

SHRI GURU RAM RAI UNIVERSITY

[Est. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 03 of 2017 & recognized by UGC u/s (2f) of UGC Act 1956]



SYLLABUS FOR

Bachelor of Science (Yogic Science)

School of Humanities and Social Sciences

Department of Yogic Science

(W.E.F 2021-2022)

Shri Guru Ram Rai University, Pathari Bagh, Dehradun, Uttarakhand-248001

DEPARTMENT OF YOGIC SCIENCE
PATHARI BAG, DEHRADUN-248001, UTTARAKHAND, INDIA
SYLLABUS FOR B.Sc. IN YOGIC SCIENCE

Bachelor of Science (Yogic Science)

OUTCOME BASED EDUCATION

Program Outcomes (PO)

PO-1	Disciplinary Knowledge: Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of a graduate programmer of study.
PO-2	Communication Skills*: Ability to express thoughts and ideas effectively in writing and orally, demonstrate the ability to listen carefully.
PO-3	Critical thinking: Analytic thought towards body of knowledge of yogic science evaluate evidence, beliefs on the basis of on empirical grounds.
PO-4	Problem Solving: Capacity to extrapolate from what one has learned and apply there competency to solve different kinds of known familiar problems rather than replicate curriculum content knowledge and apply once learning to real life situations.
PO-5	Research-related skills: Ability to recognize cause-and-effect relationships, define problems related to yoga and its areas formulate hypotheses, analyses, interpret and draw conclusions
PO-6	Cooperation/Team work: Facilitate yogic technique in a cooperative effort and act together as a team in the interests of a common cause and work efficiently as a member.
PO-7	Self-directed learning: Ability to work independently, identifies appropriate resources required for a project, and manages a project through to completion.
PO-8	Moral and ethical awareness/reasoning: Capable of demonstrating the ability to identify ethical issues related to practice of Yoga avoid unethical behavior such as fabrication, falsification or misrepresentation.
PO-9	Self-directed learning: Learn to work independently, identify appropriate resources required for a yoga and manage a project.
PO-10	Lifelong learning: self-paced and self-directed learning of yogic science aimed at personal development which helps to fulfill economic, social and cultural objectives
PO-11	Eco system: Understand environmental needs, Pollution and its impact on health.
PO-12	Leadership readiness/qualities: Formulating an inspiring vision, building a team who can help achieve the vision, using yogic asanas to guide people to the right direction.

Program Specific Outcome (PSO)

PSO 1	Students of the UG course will have an understanding about origin, history and development of Yoga.
PSO2	Understand pre-requisites, principles about Hatha Yoga.
PSO3	Know about the structure of the body, Sukshma and Sthula vyayma.
PSO4	Make the students recite the Vedic hymns skill fully.

Eligibility for admission:**Preamble:-**

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effect following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of Holistic living and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

Title of the Course:-

The programme shall be called "**Bachelor of Science (B.Sc.) in Yogic Science**"

Aim of the Programme:-

The aim of the programme is to produce "**Yoga Teacher/Therapists for a clinical set up**"

Objectives of the programme:-

- To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
- To make the people aware of the therapeutic and preventive value of Yoga.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create therapists of high calibre to make the society free free from stress and lifestyle related diseases.

Duration:-

The minimum duration of the programme will be three years (6 semesters) and the maximum duration will be six years.

Eligibility:-

The candidate should have completed 12th Standard in any discipline from a recognized board or equivalent.

Grade System:-

Regarding grading system, the rule of the three years Degree course will be followed as per the University rules & regulations.

Procedure of Admission:-

The rules of university will be applicable

Seats:-

There are only 80 seats for the Course. The Examination patterns of course will semester wise. The examination Fee will be charged as per the rules of the University.

Attendance:-

Seventy five percent attendances in theory and practical classes respectively will be necessary for a candidate to appear in the final examination.

Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the University and the Act, the statutes and the Ordinances, of the university, as applicable from time to time.

DISCIPLINE SPECIFIC ELECTIVES/**ABILITY ENHANCEMENT ELECTIVE COURSES / SKILL OR IENTED COURSES**

1. Fundamentals of naturopathy
2. Introduction to ayurveda
3. Yoga and mental health
4. Yogic diet and nutrition
5. Human system according to yoga

GENERIC ELECTIVES

1. appication of yoga
2. introduction to yoga and common ailments
3. yoga psychology
4. introduction to AYUSH
5. health and yogic hygiene

Duration of the Programme:3 Years
STUDY & EVALUATION SCHEME
Choice Based Credit System /ECS*
Bachelor Of Science (B.Sc.) In Yogic Science
Session 2021-24

Scheme of Teaching and Evaluation of Examination:-

S. N.	Course Category	Subject Code	Subject Title	Periods per week			Evaluation Scheme			Subject Total	
				L	T	P	Seasonal		SEE		
							Credit	CT	TA		
BYSC - I Year											
Semester – I											
1	Core	BYSC_101	Foundations of Yoga	3	1	-	4	20	10	70	100
2	Core	BYSC_102	Introduction to Hath Yoga and It's texts	3	1	-	4	20	10	70	100
3	Core	BYSC_103	Human Anatomy and Physiology-I	3	1	-	4	20	10	70	100
4	Elective	AECC_105	AECC-1 (Communicative English)	1	1	-	2	10	5	35	50
5	Elective	BYSE_101	GE-1 (Applications of Yoga)	2	-	-	2	10	5	35	50
6	Lab	BYSL_101	Yoga Practicum-I	-	-	8	4	20	10	70	100
7	Lab	BYSL_102	Yoga Practicum-II	-	-	4	2	10	5	35	50
8	Lab	BYSL_103	Human Anatomy and Physiology Practicum-I	-	-	4	2	10	5	35	50
32 Hours							24	TOTAL			600
Semester – II											
1	Core	BYSC_201	Essence of Principal Upanishads	3	1	-	4	20	10	70	100
2	Core	BYSC_202	Patanjala Yoga Darshana	3	1	-	4	20	10	70	100
3	Core	BYSC_203	Human Anatomy & Physiology-II	3	1	-	4	20	10	70	100
4	Elective	AECC_205	AECC-2 (Environmental Studies)	2	-	-	2	10	5	35	50
5	Elective	BYSE_201	GE-2 (Introduction to AYUSH)	2	-	-	2	10	5	35	50
6	Lab	BYSL_201	Yoga Practicum-III	-	-	8	4	20	10	70	100
7	Lab	BYSL_202	Computer Lab	-	-	4	2	10	5	35	50
8	Lab	BYSL_203	Human Anatomy and Physiology Practicum-II	-	-	4	2	10	5	35	50
32 Hours							24	TOTAL			600
BYSC - II Year											
Semester – III											
1	Core	BYSC_301	Essence of Bhagavad Gita for holistic living	3	1	-	4	20	10	70	100
2	Core	BYSC_302	Yoga and Holistic Health	3	1	-	4	20	10	70	100
3	Core	BYSC_303	Methods of Teaching Yoga	3	1	-	4	20	10	70	100
4	Elective	AECC_305	AECC-3 (Basics of Samskritam)	2	-	-	2	10	5	35	50
5	Elective	BYSE_301	GE-3 (Yoga Psychology)	2	-	-	2	10	5	35	50
6	Lab	BYSL_301	Yoga Practicum-IV	-	-	8	4	20	10	70	100
7	Lab	BYSL_302	Yoga Practicum-V Teaching Practice	-	-	4	2	10	5	35	50
8	Lab	BYSL_303	Field Work	-	-	4	2	10	5	35	50
32 Hrs.							24	TOTAL			600

Semester – IV											
1	Core	BYSC_401	Four Streams of Yoga	3	1	-	4	20	10	70	100
2	Core	BYSC_402	Basis of Yoga Therapy	3	1	-	4	20	10	70	100
3	Core	BYSC_403	Fundamentals of Biochemistry	3	1	-	4	20	10	70	100
4	Elective	AECC_405	AEEC-4 (Sanskritam)	2	-	-	2	10	5	35	50
5	Elective	BYSE_401	GE-4 (Introduction to Yoga and Common Ailments)	2	-	-	2	10	5	35	50
6	Lab	BYSL_401	Yoga Practicum-VI	-	-	8	4	20	10	70	100
7	Lab	BYSL_402	Yoga Practicum-VII	-	-	4	2	10	5	35	50
8	Lab	BYSL_403	Biochemistry Practical	-	-	4	2	10	5	35	50
							32 Hrs.	24	TOTAL		600
BYSC - III Year											
Semester – V											
1	Core	BYSC_501	Human System According to Yoga	3	1	-	4	20	10	70	100
2	Core	BYSC_502	Yoga and Human Consciousness	3	1	-	4	20	10	70	100
3	Core	BYSC_503	Yogic Management of Lifestyle related disorders	3	1	-	4	20	10	70	100
4	Elective	BSY_DSET 504	DSE-1 (Fundamentals of Naturopathy)	2	-	-	2	10	5	35	50
5	Elective	BSY_DSET 505	DSE-2 (Introduction to Ayurveda)	2	-	-	2	10	5	35	50
6	Lab	BYSL_501	Yoga Practicum 9 – Case Study	-	-	8	4	20	10	70	100
7	Lab	BYSL_502	Psychology Practicum	-	-	4	2	10	5	35	50
8	Lab	BYSL_503	Study Tour	-	-	4	2	10	5	35	50
							32 Hrs.	24	TOTAL		600
Semester – VI											
1	Core	BYSC_601	Yoga and Human Values	3	1	-	4	20	10	70	100
2	Core	BYSC_602	Applied Yoga	3	1	-	4	20	10	70	100
3	Core	BYSC_603	Research Methodology & Statistics	3	1	-	4	20	10	70	100
4	Elective	BSY_DSET 604	DSE 3 (Yogic Diet and Nutrition)	2	-	-	2	10	5	35	50
5	Elective	BSY_DSET 605	DSE-4 (Yoga and Mental Health)	2	-	-	2	10	5	35	50
6	Lab	BYSL_601	Yoga Practicum-10 (Case Study Reports)	-	-	8	4	20	10	70	100
7	Lab	BYSL_602	Research Project	-	-	4	2	10	5	35	50
8	Lab	BYSL_603	Practical Statistics	-	-	4	2	10	5	35	50
							32 Hrs.	24			600
							TOTAL CREDIT	144			3600

CT- Core Theory, CP- Core Practice, AECC-Ability Enhancement Compulsory Course, AEEC - Ability Enhancement Elective Course, DSE - Discipline Specific Elective, GE-Generic Elective, L - Lecture, T-Tutorial, P-Practical (practice/field), CT- Cumulative Tests, TA - Teachers Assessment, SEE - Semester Examination, PR- Practical Record.

