



## **Board of Studies in Humanities**

Board of Studies in **Yoga & Allied Sciences** Subject

- 1.) Name of Chairperson:- Dr Rajeshwar Mukherjee, Assistant Director (Research) Kaivalyadhama Research Institute, Lonavala
  
- 2.) Two to five teachers each having minimum five years teaching experience amongst the full time teachers of the Departments, in the relevant subject.
  - a.) Dr Manisha Tyagi - Assistant Professor, BTT College  
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  - b.) Dr Pooja Lalwani, Faculty, HR College,  
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  - e.) Dr Charu Chaturvedi, Assistant Professor, KC College  
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- 2.) One Professor / Associate Professor from other Universities or professor / Associate Professor from colleges managed by Parent Body; nominated by Parent Body;-
  - a) Dr.Ganesh Rao PhD and has guided around 10 students.  
Guide in KKSU
  
- 4.) Four external experts from Industry Research / eminent scholar in the field relevant to the subject nominated by the Parent Body;

- a) Mr Chandrakant Shinde, M.A M Ed Kaivalyadhama, Kaivalyadhama Lonavla ( Experience of 15 years in teaching , drafting etc)
- b) Smt. Shilpa Ghone - Diploma in Yoga , MSc (Yoga) , NET Qualified in Yoga. ICYHC Kaivalyadhama Mumbai ( Has academic experience of 15 years )
- c) Mr.Harsh Zhaveri - Diploma Yoga , MA ( Sanskrit ) , NET ( Yoga) - Independent Scholar ( Need a person to teach sanskrit in course, he would be good candidate and he is young so students will relate)
- d) Dr.Bhushan Upadhyay - IPS , PhD ( Sanskrit) ( I have spoken to him , we need to send him a letter and he will get permission from Home Department. Good for University to have him involved)
- e) Suchitra Pareekh, Transformation Coach, Educationist and Practitioner of Samkhya, Yoga, &International Yoga Expert for Certification of Yoga Schools by Ministry of AYUSH, Government of India. Email: yogosuch@gmail.com, 9819618857

5.) Top rankers of the Final Year Graduate and Final Year Post Graduate examination of previous year of the concerned subject as invitee members for discussions on framing or revision of syllabus of that subject or group of subjects for one year.

a.) Ms Meenakshi Trivedi

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## PART 1

### Ordinances & Regulations

**R. \*\*\*\* :** The definitions of the key terms used in the Choice Based Credit System from the Academic Year 2020-2021 are as under:

**Outline of Choice Based Credit System as per University Grants Commission guidelines as under:**

1. **Core Course:** A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

2. **Elective Course:** Generally, a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.

2.1 **Discipline Specific Elective (DSE) Course:** Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective.

The University/Institute may also offer discipline related Elective courses of **interdisciplinary** nature (to be offered by main discipline/subject of study).

2.2 **Dissertation/Project:** An elective course designed to acquire Special/advanced knowledge, such as supplement study/support study to a project work, and a candidate studies such a course on his own with an advisory support by a teacher/faculty member is called dissertation/project. **A Project/Dissertation work would be of 6 credits.** A Project/Dissertation work may be given in lieu of a discipline specific elective paper.

2.3 **Generic Elective (GE) Course:** An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective.

**P.S.:** A core course offered in a discipline/subject may be treated as an elective by other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.

3. **Ability Enhancement Courses (AEC):** The Ability Enhancement (AE) Courses may be of two kinds: Ability Enhancement Compulsory Courses (AECC) and Skill Enhancement Courses (SEC). "AECC" courses are the courses based upon the content that leads to Knowledge enhancement;

SEC courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills, etc.

#### **4. Choice Base Credit System**

CBCS allows students to choose inter-disciplinary, intra-disciplinary courses, skill oriented papers (even from other disciplines according to their learning needs, interests and aptitude) and more flexibility for students.

## 5. Honours Program

To enhance employability and entrepreneurship abilities among the learners, through aligning Inter Disciplinary / Intra Disciplinary courses with Degree Program. Honours Program will have 40 additional credits to be undertaken by the learner across three years essentially in Inter / Intra Disciplinary course.

A learner who joins Regular Undergraduate Program can opt for Honours Program in the first year of the Program. However, the credits for honours, though divided across three years can be completed within three years to become eligible for award of honours Degree.

## 6. Program:

A Program is a set of courses that are linked together in an academically meaningful way and generally ends with the award of a Degree Certificate depending on the level of knowledge attained and the total duration of study of Undergraduate Programs.

## 7. Course:

A 'course' is essentially a constituent of a 'program' and may be conceived of as a composite of several learning topics taken from a certain knowledge domain, at a certain level. All the learning topics included in a course must necessarily have academic coherence, i.e. there must be a common thread linking the various components of a course. A number of linked courses considered together are in practice, a 'program'.

## 8. Bridge Course:

Bridge course is visualized as Pre semester preparation by the learner before commencement of regular lectures. For each semester the topics, whose knowledge is considered as essential for effective and seamless learning of topics of the Semester, will be specified. The Bridge Course can be conducted in online mode. The Online content can be created for the Bridge Course Topics.

## 9. Module and Unit:

A course which is generally an independent entity having its own separate identity, is also often referred to as a 'Module' in today's parlance, especially when we refer to a 'modular curricular structure'. A module may be studied in conjunction with other learning modules or studied independently. A topic within a course is treated as a Unit. Each course should have Units.

## 10. Self-Learning:

**20% of the topics will be marked for Self-Learning.** Topics for Self-Learning are to be learned independently by the student, in a time-bound manner, using online and offline resources including online lectures, videos, library, discussion forums, field work, internships etc.

Evaluative sessions (physical/online), equivalent to the credit allocation of the Self Learning topics, shall be conducted, preferably, every week for each course. Learners are to be evaluated real time during evaluative sessions. The purpose of evaluative sessions is to assess the level of the students' learning achieved in the topics earmarked for Self-Learning.

The teacher's role in these evaluative sessions will be that of a Moderator and Mentor, who will guide and navigate the discussions in the sessions, and offer concluding remarks, with proper reasoning on the aspects which may have been missed by the students, in the course of the Self-Learning process.

The modes to evaluate self-learning can be a combination of the various methods such as written reports, hand-outs with gaps and MCQs, objective tests, case studies and Peer learning. Groups can be formed to present self-learning topics to peer groups, followed by Question and Answer sessions and open discussion. The marking scheme for Self Learning has been defined under Examination and Teaching.

The topics stipulated for self-learning can be increased or reduced as per the recommendations of the Board of Studies and Academic Council from time to time. All decisions regarding evaluation need to be taken and communicated to the stakeholders preferably before the commencement of a semester. Some exceptions may be made in exigencies, like the current situation arising from the lockdown, but such ad hoc decisions are to be kept to the minimum possible.

#### **11. Credit Point:**

Credit Point refers to the 'Workload' of a learner and is an index of the number of learning hours deemed for a certain segment of learning. These learning hours may include a variety of learning activities like reading, reflecting, discussing, attending lectures / counselling sessions, watching especially prepared videos, writing assignments, preparing for examinations, etc. Credits assigned for a single course always pay attention to how many hours it would take for a learner to complete a single course successfully. A single course should have, by and large a course may be assigned anywhere between 1 to 4 credit points wherein 1 credit is construed as corresponding to approximately 12 to 15 hours.

#### **12. Credit Completion and Credit Accumulation:**

Credit acquisition and Credit completion shall be considered to take place after the learner has successfully cleared all the evaluation criteria with respect to a single course. Thus, a learner who successfully completes required CP (Credit Point) course may be considered to have collected or acquired total credits. Learner level of performance above the minimum prescribed level (viz. grades / marks obtained) has no bearing on the number of credits collected or acquired. A learner keeps on adding

more and more credits as he completes successfully more and more courses. Thus the learner 'accumulates' course wise credits.

**13. Credit Bank:**

A Credit Bank refers to stored and dynamically updated information regarding the number of Credits obtained by any given learner along with details regarding the course/s for which Credit has been given, the course-level, nature, etc. In addition, all the information regarding the number of Credits transferred to different programs or credit exemptions given may also be stored with the individual's history.

**14. Credit Transfer:**

(performance transfer) When a learner successfully completes a program, he/she is allowed to transfer his/her past performance to another academic program having some common courses and Performance transfer is said to have taken place.

**15. Course Exemption:**

Occasionally, when two academic programs offered by a single university or by more than one university, may have some common or equivalent course-content, the learner who has already completed one of these academic programs is allowed to skip these 'equivalent' courses while registering for the new program. The Learner is 'exempted' from 'relearning' the common or equivalent content area and from re-appearing for the concerned examinations. It is thus taken for granted that the learner has already collected in the past the credits corresponding to the exempted courses.

**Note: The Ordinances and Regulations given below are applicable to Undergraduate Program of Faculty of Science & Technology, Commerce & Management and Faculty of Humanities, unless and otherwise specified.**

**O\*\*\*\*\***

Minimum duration of undergraduate programmes will be of 3 years in the Semester pattern i.e. from Sem. I to Sem. VI.

