO 5: A student will able to interpret about the introduction abhyanga and its history, Effects of abhyang on organs, methods- samanay aur gharshan.	SO5.1 SO5.2 SO5.3 SO5.4		Unit-5 : definition of abhyanga 5.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12,5.13,5.14,5.15	

**Course Code:** 70 MYS353

**Course Title :** **Yoga Practical-I**

**Pre- requisite:** Student should have basic knowledge of **Yoga Practical-I** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Yoga Practical-I** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

CO 353.1: A students shall be able to understand the benefits, contraindications and procedure of all practices

CO 353.2: A students shall be able to demonstrate each practice with confidence and skill.

CO 353.3: A students shall be able to explain the procedure and subtle points involved

CO353.4: A students shall be able to teach the yoga practices to any given group.

CO353.5: A students shall be able to pick the skill of cleansing process

**Scheme of Studies:**

Board of Study	Course Code	Course Title	Scheme of studies (Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL		
Progra mCore	70 MYS35 3	<b>Yoga Practical-I</b>	0	6	1	1	8	6

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Heme of Assessment:  
Theory**

Code	Couse Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Progressive Assessment ( PRA )								
			Class/Ho me Assignme nt 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Semin ar one ( SA)	Class Activit y any one (CAT)	Class Attendanc e (AT)	Total Marks (CA+CT+SA+C AT+AT)			
PCC	70 MYS353	Yoga Practical-I	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO353. 1:** A students shall be able to understand the benefits, contraindications and procedure of all practices.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO1.1 Student will able to Understand the introduction and practice of Asan	.	Unit-1.0 - Asan  1.1Pamasarvangashan, 1.2shirshashn, 1.3ekpadskandhashn, 1.4tittibhashn, 1.5shirshpaad angusthashn, 1.6gupashan, 1.7padmbakashan, 1.8purnustrashn, 1.9mayurashn, 1.10tolangulashan, 1.11vaatyanashan, 1.12garbhashn, 1.13sankatashn, 1.14vibhakt paschimottanashan, 1.15 ekpad rajkapotashana,	1. Asan

**CO353. 2:** A students shall be able to demonstrate each practice with confidence and skill.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO2.1 Student will able to Understand the introduction and practice of Pranayama-	.	Unit-2.0 - Pranayama-  2.1 Brahmari pranayama 2.2 Brahmari pranayama 2.3 Brahmari pranayama 2.4 Brahmari pranayama 2.5 Brahmari pranayama 2.6 Bhastrika pranayama 2.7 Bhastrika pranayama 2.8 Bhastrika pranayama 2.9 Bhastrika pranayama 2.10 Bhastrika pranayama 2.11 Stamubhvritti 2.12 Stamubhvritti 2.13 Stamubhvritti 2.14 Stamubhvritti 2.15 Stamubhvritti	1. <b>Pranayama-</b>

**CO353. 3:** A students shall be able to Explain the procedure and subtle points involved

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO3.1 Student will able to Understand the introduction and practice of Shatkarma-	.	Unit-3.0 - Shatkarma- 3.1 Shatkarma 3.2 Danddhauti 3.3 Danddhauti 3.4 Danddhauti 3.5 Danddhauti 3.6 Danddhauti 3.7 Nauli 3.8 Nauli 3.9 Nauli 3.10 Nauli 3.11 Vastra dhauti tratak 3.12 Vastra dhauti tratak 3.13 Vastra dhauti tratak 3.14 Vastra dhauti tratak 3.15 Vastra dhauti tratak	1. <b>Shatkarma-</b>



**CO353. 4:** A students shall be able to teach the yoga practices to any given group.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO4.1 Student will able to Understand the introduction and practice of Mudra evam bandha	.	Unit-4.0 - Mudra evam bandha  Mudra evam bandha – 4.1 Shaktichalni mudra 4.2 Shaktichalni mudra 4.3 Shaktichalni mudra 4.4 Shaktichalni mudra 4.5 Shaktichalni mudra 4.6 Shaktichalni mudra 4.7 Shaktichalni mudra 4.8 Shaktichalni mudra 4.9 Shaktichalni mudra 4.10 Shaktichalni mudra 4.11 Shaktichalni mudra 4.12 Shaktichalni mudra 4.13 Shaktichalni mudra 4.14 Shaktichalni mudra 4.15 Shaktichalni mudra	1. Mudra evam bandha

**CO353. 5:** A students shall be able to pick the skill of cleansing process

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO5.1 Student will able to Understand the introduction and practice of Meditaion –	.	Unit-5.0 Meditaion –  Meditaion – 5.1 Yog nidra 5.2 Yog nidra 5.3 Yog nidra 5.4 Yog nidra 5.5 Yog nidra 5.6 Yog nidra 5.7 Yog nidra 5.8 Yog nidra 5.9 Yog nidra 5.10 Yog nidra 5.11 Yog nidra 5.12 Yog nidra 5.13 Yog nidra 5.14 Yog nidra 5.15 Yog nidra	1. Meditaion –

## **Texts-**

Hathyog pradipika – kaiwalyadham

Gherand shamhita-yog publication munger

Shiv shamhita – chaukhambha oriyentaliya

Asan pranayama mudra bbandh – yog publication mugger

H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga  
Prakashan, Bangalore, 1999

## **Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

### **t. Assignments:**

- i. Write Prakriti Purusha SamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
C0 353.1: A students shall be able to understand the benefits, contraindications and procedure of all practices	12	2	2	16
C0 353.2: A students shall be able to Demonstrate each practice with confidence and skill.	12	2	2	16
C0 353.3: A students shall be able to Explain the procedure and subtle points involved	12	2	2	16
C0 353.4: A students shall be able to Teach the yoga practices to any given group.	12	2	2	16
C0 353.5: A students shall be able to pick the skill of cleansing process	12	2	2	16
<b>Total Hours</b>	<b>60</b>	<b>10</b>	<b>10</b>	<b>80</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Asan	04	16	00	20
CO-2	Pranayama	04	16	00	20
CO-3	Shatkarma	04	16	00	20
CO-4	Mudra evam bandha	04	16	00	20
CO-5	Meditaion	04	16	00	20
Total		20	80	00	100

**Legend:**    **R: Remember,**    **U: Understand,**    **A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

163. Improved Lecture
164. Tutorial
165. Case Method
166. Group Discussion
167. Role Play
168. Visit to Yoga Institute
169. Demonstration
170. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
171. Brainstormin

**Cos.POs and PSOs Mapping**

**Course Title:** Yoga Practical-I

**Course Code:** 70 MYS353

**Course Title:** Yoga Practical-I

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanishads, shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga technology, capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
CO1 : A students shall be able to understand the benefits, contraindications and procedure of all practices	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>

CO 2 : A students shall be able to Demonstrate each practice with confidence and skill.	1	2	1	1	1	3	3	3	2	3	2	2	3	3	3
CO3 : A students shall be able to Explain the procedure and subtle points involved	1	2	1	1	1	2	3	3	2	3	1	2	3	3	3
CO 4: A students shall be able to Teach the yoga practices to any given group.	1	2	1	1	1	2	3	2	2	2	1	2	3	3	3
CO 5: A students shall be able to pick the skill of cleansing process	1	2	1	1	1	3	2	3	2	2	2	2	3	3	3

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A students shall be able to understand the benefits, contraindications and procedure of all practices	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Asan  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A students shall be able to Demonstrate each practice with confidence and skill.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Pranayama  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A students shall be able to Explain the procedure and subtle points involved	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Shatkarma  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A students shall be able to Teach the yoga practices to any given group.	SO4.1 SO4.2  SO4.3 SO4.4		Unit-4 : Mudra evam bandha  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6,7,8,9 PSO 1,2, 3, 4, 5	CO 5: A students shall be able to pick the skill of cleansing process	SO5.1 SO5.2 SO5.3 SO5.4		Unit-5 : <b>Meditaion</b> 5.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10, 5.11,5.12,5.13,5.14,5.15	



**Course Code:** 70 MYS351  
**Course Title :** **Field training-I**  
**Pre- requisite:** Student should have basic knowledge of **Field training-I** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Field training-I** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

- CO 351.1: A students shall be able to Gain more practical knowledge about the Yoga practices and Texts
- CO 351.2: A students shall be able to demonstrate the yoga practical in the field.
- CO 351.3: Students will be able to involve themselves during practical yoga sessions.
- CO351.4: A Student will be able to use therapeutic and non-therapeutic yoga techniques among yoga trainees
- CO351.5: A Student will be able to practice yoga and alternative medicine training and use it among people.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL		
Program Core	70 MYS351	<b>Field training-I</b>	0	0	8	1	8	6

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial

(T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Ho me Assignm ent5 number 3 marks each ( CA)	Class Test2 (2 best out of 3) 10 marks each (CT)	Semi nar one (SA)	Class Activi ty any one (CA T)	Class Attendan ce (AT)	Total Marks (CA+CT+SA+ CAT+AT)		
PC C	70 MYS3 51	<b>Field training -I</b>	00	00	0	0	0	20	80	100

**Examination:**

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO351. 1:** A students shall be able to understand the benefits, contraindications and procedure of all practices.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	0
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1 Note:</b> Students need to spend 2 hours ( or one month training) every day in the nearby Yoga Schools/ Recognized Yoga Universities, college, hospital, park .institute etc</p>	.	<p><b>Unit-1.0 - Yoga</b> 1.1 Yoga teaching 1.2 Yoga teaching 1.3 Yoga teaching 1.4 Yoga therapy 1.5 Yoga therapy 1.6 Yoga therapy 1.7 Yoga therapy 1.8 Yoga instruction 1.9 Yoga instruction 1.10 Yoga instruction 1.11 Yoga instruction 1.12 Yoga counseling etc 1.13 Yoga counseling etc 1.14 Yoga counseling etc 1.15 Yoga counseling etc</p>	<p>1. Yoga teaching Yoga therapy Yoga instruction Yoga counseling</p>

SW-4 Suggested Sessional Work (SW):