Practical Papers will be evaluated by both External and Internal Examiners at the end of the semesters.

L – Lecture, T – Tutorial, P – Practical, C – Credit

Examination Scheme:

Components	1st internal	2nd Internal	Presentation/ Assignment/ Project/ Misc.	External (ESE)
Weightage(%)	10	10	10	70

Programme Name - B.Sc. in Yogic Science

Course code	: BYSC_101				
Course Name	: Foundations of Yoga				
Semester /Year	: First Semester				
	Subject Title	L	T	P	C
	Foundations of Yoga	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Students of the UG course will have an understanding about origin, history and development of Yoga.
2. They will have an idea about the insights of Indian philosophy and Astika & Nastika darshanas.
3. Introduction about Yoga according to various yogic texts.

Couse Contents**Unit-1: General Introduction to Yoga****[15Hrs.]**

Brief introduction to origin of Yoga, Psychological aspects (Rishis understanding of the mind) leading to origin of Yoga, Hindu Mythological concepts about origin of Yoga. History and Development of Yoga. Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga. Principles of Yoga Parampara, Yoga Practices for Health and Harmony.

Unit-2:General introduction to Indian philosophy**[15Hrs.]**

Nature of Yoga in Vedas. Nature of Yoga in Geeta and Ramayana.Nature of Yoga in Tantra. Nature of Yoga in YogaVasisthaandNaradaBhaktiSutra.

Unit-3: Various Systems of Yoga**[15Hrs.]**

Brief introduction to Gyanyoga, Bhaktiyoga, Kramayoga, Rajyoga, Hathyoga and Mantrayoga.

Unit-4: Introduction of Yogis**[15 Hrs.]**

Ancient - Mahrishi Patanjali, Adi Shankracharya.

Medieval - Kabeerdas, Soordas.

Modern - Swami Vivekanand, Shri Aravind.

Contemporary – Shri Shyama Charan Lahidi, Swami Shivananda.

Text Books:

1. Lal Basant Kumar: Contemporary Indian Philosophy, Motilal Banarsidas Publishers Pvt. Ltd, Delhi, 2013.
2. Dasgupta S.N.: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012.
3. Singh S.P.: History of Yoga, PHISPC, Centre for Studies in Civilizations, 2010.
4. Singh S.P. & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010.

Reference Books:

1. Agarwal M.M.: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010.
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication- Dept. Kolkata, II Edition, 2009.
3. Hiriyanna M.: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009.
4. Hiriyanna M.: Essentials of Indian Philosophy, Motilal Banarsidas, Delhi, 2008.
5. Radhakrishnan S.: Indian Philosophy, Oxford University, U.K. (Vol. I&II) II Edition, 2008.
6. Max Muller K. M.: The six system of Indian Philosophy, Chukhambha, Sanskritseries, Varanasi, 6th Edition, 2008.
7. Kumar Kamakhya: Super Science of Yoga.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Define origin, history and development of Yoga.
CO-2	Understand Indian philosophy and Astika & Nastika Darshanas.
CO-3	Explain Yoga according to various yogic texts.
CO-4	Give an introduction Gyan Yoga, Bhakti Yoga, Karm Yoga, Hath Yoga and Raj Yoga
CO-5	Reviewing the autobiography of Yogis.
CO-6	Directing the foundation of Yoga in deferent Yogic texts.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	1	1	1	2	2	2	2	3	2	1	2
CO-2	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
CO-6	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSC_102				
Course Name	: Introduction to Hath Yoga and It's texts				
Semester / Year	: First Semester				
	Subject Title	L	T	P	C
	Introduction to Hath Yoga and It's texts	3	1	-	4

L – Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Have an understanding about pre-requisites, principles about Hatha Yoga.
2. Understand the relationship between Patanjala and Raja Yoga.
3. Have an understanding about the concept of yoga in other yogic texts.

Course Contents

Unit-1: General introduction to Hatha Yoga [10Hrs.]

Hatha Yoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions, Philosophy and Foundations; Hatha Yoga Parampara, Natha Cult Hatha Yogis and their contribution; Ghatashudhi: its importance and relevance in Hatha Yoga sadhana; Inter-relation of Hatha Yoga and Raja Yoga.

Unit-2: Pre-requisites [15Hrs.]

Badhaka Tattva (Obstacles) and Sadhaka Tattva (Facilitator factors) in Hatha Yoga; Concepts of Matha, Concept of Mitahara, Pathya (conducive) and Apathya (non-conducive), Types of aspirants; Dasha Yama and Niyama and its relevance in Hatha Yoga Sadhana; Swara, Importance of Svarodaya-jnan in Hatha Yoga Sadhana; Hatha Siddhi Lakshanam.

Unit-3: Principles and Introduction to Hatha Yoga Texts [15 Hrs.]

Principles: Concept of Swas-prashwas, Vayu, Prana and Upaprana; Concept of Kand, Nadi, Swar, Chakra and Granthi; Kundalini prabodhan, Unmani avastha, Nadanusandhan; Concept of Samadhi.

Introduction to Hatha Yoga Texts: Brief: Hatha Yogic Texts, their nature and objectives; Siddhasiddhanta Paddhati, Goraksha Samhita, and Shiva Samhita; Brief: Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Rathnavali.

Unit-4: Relationship between Patanjala Yoga and Hatha Yoga [20Hrs.]

Jnana Yoga: Meaning of Jnana and Jnana-Yoga, Sadhana-Chatustaya, Means of Jñāna-Yoga; Bhakti Yoga: Meaning of Bhakti and Bhakti-Yoga, Stages of Bhakti, Types of Bhakti, Means of Bhakti-Yoga; Karma Yoga: Meaning of Karma and Karma-Yoga, Concept of Nishkama Karma, Means of Karma Yoga; Inter-relationship between Bhakti-Yoga and Karma-Yoga, Theory of Karma and Rebirth (Reincarnation); Patanjala Yoga: Philosophical Foundations of Patanjala Yoga, Ashtanga Yoga of Patanjali, Relevance of Patanjala Yoga in day-to-day life; Hatha Yoga: Philosophical Foundations of Hatha Yoga, Hatha Yoga Sadhana, Chaturanga Yoga and Saptanga Yoga, Relevance of Hatha Yoga in day-to-day life; Inter Relationship between Patanjala Yoga and Hatha Yoga and their inter-dependence; Kundalini Yoga: Philosophical Foundations and Practices of Kundalini Yoga.

Text Books:

1. Swami Mukti bodhananda Saraswati, Sahay G.S.: Hatha Yoga Pradeepika, Bihar School of yoga publications, Munger, 2000.
2. Hatha Yoga Pradeepika of Svatmarama, MDNIY Publication, 2013.
3. Sharma BR: Jotsna (Comentory of Hatha Yoga Pradeepika) Kaivalyadhama, Lonavala, 2013.
4. Sarswati Swami Niranjananand: Gherand Samhita, Bihar School of Yoga Publication.

Reference Books:

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010.
2. Gharote M.L.: Hatha Ratnavali, The Lonavala Yoga Institute, Lonavala, Pune, IInd Edition, 2009.
3. Briggs G.W.: Gorakhnatha and the Kanphata Yogis, 8th Edition, 2009.
4. Swami Kuvalyananda & Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006.
5. Gharote M.L. & Pai, G.K. (Edi): Siddhasidhant Paddhati, Kaivalyadhama, Lonavla, 2005.
6. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
7. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla, 1978.
8. Swatmaramaji: Hathapradipika (Jyotsana-tika), Adyar Library, Madras.
9. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali.
10. योग धारा – प्र० (डॉ०) कंचन जोशी।

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Find pre-requisites, principles about Hatha Yoga.
CO-2	Understand the relationship between Patanjala and Raja Yoga.
CO-3	Evaluate concept of yoga in other yogic texts.
CO-4	Define Patanjali Yog and Hath Yoga.
CO-5	Commenting on Hath Yogic texts.
CO-6	Directing the relationship between Patanjali Yoga and Hath Yoga.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	1	1	1	2	1	1	1	3	2	1	2
CO-2	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	1	1	3	3	1	3
CO-6	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSC_103				
Course Name	: Human Anatomy and Physiology-I				
Semester / Year	: First Semester				
	Subject Title	L	T	P	C
	Human Anatomy and Physiology-I	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To know about the structure of the body.
2. To know about the necessary functions of the body
3. To give brief idea about the diseases related to each system
4. To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

Couse Contents

Unit-1: Cell, Tissue and Muscular–Skeletal system

[15Hrs]

Cell structure –Plasma membrane and protoplasm; Cell organelles –Mitochondria, Golgi body, Endoplasmic reticulum, Lysosome, Peroxisome, Centrosome, Nucleus-Nuclear membrane, chromosome, nucleolus; Homeostasis; Structure and function of epithelial -simple and compound; Connective-connective tissue proper, skeletal and vascular; Muscular- Skeletal, involuntary and cardiac; Nervous tissues-Myelinated neuron and Non myelinated neuron; Anatomy of the Skeleton: Classification of bones -Axial bones and appendicular bones; Types of joint – Synovial joints and Fibrous joint; Structure of synovial joints ; Types of synovial joints; Types of Muscle in the body (striated, Smooth muscle, Cardiac muscle); Mechanism of muscle contraction

Unit-2: Biomolecules

[15Hrs]

Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibres Balanced diet, Role of Diet for Spiritual Development

Unit-3: Digestive system and Respiratory system:

[15Hrs]

Digestive system of human

-Mouth, buccal cavity, Pharynx, oesophagus, stomach, large intestine, small intestine, anus, associated glands- Liver, Pancreas, salivary glands, physiology of digestion and absorption; Malnutrition and under nutrition;

Respiratory system of human- Nose, nasal cavity, pharynx, Trachea, Larynx, bronchiole, lungs; Mechanism of breathing (Expiration and inspiration); Transport of respiratory gases (transport of oxygen and transport of carbon dioxide); Common respiratory disorder.

Unit-4: Cardiovascular system

[15Hrs]

Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organisation of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood; vessels; Blood pressure and regulation of blood pressure

Text Books

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

Reference Books:

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. KanchanPrakashan, Lonavla,India
2. LanPeateandMuralidharanNayar–FundamentalofAnatomyandPhysiologyfor studentsnurses
3. Evelyn,C.Pearce-AnatomyandPhysiologyforNurses

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Recall the structure of the body.
CO-2	Explain the necessary functions of the body.
CO-3	Identify diseases related to each system.
CO-4	Demonstrate anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.
CO-5	Evaluating the scientific effect of yogic practice on different system.
CO-6	Directing the yogic management of different diseases.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	2	-	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	2	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	2	2	2	2	2	2	2	1	2	1	3	3	1	3
CO-6	2	2	2	1	2	-	1	1	2	2	2	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: AECC_105				
Course Name	: Communicative English				
Semester / Year	: First Semester				
	Subject Title	L	T	P	C
	Communicative English	1	1	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To acquire the skill of communicating with others in English.
2. To apply the value of English in diverse field.
3. To understand the approach and theory of English.