The degree will be awarded to a learner who successfully completes 144 credits of the programme in period of 3 to 6 years from the year of enrolment to Semester VI.

If a learner does not earn 120 credits in 12 semesters from the year of enrolment to semester I, he/she may at his/her option transfer his/her performance in the existing/new program after establishing equivalence between old and new syllabus. Such a performance transfer will be decided by the Board of Studies / Ad-hoc Board / Ad hoc Committee of the concerned subject. The admission to the program will be governed by the existing rules.

**O\*\*\*\*\* The fees for transfer of credits or performance will be based on number of credits that a learner has to complete for award of the degree.**

**R\*\*\*\*** Credits earned at one institution for one or more courses under a given program will be accepted under another program either by the same institution or another institution either through Direct Performance Transfer or Course exemption.

**R\*\*\*\* The Scheme of Teaching and Examination:**

The Scheme of Teaching and Examination shall be divided into **THREE** components, **Self-Learning, Internal assessment and External assessment** (semester end examination) for each course of the program.

1) **Self Learning** Assessment. [Various methodologies has been described in Definition of Self Learning](#). However Subject Teacher is authorized to devise newer methods of evaluation, which must essentially be documented and be circulated through email or written circular to the learners at least 7 days prior to its implementation. 10% of the marks shall be allocated for Self Learning Assessment.

2) **Internal Assessment** includes Assignments, Seminars, Core Practical, Practical, **Commutative** Test, **Practical Record**, Unit Tests etc. Subject Teacher is authorized to devise newer methods of evaluation, which must essentially be documented and circulated through email or written circular to the learners at least 7 days prior to its implementation. For each course, there is a passing minimum for internal Assessment as 40% (16 out of 40 marks).

3) **External assessment /Semester End Examination** 60% (24 out of 60 marks) overall 40% (40 out of 100 marks).

[The Scheme of Examination:](#)

The performance of the learners shall be evaluated in two components: Internal Assessment with 40% marks by way of continuous evaluation and External examination by Semester End Examination with 60% marks by conducting the theory examination.

***Internal Assessment:** - It is defined as the assessment of the learners on the basis of continuous evaluation as envisaged in the credit-based system by way of participation of learners in various academic and correlated activities in the given semester of the programme.*

**A). Internal Assessment – 40%**

**40 marks**

**1. For Theory Courses**

Sr. No.	Particulars	Marks
1	<b>ONE</b> class test / online examination to be conducted in the given semester	15 Marks
2	One assignment based on curriculum (to be assessed by the teacher Concerned)	10 Marks
3	Self-Learning Evaluation	10 Marks
4	Active participation in routine class instructional deliveries	05 Marks

## 2. For Practical Courses

Sr. No.	Particulars	Marks	
1	Semester End Practical Examination	15 Marks	
	Journal		05 Marks
	Viva		05 Marks
	Laboratory Work		05 Marks
2.	One assignment/project with class presentation (to be assessed by teacher concerned)	10 Marks	
	Presentation		05 Marks
	Written Document		05 Marks
3	Self-Learning Evaluation	10 Marks	
4	Active participation in routine class / Laboratory instructional deliveries	05 Marks	

### ➤ **Project and Assignment:**

- **Project or Assignments can be given in the following forms:**
  - Case Studies
  - Video Making
  - Blogs
  - Research paper (Presented in Seminar/Conference)
  - Field Visit Report
  - Presentations related to the subject (Moot Court, Youth Parliament, etc.)
  - Internships (Exposition of theory into practice)
  - [Open Book Test/Examination](#)
  - Any other innovative methods



## ➤ **Self-Learning Evaluation**

- 20% of the topics of curriculum are learned by the student through self-learning using online / offline academic resource specified in the curriculum.
- Hence 20% of the lectures shall be allocated for evaluation of students on self-learning topics
- The identified topics in the syllabus shall be learnt independently by the students in a time bound manner preferably from online resources. Evaluative sessions shall be conducted by the teachers and will carry 10 Marks.
- **The self-learning topics can be put into 3-4 GROUPS OF TOPICS ONLY FOR EVALUATION.**
- Prescribe time duration (in days) for completion of each group of topic and earmark self-learning evaluation lectures in the timetable. Hence each group of topic can be assigned 3 regular lectures for this evaluation for entire class.
- **3 Sub Topics**  
Each evaluative session shall carry 3 Marks (3 x 3 Units = 9 Marks). Students who participate in all evaluative sessions shall be awarded 1 additional Mark.
- **4 Sub Topic**
- Each evaluative session shall carry 2.5 Marks (2.5 x 4 Units = 10 Marks).
- Evaluation of self-learning topics can commence in regular lectures assigned for self-learning evaluation in the timetable
  
- All students will actively participate in the presentation of each of the sub-topics.
  
- **SUGGESTIVE Methods for Evaluation of Self-learning topics IN LECTURES:**
  - Seminars/presentation (PPT or poster), followed by Q&A
  - Objective questions /Quiz / Framing of MCQ questions.
  - Debates
  - Group discussion
  - You-Tube videos (Marks shall be based on the quality and viewership)
  - Improvisation of videos
  - Role Play followed by question-answers
  - Viva Voce
  - Any other innovative method

Student will be evaluated on the basis of quality of presentation, quality of question & answer, framing of quiz, conduct of quiz, performance in debate etc.
  
- Teachers can frame other methods of evaluation also provided that the method, duly approved by the college examination committee, is notified to the students at least 7 days before the commencement of the evaluation session and is forwarded for information and necessary action at least 3 days before the commencement of the evaluation session to the respective authority.

**SEMESTER END EXAMINATION: - It is defined as the examination of the learners on the basis of performance in the semester end theory / written examinations.**

**B.  
End Examination- 60 %**

**Semester  
60 Marks**

- 1) Duration – This examination shall be of 2 Hours duration.
- 2) Question Paper Pattern: -
  - i. There shall be four questions each of 15 marks.
  - ii. All questions shall be compulsory with internal choice within the questions.
  - iii. Question may be sub-divided into sub-questions a, b, c, d & e only and the allocation of marks depends on the weightage of the topic.

The marks of the internal assessment will not be disclosed to the students till the results of the corresponding semester is declared.

#### **PASSING STANDARD AND PERFORMANCE GRADING:**

##### **PASSING STANDARD**

The learners to pass a course shall have to obtain a minimum of 40% marks in aggregate for each course where the course consists of Internal Assessment & Semester End Examination. The learners shall obtain minimum of 40% marks (i.e. 16 out of 40) in the Internal Assessment and 40% marks in Semester End Examination (i.e. 24 Out of 60) separately, to pass the course and minimum of Grade D in each project, wherever applicable, to pass a particular semester. A learner will be said to have passed the course if the learner passes the Internal Assessment & Semester End Examination separately.

##### **Performance Grading**

The performance of the learners will be described in point ranking system asunder:

Grade	Marks Grade	Points
O	80 & above	10
A+	70 to 79.99	9
A	60 to 69.99	8
B+	55 to 59.99	7
B	50 to 54.99	6
C	45 to 49.99	5
D	40 to 44.99	4
F (Fail)	39.99 & below	0

***The performance grading shall be based on the aggregate performance of Internal Assessment and Semester End Examination.***

Carry forwards of marks in case of a learner who fails in the internal assessment and/or semester end assessment in one or more subjects:

- 1) A learner who PASSES in the Internal Examination but FAILS in the Semester End Examination of the course shall reappear for the Semester End Examination of that course. However his/her marks of the Internal Examinations shall be carried over and he/she shall be entitled for grade obtained by him/her on passing.
- 2) A learner who PASSES in the Semester End Examination but FAILS in the Internal Assessment of the course shall reappear for the Internal Examination of that course. However his/her marks of the Semester End Examination shall be carried over and he/she shall be entitled for grade obtained by him/her on passing.
- 3) *A) For Courses*

*In case of a learner who is reappearing for the Internal Examination, the examination will consist of one project of 40 marks which will be divided into 20 marks for the documentation of the project, 10 marks for the presentation and 10 marks for the viva and the interaction.*

*B) For Courses with practical/field work*

*In case of a learner who is reappearing for the Internal Examination for subjects with Practical/fieldwork, the examinations will consist of practical examination of 40 marks which will be divided into 20 marks for the laboratory work, 10 marks for the Viva Examination and 10 marks for the Journal.*

**ATKT Rules are to be read as under: -**

- a. A learner shall be allowed to keep term for Semester II irrespective of number of **courses** of failure in the Semester I.
- b. A learner shall be allowed to keep term for Semester III- if he/she passes each of Semester I & Semester II

**OR**

A learner who fails in not more than four courses of Semester I and Semester II taken together with not more than two courses each in semester I & II.

- c. A learner shall be allowed to keep term for Semester IV irrespective of number of **courses** of failure in Semester III.