**u. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 351.1: A students shall be able to Gain more practical knowledge about the Yoga practices and Texts	12	2	2	16
C0 351.2: A students shall be able to demonstrate the yoga practical in the field.	12	2	2	16
C0351.3: Students will be able to involve themselves during practical yoga sessions	12	2	2	16
C0 351.4: A Student will be able to use therapeutic and non-therapeutic yoga techniques among yoga trainees	12	2	2	16
C0 351.5: A Student will be able to practice yoga and alternative medicine training and use it among people.	12	2	2	16
<b>Total Hours</b>	<b>60</b>	<b>10</b>	<b>10</b>	<b>80</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Yoga teaching	04	16	00	20
CO-2	Yoga therapy	04	16	00	20
CO-3	Yoga instruction	04	16	00	20
CO-4	Yoga counseling	04	16	00	20
CO-5	Yoga advisor	04	16	00	20
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

172. Improved Lecture
173. Tutorial
174. Case Method
175. Group Discussion
176. Role Play
177. Visit to Yoga Institute
178. Demonstration
179. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
180. Brainstorming

Cos.POs and PSOs Mapping

Course Title: Field training-I

Course Code: 70 MYS351

Course Title: Field training-I

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanishads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	266lt ernative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga technology, capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or related therapies.	To provide the research based education of yoga.
<b>CO1</b> : A students shall be able to Gain more practical knowledge about the Yoga practices and Texts	3	3	2	3	3	3	3	3	3	2	3	2	3	3	2

<b>CO 2 :</b> A students shall be able to demonstrate the yoga practical in the field .	1	1	1	1	1	1	1	2	3	3	2	3	3	3	3
<b>CO3 :</b> Students will be able to involve themselves during practical yoga sessions.	1	1	1	1	1	1	1	3	3	3	2	3	3	3	3
<b>CO 4:</b> A Students will be able to use therapeutic and non-therapeutic yoga techniques among yoga trainees	1	1	1	1	1	1	1	3	2	3	2	3	3	3	3
<b>CO5:</b> A Student will be able to practice yoga and alternative medicine training and use it among people.	1	1	2	3	3	3	3	3	3	3	2	2	3	3	3

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Curriculum Map:**

<b>POs &amp; PSOs No.</b>	<b>COs No.&amp; Titles</b>	<b>SOs No.</b>	<b>Laboratory Instruction (LI)</b>	<b>Classroom Instruction(CI)</b>	<b>Self Learning(SL)</b>
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A students shall be able to Gain more practical knowledge about the Yoga practices and Texts	SO1.1		Unit-1.0 Yoga teaching	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A students shall be able to demonstrate the yoga practical in the field .	SO2.1		Unit-2 Yoga therapy	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3: Students will be able to involve themselves during practical yoga sessions.	SO3.1		Unit-3 : Yoga instruction	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A Student will be able to use therapeutic and non-therapeutic yoga techniques among yoga trainees	SO4.1		Unit-4 : Yoga counseling	
PO 1,2,3,4,5,6,7,8,9 PSO 1,2, 3, 4, 5	CO 5 A Students will be able to practice yoga and alternative medicine training and use it among people.	SO5.1		UNIT 5- Yoga advisor etc	



**Course Code:** 70 MYS401

**Course Title :** Yoga Shashtra-I Brahmasutra & Viveka Chudamani

**Pre- requisite:** Student should have basic knowledge of Applications of Yoga Shashtra-I Brahmasutra & Viveka Chudamani and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of Yoga Shashtra-I Brahmasutra & Viveka Chudamani in which they should have knowledge of its basic principles and elements.

### Course Outcomes:

CO 401.1: A students shall be able to Explain the Brief Introduction of Brahmasutra and its Brahma Jijnasa

CO 401.2: A students shall be able to explain the Brief Introduction of Vivek Chudamani, Importance of Tattvajnana

CO 401.3: A student will be able to separate Vivek Chudamani and its atmanirupana, anatmanirupana from the deeper jnanayoga yogic matter.

CO401.4: A Student will be able to differentiate between Vivek Chudamani Brahma Nirupana and Brahma Bhavana

### Scheme of Studies:

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits (C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
ProgramCore	70 MYS401	Yoga Shashtra-I Brahmasutra & Viveka Chudamani	4	0	1	1	6	4

### Legend:

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:****Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Ho me Assignm ent 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Semin ar one (SA)	Class Activit y any one (CAT)	Class Attendanc e (AT)	Total Marks (CA+CT+SA+ CAT+AT)		
PCC	70 MYS4 01	Yoga Shashtra-I Brahmasut ra & Viveka Chudaman i	1 0	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO401. 1:** A students shall be able to explain the Brief Introduction of Brahmasutra and its Brahma Jijnasa

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO1.1 Student will able to Understand the Brahma Sutra SO1.2 Student will able to Understand the Brahma Jijnasa SO1.3 Student will able to Describe Janmadyasya Yatah SO1.4 Student will able to Describe Shastrayonitvat; SO1.5 Student will able to Describe Tattusamanvayat	.	<b>Unit-1.0 Brahma Sutra</b> 1.1 Brief Introduction of Brahmasutra  1.1 Brief Introduction of Brahmasutra 1.2 Brief Introduction of Brahmasutra 1.3 Brief Introduction of Brahmasutra 1.4 its writer introduction its writer introduction 1.5 Explanation of these sutras- 1.6 Athato Brahma Jijnasa 1.7 Athato Brahma Jijnasa 1.8 Athato Brahma Jijnasa 1.9 Athato Brahma Jijnasa 1.10 Janmadyasya Yatah 1.11 Janmadyasya Yatah 1.12 Shastrayonitvat 1.13 Shastrayonitvat 1.14 Tattusamanvayat 1.15 Tattusamanvayat	1. Brahma Sutra 2. Brahma Jijnasa

**CO401. 2:** A student shall be able to explain the Brief Introduction of Vivek Chudamani, Importance of Tattvajnana

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO2.1 Student will able to Understand the Vivek Chudamani SO2.2 Student will able to Understand the Importance of Tattvajnana SO2.3 Student will able to Describe Eligibility of Sadhaka, Sadhana Chatushthaya SO2.4 Student will able to Describe Aparokshanubhuti SO2.5 Student will able to Describe Indriya and Indriya-Vishaya	.	<b>Unit-2.0 Vivek Chudamani</b> 2.1 Brief Introduction of Vivek Chudamani, 2.2 Importance of Tattvajnana, 2.3 Means of attaining Tattvajnana, 2.4 Eligibility of Sadhaka, 2.5 Sadhana Chatushthaya, 2.6 Importance of Self Realization 2.7 Concept and need of Aparokshanubhuti, 2.8 Three Shareer (Physical, Subtle & Causal) 2.9 Dehasakti- 2.10 Ninda, 2.11 Indriya 2.12 Indriya-Vishaya Ninda, 2.13 Indriya-Vishaya Ninda 2.14 Antahkaran Chatusthaya. 2.15 Antahkaran Chatusthaya	1. <b>Vivek Chudamani</b> 2. the Importance of Tattvajnana 3. Sadhaka, Sadhana Chatushthaya

**CO401. 3:** A student will be able to separate Vivek Chudamani and its atmanirupana, anatmanirupana from the deeper jnanayoga yogic matter.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO3.1 Student will able to Understand the Vivek Chudamani SO3.2 Student will able to Understand the Atmanirupana SO3.3 Student will able to Describe Awaranshakti and Vikshepashakti SO3.4 Student will able to Describe Panch Prana SO3.5 Student will able to Describe Panch Kosha	.	<b>Unit-3.0 Vivek Chudamani</b>  3.1 Atmanirupana, 3.2 Anatmanirupana 3.4 Anatmanirupana 3.5 Adhyas 3.6 Adhyas Niras, 3.7 Awaranshakti 3.8 Vikshepashakti, 3.9 Panch Prana, 3.10 Panch Prana, 3.11 Panch Kosha, 3.12 Panch Kosha 3.13 Ego 3.14 Criticism of Egoism, 3.15 Negligence of Drishya	1. Atmanirupana 2. Panch Prana  3. Panch Kosha

**CO401. 4:** A Student will be able to differentiate between Vivek Chudamani Brahma Nirupana and Brahma Bhavana

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO4.1 Student will able to Understand the Vivek Chudamani SO4.2 Student will able to Understand the Brahma Nirupana SO4.3 Student will able to Describe Brahma Bhawana, SO4.4 Student will able to Describe Concept of Samadhi SO4.5 Student will able to Describe Jivanmukta	.	<b>Unit-4.0</b> Vivek Chudamani 4.1 Brahma Nirupana 4.2 Brahma Nirupana 4.3 Brahma Bhawana 4.4 Brahma Bhawana 4.5 Maha Vakya Vichara 4.6 Maha Vakya Vichara 4.7 Brahma Jagat Ekata, 4.8 Concept of Samadhi 4.9 Concept of Samadhi 4.10 Concept of Vairagya 4.11 Concept of Vairagya 4.12 Outcomes of Self Realization 4.14 Outcomes of Self Realization 4.15 Symptoms of Jivanmukta	1. <b>Jivanmukta</b> 2. Concept of Samadhi 3. Brahma Nirupana

**Reference Books:**

1. Brahma Sutra- Shankar Bhasya, Gita Press Gorakhpur.
2. Vivek Chudamani- Arvidananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.
3. Vivek Chudamani- Gita Press, Gorakhpur.