Couse Contents

Unit-1: Evolution and functions of English language

[10 Hrs.]

Evolution of human language, uniqueness of human language; Functions of Language: Instrumental, Regulatory; Functions of Language: Interactional, Personal; Functions of Language: Heuristic, Imaginative, Representational; English as a Global language, Michael Halliday's concept of Functionalism

Unit-2: Acquisition of skills

[10Hrs.]

Functional English: definition, conceptualization in the light of the purposes/functions of language; Acquisition of skills required to use current English in a variety of contexts, Role of students as generators of knowledge; Use of English in various text types; Functional English as a multi-focal discipline; Primary focus on communication skills: ELT (English Language Training), LSRW (Listening, Speaking, Reading Writing): Grammar, Phonetics, vocabulary building; Varieties of English: British and American.

Unit-3: English : its application

[05Hrs.]

Media: Radio, TV, Print, Formats and stylistics, Films, Web Resources, Webliographical flair; Literature/Creative Writing: different genres, methods of analysis; Business English: Business Communication, Business vocabulary, meetings, presentations, negotiations, socialising, Biz journals and periodicals; Translation: Role of translation in the Indian/International context, Equivalence, cultural transaction, Translation in the IT era.; Sports and Entertainment: announcing, comparing, commentaries

Unit-4: Approaches and theories of English language

[05 Hrs.]

Approaches to language: Acquisition/Learning/Teaching, Grammar Translation Method; Direct Method, Audio-lingual Method; Communicative approach, Notional/Functional Approach; Task-based Language Teaching; Theories: Behaviourism, Cognitivism, Social Development Theory, Cooperative Learning, Universal Grammar.

Text Books

1. Nagaraj, Geetha.: English Language Teaching. Hyderabad : Orient Longman, 2008.
2. Trask R.L.: Key Concepts in language & Linguistics. London: Routledge, 2004.
3. Trask R.L.: Language the Basics. London: Routledge, 2003.

Reference Books

1. Tickoo, M.L.: Teaching and Learning English. Orient Longman.
2. Vygotsky, L.S.: Mind in Society. Cambridge: Harvard University Press Richards, Jack C and Theodore S Rodgers.: Approaches and methods in language teaching Cambridge: CUP, 1995.
3. Hatim, Basil and Jeremy Munday.: Translation: An Advanced Resource Book. Oxon: Routledge, 2004.
4. Mas cull, Bill.: Business vocabulary in Use. Cambridge: CUP, 2004.

Course outcomes (CO):

Approved as per (Agenda No.-3) of 6th Academic Council Meet, dated 16 December 2021

Upon successful completion of the course a student will be able to

CO-1	Acting out the skill of communication with others in English.
CO-2	To apply the value of English & Hindi versified.
CO-3	Develop vocabulary and improve the accuracy in grammar.
CO-4	Contrasting the approach and theory of English.
CO-5	To enable students to become competent user of English in real life situations.
CO-6	To introduce students to some advanced areas of language study to develop linguistic competence.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	-	3	2	2	2	-	2	2	2	2	2	2	2	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	-	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	2	1	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	2	2	2	-	2	2	2	1	2	1	3	3	1	3
CO-6	2	2	2	1	2	1	1	1	2	2	2	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSE_101				
Course Name	: Generic Elective-I (Applications of Yoga)				
Semester / Year	: First Semester				
	Subject Title	L	T	P	C
	Generic Elective-I (Applications of Yoga)	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To acquire the knowledge about the main principles of Yoga.
2. To acquire the knowledge about applications of yoga in various fields.

Couse Contents

Unit-1: Yoga In school

[10Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Role of Yoga in establishment of values in School going children; Personality; Development: New Dimensions of Personality through Yoga

Unit-2: Yoga for sports

[10Hrs.]

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties/skills in sports Personnel; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities

Unit-3: Yoga for stress

[05Hrs.]

Introduction to stress, its causes; Role of Yoga in prevention of stress

Unit-4: Yoga for elderly population

[05Hrs.]

General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population; General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population

Text Books

1. Basavaraddi IV: Yoga in School Health, MDNIY New Delhi, 2009
2. Iyenger BKS: Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Jayadev HJ: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Liz Lark: Yoga for Kids, Carlton Books Ltd., London, 2003
5. Swati & Rajiv Chanchani: Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008

Reference Books

1. Iyenger BKS: The Path to Holistic Health, ADorling Kindersley Book, Great Britain, 2001
2. Dr. Goel Aruna: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
3. Dr. HKumar Kaul: Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006.
4. Dr. Kamakhya Kumar : Applied Yoga.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Acquire the knowledge about the components of school health.
CO-2	Compare applications of yoga in various fields.
CO-3	Correlate yoga and its scientific nature.
CO-4	Explain the role of Yoga physical education.
CO-5	Detecting the importance of yoga in school education.
CO-6	Managing role of yoga in sports and prevention of stress.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	-	-	1	1	2	2	1	1	3	2	1	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	1	-	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	1	1	1	1	2	2	1	1	3	2	1	2
CO-5	3	2	2	2	1	-	2	2	2	1	2	2	3	3	1	3
CO-6	2	2	2	1	1	1	1	1	2	2	1	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_101				
Course Name	: Yoga Practicum-I				
Semester / Year	: First Semester				
	Subject Title	L	T	P	C
	Yoga Practicum-I	-	-	8	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. MakethestudentsrecitetheVedichymnsskillfully.
2. UnderstandtheconceptandprinciplesofShatkarmas.
3. Knowandunderstandaboutbreathingpractice.

Couse Contents

Unit-1:Recitationofhymns&hastamudra [30 Hrs.]

RecitationofPratah-smaran,ShantiMantraand Yoga Mantra,RecitationofPranavaJapaandSohamJapa;
RecitationofHymnsfromUpanishad&YogaTexts;HastaMudra:Chin,Jnana,Hridaya, Bhairav,Yoni

Unit-2:Shatkarmas [30Hrs.]

Dhauti (Vamana Dhauti, VastraDhauti), Neti (Jalneti),Kapalbhati (VatkramKapalbhati); Agnisara

Unit-3:Breathingpractices [30Hrs.]

Breathingpractices:Handsinandout,Handsstretch,Anklestretch,Rabbit,Dog,Tiger, Straight leg raising breathing;
Breath Awareness: Shwas-prashwassamyama; Abdomen,
Thoracic&ClavicularBreathing,Abdomen+ThoracicBreathing,Abdomen+Thoracic+
ClavicularBreathing;YogicBreathing:PauseBreathing(VilomaPranayama),SpinalPassage
Breathing(SushumnaBreathing);PracticeofPuraka,Rechaka&Kumbhaka(Antar&BahyaKumbhaka)

Unit-4:ContinuousevaluationbytheTeachers [30Hrs.]

Text Books

1. SriAnanda:TheCompletebookofYoga,OrientCourseBacks,Delhi,2003.
2. Basavaraddi,I.V.&others:SHATKARMA:AComprehensivedescriptionaboutCleansing Process,MDNIYNewDelhi,2009
3. Joshi,K.S.:YogicPranayama,OrientalPaperback,NewDelhi,2009
4. Dr.NagendraHR:Pranayama,TheArt&Science,SwamiVivekanandaYogaPrakashan, Bangalore,2005.

Reference Books

1. Basavaraddi,I.V.&others:SHATKARMA:AComprehensivedescriptionaboutCleansing Process,MDNIYNewDelhi,2009
2. Joshi,K.S.:YogicPranayama,OrientalPaperback,NewDelhi,2009
3. SwamiKuvalyananda:Pranayama,Kaivalyadhama,Lonavla,2010
4. SwamiRama:ScienceofBreath,APracticalGuide,TheHimalayanInternationalInstitute, Pennselvenia,1998
5. SwamiNiranjananandSaraswati:Prana,Pranayama&Pranvidya,YogaPublicationsTrust, Munger, Bihar,2005.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Make the students recite the Vedic hymns skill fully.
CO-2	Understand the concept and principles of Shatkarmas.
CO-3	Organize breathing practices.
CO-4	Explain the hast mudra.
CO-5	Moderating the breathing practice.
CO-6	Writing the importance of Hath Yogic practice.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
CO-2	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3
CO-3	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3
CO-4	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
CO-5	2	2	2	2	3	-	2	2	2	3	2	2	2	2	3	3
CO-6	2	2	2	2	3	1	2	2	2	3	2	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_102				
Course Name	: Yoga Practicum-II				
Semester / Year	: First Semester				
	Subject Title	L	T	P	C
	Yoga Practicum-II	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the concept and principles of Sukshma and Sthula vyayama.
2. Explain and demonstrate the above mentioned practices skillfully.
3. Have an in-depth understanding and an out-Suryanamskara and Yogasanas.

Course Contents

Unit-1: Yogic suksma and sthula vyayama

[20Hrs.]

Yogic suksma vyayama

Uccharana-sthalatatha Vishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tathadhritishakti-vikasaka (for developing willpower); Smaranashakti-vikasaka (for improving the memory); Medhashakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karnashakti-varadhaka (for the ears); Grivashakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohinishakti-vikasaka, Bhuja-vallishakti-vikasaka, Purna-bhujashakti-vikasaka (for the arms), Mani-bandhashakti-vikasaka, Kara-prsthashakti-vikasaka, Kara-talashakti-vikasaka, Anguli-mulashakti-vikasaka (for the fingers), Anguli-shakti-vikasaka (for the fingers), Vaksha-sthala shakti-vikasaka (for the chest) (1), Vaksha-sthala shakti-vikasaka (for the chest) (2), Udarashakti-vikasaka (for the abdomen) (i) to (x); Katishakti-vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upasthatatha-svadhithana-chakra-suddhi (for the genital organs), Kundalinishakti-vikasaka (for the kundalini), Janghashakti-vikasaka (for the thighs) (i) & (ii), Janghashakti-vikasaka (for the thighs) (ii), Janushakti-vikasaka (for the knees), Pindalishakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padangulishakti-vikasaka (for the toes)

Yogic sthula vyayama

[10Hrs.]