- d. A learner shall be allowed to keep term for Semester V-  
if he/she passes Semester I, Semester II, Semester III and Semester IV

**OR**

A learner shall pass Semester I and Semester II and fails in not more than four courses of Semester III and Semester IV taken together with not more than two courses each in sem. III & Sem. IV

**OR**

A learner shall pass Semester III and IV and fails in not more than four courses of Semester I and Semester II taken together with not more than two courses each in sem. I & Sem. II

- e. A learner shall be allowed to keep term for Semester VI irrespective of number of **courses** of failure in the Semester V.
- f. The result of Semester VI shall be kept in abeyance until the learner passes each of Semester I, Semester II, Semester III, Semester IV and Semester V.

### **Additional Examination**

#### **INTERNAL ASSESSMENT:**

*Eligibility norms to appear for the additional class test or assignment or project for learners who remained absent:*

- a. The learner must apply to the Head of the Institution giving the reason(s) for absence within 8 days of the conduct of the examination along with the necessary documents and testimonials.
- b. If the learner is absent for participation in Inter Collegiate events, State or National or International level events, Training camp or coaching camp organized by authorized university or state or national or international bodies, NSS / NCC Events / Camps / cultural activities / sports activities / research festival or any other activities authenticated by the head of the institution, the head of the Institution shall generally grant permission to the learner to appear for the additional class test or assignment.
- c. The Head of the Institution, on scrutiny of the documents and testimonials, may grant the permission to the learner to appear for the additional examination.

*Class test or assignment for Internal Assessment for theory courses:*

- 1) A learner who is absent for the class test and the assignment/self-learning evaluation will be declared fail in the Internal Assessment Scheme.
- 2) A learner who is absent for the class tests and has appeared for the assignment

will be allowed to appear for the additional class test.

- 3) A learner who has appeared for the class test but remains absent for the assignment will be allowed to appear for the additional assignment.
- 4) A learner who is absent for any of the evaluation session of Self Learning and is eligible under clause (b) above for condonation then the respective subject teacher will accommodate **such student** in subsequent evaluation after satisfying with the reasons of absence. The decision of the subject teacher shall be final under such circumstances.

*Class test or assignment for Internal Assessment for Practical Courses:*

- 1) A learner who is absent for the Semester End Practical Examination and the assignment/project will be declared fail in the Internal Assessment Scheme.
- 2) A learner who has appeared for Semester End Practical Examination but remains absent for the assignment will be allowed to appear for the additional assignment and the internal assessment will be calculated as out of 40marks.
- 3) A learner who is absent for any of the evaluation session of Self Learning and is eligible under clause (b) above for Condonation then the respective subject teacher will accommodate **such student** in subsequent evaluation after satisfying with the reasons of absence. The decision of the subject teacher shall be final under such circumstances.

*The Additional Class Test or Assignment must be conducted 15 days prior to the commencement of the Semester End Examination after following the necessary procedure and completing the formalities.*

**Additional Semester End Examination**

**ELIGIBILITY TO APPEAR FOR ADDITIONAL SEMESTER END EXAMINATION:**

A learner who does not appear i.e. remains absent in some or all the courses on medical grounds or for representing the college / university in sports, cultural activities, activities of NSS, NCC or sports training camps conducted by recognized bodies / competent authorities or for any other reason which is considered valid under exceptional circumstances and to the satisfaction of the Principal or the Head of the Institute is eligible to appear for the additional examination.

A learner who does not appear for both the Internal Assessment and Semester End Examination shall not be eligible to appear for the additional Semester End Examination.

The additional Semester End Examination shall be of two hours duration and of 60 marks per course. The learner shall appear for the course of the Semester End Examination for which he/she was absent. Learners who are punished by the Unfair Means Committee are not eligible to appear for this additional examination.

*It is not the right of the learner, who has failed or has remained absent, to appear for the additional examination without fulfilling the norms prescribed by the Head of the Institution/ Department / Principal of the College.*

**MODE OF CONDUCT OF SEMESTER END ADDITIONAL EXAMINATION:**

- a) There will be one additional examination for semester I, II, III and IV for those who have remained absent.
- b) The absent learner will be allowed to appear for the examination by the head of the institution after following the necessary formalities subject to the reasons to the satisfaction of the head of the institution.

# **HSNC University Mumbai**

(Established by Government of Maharashtra vide notification dated 30<sup>th</sup>  
October, 2019 under section 3(6) of Maharashtra Public Universities Act)



## **Ordinances and Regulations**

**With Respect to**

**Choice Based Credit System (CBCS)**

**For the**

**Programmes**

**Under**

**The Faculty of Science & Technology**

**For the Course**

**Yoga**

**Curriculum – First Year Undergraduate Programmes**

**Semester-I and Semester -II**

**2020-2021**

## **Curriculum – First Year Undergraduate Programmes**

### **Semester-I and Semester -II**

#### **Preamble**

Yoga is an ancient old Indian wisdom which can help a human life to move towards higher states of harmony and peace both as an individual and a social being. This program is designed for those students who are seeking to find meaning in their lives, to mend their ways, to find solace in their loss, to derive positive energy, to live their life, to be fully human, fully alive. The main purpose of this program is to have more focused and immersive approach towards facilitating learners to empower them and to guide for a quality way of living and making a career in it by adopting it as a profession and help others to practice yogic life and healthy life.

Yoga involves several breathing exercises, postures and meditation and much more. Yoga comprises methods and techniques for the attainment and improvement of physical, mental health and spiritual harmony.

The habit of doing yoga in daily life comprehensively offers an aid to help one's health. The regular practices of performing yoga, keeps the person fully energetic and healthy throughout day. Persons, who perform yoga daily live good life.

The programme includes courses holistic in nature ranging from helping students in acquiring the basic principles of yoga to yogic practices and in understanding the Human Anatomy & Physiology, Relationship between Patanjala Yoga & Hatha Yoga and their interdependence. The programme also consists health and yogic hygiene courses to enlighten students with Infection and Disinfectants, Immunity - Definition, types & immunization schedule.

Yogasana (Standing Postures & body alignment) are the core component of practical training to master the skill of performing yoga and to help students in cultivating correct psychological attitude – conscious observance of certain rules for self-discipline and self-training called 'Yamas', 'Niyamas' and 'maitryadibhavana'.

To train students in reconditioning of Psycho-physiological mechanism (neuro-glandular-muscular) – Asana, Mudra and Bandha and Pranayama. And to understand yogic therapeutically procedures and yogic principles of diet – Various types of lavages and special acclimatization processes.



The Bachelor of Science (Yoga) program is started with an aim to make the students:

**1. Programme Objectives:** The main objectives of the programme are:

- To acquaint the students with the ancient wisdom of Yoga and its principles.
- To develop an understanding of Human Anatomy & Physiology, Relationship between Patanjala Yoga & Hatha Yoga and their interdependence.
- To help student think analytically and critically in understanding Biomolecules, Digestive and Respiratory system.
- To develop an appreciation of the power of Yoga and Yogic practices to maintain good mental and physical health.
- To apply their knowledge and skills to perform the yoga and yogic exercises.
- To help students in Cultivating of correct Psychological attitude – Conscious observance of certain rules for self-discipline and self-training called ‘Yamas’, ‘Niyamas’ and ‘maitryadibhavana’.
- To train students in reconditioning of Psycho-physiological mechanism (neuro-glandular-muscular) – Asana, Mudra and Bandha and Pranayama.
- To understand yogic therapeutically procedures and yogic principles of diet – Various types of lavages and special acclimatization processes.
- To communicate effectively with a range of audiences both technical and non-technical.
- To develop an aptitude to engage in continuing educational and professional development.

The syllabi are aimed to achieve the above-mentioned objectives. Students will also be trained in communication skills, teaching, and practicing in performing Yoga, and will be sent to practice in school/community centers/ industry as interns.

**2. Process adopted** for curriculum designing:

Kaivalyadham, Virtually a university of Yoga, with many limbs is a knowledge partner of HSNC Board and HSNC University, Mumbai. While framing this syllabus of B. Sc. (Yoga) a team was constituted with internal members and external experts

from Kaivalyadham to frame the syllabi of courses. Multiple meetings with them were held. After discussion with them, personally, via mail, via messages, through video conferencing and digital platforms, the changes in the syllabus were introduced. This consisted of theory and practical components. Elective courses, compulsory Ability Courses and Project / Internship Work were also designed to provide interdisciplinary and field experiences to students.

**3. Salient features , how it has been made more relevant:**

Yoga goes beyond than the asnas and physical postures. One needs to understand the human physiology and how this human physiology is governed by mind and mind essentials, may be the soul. The practical aspect in core courses (the performance of different kriyas and asanans) the practical component of the programme has been naturally has been given better emphasis, both in terms of credits and credit hours involved in comparison to theory. Keeping in tune with UGC norms, provision for interdisciplinary elective courses, compulsory ability enhancement courses, internship and research project work has been made. The total credits for a three-year UG programme has been kept as 120 credits (20 credits per semester). Each course has four units throughout the programme with 100 marks. Internal (formative assessment) and external (summative assessment) examination is in the ratio of 40:60.

The current programme is designed to enhance the knowledge and skill of the subject. While designing of the syllabus care has been taken to balance the fundamental techniques of performing arts with complementary knowledge and skills through elective and ability enhancement courses.