**Texts Book –**

Hathyog pradipika – kaiwalyadham

Gherand shamhita-yog publication munger

Shiv shamhita – chaukhambha oriyentaliya

Asan pranayama mudra bbandh – yog publication mugger

H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga

Prakashan, Bangalore, 1999

**Curriculum development team –****Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**SW-4 Suggested Sessional Work (SW):****v. Assignments:**

- i. Write Prakriti Purusha SamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
C0 401.1: A students shall be able to Explain the Brief Introduction of Brahmasutra and its Brahma Jijnasa	15	2	2	19
C0 401.2: A students shall be able to explain the Brief Introduction of Vivek Chudamani, Importance of Tattvajnana	15	2	2	19
C0 401.3: A student will be able to separate Vivek Chudamani and its atmanirupana, anatmanirupana from the deeper jnanayoga yogic matter.	15	2	2	19
C0 401.4: A Students will be able to differentiate between Vivek Chudamani Brahma Nirupana and Brahma Bhavana	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>



## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Brahma Sutra	05	20	00	25
CO-2	Vivek Chudamani	05	20	00	25
CO-3	Vivek Chudamani	05	20	00	25
CO-4	Vivek Chudamani	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

181. Improved Lecture
182. Tutorial
183. Case Method
184. Group Discussion
185. Role Play
186. Visit to Yoga Institute
187. Demonstration
188. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
189. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title:** Yoga Shashtra-I  
Brahmasutra & Viveka Chudamani

**Course Code :** 70 MYS401

**Course Title:** Yoga Shashtra-I Brahmasutra & Viveka Chudamani

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
knowledge of yoga, indian philosophy, upnissads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga technique capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science	Visit to the best yoga institutes, University, college or centre , providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or related therapies .	To provide the research based education of yoga .	
CO1 : A students shall be able to Explain the Brief Introduction of Brahmasutra and its Brahma Jijnasa	3	1	1	1	1	1	3	2	2	2	3	3	1	1	1

CO 2 : A students shall be able to explain the Brief Introduction of Vivek Chudamani, Importance of Tattvajnana	3	1	1	1	1	1	1	2	2	2	2	3	3	1	1	1
CO3 : A student will be able to separate Vivek Chudamani and its atmanirupana, anatmanirupana from the deeper jnanayoga yogic matter.	3	1	1	1	1	1	1	1	2	2	2	3	3	1	1	1
CO 4: A Students will be able to differentiate between Vivek Chudamani Brahma Nirupana and Brahma Bhavana	3	1	1	1	1	1	1	1	2	2	2	3	3	1	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1: A students shall be able to Explain the Brief Introduction of Brahmasutra and its Brahma Jijnasa	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Brahma Sutra  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A students shall be able to explain the Brief Introduction of Vivek Chudamani, Importance of Tattvajnana	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Vivek Chudamani  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A student will be able to separate Vivek Chudamani and its atmanirupana, anatmanirupana from the deeper jnanayoga yogic matter	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Vivek Chudamani  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A Students will be able to differentiate between Vivek Chudamani Brahma Nirupana and Brahma Bhavana	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Vivek Chudamani 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS402

**Course Title :** **Yoga Shashtra-II Sankhya Karika**

**Pre- requisite:** Student should have basic knowledge of Applications of **Yoga Shashtra-II Sankhya Karika** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Yoga Shashtra-II Sankhya Karika** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

CO 402.1: A students shall be able to describe the Introduction to Sankhya Philosophy and Sankhya Karika.

CO 402.2: A students shall be able to explain the Principles of Sankhya Karika.

CO 402.3: A students shall be able to discuss the- Introduction of Trayodashkaran.

CO402.4: A students shall be able to explain the Introduction to Sarg, Shareer.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL			
Program Core	70 MYS402	<b>Yoga Shashtra-II Sankhya Karika</b>	4	0	1	1	6	4	

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70 MYS402	<b>Yoga Shashtra -II Sankhya Karika</b>	10	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO402. 1:** A students shall be able to describe the Introduction to Sankhya Philosophy and Sankhya Karika

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Introduction to Sankhya Philosophy and Sankhya Karika</p> <p><b>SO1.2</b> Student will able to Understand the Background of Sankhya</p> <p><b>SO1.3</b> Student will able to Describe Annotations</p> <p><b>SO1.4</b> Student will able to Describe Brief Introduction of Sankhya Karika</p> <p><b>SO1.5</b> Student will able to Describe Meaning of Sankhya</p>	.	<p><b>Unit-1.0 Introduction to Sankhya Philosophy and Sankhya Karika-</b></p> <p>1.1 Introduction to Sankhya Philosophy and Sankhya Karika</p> <p>1.2 Introduction to Sankhya Philosophy and Sankhya Karika</p> <p>1.3 Introduction to Sankhya Philosophy and Sankhya Karika</p> <p>1.4 Meaning of Sankhya</p> <p>1.5 Meaning of Sankhya</p> <p>1.6 Meaning of Sankhya</p> <p>1.7 Historical Background of Sankhya</p> <p>1.8 Historical Background of Sankhya</p> <p>1.9 Historical Background of Sankhya</p> <p>1.10 Brief Introduction of Sankhya Karika</p> <p>1.11 Brief Introduction of Sankhya Karika</p> <p>1.12 Brief Introduction of Sankhya Karika</p> <p>1.13 their Annotations (Matarvritti, Jaymangala, Yuktidipika, Sankhyatattvakomodi)</p> <p>1.14 their Annotations (Matarvritti, Jaymangala, Yuktidipika, Sankhyatattvakomodi)</p> <p>1.15 their Annotations (Matarvritti, Jaymangala, Yuktidipika, Sankhyatattvakomodi)</p>	<p>1. Introduction to Sankhya Philosophy and Sankhya Karika</p> <p>2. Annotations</p>

**CO402. 2: A students shall be able to explain the Principles of Sankhya Karika.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the Principles of Sankhya Karika</p> <p><b>SO2.2</b> Student will able to Understand the Types of Dukha</p> <p><b>SO2.3</b> Student will able to Describe Nature &amp; Concept of Reality</p> <p><b>SO2.4</b> Student will able to Describe , the 25 elements</p> <p><b>SO2.5</b> Student will able to Describe Nature &amp; types of Purusha, Prakriti</p>	.	<p><b>Unit-2.0 Principles of Sankhya Karika-</b></p> <p>2.1 Types of Dukha,</p> <p>2.2 Ways to get rid of Dukha,</p> <p>2.3 Nature &amp; Concept of Reality:</p> <p>2.4 Vyakta,</p> <p>2.5 Avyakta</p> <p>2.6Jna,</p> <p>2.7 Comparison between Vyakta and Avyakta,</p> <p>2.8 the 25 elements and their four variations,</p> <p>2.9 Vastu anupalabhdhi ke karan</p> <p>2.10 Satkaryavad,</p> <p>2.11Pramana and its types,</p> <p>2.12Nature &amp; types of Purusha,</p> <p>2.13 Relationship between Prakriti &amp; Purusha,</p> <p>2.14Nature of Gunas</p> <p>2.15Nature of Gunas</p>	<p>1. the Principles of Sankhya Karika</p> <p>2 Types of Dukha</p>



**CO402. 3: A students shall be able to discuss the Introduction of Trayodashkaran.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO3.1</b> Student will able to Understand the Introduction of Trayodashkaran -</p> <p><b>SO3.2</b> Student will able to Understand the Concept and names of Trayodashkaran</p> <p><b>SO3.3</b> Student will able to Describe Panch Jnanendriya,</p> <p><b>SO3.4</b> Student will able to Describe Panch Karmendriya,</p> <p><b>SO3.5</b> Student will able to Describe Eight Dharmas of Buddhi</p>	.	<p><b>Unit-3.0 Introduction of Trayodashkaran –</b></p> <p>3.1- Concept and names of Trayodashkaran</p> <p>3.2 Concept and names of Trayodashkaran</p> <p>3.3 Buddhi</p> <p>3.4 Buddhi</p> <p>3.5 Ahankar</p> <p>3.6 Ahankar</p> <p>3.7 Mana,</p> <p>3.8 Mana,</p> <p>3.9 Panch Jnanendriya,</p> <p>3.10 Panch Karmendriya</p> <p>3.11 Characteristics and fuctions of Trayodashkaran</p> <p>Characteristics and fuctions of Trayodashkaran</p> <p>3.12 Characteristics and fuctions of Trayodashkaran</p> <p>Characteristics and fuctions of Trayodashkaran</p> <p>3.13 Characteristics and fuctions of Trayodashkaran</p> <p>Characteristics and fuctions of Trayodashkaran</p> <p>3.14 Characteristics and fuctions of Trayodashkaran</p> <p>Characteristics and fuctions of Trayodashkaran</p> <p>3.15 Eight Dharmas of Buddhi</p> <p>Eight Dharmas of Buddhi</p>	<p>1. Introduction of Trayodashkaran -</p> <p>2. Concept and names of Trayodashkaran</p>

**CO402. 4: A students shall be able to Explain the Introduction to Sarg, Shareer.**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand the Introduction to Sarg, Shareer &amp; Mukti</p> <p><b>SO4.2</b> Student will able to Understand the Concept and types of Sarga</p> <p><b>SO4.3</b> Student will able to Describe Types of Shareer</p> <p><b>SO4.4</b> Student will able to Describe Concept of Mukti</p>	.	<p><b>Unit-4.0 Introduction to Sarg, Shareer &amp; Mukti -</b></p> <p>4.1 Concept and types of Sarga</p> <p>4.2 Concept and types of Sarga</p> <p>4.3 Bhutsarga &amp; Pratyayasarga</p> <p>4.4 Bhutsarga &amp; Pratyayasarga</p> <p>4.5 Types of Shareer :</p> <p>4.6 Linga</p> <p>4.7 Linga</p> <p>4.8 Sukshma</p> <p>4.9 Sukshma</p> <p>4.10 Sthula Shareer</p> <p>4.11 Sthula Shareer</p> <p>4.12 Concept of Bandhan</p> <p>4.13 Concept of Bandhan</p> <p>4.14 Concept of Mukti</p> <p>4.15 Concept of Mukti</p>	1. Introduction to Sarg, Shareer & Mukti

1. Brahma Sutra- Shankar Bhasya, Gita Press Gorakhpur.
2. Vivek Chudamani- Arvindananda Yati, Choukhamba Vidyabhawan, Varanasi, UP.
3. Vivek Chudamani- Gita Press, Gorakhpur.