Rekha-gati (Walking in a Straight line), Hrid-gati (Injana daur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)

Unit-2: Surya Namaskara

[05Hrs.]

Unit-3: Yogasana (Standing Postures and body alignment)

[10Hrs.]

Tadasana, Vrikshasana, Urdhva-

Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana and its variations

Unit-4: Continuous evaluation by the Teachers

[15Hrs]

Text Books

1. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966

Reference Books

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Course outcomes (CO):

Approved as per (Agenda No.-3) of 6th Academic Council Meet, dated 16 December 2021

Upon successful completion of the course a student will be able to

CO-1	Understand the concept and principles of Sukshma and Sthula vyayma.
CO-2	Explain and demonstrate the above mentioned practices skillfully.
CO-3	Apply Suryanamskara and Yogasanas.
CO-4	Describe standing postures and body alignment.
CO-5	Commenting the concept of yogic suksham vyayam.
CO-6	Directing different yoga postures with correct body alignment.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	2	3	1	2	2	2	3	2	2	3	3	3	3
CO-2	2	2	2	2	3	-	2	2	2	3	2	2	3	3	3	3
CO-3	2	2	2	2	3	1	2	2	2	3	2	2	3	3	3	3
CO-4	2	2	2	2	3	-	2	2	2	3	2	2	3	3	3	3
CO-5	2	2	2	2	3	-	2	2	2	3	2	2	3	3	3	3
CO-6	2	2	2	2	3	1	2	2	2	3	2	2	3	3	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_103				
Course Name	: Human Anatomy and Physiology (Practical-I)				
Semester / Year	: First Semester				
	Subject Title	L	T	P	C
	Human Anatomy and Physiology (Practical-I)	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Make students familiar with the systems of the body.
2. Give an and on experience about the human body using models, charts and pictures.
3. Make students understand the organization of the body with respect to structural components.

Course Contents

Unit-1: Demonstration of Otology & Mycology [15Hrs.]

Unit-2: Demonstration of Organs and Viscera [15Hrs.]

Unit-3: Demonstration of Bones, Joints [15Hrs.]

Unit-4: Demonstration of Human Skeleton [15Hrs.]

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Understand the concept and principles of Sukshma and Sthula vyayama.
CO-2	Explain and demonstrate the above mentioned practices skillfully.
CO-3	Apply Suryanamskara and Yogasanas.
CO-4	Describe standing postures and body alignment.
CO-5	Assessing demonstration of bones and joint.
CO-6	Directing the concept of human body with respect to anatomy and physiology.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	1	2	1	2	2	-	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	2	-	2	2	2	2	2	2	2	2	1	2
CO-3	2	2	2	2	2	-	2	2	2	1	2	2	3	3	1	3
CO-4	-	2	2	1	2	-	1	1	2	2	1	2	3	2	1	2
CO-5	2	2	2	2	2	-	2	2	2	1	2	2	3	3	1	3
CO-6	-	2	2	1	2	-	1	1	2	2	1	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Semester-II

Course code	: BYSC_201				
Course Name	: Essence of Principal Upanishads				
Semester / Year	: Second Semester				
	Subject Title	L	T	P	C
	Essence of Principal Upanishads	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Have an idea about the major principal Upanishads.
2. Understand the essence of each Upanishad and how to put the min to practice.
3. Understand each Upanishad and the role of it in our day today life.

Couse Contents

Unit-1: Introduction essence of Isha and Kenopanishad [15 Hrs.]

An Introduction to Upanishadic Philosophies; Antiquity of Upanishads; Prasthanatraya; Meaning & Defination of Upnishad, Position of Upnishad in Indian Literature.

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

KenaUpanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

Unit-2: Essence of Katho and Prashnapanishad [15 Hrs.]

KathaUpanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

Unit-3 : Essence of Mundaka, Mandukya and Taitriya [15 Hrs.]

Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Apara; The greatness of Brahmavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, The ultimate aim of Meditation-Brahmanubhuti.

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

Unit-4: Essence of Aitareya, Chandogya and Brihadaranyaka [15Hrs.]

Aitareya:EverythingisonlythatAtman,AllthisisBrahmanonly;Chandogya:Themeditation onudgithaomkara,Sandilyavidya,Mysticdeclarations,Thesacrificeoftheknower,The paradox of creation, The necessity for a guru, The supreme instruction, Need for understanding,Bhumavidya,Theseer'shealthandpurity,Desiresshouldberenounced,Know theAtman;Brihadaranyakam:Aprayerofthedevotee,Theselfisthedearrest,theselfisthe absolute,Thedeathofthejnana,HowtoknowthesecretAtman,Theoceanoftheabsolute, Wordsareuseless,Theatmananditsknower,TheinfiniteBrahman,Ethics

Text Books

1. UpanishadSangraha - Jagdish Shashtri,MotilalBanarasidas,Varanasi,Delhi,Chennai.
2. SwamiSivananda-The Essenceof PrincipalUpanishads,DivineLifeSociety,1980

Reference Books:

1. SwamiNikhilananda-The PrincipalUpanishads,CourierCorporation,2003
2. 108Upanishad-SadhanaKhand-Pt.SriramSharmaAcharya,Shantikunj,Haridwar.
3. 108Upanishad-BrahmavidyaKhand-Pt.SriramSharmaAcharya,Shantikunj,Haridwar.
4. 108Upanishad-JnanaKhand-Pt.SriramSharmaAcharya,Shantikunj,Haridwar.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Define major principles of Upanishad.
CO-2	Understand the essence of each Upanishad its practice.
CO-3	Explain role of Upanishad in our day today life components.
CO-4	Define major principles of Upanishad.
CO-5	Reviewing the concept of Ishadinauupnishad.
CO-6	Directing the importance of Upnishad in our day to day life.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	-	2	1	2	-	1	1	2	2	1	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	-	2	1	2	-	1	1	2	2	1	1	3	2	1	2
CO-5	2	-	2	1	2	-	1	1	2	2	1	1	3	2	1	2
CO-6	2	-	2	1	2	-	1	1	2	2	1	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSC_202				
Course Name	: Patanjala Yoga Darshana				
Semester / Year	: Second Semester				
	Subject Title	L	T	P	C
	Patanjala Yoga Darshana	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand various modification of mind and the means of inhibiting them.
2. Have an understanding about the essence of Samadhi and Sadhana Pada.
3. Understand the essence of Vibhuti and Kaivalya pada.

Couse Contents

Unit-1: Introduction to Yogadarshana of Patanjali and concept of Chitta, chittabhoomis Chittavrittis and Chittavrittinirodhopaya [15Hrs.]

Brief Introduction to Maharshi Patanjali and Patanjala Yoga Sutra (P.Y.S.), Brief Introduction to traditional commentators and commentaries of Patanjala Yoga Sutra (Vyasa Bhasya, Tatvavaisharadi, Bhoja Vritti and Yoga-vartika); Concept of Mana, Buddhi, Ahankar and Chitta; Concept of Citta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Citta-Vrittis and their classification, Citta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Concept of Samprajnata; Citta-Vikshepas (Antarayasa), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.

Unit-2: Samadhipada [15Hrs.]

Concept of Yoganushasanam, Yoga Lakshanam and its results; Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitarka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

Unit-3: Sadhanapada [15Hrs.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drisha-nirupanam (Prakriti), Drastunirupanama (Purusha), Prakriti Purusha Sam Yoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

Unit-4: Vibhuti and Kaivalya Pada [15Hrs.]

Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhootajaya, Indriyajaya and their Siddhis, Satvapurushanyatakyati and its Siddhis; Vivek Jnana Nirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its application; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Pradartha (external element) and its abilities.

Text Books

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of Isvarakrishna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

Reference Books

Approved as per (Agenda No.-3) of 6th Academic Council Meet, dated 16 December 2021

1. V.V.Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasutra of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II
6. Kumar Kamakhya : Yoga Rahasy.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Outline the essence of Samadhi and Sadhanapada.
CO-2	Understand various modification of mind and the means of inhibiting them.
CO-3	Explain the essence of Vibhuti and Kaivalyapada.
CO-4	Discuss essence of the Patanjali yoga sutras.
CO-5	Debating the concept of Samadhi.
CO-6	Role of Patanjali yoga sutra in solving day to day life style problems

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	-	1	1	2	1	1	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	1	1	3	2	1	2
CO-5	2	2	2	1	2	-	1	1	2	2	1	1	3	2	1	2
CO-6	2	2	2	1	2	-	1	1	2	2	1	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSC_203				
Course Name	: Human Anatomy & Physiology-II				
Semester / Year	: Second Semester				
	Subject Title	L	T	P	C
	Human Anatomy & Physiology-II	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To know about the structure of the body.
2. To know about the necessary functions of the body.
3. To give brief idea about the diseases related to each system.
4. To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

Course Contents

Unit-1: Nervous system and special senses

[15Hours]

Structure and function of human brain.-Fore brain, mid brain, hind brain, Structure and function of spinal cord, Cranial nerve and spinal nerve, Autonomic nervous system- Sympathetic and parasympathetic nervous system, Reflex action, Mechanism of nerve conduction, Synapse and synaptic transmission, Structure and function of eye, ear, nose, tongue and skin

Unit-2: Endocrine system

[15Hours]

Structure and function of important of endocrine gland (Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads), Function of GI tract hormones, Mechanism of hormone action

Unit-3: Reproductive and Excretory system

[15 Hours]

Male reproductive system of human.-Testis, penis, epididymis, prostate gland; Female reproductive system of human-ovary, uterus, vagina, cervix, fallopian tube; Menstrual cycle Gametogenesis-Spermatogenesis and oogenesis; Fertilization; Implantation and embryonic development; Pregnancy; Excretory system of human- Kidney, ureter, urinary bladder, urethra; Mechanism of urine formation-Ultrafiltration, selective reabsorption, tubular secretion; Role of kidney in osmoregulation

Unit-4: Lymphatic system and immune system

[15Hours]

Lymphoid organ-Bone marrow, Thymus, spleen, Lymph node, Composition and function of lymph, Immunity, Types of immunity-Innate immunity and acquired immunity, Antigen and antibody, Hypersensitivity, Autoimmunity.