The programme would give the students option to develop skills in areas which have direct relevance to better practices needed to maintain the good health and hygiene, a healthy body in healthy mind.

**4. Learning Outcomes:**

The curriculum is designed to acquaint the learner with the basic principles of Yoga, understanding human physiology, yogic practices, yogic asanas, The course would help students to apply their understanding of concepts to summarize, analyse, and inculcate problem solving approach in the newer developments and innovations in the future. The curriculum design and the teaching and the evaluation patterns would help

students to develop skills and competencies to perform asnas and teach the same to the community through internship and practice sessions.

### 5. Input from stakeholders :

There are modifications suggested by the internal and external experts to make the syllabus holistic and relevant to the Yoga as well as in the context and unique demands of a metropolitan/cosmopolitan city like Mumbai, in the syllabi provided by UGC, Ministry of Ayush and Kaivalyadham.

### The Scheme of Teaching and Examination is as under:

#### I Year Semester – I Summary

Sr. No.	Choice Based Credit System		Subject Code	Remarks
1	Core Course (YOGA, Yoga Philosophy, Human Body)		101,102,103,106	
2	Elective Course	Discipline Specific Elective (DSE) Course		
		2.1	Interdisciplinary Specific Elective (IDSE) Course	104
		2.2	Dissertation/Project	
		2.3	Generic Elective (GE) Course	105
3	Ability Enhancement Courses (AEC)		108	
	Skill Enhancement Courses (SEC)		107	

#### Detail Scheme

Sr. No.	Subject Code	Subject Title	Periods Per Week						Credit	Seasonal Evaluation Scheme				Total Marks
			Units	S. L.	L	T	P	S. L. E		CT	TA	SEE		
1	BSY-CT101	Foundations Of Yoga	5	1	3	1	0	3	10	20	10	60	100	
2	BSY-CT102	Introduction to Hath yoga and It's Texts	5	1	3	1	0	3	10	20	10	60	100	
3	BSY -CT103	Human Anatomy And Physiology-I	5	1	3	1	0	3	10	20	10	60	100	
4	BSYAECCT 104	Communicative English	5	1	2	0	0	2	5	10	5	30	50	
5	BSY-GET105	Health And Yogic Hygiene	5	1	2	0	0	2	5	10	5	30	50	
6	BSY-CP106	Yoga Practicum-I	5	1	0	0	8	3	10	2	10	60	100	

									0				
7	BSY-CP107	Yoga Practicum-Ii	5	1	0	0	4	2	5	10	5	30	50
8	BSY-CP108	Human Anatomy & Physiology Practicum-I	5	1	0	0	4	2	5	10	5	30	50
Total Hours / Credit			40/32					20	Total Marks			600	

### I Year Semester – I Units – Topics – Teaching Hours

S.N	Subject Code	Subject Unit Title		Hours	Total No. of Hours	Credit	Total Marks
<b>1</b>	BSY-CT101 Foundations Of Yoga	I	General introduction to yoga	15	60	3	100 (60+30 +10)
		Ii	General introduction to Indian philosophy	15			
		Iii	Brief about Yoga in texts – I	15			
		Iv	Brief about Yoga in texts–	15			
<b>2</b>	BSY-CT102 Introduction to Hath yoga and It's Texts	I	General introduction to Hatha yoga	10	60	3	100 (60+30 +10)
		Ii	Pre-requisites	15			
		Iii	Principles and Introduction to Hatha Yoga text	15			
		Iv	Introduction to hatha yoga texts:	10			
		V	Relationship between Patanjala Yoga & Hatha Yoga	20			
<b>3</b>	BSY-CT103 Human Anatomy And Physiology- I	I	Cell, Tissue and Muscular–Skeletal system	15	60	3	100 (60+30 +10)
		Ii	Biomolecules, Digestive & Respiratory system	15			
		Iii	Cardiovascular system	15			
<b>4</b>	BSY-CT104 Aecc-1 (Communic ative English)	I	Evolution and functions of English language	15	60	2	100 (60+30 +10)
		Ii	Acquisition of skills English:	15			
		Iii	English: its application	15			
		Iv	Approaches and theories of English language	15			
<b>5</b>	BSY-CT105 Ge-1 Health And Yogic Hygiene	I	Introduction To Health And Hygiene	15	60	2	100 (60+30 +10)
		Ii	Infection And Disinfectants	15			
		Iii	Infectious Diseases	15			
		Iv	Immunity - Definition, types & immunization schedule	15			
<b>6</b>	BSY-CT106 Yoga Practicum-I	I	Recitation of hymns & hasta mudra	30	120	3	100 (60+30 +10)
		Ii	Shatkarmas	30			
		Iii	Breathing practices	30			
		Iv	Continuous evaluation by the Teachers	30			
<b>7</b>	BSY-CT107 Yoga Practicum-Ii Yoga Practicum-Ii	I	Yogic suksmavyayama	20	60	2	50 (30+1 5+5)
		Ii	Surya namaskara	10			
		Iii	Yogasana(Standing Postures & body alignment)	15			
		Iv	Continuous evaluation by the Teachers	15			
<b>8</b>	BSY-CT108 Human Anatomy & Physiology Practicum-I	I	Unit 1	15	75	2	50 (30+1 5+5)
		Ii	Unit-2	15			
		Iii	Unit-3	15			
		Iv	Unit 4	15			
		V	Unit 5	15			
TOTAL						20	600

**Curriculum Topics along with Self-Learning topics** - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT

**BSY-CT101 Foundations Of Yoga (Total Hours: 60)**

Unit	Content	Hours
<b>Unit-1:</b>	<p><b>General introduction to yoga</b></p> <p>1.1. Brief about origin of Yoga;</p> <p>1.2. Psychological aspects and Mythological concepts;</p> <p>a. prior to the Vedic period,</p> <p>b. Vedic period</p> <p>c. Medieval period</p> <p>d. modern era;</p> <p><b>Message of Vedas And Upanishads</b></p> <p>1.3. History and Development of Yoga</p> <p>1.4. Etymology and Definitions of Yoga,</p> <p>1.5. Aim and Objectives of Yoga,</p> <p>1.6. Misconceptions of Yoga;</p> <p>1.7. Brief about Streams of Yoga;</p> <p>1.8. Principles of Yoga</p> <p>1.9. Importance of Yoga</p>	<b>[15Hrs.]</b>
<b>Unit -2</b>	<p><b>General introduction to Indian philosophy</b></p> <p>2.1. Philosophy: meaning, definitions and scope;</p> <p>2.2. Indian Philosophy: Salient features, Branches (Astika and Nastika Darshanas),</p> <p>2.3. Distinction from Religion and Science,</p> <p>2.4. Brief introduction Prasthanatrayee and Purushartha Chatushtaya;</p> <p>2.5. Relationship between Yoga and Indian Philosophy</p>	<b>[15Hrs.]</b>
<b>Unit -3</b>	<p><b>Brief about Yoga in texts – I</b></p> <p>3.1. Brief to Upanishads and Yoga in Principal Upanishads,</p> <p>3.2. Yoga in Yogopanishad;</p> <p>3.3. Yogic perspective of Epics: Ramayana, Adhyatma Ramayana &amp; Mahabharata;</p> <p>3.4. Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras</p> <p><b>3.5 Shaddarshanas or the SIX systems of Indian Philosophy</b></p>	<b>[15 Hrs.]</b>
<b>Unit-4:</b>	<p><b>Brief about Yoga in texts– II</b></p> <p>4.1. Yogic perspective: Smritis, Puranas with emphasis to Bhagavat Purana;</p> <p>4.2. Yogic perspective to Shad-darshanas;</p> <p>4.3. Emphasis to Vedantic approach of Shankara, Ramanuja, Madhva and Vallabha;</p> <p>4.4. Brief: Agamas, Tantras, Shaiva Siddhanta</p> <p>4.5 <b>The Four Streams of Yoga</b></p>	<b>[15 Hrs.]</b>

**Self-Learning topics (Unit wise)**

Sub Unit	Topics
1.2	<b>Message of Vedas And Upanishads</b>
1.3	<b>History and Development of Yoga:</b>

1.8	Principles of Yoga,
2.5	Relationship between Yoga and Indian Philosophy
3.4	Yogic perspective: Bhagavad Gita, Yoga Vasishtha, Narada Bhakti Sutras
3.5	Shaddarshanas or the SIX systems of Indian Philosophy,
4.4	Brief: Agamas, Tantras, Shaiva Siddhanta
4.5	The Four Streams of Yoga

#### Online Resources

Introduction to Yoga and Applications of Yoga - Class Central <a href="https://www.classcentral.com/course/swayam..">https://www.classcentral.com/course/swayam..</a>
<i>FITNESS MANAGEMENT</i> <a href="https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608">https://www.classcentral.com/course/swayam-fitness-management-17608</a> <a href="https://www.yogaiya.in">https://www.yogaiya.in</a>
<a href="https://www.nhp.gov.in/">https://www.nhp.gov.in/</a>
<a href="https://ayush.gov.in/">https://ayush.gov.in/</a>
<a href="https://www.yogamdniy.nic.in">https://www.yogamdniy.nic.in</a>