**Texts Book -**

Hathyog pradipika – kaiwalyadham

Gherand shamhita-yog publication munger

Shiv shamhita – chaukhambha orientaliya

Asan pranayama mudra bbandh – yog publication mugger

H R Nagendra: New perspective of stress management; Swami Vivekananda Yoga Prakashan, Bangalore, 1999

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**w. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 402.1: A students shall be able to describe the Introduction to Sankhya Philosophy and Sankhya Karika.	15	2	2	<b>19</b>
C0 402.2: A students shall be able to Explain the Principles of Sankhya Karika.	15	2	2	<b>19</b>
C0 402.3: A students shall be able to discuss the-Introduction of Trayodashkaran.	15	2	2	19
C0 402.4: A students shall be able to Explain the Introduction to Sarg, Shareer..	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Introduction to Sankhya Philosophy and Sankhya Karika	05	20	00	25
CO-2	Principles of Sankhya Karika-	05	20	00	25
CO-3	Introduction of Trayodashkaran	05	20	00	25
CO-4	Introduction to Sarg, Shareer & Mukti	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

190. Improved Lecture
191. Tutorial
192. Case Method
193. Group Discussion
194. Role Play
195. Visit to Yoga Institute
196. Demonstration
197. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
198. Brainstorming

**Cos.POs and PSOs Mapping**

Course Title: **Yoga Shashtra-II Sankhya Karika**

Course Code : **70 MYS402**

Course Title: **Yoga Shashtra-II Sankhya Karika**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanishads, shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
<b>CO1 : A</b> students shall be able to describe the Introduction to	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>

Sankhya Philosophy and Sankhya Karika.															
<b>CO 2 : A</b> students shall be able to Explain the Principles of Sankhya Karika.	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>CO3 : A</b> students shall be able to discuss the- Introduction of Trayodashkaran.	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>CO 4:.</b> A students shall be able to Explain the Introduction to Sarg, Shareer..	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A students shall be able to describe the Introduction to Sankhya Philosophy and Sankhya Karika.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 <b>Introduction to Sankhya Philosophy and Sankhya Karika</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A students shall be able to Explain the Principles of Sankhya Karika.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>Principles of Sankhya Karika</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A students shall be able to discuss the- Introduction of Trayodashkaran.	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : <b>Introduction of Trayodashkaran</b> 3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A students shall be able to Explain the Introduction to Sarg, Shareer..	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>0 Introduction to Sarg, Shareer &amp; Mukti</b> 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	



**Course Code:** 70 MYS403

**Course Title :** Elective-II Electro Therapy /.or Evidence based yoga therapy-II

**Pre- requisite:** Student should have basic knowledge of Applications of Electro Therapy /.or Evidence based yoga therapy-II and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of Electro Therapy/or Evidence based yoga therapy-II in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

CO 403.1: A students shall be able to describe the Brief Introduction of Shandilya Upanishad, and concept of Ashtanga Yoga.

CO 403.2: A students shall be able to discuss the Brief Introduction to Jabaldarshanopanishad, and concept of Ashtanga Yoga

CO 403.3: A students shall be able to explain the Brief Introduction to Trishikhibrahmanopanishad, Concept & Types of astang yoga .

CO403.4: A students shall be able to describe the Brief Introduction of Yogchudamanyupanishad and concept of Shadanga Yoga

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL		
Program Core	70 MYS403	Electro Therapy /.or Evidence based yoga therapy-II	4	0	1	1	6	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment number 5 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA)	Class Activity any one (CA T)	Class Attendance (AT)				
PCC	70 MYS403	Electro Therapy /or Evidence based yoga therapy-II	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO403. 1:** A students shall be able to describe the Brief Introduction of Shandilya Upanishad, and concept of Ashtanga Yoga.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Brief Introduction of Shandilya Upanishad</p> <p><b>SO1.2</b> Student will able to Understand the Ashtanga Yoga</p> <p><b>SO1.3</b> Student will able to Describe Concept of Pratyahara</p> <p><b>SO1.4</b> Student will able to Describe Concept &amp;Types of Dharana</p> <p><b>SO1.5</b> Student will able to Describe Concept Dhyana, Samadhi.</p>	.	<p><b>Unit-1.0 Shandilya Upanishad</b></p> <p><b>1.1</b> Brief Introduction of Shandilya Upanishad,</p> <p><b>1.2</b> Ashtanga Yoga:</p> <p><b>1.3</b> Types of Yama</p> <p><b>1.4</b> Types of Yama</p> <p><b>1.5</b> Types of Niyama</p> <p><b>1.6</b> Types of Niyama,Types of Asana,</p> <p><b>1.7</b> Types of Niyama,</p> <p><b>1.8</b> Types of Asana</p> <p><b>1.9</b> Concept and Types of Nadi</p> <p><b>1.10</b>Prana,</p> <p><b>1.11</b>Stages of Pranayama (Ci 2)</p> <p><b>1.12</b>, Concept &amp; Types of Pratyahara,</p> <p><b>1.13</b>Concept &amp;Types of Dharana,</p> <p><b>1.14</b> Concept &amp; Types of Dhyana. (Ci 2)</p> <p><b>1.15</b>Concept of Samadhi.</p>	<p>1. Shandilya Upanishad</p> <p>2. Ashtanga Yoga</p>

**CO403. 2: A students shall be able to discuss the Brief Introduction to Jabaldarshanopanishad, and concept of Ashtanga Yoga**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Brief Introduction to Jabaldarshanopanishad</p> <p><b>SO1.2</b> Student will able to Understand the Ashtanga Yoga</p> <p>Student will able to Describe Samadhi.</p>	.	<p><b>Unit-2.0</b></p> <p><b>Jabaldarshanopanishad</b></p> <p>2.1 Brief Introduction to baldarshanopanisha</p> <p>2.2 Brief Introduction to baldarshanopanishad</p> <p>2.3 Brief Introduction to baldarshanopanishad</p> <p>2.4 Ashtanga Yoga :</p> <p>2.5 Yama (10 Types),</p> <p>2.6 Niyama (10 Types),</p> <p>2.7 Asana (9 Types),</p> <p>2.8 Types of Prana</p> <p>2.9 Nadi,</p> <p>2.10 Types of Pranayama ,</p> <p>2.11 Pratyahara,</p> <p>2.12 Dharana,</p> <p>2.13 Dhyana (Its Types)</p> <p>2.14 Samadhi.</p> <p>2.15 bSamadhi</p>	<p>1.</p> <p>2.</p>

**CO403. 3: A students shall be able to explain the Brief Introduction to Trishikhibrahman opanishad, Concept & Types of astang yoga**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Brief Introduction to Trishikhibrahmanopanishad</p> <p><b>SO1.2</b> Student will able to Understand the Concept &amp; Types of Yamas and Niyamas</p> <p><b>SO1.3</b> Student will able to Describe Concept and Types of Asanas</p> <p><b>SO1.4</b> Student will able to Describe Concept of Pratyahara, Dharana, Dhyana, Samadhi.</p>	.	<p><b>Unit3.0</b>  <b>Trishikhibrahmanopanishad</b>            3.1 Brief Introduction to Trishikhibrahmanopanishad            3.2 Brief Introduction to Trishikhibrahmanopanishad            3.3 Concept &amp; Types of Yamas            3.4 yamas            3.5 Yamas            3.6 Concept &amp; Types of Asanas            3.7 Concept &amp; Types of Asanas            3.8 Types of Nadi,            3.9 Types of Prana            3.10 Pranayama            3.11 Concept of Pratyahara,            3.12 Dharana,            3.13 Dhyana,            3.14 Samadhi.            3.15 samadhi</p>	<p>1. Trishikhibrahmanopanishad.</p> <p>2. Concept &amp; Types of Yamas and Niyamas</p>

**CO403. 4: A students shall be able to describe the Brief Introduction of Yogchudamanyu panishad and concept of Shadanga Yoga**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand the Brief Introduction of Yogchudamanyupanishad,</p> <p><b>SO4.2</b> Student will able to Understand the Shadanga Yoga</p> <p><b>SO4.3</b> Student will able to Describe Types of Chakra</p> <p><b>SO4.4</b> Student will able to Describe Nadi, Prana, Mudra &amp; Bandhas</p> <p><b>SO1.5</b> Student will able to Describe Kundalini</p>	.	<p><b>Unit-4.0Yogchudamanyupanishad</b></p> <p>4.1 Brief Introduction of Yogchudamanyupanishad,</p> <p>4.2 Shadanga Yoga-</p> <p>4.3 Asana &amp; its types,</p> <p>4.4 Types of Chakra,</p> <p>4.5 Nadi</p> <p>4.6, Prana,</p> <p>4.7 Pranayama:</p> <p>4.8 types &amp; Benefits,</p> <p>4.9 Concept of Kundalini ,</p> <p>4.10 Mitahara,</p> <p>4.11 Mudra</p> <p>4.12 Bandhas,</p> <p>4.13 Concept of Pratyayahara,</p> <p>4.14 Concept of Dharana,</p> <p>4.15 Concept of Dhyana, Concept of Samadhi.</p>	<p>1. Introduction of Yogchudamanyupanishad,</p> <p>2. Shadanga Yoga</p>

**Reference Books:**

1. Upanishad Sangraha- Jagdish Shashtri, Motilal Banarasidas, Varanasi, Delhi, Chennai.
2. Swami Sivananda - The Essence of Principal Upanishads, Divine Life Society, 1980  
186
3. Swami Nikhilananda - The Principal Upanishads, Courier Corporation, 2003
4. 108 Upanishad-Sadhana Khand- Pt. Sriram Sharma Acharya, Shantikunj,  
Haridwar.
5. 108 Upanishad-Brahmavidya Khand- Pt. Sriram Sharma Acharya, Shantikunj,  
Haridwar.
6. 108 Upanishad-Jnana Khand- Pt. Sriram Sharma Acharya, Shantikunj,

**Curriculum development team –****Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**SW-4 Suggested Sessional Work (SW):****a. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

Course Outcomes	Class Lecture (CI)	Sessional Work (SW)	Self Learning (SI)	Total hour (CI+SW+SI)
C0 403.1: A students shall be able to describe the Brief Introduction of Shandilya Upanishad, and concept of Ashtanga Yoga	15	2	2	19
C0 403.2: A students shall be able to discuss the Brief Introduction to Jabaldarshanopanishad, and concept of Ashtanga Yoga	15	2	2	19
C0 403.3: A students shall be able to explain the Brief Introduction to Trishikhibrahmanopanishad, Concept & Types of astang yoga .	15	2	2	19
C0 403.4: A students shall be able to describe the Brief Introduction of Yogchudamanyupanishad and consept of Shadanga Yoga	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>



## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Shandilya Upanishad	05	20	00	25
CO-2	Jabaldarshanopanishad	05	20	00	25
CO-3	Trishikhibrahmanopanishad	05	20	00	25
CO-4	Yogchudamanyupanishad	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

1. Improved Lecture
2. Tutorial
3. Case Method
4. Group Discussion
5. Role Play
6. Visit to Yoga Institute
7. Demonstration
8. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
9. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Electro Therapy /or Evidence based yoga therapy-II**