Text Books

1. Tortora and Bryan: Anatomy and Physiology
2. Khurana: Anatomy and Physiology

Reference Books

1. Bijlani R.L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi, 2011
2. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi, 2006
3. Chatterji C.C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata, 2004
4. Sharma J.P: A-Z Illustrated Encyclopaedia of Human Anatomy & Physiology, Khel Sahitya Kendra, Delhi, 2005
5. Pal G. K & others: Textbook for practical Physiology, Orient Longman Pvt. Ltd, Hyderabad, 2007

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Define the structure of the body.
CO-2	Explain necessary functions of the body.
CO-3	Identify the disease related to each system.
CO-4	Make students familiar with the systems of the body.
CO-5	Coordinating the effect of yogic practice on human body.
CO-6	Detecting the relationship between yogic practice and different system.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	-	2	-	2	2	2	2	2	-	2	2	2	3	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-4	2	2	2	1	2	-	1	1	2	2	-	1	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: AECC_205				
Course Name	: Environmental studies				
Semester / Year	: Second Semester				
	Subject Title	L	T	P	C
	Environmental studies	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the ecosystem and different types of it.
2. Have an idea about the natural resources and understand what new able and non-renewable natural resource is.
3. Have an understanding about different biodiversity's and their conservation.
4. Understand Pollution and its impact on our health.

Course Contents

Unit-1: Introduction to environmental studies and Ecosystem

[10 Hrs.]

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems: a) Forest ecosystem b) Grassland ecosystem c) Desert ecosystem d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

Unit-2: Natural Resources: Renewable and Non-renewable Resources

[10 Hrs.]

Land resources and land use change; Land degradation, soil erosion and desertification; Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations; Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state); Energy resources: Renewable and non-renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

Unit-3: Biodiversity and Conservation

[05 Hrs.]

Level of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hotspots; India as a mega-biodiversity nation; Endangered and endemic species of India; Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity; Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

Unit 4: Environmental Pollution, policies and practices

[05 Hrs.]

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; Nuclear hazards and human health risks; Solid waste management: Control measures of urban and industrial waste; Environmental Policies & Practices; Sustainability and sustainable development; Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and Control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

Text Books

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002
3. Economy, Elizabeth. 2010. The River Runs Black: The Environmental Challenge to China's Future.
4. Gadgil, M. & Ramachandra, G. 1993. This fissured land: an ecological history of India. Univ of California Press.

Reference Books:

1. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
2. Grumbine, R. Edward, and Pandit, M.K. Threats from India's Himalaya dams. Science 339.6115 (2013): 36-37.
3. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press.
4. McCully, P. 1996. Silenced rivers: the ecology and politics of large dams. Zed Books.

Course outcomes (CO): AECC_205

Upon successful completion of the course a student will be able to

CO-1	Define ecosystem and different type of it.
CO-2	Classify natural resources and understand what a renewable and non-renewable natural resource is.
CO-3	Illustrate biodiversity and their conservation.
CO-4	Apply Pollution and its impact on our health.
CO-5	Directing to develop awareness about environmental problem.
CO-6	Build knowledge and skill necessary to address complex environmental issue.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
CO-2	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
CO-3	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
CO-4	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
CO-5	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1
CO-6	1	2	1	2	1	3	2	1	1	2	1	3	2	1	1	1

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSE_201				
Course Name	: Generic Elective-II (Introduction to AYUSH)				
Semester / Year	: Second Semester				
	Subject Title	L	T	P	C
	Generic Elective-II (Introduction to AYUSH)	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To acquire the knowledge about the main principles of Yoga.
2. To acquire the knowledge about the therapeutic ability of yoga for common ailments.

Course Contents

Unit-1: Yoga and health and integrated approach of yoga therapy [10Hrs.]

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosha level Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamayakosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita.

Unit-2: Introduction to basic concepts of naturopathy [05hrs.]

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications.

Unit-3: Introduction to basic concepts of Ayurveda [10hrs.]

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Anadhi (three pillars of Ayurveda); Concept, role and importance of Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prãëa, Prãëäyatna, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacaryã (daily routine), concept of Ritucarya; Seasonal routine, Svasthavãtta and Ñãòvãtta in Äyurveda; Concept of Trayo Upasthambas.

Unit-4: Introduction to Basic concepts of Unani, Siddha and Homeopathy [05Hrs.]

History of Unani & Siddha; Concept of Unãné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

Text Books

1. Dr. RNagaratha and: Yoga and Health
2. Dr HRNagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.

Course outcomes (CO): BYSE_201**Upon successful completion of the course a student will be able to**

CO-1	Acquire the knowledge about the main principles of Yoga and Ayurveda.
CO-2	Understand the basic concept of Yunani, Siddha and Homeopathy.
CO-3	Explain the principles of Naturopathy and its application.
CO-4	Demonstrate therapeutic ability of yoga for common ailments.
CO-5	Evaluating the effect of Alternative therapy.
CO-6	Designing the integrated principle of AYUSH.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	-	2	2	2	3	-	2	2	2	3	-	2	2	2	3	3
CO-2	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
CO-3	1	2	2	2	3	-	2	2	2	3	-	2	2	2	3	3
CO-4	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
CO-5	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
CO-6	1	2	2	2	3	-	2	2	2	3	-	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_201				
Course Name	: Yoga Practicum-III				
Semester / Year	: Second Semester				
	Subject Title	L	T	P	C
	Yoga Practicum-III	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principle and practice of Yogic practices.
2. Have an understanding about the practices that help practitioners to lead to meditation.

Course Contents

Unit-1: Shatkarma and Asanas

Shatkarma

[10Hrs.]

Dhauti (Kunjal), Neti (Rabar), Nauli (Madhyama, Vama, Dakshina), Chalana, Trataka (Jatru and Jyoti), Mantra (OM)

Asanas

[20Hrs.]

Pawanmuktasana Series -01

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana.

Unit-2: Pranayama

[30Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antarkumbhak); Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka + Bahya Kumbhak) (1:2:1:2); Bhramari Pranayama

Unit-3: Practices leading to meditation

[30 Hrs.]

Pranav and Soham Japa; Yoga Nidra (1), Antarmauna; Ajapa Dharana (Stage 1,2,3); Mind sound resonance technique (MSRT)

Unit-4: Continuous evaluation by the Teachers

[30Hrs.]

Text Books

1. Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha; Bihar School of Yoga publications; Munger, 2001
2. Swami Niranjanananda Saraswati: Dharana Darshan; Bihar School of Yoga publications; Munger, 2001

References Books

1. Basavaraddi I.V. & Others: Teachers Manual for School Teachers, MDNIY, New Delhi, 2010.
2. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi.
3. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2009
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand Yoga Prakashan, 2012
5. Nagendra, H.R.: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangalore.
6. Nagendra, H.R.: Mind sound resonance technique, Swami Vivekanand Yoga Prakashan, 2002, Bangalore.
7. Guruvendra, Amrit Lal : Mantra Suman.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Understand the principle of Yogic practices.
CO-2	Explain practices that help practitioners to lead to meditation.
CO-3	Solve yogic related problems.
CO-4	Make students familiar with Shatkarma.
CO-5	Moderating the breathing practice.
CO-6	Writing the importance of Shatkarma.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	-	2	2	2	3	-	2	2	2	3	3	-	2	2	3	3
CO-2	2	2	2	2	3	2	2	2	2	3	3	2	2	2	3	3
CO-3	2	2	2	2	3	2	2	2	2	3	3	2	2	2	3	3
CO-4	2	2	2	2	3	-	2	2	2	3	3	-	2	2	3	3
CO-5	2	2	2	2	3	2	2	2	2	3	3	2	2	2	3	3
CO-6	2	2	2	2	3	2	2	2	2	3	3	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSI_202				
Course Name	: Computer Lab				
Semester / Year	: Second Semester				
	Subject Title	L	T	P	C
	Computer Lab	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the application of computer in our day to day life.
2. To represent the data and organize them.
3. Understand about operating system and importance of file management.

Couse Contents

Unit-1: Basics of computer and its applications

[15 Hrs.]

Definition of a Computer, Block Diagram of elements of digital computer-their functions; Computer Hardware & Software, Computer generations, Types of Computers; Primary Memory – RAM, ROM, PROM, EPROM, CPU, I/O devices; Secondary storages, Magnetic Tape, Disk, Compact disks; Hardware and Software. Micro, Mini, Main-frame and supercomputers, Discussion on recent IT trends.

Unit-2: Representation of data and software concepts

[15 Hrs.]

Decimal, Binary, Octal, Hexadecimal number systems, BCD, EBCDIC, ASCII Conversions, Simple Additions, Subtractions, Multiplications, Divisions, Data and Information; Introduction to Programming, Flowcharts and Algorithms; Types of Softwares, System software's, Application software's, Firmware software's, Computer; Languages like machine, Assembly and Higher Level Languages; Stored program concept.

Unit-3: Operating system

[15 Hrs.]

General introduction to Operating system, Definition of Operating System; Elementary concepts of Operating system, Functions of OS, Types of OS; Introduction to Windows – Basics of Windows, The User Interface, Windows Setting, Advance Windows; Difference between two OS (Single & multi-users); Operating system applications.

Unit-4: File management

[15 Hrs.]

Concept of file; File organization and accessing techniques - Indexed, Line; Rules for naming of the files, sequential, Hashed; File handling functions; Types of computer files.; Other related issues

Text Books

1. Andrew S Tanenbaum, David J Wetherall: Computers Networks, 5th Edition, 2010
2. Ron Mansfield: Working in Microsoft Office, McGraw Hill, 2008
3. Timothy N. Trainor, Diane Krasnewich: Computers! McGraw Hill, 2000.

Reference Books

1. V Rajaraman: Fundamentals of computers, Prentice Hall India Pvt. Ltd, 2003
2. P.K. Sinha: Computer Fundamentals, BPB Publications, 1992
3. James Martin: Computers Network and distributed Processing, Prentice Hall, Englewood Cliffs, NJ, 1981
4. Donald H Sanders: Computers Today, McGraw Hill, First edition, 1983

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Understand the application of computer in our day today life.
CO-2	Represent the data and organize them.
CO-3	Evaluate operating system and importance of file management.
CO-4	Demonstrate Operating system and concept of Operating System.
CO-5	Presenting the basic of computer and its application.
CO-6	Programming correctly implements and documents solution to significant computational problems.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	-	2	2	2	2	-	1	2	2	2	1	2	2	2	2	2
CO-2	1	2	2	2	2	1	2	2	2	2	2	2	2	2	2	2
CO-3	-	2	2	2	2	-	2	2	2	2	2	2	2	2	2	2
CO-4	1	2	2	2	2	-	2	2	2	2	2	2	2	2	2	2
CO-5	1	2	2	2	2	1	2	2	2	2	2	2	2	2	2	2
CO-6	-	2	2	2	2	-	2	2	2	2	2	2	2	2	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_203				
Course Name	: Human Anatomy and Physiology Practicum-II				
Semester / Year	: Second Semester				
	Subject Title	L	T	P	C
	Human Anatomy and Physiology Practicum-II	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principles and procedure of every experiment.
2. Demonstrate an experiment with the interpretation of the results.
3. Explain the procedure of each step of an experiment skillfully.