### BSY-CT102 Introduction to Hath yoga and It's Texts

(Hours: 60)

Unit	Content	Hours
<b>Unit - I</b>	<b>General introduction to Hatha yoga</b> 1.1. Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives & Misconceptions, 1.2. Philosophy and Foundations; 1.3. Hatha Yoga Parampara, 1.4. Natha Cult Hatha Yogis and their contribution; 1.5. Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; 1.6. Inter-relation of Hatha Yoga and Raja Yoga	[10 Hrs.]
<b>Unit - 2</b>	<b>Pre-requisites</b> 2.1. Badhaka Tattva(Obstacles) & Sadhaka Tattva( Facilitatory factors) in Hatha Yoga; 2.2. Concepts of Matha, Concept of Mitahara, 2.3. Pathya (conductive) and Apathya (non-conductive), 2.4. Types of aspirants; 2.5. Dasha Yama & Niyama & its relevance in Hatha Yoga Sadhana; 2.6. Swara, Importance of Svarodaya-jnana in Hatha Yoga Sadhana; 2.7. Hatha Siddhi Lakshanam	[15 Hrs.]
<b>Unit - 3</b>	<b>Principles and Introduction to Hatha Yoga texts</b> 3.1. Concept of Swas-prashwas, Vayu, Prana and Upaprana; 3.2. Concept of Kand, Nadi, Swar, Chakra and Granthi; 3.3. Kundalini prabodhan, Unmaniavastha, Nadanusandhan; 3.4. Concept of Samadhi;	[10 Hrs.]
<b>Unit-4</b>	<b>Introduction to hatha yoga texts:</b> 4.1. Brief: Hatha Yogic Texts, their nature and objectives; 4.2. Siddha siddhantapaddhati, Goraksha Samhita, and Shiva Samhita; 4.3. Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali 4.4. Introduction to Patanjali Yoga and Yoga Sutras	[10 Hrs.]
<b>Unit-5</b>	<b>Relationship between Patanjala Yoga and Hatha Yoga</b> 5.1. Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-chatushtaya, 5.2. Meaning of Bhakti and Bhakti-Yoga, Stages, Types & Means Means of Bhakti, Yoga; 5.3. Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Inter-relationship between Bhakti-Yoga and Karma-Yoga, 5.4. Theory of Karma and Rebirth (Reincarnation); 5.5. Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, 5.6. Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life; 5.7. Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaduranga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; 5.8. Inter Relationship between Patanjala Yoga and Hatha Yoga and their	[15Hrs.]

inter-dependance; 5.9. Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga <b>5.10 Life and message of spiritual masters and Indian Culture</b>	
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Self-Learning topics (Unit wise)

Sub Unit	Topics
1.1	<b>Introduction to Hatha Yoga and Yoga Sutras</b>
1.6.	Inter-relation of Hatha Yoga and Raja Yoga
2.8	Hatha Siddhi Lakshanam
4.3.	Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali
4.4	<b>Introduction to Patanjali Yoga and Yoga Sutras</b>
5.8.	Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependence;
5.10.	<b>Life and message of spiritual masters and Indian Culture</b>

Online Resources

Introduction to Yoga and Applications of Yoga - Class Central <a href="https://www.classcentral.com/course/swayam..">https://www.classcentral.com/course/swayam..</a>
<i>FITNESS MANAGEMENT</i> <a href="https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608https://www.yogaiya.in">https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608https://www.yogaiya.in</a>
hatha-yoga-poses-for... Introduction to Hatha Yogayoutube.com/ <a href="http://www.yoga-age.com/pradipika/part1.html">www.yoga-age.com/pradipika/part1.html</a>

**BSYCT103 Human Anatomy and Physiology-I**

**(Total Hours: 60)**

Unit	Content	Hours
<b>Unit-1</b>	<b>Cell, Tissue and Muscular – Skeletal system</b> 1.1 Cell structure –Plasma membrane and protoplasm; 1.2. Cell organelles –Mitochondria, Golgi body, Endoplasmicreticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; 1.3 Homeostasis; Structure and function of epithelial -simple and compound; 1.4. Connective -connective tissue proper, skeletal and vascular; 1.5. Muscular -Skeletal, involuntary and cardiac; 1.6. Nervous tissues-Myelinated neuron and Non myelinated neuron; 1.7 Anatomy of the Skeleton: Classification of bones-Axial bones and appendicular bones; 1.8. Types of joint –Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; 1.9. Types of Muscle in the body (striated,Smooth muscle, Cardiac muscle); 1.10. Mechanism of muscle contraction	<b>[20Hrs]</b>
<b>Unit-2</b>	<b>Biomolecules, Digestive and Respiratory system</b> 2.1. Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat and water soluble); 2.2. Dietary fibres Balanced diet; 2.3. Digestive system:Digestive system of human-Mouth, buccal cavity, Pharynx,oesophagus, stomach,large intestine, small intestine, anus, associated glands-Liver, Pancreas, salivary glands, 2.4. Physiology of digestion and absorption; 2.5. Malnutrition and under nutrition; 2.6. Respiratory system of human-Nose, nasal cavity,pharynx,Trachea,Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); 2.7. Transport of respiratory; gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder <b>2.8. Yoga and Exercise Physiology</b>	<b>[20Hrs]</b>

<b>Unit-3</b>	<b>Cardiovascular system</b> 3.1 Composition and function of blood –Plasma ,RBC,WBC and Platelet; 3.2. Blood groups and their importance; 3.3. Blood clotting; 3.4. Structure and working mechanism of heart; 3.5. Organisation of systemic and pulmonary circulation; 3.6. Cardiac output and cardiac cycle; 3.7. Functional anatomy of blood; vessels; 3.8. Blood pressure and regulation of blood pressure <b>3.9. Yogic and modern scientific, Concept of Health</b> <b>3.10. Modern scientific, Concept of Health</b>	<b>[20Hrs]</b>
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#### Self-Learning topics (Unit wise)

Sub Unit	Topics
1.7	<b>Yoga and Anatomy and Physiology,</b>
1.10	<b>Mechanism of muscle contraction</b>
2.4	<b>Physiology of digestion and absorption;</b>
2.5	<b>Malnutrition and under nutrition;</b>
2.8	<b>Yoga and Exercise Physiology,</b>
3.7	<b>Functional anatomy of blood; vessels;</b>
3.8	<b>Blood pressure and regulation of blood pressure</b>
3.19	<b>Modern scientific, Concept of Health</b>

#### Online Resources

Introduction to Yoga and Applications of Yoga - Class Central <a href="https://www.classcentral.com/course/swayam..">https://www.classcentral.com &gt; course &gt; swayam..</a>
<b>FITNESS MANAGEMENT</b> <a href="https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608">https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608</a> <a href="https://www.yogaiva.in">https://www.yogaiva.in</a>
<a href="http://www.registerednursing.org/teas/general-anatomy..._en.wikipedia">www.registerednursing.org/teas/general-anatomy..._en.wikipedia</a> .
Human_physiology opentextbc.ca/anatomyandphysiology

#### BSY-CT104. Communicative English (AECC-I)

(Total Hours: 60)

Unit	Content	Hours
<b>Unit- 1</b>	<b>Evolution and functions of English language</b> 1.1. Evolution of human language, uniqueness of human language; 1.2. Functions of Language: Instrumental, Regulatory; 1.3. Functions of Language: Interactional, Personal; 1.4. Functions of Language: Heuristic, Imaginative, Representational; 1.5. English as a Global language, 1.6. Michael Halliday's concept of Functionalism	<b>[15 Hrs.]</b>
<b>Unit- 2</b>	<b>Acquisition of skills</b> 2.1. Functional English: definition, conceptualization in the light of the purposes/ 2.2. functions of language; Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge; 2.3. Use of English in various text types; 2.4. Functional English as a multi-focal discipline; 2.5. Primary focus on communication skills: 2.6. ELT (English Language Training), 2.7. LSRW (Listening, Speaking, Reading Writing): 2.8. Grammar, Phonetics, vocabulary building; 2.9. Varieties of English: British and American	<b>[15 Hrs.]</b>
<b>Unit- 3</b>	<b>English: its application</b> 3.1 Media: Radio, TV, Print, 3.2 Formats and stylistics, Films, Web Resources, Webliographical flair; 3.3 Literature/Creative Writing: different genres, methods of analysis;	<b>[15 Hrs.]</b>



	3.4 Business English: Business Communication Business vocabulary, meetings, presentations, negotiations, socializing, Biz journals and periodicals; 3.5 Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.; 3.6 Sports and Entertainment: announcing, comparing, commentaries	
<b>Unit- 4</b>	<b>Approaches and theories of English language</b> 4.1 Approaches to language: Acquisition/Learning/Teaching, Grammar Translation 4.2 Method; Direct Method, Audio-lingual Method; 4.3 Communicative approach, Notional Functional Approach; 4.4 Task-based Language Teaching; 4.5 Theories: Behaviorism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar	<b>[15 Hrs.]</b>