**Course Code : 70 MYS403**

**Course Title: Electro Therapy /or Evidence based yoga therapy-II**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanishads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga technology, capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
CO1 : A students shall be able to describe the Brief Introduction of Shandilya Upanishad, and concept of Ashtanga Yoga	3	2	1	1	1	1	1	3	2	1	2	3	1	1	3

CO 2 : A students shall be able to discuss the Brief Introduction to Jabaldarshanopanishad, and concept of Ashtanga Yoga	3	1	1	1	1	1	1	3	1	1	1	3	1	1	3
CO3 : A students shall be able to explain the Brief Introduction to Trishikhibrahmanopanishad, Concept & Types of astang yoga	3	1	1	1	1	1	1	3	1	1	1	3	1	1	3
CO 4: A students shall be able to describe the Brief Introduction of Yogchudamanyupanishad and concept of Shadanga Yoga	3	1	1	1	1	1	1	3	1	1	1	3	1	1	3

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1: A students shall be able to describe the Brief Introduction of Shandilya Upanishad, and concept of Ashtanga Yoga	SO1.1 SO1.2 SO1.3  SO1.4		Unit-1.0 <b>Shandilya Upanishad</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A students shall be able to discuss the Brief Introduction to Jabaldarshanopanishad, and concept of Ashtanga Yoga	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>Jabaldarshanopanishad</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A students shall be able to explain the Brief Introduction to Trishikhibrahmanopanishad, Concept & Types of astang yoga	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : <b>Trishikhibrahmanopanishad</b>  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A students shall be able to describe the Brief Introduction of Yogchudamanyupanishad and concept of Shadanga Yoga	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>Yogchudamanyupanishad</b>  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

**Course Code:** 70 MYS404

**Course Title :** Alternative Therapy

**Pre- requisite:** Student should have basic knowledge of Applications of **Alternative Therapy** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of Alternative Therapy in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

CO 404.1: A students shall be able to describe the alternative medicine and its concepts

CO 404.2: A students shall be able to discuss the introduction of acupressure and its concepts

CO 404.3: A students shall be able to explain the introduction of life therapy (praan chikitsa) and its concepts

CO404.4: A students shall be able to interpret the introduction panchkarma and its concepts.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL			
Program Core	70 MYS404	Alternative Therapy	4	0	1	1	6	4	

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment 5 number 3 marks each ( CA )	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA )	Class Activity any one (CA T)	Class Attendance (AT)				
PCC	70 MYS404	Alternative Therapy	10	10	0	0	0	20	80	100	

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO404. 1:** A students shall be able to describe the alternative medicine and its concepts

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

<b>Session Outcomes (SOs)</b>	<b>Laboratory Instruction (LI)</b>	<b>Class room Instruction (CI)</b>	<b>Self Learning (SL)</b>
SO1.1 Student will able to Understand the alternative medicine SO1.2 Student will able to Understand the concept of alternative SO1.3 Student will able to Describe field of alternative medicine SO1.4 Student will able to Describe The need and importance of alternative medicine.	.	Unit-1.0 alternative medicine 1.1 concept of alternative medicine 1.2 concept of alternative medicine 1.3 concept of alternative medicine 1.4 Indian and Western 1.5 Indian and Western 1.6 Indian and Western 1.7 field of alternative medicine 1.8 field of alternative medicine 1.9 field of alternative medicine 1.10 Limitations 1.11 Limitations 1.12 Limitations 1.13 The need and importance of alternative medicine 1.14 The need and importance of alternative medicine 1.15 The need and importance of alternative medicine	1. alternative medicine 2. alternative medicine

**CO0404. 2:** A students shall be able to discuss the introduction of acupressure and its concepts

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO2.1 Student will able to Understand the acupressure SO2.2 Student will able to Understand the Principles of acupressure, SO2.3 Student will able to Describe introduction of Pressure points SO2.4 Student will able to Describe Similarities and differences between acupressure and suzook.	.	Unit-2.0 acupressure- 2.1 Meaning 2.2 Meaning 2.3 History 2.4 History 2.5 Principles 2.6 Principles 2.7 Methods of acupressure 2.8 Methods of acupressure 2.9 benefits 2.10 benefits 2.11 introduction of Pressure points 2.12 introduction of Pressure points 2.13 introduction of Pressure points 2.14 Similarities and differences between acupressure and suzook 2.15 Similarities and differences between acupressure and suzook	1. acupressure 2. suzook.



**CO404. 3:** A students shall be able to explain the introduction of life therapy (praan chikitsa) and its concepts.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO3.1 Student will able to Understand the life therapy(praan chikitsa) SO3.2 Student will able to Understand the center of energy, SO3.3 Student wi introduction of praan chikitsa SO3.4 Student will able to Describe Importance of colors and chakras SO3.5 Student will able to Describe Effect of Prana therapy	.	Unit-3.0 . life therapy(praan chikitsa) 3.1 Meaning of praan, 3.2 form and type 3.3 form and type 3.4 introduction of praan chikitsa 3.5 introduction of praan chikitsa 3.6 History and Principles 3.7 History and Principles 3.8 center of energy 3.9 center of energy 3.10 Various methods of praan therapy 3.11 Various methods of praan therapy 3.11 Importance of colors and chakras in praan therapy 3.12 Importance of colors and chakras in praan therapy 3.13 Effect of Prana therapy in various diseases. 3.14 Effect of Prana therapy in various diseases 3.15 Effect of Prana therapy in various diseases	1. life therapy(praan chikitsa 2. Importance of colors and chakras

**CO404. 4:** A students shall be able to interpret the introduction panchkarma and its concepts.

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
SO4.1 Student will able to Understand the marma therapy & panchkarma SO4.2 Student will able to Understand the Concept of marma SO4.3 Student will able to Describe swa marma chikitsa SO4.4 Student will able to Describe Introduction of panchkarma SO4.5 Student will able to Describe prime karma, post karma	.	Unit-4.0 -marma therapy & panchkarma - 4.1 Concept of marma 4.2 Concept of marma 4.3 scope, 4.4 boundaries, 4.5 key point information, 4.6 Marma therapy in physical and mental diseases 4.7 Marma therapy in physical and mental diseases 4.8 Marma therapy in physical and mental diseases 4.9 swa marma chikitsa. 4.10 Introduction of panchkarma 4.11 methods of panchkarma 4.12 methods of panchkarma 4.13 Tools and their uses, 4.14 pre karma, 4.15 prime karma, post karma	1. Concept of marma 2. Introduction of panchkarma

## **Texts**

Acupressure – Dr. Attar Singh

Acupressure – Dr. L.N. Kothari

Acupressure  $\frac{1}{4}$ you are doctor for yourself $\frac{1}{2}$  - Dr. Dhiren Gala

Miracles through pranic healing - Master Choa Kok Sui

Advanced pranic healing – Master Choa Kok Sui

Pranic Psychotherapy – Master Choa Kok Sui

Ahar aur swasthya -Dr hera lal

Susrut samhita (sarir sthaan)-motilal banarsidas

Vagbhatt shamhita (sarir sthaan)-motilal banarsidas

Marmma vigyaan evam marmma chikitsa - Dr sunil jhoshi

Marma science and principles of marma therapy - Dr. Sunil Kumar Joshi

## **Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

## **SW-4 Suggested Sessional Work (SW):**

### **b. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 404.1: A students shall be able to describe the alternative medicine and its concepts	15	2	2	19
C0 404.2: A students shall be able to discuss the introduction of acupressure and its concepts	15	2	2	19
C0 404.3: A students shall be able to explain the introduction of life therapy(praan chikitsa) and its concepts	15	2	2	19
C0 404.4: A students shall be able to interpret the introduction panchkarma and its concepts.	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	alternative medicine	05	20	00	25
CO-2	acupressure	05	20	00	25
CO-3	life therapy(praan chikitsa)	05	20	00	25
CO-4	marma therapy & panchkarma	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

10. Improved Lecture
11. Tutorial
12. Case Method
13. Group Discussion
14. Role Play
15. Visit to Yoga Institute
16. Demonstration
17. ICT Based Teaching Learning (Video Demonstration/Tutorials  
CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
18. Brainstorming

**Cos.POs and PSOs Mapping**

Course Title: Alternative Therapy

Course Code: 70 MYS404

Course Title: Alternative Therapy

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanishads, shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
<b>CO1 :</b> A students shall be able to describe the alternative medicine and its concepts	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>1</b>

<b>CO 2 : A</b> students shall be able to discuss the introduction of acupressure and its concepts	1	1	1	3	1	3	3	3	3	3	3	2	2	2	1
<b>CO3 : A</b> students shall be able to explain the introduction of life therapy (praan chikitsa) and its concepts	1	1	1	2	1	3	3	3	3	3	2	2	2	2	1
<b>CO 4:. A</b> students shall be able to interpret the introduction panchkarma and its concepts.	1	1	1	3	2	3	3	3	2	3	2	2	3	3	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction (CI)	Self Learning (SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1: A students shall be able to describe the alternative medicine and its concepts	SO1.1 SO1.2 SO1.3  SO1.4		Unit-1.0 <b>alternative medicine</b>  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A students shall be able to discuss the introduction of acupressure and its concepts	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 <b>acupressure</b>  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A students shall be able to explain the introduction of life therapy(praan chikitsa)and its consepts	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : <b>life therapy(praan chikitsa)</b>  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A students shall be able to interpret the introduction panchkarma and its concepts .	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : <b>marma therapy &amp; panchkarma</b> 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	



**Course Code:** 70 MYS451

**Course Title :** **Field training-I**

**Pre- requisite:** Student should have basic knowledge of **Field training-I** and its consents

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Field training-I** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

**CO 451.1:** A students shall be able to Gain more practical knowledge about the Yoga practices and Texts

**CO 451.2:** A students shall be able to demonstrate the yoga practical in the field.

**CO 451.3:** Students will be able to involve themselves during practical yoga sessions.

**CO 451.4:** A Student will be able to use therapeutic and non-therapeutic yoga techniques among yoga trainees

**CO 451.5:** A Student will be able to practice yoga and alternative medicine training and use it among people.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits (C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
Program Core	70 MYS451	<b>Field training-I</b>	0	0	1	1	8	6

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:**

**Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70 MYS4 51	<b>Field training -I</b>	00	00	0	0	0	0	100	100

**Examination:**

Students shall be examined based on the knowledge acquired with respect to Yoga Texts