Course Contents

Unit-1: Hematology and physical examination

[30Hrs.]

Anthropometry measurements; Method of Collection of Blood, Haemoglobinometry; Total White Blood Cell Count, Differential WBC count; E.S.R., Bleeding Time, Clotting Time; Blood Groups; Pulse, Determination of Arterial Blood Pressure in Humans; Effect of posture, exercise and cold stress on blood pressure; Stethography, Spirometry; BMI Calculation; Reflexes, Recording of Body Temperature.

Unit-2: Vivavoce

[15Hrs.]

Unit-3: Continuous evaluation by the Teachers

[15Hrs.]

Text Book

1. Parvati Mahapatra : Practical physiology, Jaypee publishers, 2nd edition, 2004.

Course outcomes (CO): BYSL_203

Upon successful completion of the course a student will be able to

CO-1	Relate principles and procedure of every experiment.
CO-2	Demonstrate experiment with the interpretation of the results.
CO-3	Explain the procedure of each step of an experiment skill fully.
CO-4	Examine the concept of Haematology and Physical Education.
CO-5	Experimental haematology and physical examination.
CO-6	Directing about the core elements of anthropometry measurement.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-2	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-3	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-4	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-5	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-6	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Semester-III

Course code	: BYSC_301				
Course Name	: Essence of Bhagavadgeeta for holistic living				
Semester / Year	: Third Semester				
	Subject Title	L	T	P	C
	Essence of Bhagavadgeeta for holistic living	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the significance of Bhagavadgita and its essence.
2. Understand the concept of Atman, Paramatman, Sthitaprajna.
3. Have a deep understanding between the qualities of a Karma and Bhakti yogi.
4. Understand the concept of Ahara's role in healthy living.

Course Contents

Unit-1: Significance of Bhagavadgeeta as synthesis of yoga [15 Hrs.]

Introduction to Bhagavadgita; Bhagavadgita and traditional commentaries; Bhagavadgita: a synthesis of Yoga; Definitions of Yoga in Bhagavadgita and their relevance; Bhagavadgita and their relevance in Yoga Sadhana

Unit-2: Concept of Atman, Parmatman and characteristic of Sthitaprajna in Bhagavadgeeta [15 Hrs.]

Concept of Samkhya Yoga in Bhagavadgita; Concept of Sthita Prajna, stages and characteristic of it; Concept of Atman (Purusha), Jivatman; Concept of Paramatman (Parmeshwar or Purushottam) their characteristic in Bhagavadgita; Concept of Jnana and Jnana Yoga, origin of the world as described in Bhagavadgita

Unit-3: Karma yoga and Bhakti yoga in Bhagavadgeeta [15 Hrs.]

Concept of Karma Yoga in Bhagavadgita; Concept of Bhakti, concept of Shraddha and its relevance as described in Bhagavad Gita Yoga of Bhakti and Bhakta as described in Bhagavadgita; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita

Unit-4: Concept of Ahara and role of Bhagavadgeeta in healthy living [15 Hrs.]

Role of Bhagavadgita in day-to-day life; Concept and classification of Ahara as described in Bhagavadgita; Ahara and its role in Adhyatma Sadhana; Concept of Triguna in the context of Bhagavadgita; Theory of Adjustment in healthy living as described in Bhagavadgita

Text Books

1. Swami Gambhiranand ; Bhagavadgita (with Gudharth Dipika) Sri Ramkrishna Matha Madras
2. Swami Gambhiranand; Bhagvatgita with the commentary of Sankaracharya, Advita Ashrama, Kolkata, 2003
3. Swami Ramsukhadass; Srimad Bhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ; Bhagavadgita, Advaita Ashrama Sub- Dept-5 Delhi Entally Road Kolkata

Reference Books

1. Swami Shrikantananda; Gita Darshana, Indian Institute of Human Excellence Hyderabad
2. Swami Tapasyananda; Srimad bhagavadgita Sri Ramkrishna Matha Madras
3. Swami Abhidananda Bhagvatgita, the divine message, Ramakrishna Vedanta Matha, Kolkata, 1990
4. Swami Raghvendrananda; Universal message of the Bhagvatgita, Advita Ashrama, Kolkata, 2000

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Define the significance of Bhagavadgeeta and its essence.
CO-2	Understand the concept of Atman, Paramatman, Sthitaprajna.
CO-3	Differentiate between the qualities of a Karma and Bhakti yog.
CO-4	Explain concept of Ahara its role in healthy living.
CO-5	Detecting the core concept of Yoga in Bhagwadgeeta.
CO-6	Role of Bhagwadgeeta for adjustment and healthy living

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-5	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-6	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSC_302				
Course Name	: Yoga and Holistic Health				
Semester / Year	: Third Semester				
	Subject Title	L	T	P	C
	Yoga and Holistic Health	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the concept of health and disease.
2. Have understanding about yogic concepts of health and healing.
3. Yogic principle and practices for healthy living.
4. Understand the concept of Ahara its role in healthy living.

Course Contents

Unit-1: Concept of body, Health and disease

[15Hrs.]

Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concept of Body, Health and Disease in Yoga – Yogic concept of Body from Taaittiriya Upanishad, Yogic Concept of Health and Disease: Meaning and definitions, Concept of Adhi and Vyadhi according to Yoga Vasistha and remedial measures; Holistic health care through Yoga. Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing

Unit - 2: Causes Of Ill Health And Remedial Measures According to Patanjali

[15Hrs.]

Potential causes of Ill-health: Mental and Emotional Ill Health: Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva; Shuddhi Prakriya in Yoga: Role of Shuddhi Prakriya in preventive and curative Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat-karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

Unit-3: Yogic principles and practices of healthy living-I

[15Hrs.]

Dietary regulation according to Hathayoga and Bhagavadgitha; shatkriya sandatvashuddhi; Asana for mind body and spirit; Practice for pranamayakosha – pranayama; Definition of Mental Health & Mental Hygiene & Total Health ; Indian approach to personality and personality integration Psycho-Social Implications of yoga; Adjustment Personal and interpersonal adjustment through yogic methods Niyamas & Yamas

Unit-4: YOGIC PRINCIPLES AND PRACTICES OF HEALTHY LIVING-II

[15Hrs.]

Attitude change towards yoga through individualized counselling, Psychological & yogic method Tackling ill effects of conflict and Frustration; Yogic methods Yoga Psychology for Adjustment: Psychological, philosophical and yogic counselling; the remedial measures; Action in relaxation – the secret of Karma Yoga; Unattached action, not to the fruits of action, equanimity in success and failure.

Text Book

1. Ghosh, Shyam: The Original Yoga Munshiram Manoharlal, New Delhi, 1999)
2. Jnanananda Bharati: Essence of Yoga Vasistha Pub: Sanata Books, Chennai
3. Hatha Ratnavali: Tirumala Tirupathi Devasthanam, Andhra Pradesh.

Reference Books

1. GherandaSamhita:ShriSadguruPublication,NewDelhi.
2. DrRNagarathnaandDrHRNagendra:YogaandHealth,SwamiVivekanandaYoga Prakashana,2002
3. DrRNagarathnaandDrHRNagendra:YogaforPromotionofPositiveHealthPublishedby SVYP,Bangalore.
4. DrNagendraHR:TheSecretofAction-KarmaYoga,PublishedbySVYP,Bangalore,2003.
5. डॉ० सरस्वतीकाला- योगचिकित्सा के सिद्धान्त।

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Understand the concept of health and disease.
CO-2	Relate yogic concepts of health and healing.
CO-3	Explain principle and practices for healthy living.
CO-4	Examine concept of Ahara its role in healthy living.
CO-5	Detecting the concept of body health and diseases.
CO-6	Designing yogic principle and practice for healthy living

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-6	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSC_303				
Course Name	: Methods of Teaching Yoga				
Semester / Year	: Third Semester				
	Subject Title	L	T	P	C
	Methods of Teaching Yoga	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principles and practices of teaching methods of Yoga.
2. Have an in-depth understanding about session and lesson planning and classroom arrangements.
3. Have an idea about the different tools used in Yoga teaching.

Course Contents

Unit-1: Principles and methods of teaching yoga [15 Hrs.]

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyaarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit-2: Basics of yoga class management [15 Hrs.]

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of Individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.)

Unit-3: Lesson planning in yoga [15 hrs.]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Model of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit-4: Educational tools of yoga teaching [15 hrs.]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc.; Classroom problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Timetable construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga

Text Books

1. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and aready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009

Reference Books

1. Dr. Gharote ML: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007.
2. Dr. Raj Kumar: Principles & methods of Teaching, Printographics, Delhi,
3. Saket Raman Tiwari & others: Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Course outcomes (CO): BYSC_303**Upon successful completion of the course a student will be able to**

CO-1	Summarizing the principles and practices of teaching methods of Yoga.
CO-2	Have an in depth understanding about session and lesson planning and classroom arrangements.
CO-3	Explain principle and practices for healthy living.
CO-4	Understand the concept and needs of good lesson plann.
CO-5	Evaluating methods of teaching yoga.
CO-6	Writing good lesson plan.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	1	2	1	1	2	2	2	1	3	2	1	2
CO-5	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
CO-6	2	2	2	1	1	2	1	1	2	2	2	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: AECC_305				
Course Name	: Basics of Samskritam				
Semester / Year	: Third Semester				
	Subject Title	L	T	P	C
	Basics of Samskritam	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Read and understand the colloquial words of Sanskrit.
2. Communicate and comprehend Sanskrit to the best of their ability.
3. Write in Sanskrit and have some idea about grammar.