#### Self-Learning topics (Unit wise)

Sub Unit	Topics
1.5	English as a Global language,
1.6	Michael Halliday's concept of Functionalism
2.5	Primary focus on communication skills:
2.6	ELT (English Language Training),
2.7	LSRW (Listening, Speaking, Reading Writing):
2.8	Grammar, Phonetics, vocabulary building;
2.9	Varieties of English: British and American.
3.6	Sports and Entertainment: announcing, comparing, commentaries
4.1	Approaches to language: Acquisition/Learning/Teaching, Grammar Translation
4.5	Theories: Behaviorism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar

#### Online Resources

Free Online Course: Better Spoken English from Swayam   Class ... <a href="http://www.classcentral.com/course/swayam-better-spoken..">www.classcentral.com/course/swayam-better-spoken..</a>
Free Online Course: Introduction to Visual Communication from ... <a href="https://vimeo.com/70697136">https://vimeo.com/70697136</a>
<a href="http://lrc-english.com/what-is-communicative-english/">lrc-english.com/what-is-communicative-english/</a>
Practical <b>English</b> Lessons for Communication youtube.com/ <a href="https://www.youtube.com/channel/UCmMmMmMmMmMmMmMmMmMmMmM">communicative-english-level2-advance</a>

#### BSY-CT105GE-1 HEALTH AND YOGIC HYGIENE

(Total Hours: 60)

Unit	Content	Hours
<b>Unit-1</b>	<b>Introduction To Health And Hygiene</b> 1.1. <b>Concept of Health &amp; Disease</b> Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; 1.2. Water – Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); 1.3. First aid: meaning, importance in daily life. <b>1.4. Yogic Concept of Health &amp; Disease</b>	<b>[15 Hrs.]</b>
<b>Unit-2</b>	<b>Infection And Disinfectants</b> 2.1. Infection – Definitions of Infection, Infective agents, Period of infectivity; 2.2. Types of diseases and their modes of spread; 2.3. Channels of infection; 2.4. disinfectants – Definition, types and methods of disinfection	<b>[15 Hrs.]</b>
<b>Unit-3</b>	<b>Infectious Diseases</b> 3.1. Infectious diseases - Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); 3.2. Diseases spread by insects -Malaria, Dengue; 3.3. Diseases spread by ingestion - Dysentery, cholera, typhoid; 3.4. Diseases spread by droplet infection - Chicken pox, measles, mumps; 3.5. Disease spread by Contact - Leprosy, AIDS <b>3.6 Principles of Healthy Living</b>	<b>[15 Hrs.]</b>

<b>Unit-4</b>	<b>Immunity</b> 4.1. Immunity Definition, types of immunity & immunization schedule 4.2. Common emerging health problems among women: Cancer of Breast and Cervical <b>4.3. Yogic Concept of Diet in Therapeutic Situations,</b> <b>4.4. Role of Diet in Therapeutic Situations</b>	<b>[15 Hrs.]</b>
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**Self-Learning topics (Unit wise)**

<b>Sub Unit</b>	<b>Topics</b>
1.1	Concept Of Health & Disease
1.2	The Story Of Water, Treasure Of Earth Dams : Boon Or Curse, Fresh Water Ecology, Reservoir Ecosystem.
1.4	Yogic Concept Of Health & Disease
3.6	Principles of Healthy Living,
4.3	Yogic Concept of Diet in Therapeutic Situations,
4.4	Role of Diet in Therapeutic Situations

**Online Resources**

Free Online Course: Environmental Studies from Swayam ... <a href="https://www.classcentral.com/course/swayam-environmental-studies-14042">https://www.classcentral.com &gt; course &gt; swayam-environmental-studies-14042</a>
<a href="http://www.exoticindiaart.com/book/details/health..">www.exoticindiaart.com/book/details/health..</a>
<a href="http://www.astrosage.com/yoga/ebook/yoga-benefits/yoga-hygiene.asp">www.astrosage.com/yoga/ebook/yoga-benefits/yoga-hygiene.asp</a>
<a href="http://www.dumblittleman.com/importance-of-personal-hygiene">www.dumblittleman.com/importance-of-personal-hygiene</a>

**I Year Semester – II  
Summary**

Sr. No.		Sr. No. in Detail Course Scheme	Remarks
1	Core Course ( <b>YOGA, Yoga Philosophy, Human Body</b> )	201,202,203,206	
2	Elective Course	Discipline Specific Elective (DSE) Course	
		2.1 Interdisciplinary Specific Elective (IDSE) Course	208
		2.2 Dissertation/Project	
		2.3 Generic Elective (GE) Course	205
3	Ability Enhancement Courses (AEC)	204	
	Skill Enhancement Courses (SEC)	207	

**Detail Scheme**

S N.	Subject Code	Subject Title	Periods Per Week					Cr edit	Seasonal Evaluation Scheme				Tot al Marks
			Units	SL	L	T	P		SLE	CT	TA	SEE	
1	BSY-CT201	Introduction to Vedanta in the context of Principal of Upanishadas	5	1	3	1	0	3	10	20	10	60	100
2	BSY-CT202	Patanjali yoga Darshana	5	1	3	1	0	3	10	20	10	60	100
3	BSY-CT203	Human anatomy & physiology-ii	5	1	3	1	0	3	10	20	10	60	100
4	BAECCT204	Environmental studies	5	1	2	0	0	2	5	10	5	30	50
5	BGET205	Introduction to AYUSH	5	1	2	0	0	2	5	10	5	30	50
6	BSY-CP206	Yoga Practicum-iii	5	1	0	0	8	3	10	20	10	60	100
7	BSY-CP207	Computer lab	5	1	0	0	4	2	5	10	5	30	50
8	BSY-CP208	Human anatomy and Physiology lab	5	1	0	0	4	2	5	10	5	30	50
Total Hours / Credit			40/32					20	Total Marks				600

## First year Semester -II Internal And External Assessment

S.N	Subject Code & Title	Subject Unit Title		Hours	Total Hours	Credit	Tot al Marks
1	BSY-CT201 Introduction To Vedanta	I	Introduction of Isha and Kenopanishad	15	60	3	100 (60+30+10)
		ii	Essence of Katho and Prashnapanishad	15			
		iii	Essence of Mundaka, Mandukya and Taitriya	15			
		iv	Essence of Aitareya, Chandogya & Brihadaranyaka	15			
2	BSYCT202 Patanjala Yoga Darshana	I	Introduction to Yoga darshana of Patanjali	15	60	3	100 (60+30+10)
		ii	Samadhi pada	15			
		iii	Sadhana pada	15			
		iv	Vibhuti and Kaivalya Pada	15			
3	BSY-CT203 Human Anatomy & Physiology-II	I	Nervous system and special senses	15	60	3	100 (60+30+10)
		ii	Endocrine system	15			
		iii	Reproductive and Excretory system	15			
		iv	Lymphatic system and immune system	15			
4	BSY-CT204 Aecc-2 (Environmental Studies)	I	Introduction to environmental studies & Ecosystem	15	60	2	50 (30+15+5)
		ii	Natural Resources: Renewable & Non-renewable	15			
		iii	Biodiversity and Conservation	15			
		iv	Environmental Pollution, policies & practices	15			
5	BSY-CT205 GE-2 – Introduction To Ayush	I	Yoga & Health, Integrated Approach of Yoga Therapy	15	60	2	50 (30+15+5)
		ii	Introduction To Basic Concepts of Naturopathy	15			
		iii	Introduction To Basic Concepts of Ayurveda	15			
		iv	Introduction To Basic Concepts of Ayurveda	15			
6	BSY-CT206 Yoga Practicum-III	I	Shatkarma	15	60	3	100 (60+30+10)
		ii	Pranayama	15			
		iii	Practices leading to meditation	15			
		iv	Continuous evaluation by the Teachers	15			
7	BSY-CT207 Computer Lab	I	Basics of computer and its applications	15	60	2	50 (30+15+5)
		ii	Representation of data and software concepts	15			

		iii	Operating system	15			
		iv	File management	15			
8	BSY-CT208 Human Anatomy & PhysiologyLab	I	Hematology and physical examination	30	60	2	50 (30+15+5)
		ii	Viva voce				
		iii	Continuous evaluation by the Teachers	15			
			TOTAL		480	20	600

**Curriculum Topics along with Self-Learning topics** - to be covered, through self-learning mode along with the respective Unit. Evaluation of self-learning topics to be undertaken before the concluding lecture instructions of the respective UNIT