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO451. 1:** A students shall be able to understand the benefits, contraindications and procedure of all practices.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	60
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1 Note:</b> Students need to spend 2 hours ( or one month training) every day in the nearby Yoga Schools/ Recognized Yoga Universities, college, hospital, park .institute etc</p>	.	<p><b>Unit-1.0 - Yoga</b> 1.1 Yoga teaching 1.2Yoga teaching 1.3 Yoga teaching 1.4 Yoga teaching 1.5 Yoga teaching 1.6 Yoga therapy 1.7 Yoga therapy 1.8 Yoga therapy 1.9 Yoga instruction 1.10 Yoga instruction 1.11 Yoga instruction 1.12 Yoga counseling etc 1.13 Yoga counseling etc 1.14 Yoga counseling etc 1.15 Yoga counseling etc</p>	<p>1. Yoga teaching Yoga therapy Yoga instruction Yoga counseling</p>

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**c. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
<b>C0 451.1:</b> A students shall be able to Gain more practical knowledge about the Yoga practices and Texts	12	2	2	<b>16</b>
<b>C0 451.2:</b> A students shall be able to demonstrate the yoga practical in the field.	12	2	2	<b>16</b>
<b>C0 451.3:</b> Students will be able to involve themselves during practical yoga sessions	12	2	2	16
<b>C0 451.4:</b> A Students will be able to use therapeutic and non-therapeutic yoga techniques among yoga trainees	12	2	2	16
<b>C0 451.5:</b> A Students will be able to practice yoga and alternative medicine training and use it among people.	12	2	2	<b>16</b>
<b>Total Hours</b>	<b>60</b>	<b>10</b>	<b>10</b>	<b>80</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Yoga teaching	04	16	00	20
CO-2	Yoga therapy	04	16	00	20
CO-3	Yoga instruction	04	16	00	20
CO-4	Yoga counseling	04	16	00	20
CO-5	Yoga advisor	04	16	00	20
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

19. Improved Lecture
20. Tutorial
21. Case Method
22. Group Discussion
23. Role Play
24. Visit to Yoga Institute
25. Demonstration
26. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
27. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Field training-I**

**Course Code : 70 MYS451**

**Course Title: Field training-I**

	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
<b>Course Outcomes</b>	knowledge of yoga, indian philosophy, upn isads ,shastras	<b>human biology, therapeutic yoga, management</b> application of Hatha Yoga and Patanjali	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice,</b> physiological effects of Yoga	<b>Alternative therapy,</b> naturopathy, electrotherapy, Ayurveda,	yogic food , diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga .	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre , providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .
<b>CO1 : A</b> students shall be able to Gain more practical knowledge about the Yoga practices and	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>

Texts															
<b>CO 2 :</b> A students shall be able to demonstrate the yoga practical in the field.	1	1	1	1	1	1	1	2	3	3	2	3	3	3	3
<b>CO3 :</b> Students will be able to involve themselves during practical yoga sessions.	1	1	1	1	1	1	1	3	3	3	2	3	3	3	3
<b>CO 4:.</b> A Students will be able to use therapeutic and non-therapeutic yoga techniques among yoga trainees	1	1	1	1	1	1	1	3	2	3	2	3	3	3	3
<b>CO5:</b> A Students will be able to practice yoga and alternative medicine training and use it among people.	1	1	2	3	3	3	3	3	3	3	2	2	3	3	3

**Legend: 1 – Low, 2 – Medium, 3 – High**



**Curriculum Map:**

<b>POs &amp; PSOs No.</b>	<b>COs No.&amp; Titles</b>	<b>SOs No.</b>	<b>Laboratory Instruction (LI)</b>	<b>Classroom Instruction(CI)</b>	<b>Self Learning(SL)</b>
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A students shall be able to Gain more practical knowledge about the Yoga practices and Texts	SO1.1		Unit-1.0 Yoga teaching	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 :A students shall be able to demonstrate the yoga practical in the field .	SO2.1		Unit-2 Yoga therapy	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : Students will be able to involve themselves during practical yoga sessions.	SO3.1		Unit-3 : Yoga instruction	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A Students will be able to use therapeutic and non-therapeutic yoga techniques among yoga trainees	SO4.1		Unit-4 : Yoga counseling	
PO 1,2,3,4,5,6,7,8,9 PSO 1,2, 3, 4, 5	CO 5 A Students will be able to practice yoga and alternative medicine training and use it among people. :	SO5.1		UNIT 5- Yoga advisor etc	

**Course Code:** 70 MYS452

**Course Title :** **Project work-I**

**Pre- requisite:** Student should have basic knowledge of **Project work-I** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Project work-I** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

CO 452.1: A students shall be able to prepare the project work in Literary and Philosophical area of the

Shastras:

CO 452.2: A students shall be able to prepare the project work in scientific research of yoga.

CO 452.3: A students shall be able to assemble the small scale research projects

CO 452.4: A students shall be able to interpret the data and draw the conclusion.

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL		
Program Core	70 MYS452	<b>Project work-I</b>	0	8	1	1	8	6

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:** Credits.

**Scheme of Assessment:  
Theory**

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Class/Home Assignment 5 number each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70 MY452	<b>Project work-I</b>	00	00	0	0	0	200	<b>200</b>	200

**Examination:**

Students shall be examined based on the presentation of their synopsis and progression of the project work.

**Course-Curriculum Detailing:**

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO452. 1:** A students shall be able to understand the benefits, contraindications and procedure of all practices.

**Approximate Hours**

Item	AppX Hrs
CI	0
LI	15
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1 Note:</b>            During this time, candidates are expected to carry out the following task            Meet guide at least once to report the progress.            Spend time every day for recording the data.</p>	.	<p><b>Unit-1.0 - Yoga</b>            1.1 Yoga teaching research            1.2 Yoga teaching research            1.3 Yoga teaching research            1.4 Yoga teaching research            1.5 Yoga therapy research            1.6 Yoga therapy research            1.7 Yoga therapy research            1.8 Yoga therapy research            1.9 Yoga instruction research            1.10 Yoga instruction research            1.11 Yoga instruction research            1.12 Yoga instruction research            1.13 Yoga counseling research            etc            1.14 Yoga counseling research            etc            1.15 Yoga counseling research            etc</p>	<p><b>1. research work</b></p>

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**d. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0452.1: A students shall be able to prepare the project work in Literary and Philosophical area of the Shastras	15	2	2	19
C0 452.2: A students shall be able to prepare the project work in scientific research of yoga.	15	2	2	19
C0452.3: A students shall be able to assemble the small scale research projects	15	2	2	9
C0452.4: A students shall be able to interpret the data and draw the conclusion.	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

### Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Yoga teaching research	05	20	00	25
CO-2	Yoga therapy research	05	20	00	25
CO-3	Yoga instruction research	05	20	00	25
CO-4	Yoga counseling research	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

#### Suggested Instructional/Implementation Strategies:

28. Improved Lecture
29. Tutorial
30. Case Method
31. Group Discussion
32. Role Play
33. Visit to Yoga Institute
34. Demonstration
35. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT, Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
36. Brainstorming

Cos.POs and PSOs Mapping

Course Title: Project work-I

Course Code : 70 MYS452

Course Title: Project work-I

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upanisads, shastras	<b>human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali</b>	<b>fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga</b>	<b>alternative therapy, naturopathy, electrotherapy, Ayurveda,</b>	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
CO1 : A students shall be able to prepare the project work in Literary and Philosophical area of the Shastras:	<b>3</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>



CO 2 : A students shall be able to prepare the project work in scientific research of yoga	3	2	1	1	1	1	1	2	1	1	1	3	1	1	1
CO3 : A students shall be able to assemble the small scale research projects	3	2	1	1	1	1	1	2	1	1	1	2	1	1	1
CO 4: A students shall be able to interpret the data and draw the conclusion.	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A students shall be able to prepare the project work in Literary and Philosophical area of the Shastras:	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Yoga teaching research  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A students shall be able to prepare the project work in scientific research of yoga .	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Yoga therapy research  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A students shall be able to assemble the small scale research projects	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Yoga instruction research  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A students shall be able to interpret the data and draw the conclusion.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Yoga counseling research  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	

**Course Code:** MYS--ELT303

**Course Title :** Evidence based yoga therapy-I

**Pre- requisite:** Student should have basic knowledge of **Evidence based yoga therapy-I** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Evidence based yoga therapy-I** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

**CO303.1:** A student will able to interpret about the Independently handle a patient and administer yoga therapy;

**CO 303.2:** A student will able to describe about the Appreciate the relative contribution of each organ system to the homeostasis;

**CO303.3:** A student will able to discuss about the Illustrate the physiological response and adaptations to environmental stresses;

**CO303.4:** A student will able to describe about the List physiological principles underlying pathogenesis and disease management

Code	Course Code	Course Title	Scheme of studies(Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	S W	SL		
ProgramCore	MYS--ELT303	<b>Evidence based yoga therapy-I</b>	4	0	1	1	6	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:**Credits.

## Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )						Total Marks (CA+CT+SA+CAT+AT)		
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA)	Class Activity any one (CA T)	Class Attendance (AT)				
PCC	MYS-ELT303	<b>Evidence based yoga therapy-I</b>	10	10	0	0	0	20	80	100	

### Course-Curriculum Detailing:

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO303. 1: A student will able to interpret about the** Independently handle a patient and administer yoga therapy;

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	00
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the stress and its ailments .</p> <p><b>SO1.2</b> Student will able to Understand the disorder and its yogic management .</p> <p><b>SO1.3</b> Student will able to Describe AdhijaVyadhi concept</p> <p><b>SO1.4.</b> Student will able to Describe Medical management</p>		<p><b>Unit-1.0 Introduction to common ailments-</b></p> <p>1.1 Introduction to stress: Physiology of stress,</p> <p>1.2 Psychosomatic ailments; 1.3 Introduction to Yoga therapy – AdhijaVyadhi concept,</p> <p>1.4 IAYT; HIV – AIDS:</p> <p>1.5 Cause, Pathophysiology, Clinical Features,</p> <p>1.6 Medical management,</p> <p>1.7 Yogic Management;</p> <p>1.8 Autoimmune disorders: Causes, clinical features,</p> <p>1.9 various autoimmune disorders, Medical management,</p> <p>1.10 Yogic Management;</p> <p>1.11 Cancer: Causes, clinical features,</p> <p>1.12 Side effects of Chemotherapy, radiotherapy, Medical management,</p> <p>1.13 Yogic Management;</p> <p>Anaemia:</p> <p>1.14 Classification of anaemia, Medical management,</p> <p>1.15 Yogic management</p>	<p>1. Introduction to stress: Physiology of stress</p> <p>2. Introduction to Yoga therapy – AdhijaVyadhi concept,</p>

**CO303.2: A student will able to describe about the** Appreciate the relative contribution of each organ system to the homeostasis;

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	00
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO2.1</b> Student will able to Understand the Back Pain and its ailments</p> <p><b>SO2.2</b> Student will able to Understand the Lumbar Spondylosis,</p> <p><b>SO2.3</b> Student will able to Describe Neck pain</p> <p><b>SO2.4</b> Student will able to Describe All forms of Arthritis</p> <p><b>SO2.5</b> Student will able to Describe yogic management</p>	.	<p><b>Unit-2.0</b>  <b>Musculo-Skeletal Disorders</b>                      [</p> <p>2.1 Back Pain: Classification of back pain: organic and functional, Lumbar Spondylosis,</p> <p>2.2 Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic-Lumbago,</p> <p>2.3 Medical Management, Yogic Management,</p> <p>2.4 Neck pain: Classification, Cervical Spondylosis, Functional neck pain,</p> <p>2.5 Whiplash injury, Medical Management,</p> <p>2.6 Yogic Management;</p> <p>2.7 All forms of Arthritis:</p> <p>2.8 Rheumatoid Arthritis:</p> <p>2.9 Osteoarthritis,</p> <p>2.10 Psoriatic Arthritis,</p> <p>2.11 Gout, Medical</p> <p>2.12 Management, Yogic Management;</p> <p>2.13 Muscular dystrophy:</p> <p>2.14 Medical Management,</p> <p>2.15 Yogic Management</p>	<p>1. Back Pain and its ailments</p> <p>2. the Lumbar Spondylosis,</p> <p>3. Neck pain</p>

**CO303.3: A student will able to discuss about the** Illustrate the physiological response and adaptations to environmental stresses;

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	00
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the APD: Introduction to APD</p> <p><b>SO1.2</b> Student will able to Understand the Constipation and Diarrhoea</p> <p><b>SO1.3</b> Student will able to Describe Irritable Bowel Syndrome</p> <p><b>SO1.4</b> Student will able to Describe Inflammatory Bowel Disease</p> <p><b>SO1.5</b> Student will able to Describe Crohn's diseases: Definition</p> <p><b>SO1.6</b> Student will able to Describe yogic management</p>		<p><b>Unit-3.0</b>  <b>Gastro Intestinal Disorders</b>            3.1 APD: Introduction to APD: 3.2 Gastritis –Acute &amp; Chronic, Dyspepsia,            3.3 PepticUlcers:. Clinical Features, Medical Management,            3.4 Yogic Management,            3.5 Constipation and Diarrhoea: Definition, Pathophysiology, Clinical Features, Medical Management,            3.6 Yogic Management,            3.7 Irritable Bowel Syndrome: Definition, Pathophysiology, Classification, Clinical Features,            3.8 Medical Management, Yogic Management,            3.9 Inflammatory Bowel Disease, Ulcerative colitis: Definition, Pathophysiology, Classification, Clinical Features,            3.10 Medical Management, Yogic Management;            3.11 Crohn's diseases: Definition, 3.12 Pathophysiology, Classification, 3.14 Clinical features,            3.15 Medical Management, Yogic Management</p>	<p>1. APD: Introduction to APD</p> <p>2. Constipation and Diarrhoea</p>

**CO303.4: A student will able to describe about the List physiological principles underlying pathogenesis and disease management**

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the stress and its ailments</p> <p><b>SO1.2</b> Student will able to Understand the disorder and its yogic management</p> <p><b>SO1.3</b> Student will able to Describe Metabolic Disorder</p> <p><b>SO1.4</b> Student will able to Describe Hypo and Hyper-thyroids</p> <p><b>SO1.5</b> Student will able to Describe Obesity</p> <p><b>SO1.6</b> Student will able to Describe Metabolic Syndrome</p>		<p><b>Unit-4.0 Excretory System</b></p> <p>4.1 Chronic renal failure: Causes, clinical features, 4.2 Medical management &amp; Yogic Management;</p> <p>4.3 Renal stones:</p> <p>4.4 Medical management &amp; Yogic Management;</p> <p>4.5 Irritable bladder,</p> <p>4.6 Medical management, Yogic Management,</p> <p>4.7 Stress incontinence, Medical management, Yogic Management;</p> <p>4.8 Metabolic Disorder, Bone; Diabetes Mellitus, 1 and 2.: Definition, Pathophysiology, Classification, Clinical Features: .</p> <p>4.9 Medical Management, Yogic Management',</p> <p>4.11 Hypo and Hyper- thyroids: Definition, Pathophysiology, Classification, Clinical Features, Medical management &amp; Yogic Management;</p> <p>4.12 Obesity: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, Yogic Management,</p> <p>4.13 Metabolic Syndrome: . Definition, Pathophysiology,</p> <p>4.14 Classification, Clinical Features,</p> <p>4.15 Medical Management and Yogic Management</p>	<p>1. disorder and its yogic management</p> <p>2. stress and its ailments</p>



SW-4 Suggested Sessional Work (SW):

**e. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**REFERENCE BOOKS:**

1. Yoga for common ailments and IAYT for different diseases –R. Nagarathana,H R Nagendra and ShamantakamaniNarendran
2. Yoga for common disorders- Swami KoormanandaSaraswati
3. Jintegrated approach of yoga therapy for positive health-R Nagaratha, HR Nagendra

**Curriculum development team –**

Dr Dileep Kumar Tiwari

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
<b>C0 303.1: A student will able to interpret about the</b> Independently handle a patient and administer yoga therapy;	15	2	2	<b>19</b>
<b>C0 303.2: A student will able to describe about the</b> Appreciate the relative contribution of each organ system to the homeostasis;	15	2	2	<b>19</b>
<b>C0 303.3: A student will able to discuss about the</b> Illustrate the physiological response and adaptations to environmental stresses;	15	2	2	19
<b>C0 303.4: A student will able to describe about the</b> List physiological principles underlying pathogenesis and disease management	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	<b>Introduction to common ailments</b>	05	20	00	25
CO-2	<b>Musculo-Skeletal Disorders</b>	05	20	00	25
CO-3	<b>Gastro Intestinal Disorders</b>	05	20	00	25
CO-4	<b>Excretory System</b>	05	20	00	25
Total		20	80	00	100

**Legend: R: Remember, U: Understand, A: Apply**

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

37. Improved Lecture
38. Tutorial
39. Case Method
40. Group Discussion
41. Role Play
42. Visit to Yoga Institute
43. Demonstration
44. ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook,Twitter, Whatsapp, Mobile, Online sources)
45. Brainstorming

**Cos.POs and PSOs Mapping**

**Course Title: Evidence based yoga therapy-I**

**Course Code : 70 MYS3O3**

**Course Title: Evidence based yoga therapy-I**

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upnissads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .
CO1 : A student will able to interpret about the Independently handle a patient and administer yoga therapy	1	3	2	3	2	3	2	3	1	3	3	1	3	1	1
CO 2 : A student will able to describe about the Appreciate the relative contribution of each	1	3	3	2	1	3	2	2	1	3	2	1	3	1	1

organ system to the homeostasis;															
CO3 : A student will able to discuss about the Illustrate the physiological response and adaptations to environmental stresses	1	3	2	2	1	2	2	3	1	3	2	1	3	1	1
CO 4: A student will able to describe about the List physiological principles underlying pathogenesis and disease management	1	3	3	3	3	2	3	2	1	2	2	1	2	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will be able to interpret about the Independently handle a patient and administer yoga therapy	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Introduction to common ailments  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will be able to describe about the Appreciate the relative contribution of each organ system to the homeostasis;	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Musculo-Skeletal Disorders  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will be able to discuss about the Illustrate the physiological response and adaptations to environmental stresses	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Gastro Intestinal Disorders  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will be able to describe about the List physiological principles underlying pathogenesis and disease management	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Excretory System  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.15	

**Course Code:** MYS—ELT403

**Course Title :** **Evidence based yoga therapy- II**

**Pre- requisite:** Student should have basic knowledge of **Evidence based yoga therapy- II** and its concepts

**Rationale:** Students of Yoga should have a legal understanding of Yoga and its original text Yoga. At the same time, they should also have adequate knowledge of **Evidence based yoga therapy- II** in which they should have knowledge of its basic principles and elements.

**Course Outcomes:**

**CO403.1: A student will able to interpret about the** Independently handle a patient and administer yoga therapy;

**CO403.2: A student will able to describe about the** Appreciate the relative contribution of each organ system to the homeostasis;

**CO403.3: A student will able to discuss about the** Illustrate the physiological response and adaptations to environmental stresses;

**CO403.4: A student will able to describe about the** List physiological principles underlying pathogenesis and disease management

Code	Course Code	Course Title	Scheme of studies(Hours/Week)				Total Study Hours (CI+LI+SW+SL)	Total Credits(C)
			CI	LI	SW	SL		
Program Core	MYS—ELT403	<b>Evidence based yoga therapy- II</b>	4	0	1	1	6	4

**Legend:**

**CI:** Classroom Instruction (Includes different instructional strategies i.e. Lecture (L) and Tutorial (T) and others),

**LI:** Laboratory Instruction (Includes Practical performances in laboratory workshop, field or other locations using different instructional strategies)

**SW:** Sessional Work (includes assignment, seminar, mini project etc.),

**SL:** Self Learning,

**C:**Credits.

## Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							End Semester Assessment (ESA)	Total Marks (PRA + ESA)
			Progressive Assessment ( PRA )								
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA)	Class Activity any one (CA T)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)			
PCC	MYS — ELT4 03	<b>Evidence based yoga therapy-I</b>	10	10	0	0	0	20	80	100	

### Course-Curriculum Detailing:

This course syllabus illustrates the expected learning achievements, both at the course and session levels, which students are anticipated to accomplish through various modes of instruction including Classroom Instruction (CI), Laboratory Instruction (LI), Sessional Work (SW), and Self Learning (SL). As the course progresses, students should showcase their mastery of Session Outcomes (SOs), culminating in the overall achievement of Course Outcomes (COs) upon the course's conclusion.