Course Contents

Unit-1: संस्कृतभाषा परिचय

संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध। माहेश्वरसूत्र। संस्कृतवर्णमाला, स्वर, व्यंजन वर्गज्ञान सहित (रोमन लिपि में लेखन एवं पठन); वर्णों के उच्चारणस्थान और प्रयत्न ज्ञान। प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान। कारक, विभक्ति (सुप् और तिङ्), लिङ्ग, वचन, पुरुष, लकार एवं वाक्याङ्ग परिचय। संस्कृत संख्याएं (एक से सौ तक)

Unit-2: शब्दरूप

अजन्तशब्दरूप-राम, बालिका, पुस्तक, मुनि, रुचि, वारि शब्दों के रूप अर्थज्ञान सहित। अजन्तशब्दरूप-नदी, भानु, धेनु, मधु, पितृ, मातृ शब्दों के रूप अर्थज्ञान सहित। सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत् (तीनो लिङ्गों में), एतद् (तीनो लिङ्गों में), किम् (तीनो लिङ्गों में); 4 सर्व (तीनो लिङ्गों में), भवत् (तीनो लिङ्गों में) शब्दों के रूप अर्थज्ञान सहित। हलन्तशब्दरूप-भगवत्, आत्मन्, नामन्, जगत् शब्दों के रूप अर्थज्ञान सहित।

Unit-3: धातुरूप

भू, अस्, पठ्, मुद्, कृ, लिख्, नम्, दृश् धातुओं के पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। वद्, गम्, स्था, पा (पिब्) दा, शक्, आप्, प्रच्छ् धातुओं के पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। ज्ञा, कथ्, चिन्त्, ब्रू, श्रु, नी, याच्, खाद्, शीङ्, धातुओं के पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में रूपज्ञान एवं वाक्य निर्माण अर्थज्ञान सहित। प्रथमदीक्षा के प्रथम एवं द्वितीय अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

Unit-4: वाक्यनिर्माण

उपरोक्त के सन्दर्भ में वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

Text Books

1. Moorty CLN : First Book of Sanskrita, Chaukhabha Sanskrit Series, Varanasi, 2010
2. Max Muller : A Sanskrit Grammar Parimal Publication, Delhi, 2012
3. Goldmom P R : Devavanopraivesika : An introduction to the Sansrit languages, MLBD, New Delhi , 2011

ReferenceBooks

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011
3. द्विवेदी· कपिल देव : प्रारम्भिक रचनानुवाद कौमुदी ;विश्वविद्यालय प्रकाशन वाराणसी, 2011.
4. द्विवेदी· कपिल देव : रचनानुवादकौमुदी;विश्वविद्यालय प्रकाशन वाराणसी, 2011
5. द्विवेदी· कपिल देव : रचनानुवाद कौमुदी;विश्वविद्यालय प्रकाशन वाराणसी, 2007.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Read the colloquial words of Sanskrit.
CO-2	Increase ability to read and understand Sanskrit Texts.
CO-3	Preparing sentence in Sanskrit.
CO-4	Communicate and compare held Sanskrit to the best of their ability.
CO-5	Evaluate the grammatical mistake.
CO-6	Write in Sanskrit and have some idea about grammar.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	1	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-6	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSE_301				
Course Name	: Generic Elective-III(Yoga Psychology)				
Semester / Year	: Third Semester				
	Subject Title	L	T	P	C
	Generic Elective-III(Yoga Psychology)	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Have an understanding about utility of yoga psychology for self and society.
2. The goal of teaching yoga psychology is to make students familiar to the facts of successful counseling. It also makes them equipped with the ethics of counseling.

Course Contents

Unit-1: Humanpsyche

[10Hrs.]

The nature of Psychology and its definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors

Unit-2: Psychic forces, Conflicts and frustrations

[10Hrs.]

Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention

Unit-3: Mental processes, Motivation, Emotions and intelligence

[05Hrs.]

Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its measurements; Emotional Intelligence and Social Intelligence.

Unit-4: Yoga psychology

[05Hrs.]

States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiya) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Cause of emotions in the mind according to Yoga texts

Text Books:

1. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
2. Sachdev, I.P.: Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

Reference Books

1. Taimini, I.K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
2. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965)

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Have an understanding about Psychology development.
CO-2	Explain the concept of consciousness, Attention, Memory and Learning.
CO-3	Understand common mental disorders.
CO-4	Define utility of yoga psychology for self and society.
CO-5	Assessing the mental process motivation emotion and intelligence.
CO-6	Directing the core concept of Yoga Psychology.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	1	3	2	2	2	1	2	2	2	2	2	2	2	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	3	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	1	1	1	2	2	1	2	3	2	1	2
CO-5	3	2	2	2	2	3	2	2	2	1	2	2	3	3	1	3
CO-6	2	2	2	1	2	1	1	1	2	2	1	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_301				
Course Name	: Yoga Practicum IV				
Semester / Year	: Third Semester				
	Subject Title	L	T	P	C
	Yoga Practicum IV	-	-	8	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principle and practice of each practice.
2. Demonstrate each practice skill fully.
3. Explain the procedure, precaution, benefits and limitations of each practice.

Unit-1: Mantras and Yogasana

[30Hours]

Mantras

Swati Mantra

Yogasana (Sitting Posture)

Pawan Muktasana Series - 02

Janusirasana, Paschimottanasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

Unit-2: Yogasana (Supine lying Postures)

[30Hours]

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

Unit-3: Yogasana (Prone line Postures)

[30Hours]

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana

Unit-4: Continuous evaluation by the Teachers

[30Hours]

Text Books

1. Swami Dharendra Bhrahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
2. Swami Kuvalyananda : Asana Kaivalyadhama, Lonavla
3. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger

References Books

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers.
3. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla.
4. Jayadev, Yogendra: Cyclopaedia Yoga (Vol.I-IV), The Yoga Institute, Santacruz, Mumbai.
5. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra Bihar School of Yoga, Munger.

Course outcomes (CO): BYSL_301**Upon successful completion of the course a student will be able to**

CO-1	Highlighting the principles of yogic practice.
CO-2	Understand the principle and practice of each practice.
CO-3	Presenting the procedure, precaution, benefits and limitations of each practice.
CO-4	Explaining of supine line postures.
CO-5	Demonstrate each practice skill fully.
CO-6	Directing different yogic posture in alignment

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-2	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-3	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-4	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-5	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-6	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_302				
Course Name	: Yoga Practicum V (Teaching Practice)				
Semester / Year	: Third Semester				
	Subject Title	L	T	P	C
	Yoga Practicum V (Teaching Practice)	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principle and practice of each practice.
2. Demonstrate each practice skill fully.
3. Explain the procedure, precaution, benefits and limitations of each practice.

Course Contents

Unit-1: Bandha [15Hours]

Jalandhara Bandha, Uddiyana Bandha.

Unit-2: Pranayama (with Antar & Bahya Kumbhaka) [15Hours]

Surya-bheda and Chandra-bheda Pranayama, Ujjayi Pranayama, Sheetal Pranayama.

Unit-3: Practices leading to Meditation [15Hours]

Ajapa Dharana (Stage 2, 3), Yoga Nidra (2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices.

Unit-4: Continuous evaluation by the Teachers [15Hours]

Text Books

1. Basavaraddi, I.V. & others: Pranayama; MDNIY New Delhi, 2012
2. Saraswati, Swami Satyanand: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2009
3. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009

References Books

1. Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2005
2. Nagendra, H.R.: The Art and Science of Pranayama, Swami Vivekananda Yoga Prakashan, 2005, Bangalore.
3. Lajpat, Dr. R.: Discovering Human Potential Energy, Abhinav Rai Publication, Gurgaon, 1996
4. Lajpat, Rai & others: Meditation, Anbhava Rai Publications, Gurgaon
5. Saraswati, Swami Satya Nand: Meditation from Tantras, Yoga Publication Trust, Munger, 2004
6. Saraswati, Swami Niranjananand: Dharana Darshan, Yoga Publication Trust, Munger, 2003
7. Krishnamacharya, T.: Dhyana Malika, KYM, Chennai, 2005
8. Swami Satyananda: Yoga Nidra, Yoga Publication Trust, Munger, 1998.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Understand the principle each practices.
CO-2	Apply each practice skill fully.
CO-3	Explain the procedure, precaution, benefits and limitations of each practice.
CO-4	Concept of Ajapa Dharana and Yognidra.
CO-5	Reviewing different pranayama bandh and meditation mention in Hath Yogic Texts.
CO-6	Directing each practice skilfully.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	1	2	1	1	2	2	1	1	3	2	1	2
CO-5	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-6	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_303				
Course Name	: Field Work				
Semester / Year	: Third Semester				
	Subject Title	L	T	P	C
	Field Work	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

During this period students shall get an opportunity of teaching yoga to villagers, weekly hours. The academic institution where the student is undergoing his/her training take the responsibility of organizing the classes in the nearby villages. four

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Highlighting soft skills such as leadership, teamwork and communication skills.
CO-2	Expressing the concept of fieldwork.
CO-3	Develop critical thinking transfer potential and positive attitude.
CO-4	Implementing yoga practice for villagers.
CO-5	Hypothesizing the concept of fieldwork.
CO-6	Solving the problem faced in field study.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	3	1	2	1	1	2	2	2	3	2	3	2	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	2	2	2	2	1	1	2	2	2	1	2	1	2	3	1	2
CO-4	2	2	2	1	1	1	1	1	2	2	2	2	2	2	1	2
CO-5	3	3	1	2	1	1	2	2	2	3	2	3	2	2	2	2
CO-6	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Semester-IV

Course code	: BYSC_401				
Course Name	: Four Streamsof Yoga				
Semester / Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Four Streamsof Yoga	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understandthefourpaths/streamsofyogawithindepthunderstanding.
2. Haveanindepthunderstandingabouttheirsimilaritiesanddisimillarities.
3. Understandtheprincipleandconceptualizeeachstream

Course Contents

Unit-1:JnanaYoga

[15Hrs.]

Sadhana Chatustaya, Stages of JnanaYoga practice (shravan, manana, Nidhidhyasana), States ofconsciousness,Theconceptsofida,pinglaandthesushumna,the centralchannelofenergyrunning along thespine.

Unit-2:BhaktiYoga

[15Hrs.]

NavavidhaBhakti,Qualitiesofabhakta,Thepronunciation, chanting, knowledge, benefits of Sanskritchants,hymns,bhajans,Satsangandtheuplifting meaning of the chants helping to thintheactivitiesofthemind,Mantrachanting,andtheireffectonthenadiandthechakras, Demonstratedabilitytorecreateabhaktibhavaduringthechantingandsinging

Unit-3:KarmaYoga

[15Hrs.]

TheconceptandmeaningofkarmaYoga,ConceptofNishkamaKarma,Prerequisitesforasthitaprajna,Sthita prajnalakshana,Thelawofkarma

Unit-4:RajaYoga

[15Hrs.]

ConceptsandprinciplesofPatanjalaYoga;KarmaShuddhi(Yama,Niyama);SnayuShuddhi (Asana);PranaShuddhi(Pranayama);IndriyaandManoShuddhi(Pratyahara);Mana,Buddhi, AhamkarandChittaShuddhi(Dharana,DhyanaandSamadhi)

Text Books

1. Swami Bhuteshananda : Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition,2009
2. SwamiVivekananda:JnanaYoga,BhaktiYoga,KarmaYoga,RajaYoga.AdvaitaAshrama, Calcutta,2000.