### BSYCT201

#### Introduction to Vedanta in the Context of Principal Upanishads Total Number of Hrs: 60

Unit	Content	Hours
<b>Unit-1:</b>	<b>Introduction of Isha and Kenopanishad</b> 1.1.An Introduction to Upanishadic Philosophies 1.2.Antiquity of Upanishads; Prasthanatray 1.3.Ishavasyopanishad: JnanaNishtha (Ish.1), Karma Nishtha (Ish.2), All compassion Brahman(Ish5),Nature of Sage(Ish6,7),Prayer of dying Man (Ish15); 1.4.Kenopanishad: The inscrutable being (Kena-I.2, 3 ,4,6) (Kena II.2,3), Greatness of self Knowledge (KenaII.5)	<b>[15 Hrs.]</b>
<b>Unit-2</b>	<b>Essence of Katho and Prashnapanishad</b> 2.1. Kathopanishad: Futility of earthly pleasure (Katha I.i.26, 27); 2.2 Glory of wisdom of self (Katha I.ii.1, 5, 6, 7, 12); 2.3. Atman is immortal (Katha I.ii.18); 2.4. Conditions of knowing that (Katha I.ii.23,24); 2.5. The Razor's edge of Jnana (Katha I.iii.14, 15); 2.6. Sense knowledge is nothing (Katha II.i.1, 2); 2.7. The indivisible Brahman (Katha II.i.10, 11) (Katha II.ii.2,9,11) 2.8. The supreme state; Prashnapanishad: Sun, the life of creatures, 2.9. The all inclusiveness of Brahman, The state of becoming the soul	<b>[15 Hrs.]</b>
<b>Unit-3</b>	<b>Essence of Mundaka, Mandukya and Taitriya</b> 3.1. Mundaka: The greatness of Brahmanvidya, The worthlessness of Selfish-karma, Tapas and Gurubhakti, 3.2. The origin of creation, Brahman the target of, meditation, Know thyself, Everything is Brahman, Purity extolled, Force of Desire, State of moksha; 3.3. Mandukyopanishad: All this is Brahman, The fourth state of being <b>3.4. Yoga and Stress Management</b>	<b>[15 Hrs.]</b>
<b>Unit- 4</b>	<b>Essence of Aitareya, Chandogya and Brihadaranyaka</b> 4.1. Aitareya: Everything is only that Atman, All this is Brahman only; 4.2.Chandogya: The meditation on udgithaomkara, Sandilyavidya, Mystic declarations, The sacrifice of the knower, The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding, Bhumavidya, The seer's health and purity, Desires should be renounced, Know the Atman; 4.3. Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, the death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics <b>4.4. Yoga and Mental Health</b>	<b>[15 Hrs.]</b>

### Self-Learning topics (Unit wise)

Sub Unit	Topics
1.1	An Introduction to Upanishadic Philosophies
2.8	The supreme state; Prashnapanishad: Sun, the life of creatures,
2.9	The all-inclusiveness of Brahman, The state of becoming the soul
3.3	Mandukyopanishad: All this is Brahman, The fourth state of being
3.4	<b>Yoga and Stress Management</b>
4.3	Brihadaranyakam: A prayer of the devotee, The self is the dearest, the self is the absolute, The death of the jnana, How to know the secret Atman, The ocean of the absolute, Words are useless, The atman and its knower, The infinite Brahman, Ethics
4.4	<b>Yoga and Mental Health</b>

### Online Resources

Introduction to Yoga and Applications of Yoga - Class Central <a href="https://www.classcentral.com">https://www.classcentral.com</a> > course > swayam..
<b>FITNESS MANAGEMENT</b> <a href="https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608">https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608</a> <a href="https://www.yogaiya.in">https://www.yogaiya.in</a>
<a href="https://www.yogaiya.in">https://www.yogaiya.in</a>
<a href="https://www.nhp.gov.in/">https://www.nhp.gov.in/</a>
<a href="https://ayush.gov.in/">https://ayush.gov.in/</a>
Introduction To Vedantaopenpathshala.com/
Research journal yoga mimsa-kaivladhama

### BSYCT 202.Patanjala Yoga Darshana

**Total Number of Hours: 60**

Unit	Content	Hours
Unit1	<p><b>Introduction to Yoga darshana of Patanjali and concept of Citta, citta bhoomis Citta vrittis and Citta vritti nirodhopaya</b></p> <p>1.1 Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), 1.2 Introduction to traditional commentators &amp; commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-varatika); 1.3 Concept of Mana, Buddhi, Ahankar and Chitta; 1.4 Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); 1.5 Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); 1.6 Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, 1.7 Concept of Samprajnata; Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana. <b>1.8. Patanjali Concept of Fitness and Wellness and their significance in Modern times</b></p>	[15 Hrs.]
Unit - 2	<p><b>Samadhi pada</b></p> <p>2.1 Concept of Yoga nushasanam, Yoga Lakshanam and its results; 2.2 Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); 2.3 Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); 2.4 Concept of Samapatti &amp; kinds of Samapatti (Savitraka &amp; Nirvitarka, Savichara &amp; Nirvichara); 2.5 Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).</p>	[15 Hrs.]
Unit-3	<p><b>Sadhana pada</b></p> <p>3.1 Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); 3.2 Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; 3.3 Brief Introduction to Ashtanga Yoga; 3.4 Concept of Asana and Pranayama and their Siddhis; 3.5 Concept of Pratyahara and its Siddhis. <b>3.6 Scope of Fitness Trainer and Health and Fitness Component,</b> <b>3.7 Health Conditions that affect Physical Activity and Medication</b></p>	[15 Hrs.]

<b>Unit - 4</b>	<b>Vibhuti and Kaivalya Pada</b> 4.1 Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; 4.2 Three types of Chitta Parinamah; 4.3 Bhoota jaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; 4.4 Vivek Jnana Nirupanam, Kaivalya Nirvachana; 4.5 Role of Dharana, Dhyana, Samadhi and its application; 4.6 Five Types of Siddhis and Jatyantar Parinamh; 4.7 Concept of Nirman Chitta and four types of Karmas; 4.8 Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities	<b>[15 Hrs.]</b>
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#### Self-Learning topics (Unit wise)

Sub Unit	Topics
1.1	Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.),
1.2	Introduction to traditional commentators & commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika);
1.8	Concept of Fitness and Wellness and their significance in Modern times,
2.5	Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).
3.4	Concept of Asana and Pranayama and their Siddhis;
3.5	Concept of Pratyahara and its Siddhis.
3.6	Scope of Fitness Trainer And Health and Fitness Component,
3.7	Health Conditions that affect Physical Activity and Medication
4.8	Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

#### Online Resources

<b>Introduction to Yoga and Applications of Yoga - Class Central</b> <a href="https://www.classcentral.com/course/swayam..">https://www.classcentral.com &gt; course &gt; swayam..</a>
<b>FITNESS MANAGEMENT</b> <a href="https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608">https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608</a> <a href="https://www.yogaiya.in">https://www.yogaiya.in</a> Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
<a href="http://www.yogadarshana.com/patanjali.php">www.yogadarshana.com/patanjali.php</a> <a href="http://youtube.com/darshanalayam.org/2019/12/27/yoga-darshana">youtube.com/darshanalayam.org/2019/12/27/yoga-darshana</a>

### 203. Human Anatomy and Physiology-II Total Number of Hours: 60

Unit	Content	Hours
<b>Unit -1</b>	<b>Nervous system and special senses</b> 1.1. Structure and function of human brain.-Fore brain, mid brain, hind brain, 1.2 Structure and function of spinal cord, 1.3. Cranial nerve and spinal nerve, 1.4. Autonomic nervous system-Sympathetic & para sympathetic nervous system, 1.5. Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission 1.4. Structure and function of eye, ear, nose, tongue and skin	<b>[15Hours]</b>
<b>Unit -2</b>	<b>Endocrine system</b> 2.1. Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), 2.2. Function of GI tract hormones, 2.3. Mechanism of hormone action	<b>[10Hours]</b>
<b>Unit -3</b>	<b>Reproductive and Excretory system system</b> 3.1 Male reproductive system of human.-Testis, penis, epididymis, prostate gland; 3.2. Female reproductive system of human ovary, uterus, vagina, cervix, fallopian tube; 3.3. Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; 3.4. Fertilization; Implantation and embryonic development; Pregnancy; 3.5. Excretory system of human-Kidney, ureter, urinary bladder, urethra; 3.6. Mechanism of urine formation-Ultra filtration, selective reabsorption, tubular secretion; 3.7. Role of kidney in osmoregulation	<b>[20 Hrs]</b>

<b>Unit -4</b>	<b>Lymphatic system and immune system</b> 4.1.Lymphoid organ-Bone marrow, Thymus, spleen ,Lymph node, 4.2.Composition and function of lymph, Immunity, 4.3.Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity	<b>[15Hours]</b>
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**Self-Learning topics (Unit wise)**

<b>Sub Unit</b>	<b>Topics</b>
1.4	Autonomic nervous system-Sympathetic & para sympathetic nervous system,
1.5	Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission
2.3	Mechanism of hormone action
3.7	Role of kidney in osmoregulation
4.3	Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity

**Online Resources**

<a href="http://www.humananatomyandphysiology.org">www.humananatomyandphysiology.org</a> <a href="http://www.khanacademy.org/.../">www.khanacademy.org/.../</a>
<b>human-anatomy-and-physiology</b>
<a href="http://www.registerednursing.org/teas/general-anatomy">www.registerednursing.org/teas/general-anatomy</a>