**CO403. 1: A student will able to interpret about the** Independently handle a patient and administer yoga therapy;

### Approximate Hours

Item	AppX Hrs
CI	15
LI	00
SW	1
SL	1
Total	17



Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Respiratory Disorders</p> <p><b>SO1.2</b> Student will able to Understand the Allergic Rhinitis &amp; Sinusitis</p> <p>SO1.3 Student will able to Describe Infectious Disorders</p> <p>SO1.4. Student will able to Describe Lung Disease / Idiopathic pulmonary fibrosis</p>	<p>.</p>	<p><b>Unit-1. Respiratory disorders</b></p> <p>1.1 Respiratory Disorders: Introduction to Respiratory disorders, Brief classification –</p> <p>1.2 Obstructive, Restrictive, infectious and inflammatory, Introduction to Pulmonary function tests and their principles, Bronchial Asthma: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and</p> <p>1.3 Yogic Management,</p> <p>1.4 Allergic Rhinitis &amp; Sinusitis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and</p> <p>1.5 Yogic Management;</p> <p>1.6 COPD: Chronic Bronchitis, Definition, Pathophysiology, Classification, Clinical Features, Medical Management and</p> <p>1.7 Yogic Management;</p> <p>1.8 Emphysema: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and</p> <p>1.9 Yogic Management;</p> <p>1.10 Infectious Disorders: Tuberculosis: Definition, Pathophysiology, Classification, Clinical Features, Medical Management and Yogic</p>	<p>1. Respiratory Disorders</p> <p>2. Yogic Management</p>

		Management; 1.11 Pneumonia: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, 1.12 Yogic Management; 1.13 Interstitial Lung Disease / Idiopathic pulmonary fibrosis: Definition, 1.14 Pathophysiology, Classification, Clinical Features, Medical Management, 1.15 Yogic Management	
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**CO403.2: A student will able to describe about the** Appreciate the relative contribution of each organ system to the homeostasis;

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO2.1</b> Student will able to Understand the Cardiovascular disorders <b>SO2.2</b> Student will able to Understand the Coronary artery disease SO2.3 Student will able to Describe Cardiomyopathy SO2.4 Student will able to Describe Cardiac asthma	.	<b>Unit-2.0 Cardiovascular and Metabolic Disorders</b> 2.1 Introduction to Cardiovascular disorders; Hypertension: Definition, Pathophysiology, 2.2 Classification, Clinical Feature, Medical Management, 2.3 Yogic Management; 2.4 Atherosclerosis / Coronary artery disease: Definition, Pathophysiology, 2.5 Classification, Clinical Features Medical	1. Cardiovascular disorders 2. Yogic Management

		Management and 2.6 Yogic Management; 2.7 Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ 2.8 PostCABG rehab.: Definition, Pathophysiology, Classification, Clinical Features, Medical Management, 2.9 Yogic Management; 2.10 Congestive Cardiac Failure / Cardiomyopathy: Definition, 2.11 Pathophysiology, Classification, Clinical Features, Medical Management, 2.12 Yogic Management; 2.13 Cardiac asthma: Definition, Pathophysiology, Classification, 2.14Clinical Features, Medical Management, 2.15 Yogic Management;	
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**CO403.3:** A student will able to discuss about the Illustrate the physiological response and adaptations to environmental stresses;

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Neurological Disorders</p> <p><b>SO1.2</b> Student will able to Understand the Cerebrovascular accidents</p> <p>SO1.3 Student will able to Describe Epilepsy</p> <p>SO1.4 Student will able to Describe Parkinson's disease</p> <p>SO1.5 Student will able to Describe Multiple sclerosis</p> <p>SO1.6 Student will able to Describe Hearing impairment</p>	.	<p><b>Unit-3.0 Neurological Disorders</b></p> <p>3.1 Headaches, Migraine: Causes, Classification, clinical features, Medical management,</p> <p>3.2 Yogic Management;</p> <p>3.3.Tension headache: Medical management,</p> <p>3.4 Yogic Management;</p> <p>3.5 Cerebrovascular accidents: Causes, clinical features, Medical management,</p> <p>3.6 Yogic Management;</p> <p>3.7 Epilepsy: pain; Autonomic dysfunctions, Causes, clinical features, Medical management,</p> <p>3.8 Yogic Management;</p> <p>3.9 Parkinson's disease: Causes, clinical features, Medical management,</p> <p>3.10 Yogic Management;</p> <p>3.11 Multiple sclerosis: Causes, clinical features, Medical management,</p> <p>3.12 Yogic Management;</p> <p>3.13 Errors of vision of refraction: Causes, clinical features, Medical management,</p> <p>3.14 Yogic Management;</p> <p>Hearing impairment: Causes, clinical features, Medical management,</p> <p>3.15 Yogic Management</p>	<p>1. Neurological Disorders</p> <p>2. Yogic Management;</p>

**CO403.4:** A student will able to describe about the List physiological principles underlying pathogenesis and disease management

**Approximate Hours**

Item	AppX Hrs
CI	15
LI	0
SW	1
SL	1
Total	17

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO1.1</b> Student will able to Understand the Psychiatric disorders</p> <p><b>SO1.2</b> Student will able to Understand the Depression, Dysthymia</p> <p><b>SO1.3</b> Student will able to Describe Psychosis- Schizophrenia</p> <p><b>SO1.4</b> Student will able to Describe Substance abuse – alcohol, tobacco, cannabis abuse,</p>	.	<p><b>Unit-4.0 Psychiatric disorders</b></p> <p>4.1 Introduction to psychiatric disorders, classification –</p> <p>4.2 Neurosis, Psychosis; Neurosis: Anxiety disorders;</p> <p>4.3 Generalised anxiety disorder; Panic Anxiety;</p> <p>4.4 Obsessive Compulsive Disorder;</p> <p>Post-traumatic stress disorder; Phobias, Medical Management,</p> <p>4.5 Yogic Management; Depression,</p> <p>4.6 Dysthymia, Major depression,</p> <p>4.7 Medical Management, Yogic Management;</p> <p>4.8 Psychosis- Schizophrenia: Bipolar affective disorder,</p> <p>4.9 Medical Management, Yogic Management,</p> <p>4.10 Mental retardation, Autism,</p> <p>4.11 Attention Deficit Hyperactivity Disorders,</p> <p>4.12 Medical Management, 4.13 Yogic Management; 4.14 Substance abuse – alcohol, tobacco, cannabis abuse,</p> <p>4.15 Medical Management, Yogic Management</p>	<p>1. Psychiatric disorders</p> <p>2. Yogic Management;</p>

#### SW-4 Suggested Sessional Work (SW):

**f. Assignments:**

- i. Write PrakritiPurushaSamYoga
- ii. Write of Nirman Chitta and four types of Karmas
- iii. Describe of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmit

**REFERENCE BOOKS:**

1. Yoga for common ailments and IAYT for different diseases –R. Nagarathana,H R Nagendra and ShamantakamaniNarendran
2. Yoga for common disorders- Swami KoormanandaSaraswati
3. Jintegrated approach of yoga therapy for positive health-R Nagaratha, HR Nagendra

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**Brief of Hours suggested for the Course Outcome**

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
<b>C0 403.1:A student will able to interpret about the</b> Independently handle a patient and administer yoga therapy;	15	2	2	<b>19</b>
<b>C0 403.2:A student will able to describe about the</b> Appreciate the relative contribution of each organ system to the homeostasis;	15	2	2	<b>19</b>
<b>C0 403.3: student will able to discuss about the</b> Illustrate the physiological response and adaptations to environmental stresses;	15	2	2	19
<b>C0 403.4: A student will able to describe about the</b> List physiological principles underlying pathogenesis and disease management	15	2	2	19
<b>Total Hours</b>	<b>60</b>	<b>8</b>	<b>8</b>	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Respiratory disorders	05	20	00	25
CO-2	Cardiovascular and Metabolic Disorders	05	20	00	25
CO-3	Neurological Disorders	05	20	00	25
CO-4	Psychiatric disorders	05	20	00	25
Total		20	80	00	100

Legend: R: Remember, U: Understand, A: Apply

**Note.** Detailed Assessment rubric need to be prepared by the course wise teachers for above tasks. Teachers can also design different tasks as per requirement, for end semester assessment.

### Suggested Instructional/Implementation Strategies:

- Improved Lecture
- Tutorial
- Case Method
- Group Discussion
- Role Play
- Visit to Yoga Institute
- Demonstration
- ICT Based Teaching Learning (Video Demonstration/Tutorials CBT,Blog, Facebook, Twitter, Whatsapp, Mobile, Online sources)
- Brainstorming



**Cos.POs and PSOs Mapping**

Course Title: Evidence based yoga therapy- II

Course Code : 70 MYS403

Course Title: Evidence based yoga therapy- II

Course Outcomes	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
knowledge of yoga, indian philosophy, upnisads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrotherapy, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health: To establish holistic health	yoga teaching capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies .	To provide the research based education of yoga .	
CO1 : student will able to interpret about the Independently handle a patient and administer yoga therapy;	1	3	2	3	2	3	2	3	1	3	3	1	3	1	1
CO 2 :A student will able to describe about the Appreciate the relative contribution of each organ system to the homeostasis;	1	3	3	2	1	3	2	2	1	3	2	1	3	1	1

CO3 : A student will able to discuss about the Illustrate the physiological response and adaptations to environmental stresses;	1	3	2	2	1	2	2	3	1	3	2	1	3	1	1
CO4:A student will able to describe about the List physiological principles underlying pathogenesis and disease management	1	3	3	3	3	2	3	2	1	2	2	1	2	1	1

**Legend: 1 – Low, 2 – Medium, 3 – High**

**Course Curriculum Map:**

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1:A student will able to interpret about the Independently handle a patient and administer yoga therapy;	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Respiratory disorders  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 :A student will able to describe about the Appreciate the relative contribution of each organ system to the homeostasis;	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Cardiovascular and Metabolic Disorders  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 :A student will able to discuss about the Illustrate the physiological response and adaptations to environmental stresses;	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Neurological Disorders  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4:A student will able to describe about the List physiological principles underlying pathogenesis and disease management	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Psychiatric disorders 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.15	