**204. Environmental studies**

**Total Number of Hours: 60**

<b>Unit</b>	<b>Content</b>	<b>Hours</b>
<b>Unit- 1</b>	<b>Introduction to environmental studies and Ecosystem</b> 1.1Multidisciplinary nature of environmental studies; 1.2 Scope and importance; 1.3 Need for public awareness; 1.4 What is an ecosystem? Structure and function of ecosystem; 1.5 Energy flow in an ecosystem: 1.6 Food chains, food webs and ecological succession. 1.7 Case studies of the following ecosystems a) Forest ecosystem b) Grass land ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)	<b>[10 Hrs.]</b>
<b>Unit-2</b>	<b>Natural Resources: Renewable &amp; Non-renewable Resources</b> 2.1 Land resources and land use change; 2.2 Land degradation, soil erosion and desertification; 2.3 Deforestation: Causes and impacts due to mining, dam building on environment, forests biodiversity and tribal populations; 2.4 Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state); 2.5 Energy resources: Renewable and non-renewable energy sources 2.6 use of alternate energy sources, growing energy needs, case studies.	<b>[10 Hrs.]</b>
<b>Unit-3</b>	<b>Biodiversity and Conservation</b> 3.1 Levels of biological diversity: genetic, species and ecosystem diversity; 3.2 Biogeographic zones of India; 3.3 Biodiversity patterns and global biodiversity hot spots; 3.4 India As - A Mega Diversity Nation, Types of Noise Pollution, Air Pollution, Soil Pollution, Effects of Noise Pollution, Role of an Individual in Prevention Of Pollution, Land Slides 3.5 Endangered and endemic species of India; 3.6 Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; 3.7 Conservation of biodiversity: In-situ & Ex-situ conservation of biodiversity; 3.8 Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic Informational value. 3.9 Cyclone, Flood, Earth Quakes and Disaster Management, The Changing Nature of Earth 3.10 Impact of Human Population On Environment, Infectious Diseases and Water borne Diseases	<b>[20 Hrs.]</b>



<p><b>Unit 4: Environmental Pollution, policies and practices [20 Hrs.]</b></p> <p>4.1 Environmental pollution: types, causes, effects and controls;</p> <p>4.2 Air, water, soil and noise pollution</p> <p>4.3 Nuclear hazards and human health risks;</p> <p>4.4 Solid waste management: Control measures of urban and industrial waste;</p> <p>4.5 Environmental Policies &amp; Practices;</p> <p>4.6 Sustainability and sustainable development;</p> <p>4.7 Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture;</p> <p>4.8 Environment Laws: environment Protection Act;</p> <p>4.9 Air (Prevention &amp; Control of Pollution) Act;</p> <p>4.10 Water (Prevention and control of Pollution) Act;</p> <p>4.11 Wildlife Protection Act;</p> <p>4.12 Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.</p>	
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#### Self-Learning topics (Unit wise)

Sub Unit	Topics
1.5	The Concept Of Ecosystem, Energy Flow In Ecosystem, Eco-Friendly Agriculture, Desert Ecosystem, Forest Ecosystem, Ecological Succession, Food Webs & Ecological Pyramids, Grass Land Ecosystem
2.4	2.4 The Story Of Water, Treasure Of Earth Dams : Boon Or Curse, Fresh Water Ecology, Reservoir Ecosystem, Part-1
3.4	India As - A Mega diversity Nation, Types Of Noise Pollution, Air Pollution, Soil Pollution, Effects Of Noise Pollution, Role Of An Individual In Prevention Of Pollution, Land Slides
3.9	Cyclone, Flood, Earth Quakes And Disaster Management, The Changing Nature Of Earth
3.10	Impact Of Human Population On Environment, Infectious Diseases And Water borne Diseases

#### Online Resources

##### Free Online Course: Environmental Studies from Swayam ...

<https://www.classcentral.com/course/swayam-environmental-studies-14042>

[www.tutorialspoint.com/environmental\\_studies/environment.wsu.edu/undergraduate-studies/..](http://www.tutorialspoint.com/environmental_studies/environment.wsu.edu/undergraduate-studies/)

[www.toppr.com/.../environmental-ecology/en.wikipedia.org/wiki/Ecosystem](http://www.toppr.com/.../environmental-ecology/en.wikipedia.org/wiki/Ecosystem)

#### 205 INTRODUCTION TO AYUSH Total Number of Hours: 60

Unit	Content	Hours
Unit-1	<p><b>Yoga And Health And Integrated Approach Of Yoga Therapy</b></p> <p>1.1. Concept of body, Health and disease;</p> <p>1.2. Concept of Yoga Adhi and Vyadhi;</p> <p>1.3. Principle of Yoga Therapy in relation to Yoga Vasistha;</p> <p>1.4. Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa;</p> <p>1.5. Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita</p> <p><b>1.6. Grivasanchalana and Januchnchalana the Breathing Exercises</b></p>	[15 Hrs.]
Unit-2	<p><b>2.1 Introduction To Basic Concepts Of Naturopathy</b></p> <p>2.2 History of Naturopathy</p> <p>2.3 Principles of Naturopathy;</p> <p>2.4 Concept of five elements and its applications</p> <p><b>2.5 Hands In and out, Dog Breathing Exercise and Sasankasana Breathing</b></p> <p><b>2.6 Suryanamaskar or Sun Salutation 1 contains 12 counts</b></p>	[15 Hrs.]
Unit- 3	<p><b>Introduction to Basic Concepts of Ayurveda</b></p> <p>3.1 The four aspects of life (Soul, Mind, Senses and Body);</p> <p>3.2 Panchamahabhutas (the five element theory), Ahara, Vihara and Aunadhi (three pillars of Ayurveda);</p> <p>3.3 Concept, role and importance of – Doña, Dhatu, Mala; Updhatu, Srotas, Indriya,</p>	[15 Hrs.]

	Agni, Prāëa Prāëäyatna, Prakrti, Deha Prakrti, Manasa Prakrti; 3.4 Role of Dosa, Dhatu and Mala in health and diseases; 3.5 Concept of Dinacaryä (daily routine), 3.6 concept of Ritucarya; Seasonal routine), Svasthavåtta and Ñävåtta in Äyurveda; 3.7 Concept of Trayo Upasthambas.	
<b>Unit- 4</b>	Introduction to Basic concepts of Unani, Siddha & Homeopathy 4.1 History of Unani & Siddha; 4.2 Concept of Unäné & Siddha; 4.3 Principles of Unani & Siddha; 4.4 Introduction to Basic concepts of Homeopathy; 4.5 History of Homeopathy; Concept of homeopathy; 4.6 Principles of Homeopathy <b>4.7 Kriyas, Neti and Kapalabhati Pranayama practices</b> <b>4.8 Breathing, Abdominal Breathing, Clavicular Breathing</b> <b>4.9 Yogic Breathing Mudras include Cin and Chinmaya mudras</b>	<b>[15 Hrs.]</b>

#### Self-Learning topics (Unit wise)

Sub Unit	Topics
1.4	Practices at Pancha Kosa level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamaya kosa;
1.5	Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita
1.6	Grivasanchalana and Januchchalana The Breathing Exercises
2.5	Hands In and out, Dog Breathing Exercise and Sasankasana Breathing
2.6	Suryanamaskar or Sun Salutation I contains 12 counts
4.7	Kriyas : Neti and Kapalabhati Pranayama practices
4.8	Breathing, Abdominal Breathing, Clavicular Breathing
4.9	Yogic Breathing Mudras include Cin and Chinmaya mudras

#### Online Resources

1. Introduction to Yoga and Applications of Yoga - Class Central <a href="https://www.classcentral.com">https://www.classcentral.com</a> > course > swayam..
2. FITNESS MANAGEMENT <a href="https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608">https://www.classcentral.com/course/swayam-fitness-management-17608/course/swayam-fitness-management-17608</a>
3. <a href="http://www.nhp.gov.in/ayush_ms">www.nhp.gov.in/ayush_ms</a>
4. <a href="http://www.kdham.com">www.kdham.com</a>
5. <a href="https://ayush.gov.in/">https://ayush.gov.in/</a>

**BSYPC206 Yoga Practicum-III****Total Number of Hours: 60**

Unit-1: Shatkarma	[15 Hrs.]
Unit-2: Pranayama	[15 Hrs.]
Unit-3: Practices leading to meditation	[15 Hrs.]
Unit- 4: Continuous evaluation by the Teachers	[15 Hrs.]

**BSYPC207 Computer Lab****Total Number of Hours: 60**

Unit-1: Basics of computer and its applications	[15 Hrs.]
Unit-2: Representation of data and software concepts	[15 Hrs.]
Unit-3: Operating system	[15 Hrs.]
Unit – 4: File management	[15 Hrs.]

**BSYPC208 Human Anatomy & Physiology Lab Practicum-II Total Hrs: 60**

Unit-1: Hematology and physical examination	[30 Hrs.]
Unit-2: Viva voce	[15 Hrs.]
Unit-3: Continuous evaluation by the Teachers	[15 Hrs.]

L: Lecture: Tutorials P: Practical Ct-Core Theory, Cp-Core Practical, CT-Commutative Test, TA-Teacher Assas