Reference Books

1. Dr. Sadhana Dauneriya : Patanajal Yogsutra.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Find four paths/streams of yoga with in depth understanding.
CO-2	Understand basic concept of Four Path of Yoga.
CO-3	Describe principle and conceptualize each stream.
CO-4	Differentiate between similarities and dissimilarities.
CO-5	Debating on the core concept of Four Streams of Yoga.
CO-6	Directing the principles of each stream

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSC_402				
Course Name	: Basis of Yoga Therapy				
Semester / Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Basis of Yoga Therapy	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To impared knowledge about various disease and their treatment through yogic processes

Course Contents

Unit-1:Yogiconceptsofhealthanddisease

[15 Hrs.]

Definition&ImportanceofHealthAccordingtoWHO;DimensionsofHealth:Physical,Mental, Social and Spiritual;
Concept of Health and Disease in Indian Systems of Medicinei.e.

Ayurveda,NaturopathyandSiddhaSystemsofMedicine,UtilityandLimitationsofthese
systemsinhealthandhealing;YogicConceptofHealthandDisease:Meaninganddefinitions,

ConceptofAdhiandVyadhi,YogiconceptofHealthandDisease,roleofYogainpreventive health care –
Heyamdukhamanagatam; Potential causes of Ill-health: Tapatrayasand

Kleshas,PhysicalandPhysiologicalmanifestationofDisease:Vyadhi,Alasya,Angamejayatva andSvasa-
prashvasa.MentalandEmotionalillHealth:Styana,Samshaya,Pramada,Avirati, Duhkha,Daurmanasya,Bhr anti-
darsana,Alabdha-

bhumikatvaandAnavasthitatva;ShuddhiPrakriyasinYoga:RoleofShuddhiPrakriyasinpreventiveandcurativeHealth,Karm
a Shuddhi(Yama,Niyama),GhataShuddhi(Shat-karma),SnayuShuddhi(Asana),PranaShuddhi(Pranayama), Indriya and Mano
Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and ChittaShuddhi(Dharana,DhyanaandSamadhi)

Unit-2:Yogiconceptsforhealthandhealing

[15 Hrs.]

Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Healthand
Healing;CoceptofPancha-koshas&Shat-chakraandtheirroleinHealthandHealing;Concept

ofAbhyasandVairagya,ChittaandChittaPrasadana,Kriya-yoga,AshtangaYogaofPatanjali
forHealthandHealing;ConceptofCleansing(Shuddi),itsroleandimportanceinHealthand
Healing;ConceptofSvaraYogaanditsefficacyinHealthandHealing

Unit-3:Yogicprinciplesandpracticesofhealthyliving

[15 Hrs.]

YogicPrinciplesofHealthyLiving:Aahara,Vihara,AacharaandVichara;RoleofYogicPositive
Attitudes(Maitri,Karuna,MuditaandUpeksha)forHealthy Living,ConceptofBhavasand

BhavanaswithitsrelevanceinHealthandwell-being;YogicprinciplesofLifestyle

managementanditsroleinpreventionofdiseaseandhealthpromotion;YogicPrinciplesof
DietanditsroleinHealthyliving;YogicPracticesofHealthyliving:i.e.Yama,Niyama,Shat-
karma,Asana,Mudra&BandhaPranayama,Pratyahara,DharnaandDhyana,andtheirrolein Healthyliving.

Unit-4:Healthbenefitsofyogicpractices

[15Hrs.]

Psycho-physiological effects and health benefits of Yogasana , Pranayama, Shatkarma, Bandha and Mudra,
and Meditation

Text Books

1. PreetiGoelandRitaJain:SpectrumofHealth(SportsPublications,NewDelhi,2003)
2. M.M.Gore:AnatomyandPhysiologyofYogicPractices(NewAgeBooks,NewDelhi, 2008)
3. Dr.K.KrishnaBhat:ThepowerofYoga

ReferenceBooks

1. Dr.R.S.Bhagal:YogaPsychology,KaivalyadhamaPublication
2. Dr.ManmathMGharote,Dr.VijayKant:TherapeuticreferenceinTraditionalYoga texts
3. T.S.Rukmani:PatanajalaYogaSutra
4. Sahay,G.S.: HathaYogaPradeepika,MDNIYPublication,2013
5. Kdham:GherandaSamhita,Kaivalyadhama,Lonavla.

Course outcomes (CO): BYSC_402

Upon successful completion of the course a student will be able to

CO-1	Find about various diseases and their treatment through yogic processes.
CO-2	Understand diseases and their types.
CO-3	Apply treatment according to need.
CO-4	Explain the principles of healthy living.
CO-5	Testing the main principles of yoga therapy.
CO-6	Directing yogic concept for health and healing.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-5	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-6	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSC_403				
Course Name	: Fundamentals of Biochemistry				
Semester / Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Fundamentals of Biochemistry	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the biomolecules and their role in our body.
2. Have an understanding about the protein, carbohydrate, lipid metabolism.
3. Understand the role of Biochemistry and its test as the indicator to know about the progress of a disease.

Unit-1: Introduction to Bio-chemistry [15 Hrs.]

Introduction to Bio-chemistry; chief intracellular components; Introduction to chemical receptors/co-receptors, cell to cell communication, channels & transportation; Definition and classification of Vitamins and their Clinical importance; Basics of Molecular mechanism of O₂ transport and storage, classification and bio-chemical structure of immunoglobulins with functions; Fundamentals of Bio-Energetics: Biological Oxidation, General Concept of oxidation, features of cellular Oxidations-respiratory chain oxidative phosphorylations

Unit-2: Metabolism of carbohydrates [15 Hrs.]

Carbohydrates: Definition, classification with examples and general functions; Basics of Carbohydrate Metabolism (I) - Glycolysis; Aerobic and Anaerobic, metabolism of glycogens; glycogenesis, glycogenolysis, glyconeogenesis, Regulation of glycogen metabolism; Basics of Carbohydrate Metabolism (II) - Krebs's Cycle (T.C.A), Regulation of Blood glucose, Hexose MonoPhosphate (HMP Shunt); Concept of isomerism, types & mode of action; Integration of metabolism and catabolism

Unit-3: Metabolism of lipids and proteins [15 Hrs.]

Lipids: definition, classifications and general functions; Introduction to essential fatty acids, cholesterol, Blood lipids, brief review of lipoproteins; Basics of Lipid Metabolism - Oxidation of fatty acids, cholesterol synthesis and fatty liver; Proteins: definition, classification and Bio- medical Importance, Plasma Proteins and functions; Definition, classification and nomenclature of Enzymes, basic introduction to Enzymology and regulation of Enzymatic activity

Unit-4: Functional Bio-chemistry [15 Hrs.]

Introduction to hormones, molecular basis of hormonal action; Introduction to common metabolic disorders; Basic techniques for estimation of different Bio-chemical markers i.e., diffusion, Osmosis, Electrophoresis, Quantitative and Analytical Titration; Introduction to investigations related to Hepatobiliary diseases i.e., Serum bilirubin, Amino-Transferases, Alkaline Phosphatase, LDH; Basics of routine Bio-chemical tests for Kidney and related common diseases i.e., Blood Urea, Blood Urea Nitrogen (BUN), Serum Creatinine, Serum Uric Acid with estimation of Urinal Protein and Sugar.

Text Books

1. Pankaja Naik: Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2010
2. Jacob Anthikad: Bio-chemistry for Nurses, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. K. Malhotra: Bio-chemistry for Students, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
4. N. Haridas: Bio-chemistry made easy: A Problem (Solving) based approach, Jaypee Brothers Medical Publishers Ltd, Delhi, 2012
5. Arvind S Yadav: Comprehensive practical and Viva in Bio-chemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2004

Reference Books

1. Robert K Murray & others: Harper's Illustrated Bio-chemistry, 26th Edition, 2003, McGraw Hill, US Shankara, Shivaraja,
2. M.K. Ganesh: Laboratory Manual of Practical Biochemistry, Jaypee Brothers Medical Publishers Ltd, Delhi, 2008
3. S.K. Sawhney & Randhir Singh: Introductory Practical Biochemistry, 2nd edition, Alpha Science International Ltd, 2005
4. Chawala Ranjana: Clinical Biochemistry (Methods & Interpretations), 3rd edition, Jaypee Brothers Medical Publishers Ltd, 2006
5. Rajesh Karajgaonkar: Clinical Biochemistry, Jaypee, 2008

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Highlighting the chief intracellular components.
CO-2	Understand the bimolecular and their role In our body.
CO-3	Describe Biochemistry and its test as the indicators to know about the progress of disease.
CO-4	Explain the importance of protein, carbohydrate, lipid metabolism.
CO-5	Experimenting the concept of hormone and molecular basis of hormonal action.
CO-6	Directing about the metabolism of carbohydrate, protean and lipids.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	1	1	2	1	2	2	2	2	2	1	2	2	2	1	1
CO-2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1
CO-3	2	2	2	2	2	1	2	2	2	2	2	1	2	2	1	1
CO-4	2	2	2	2	2	1	2	2	2	2	2	1	2	2	1	1
CO-5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1
CO-6	2	2	2	2	2	1	2	2	2	2	2	2	2	2	1	1

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: AECC_405				
Course Name	: Samskritam				
Semester / Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Samskritam	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Read and understand the colloquial words of Sanskrit.
2. Communicate and comprehend Sanskrit to the best of their ability.
3. Write Sanskrit with better grammatical skill.

Course Contents

Unit-1: कर्मवाच्य एवं भाववाच्य ।

[15 Hrs.]

पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवं वाक्य निर्माण अर्थज्ञान सहित। अस् एवं भू धातु का भाववाच्यरूप ज्ञान पांच लकारों (लट्, लृट्, लङ्, लोट्, लिङ्) में एवं वाक्य निर्माण अर्थज्ञान सहित। कर्तृवाच्य एवं कर्मवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद। कर्तृवाच्य एवं भाववाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।

Unit-2: कृदन्त ।

[15 Hrs.]

शतृ एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त एवं क्तवतु प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।

Unit-3: सन्धि एवं भाषाभ्यास ।

[15 Hrs.]

अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास। भगवद् गीता के द्वितीय अध्याय के प्रथम २० श्लोकों में कारक एवं क्रियापदों का अनुसन्धान एवं सस्वर श्लोकपाठ। संस्कृत से हिन्दी/ अंग्रेजी में अनुवाद। संस्कृत में परस्पर वार्त्तालाप एवं मौखिक व्याख्यान का अभ्यास।

Unit-4: भाषादक्षता ।

[15 Hrs.]

उपरोक्त के सन्दर्भ में वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

Text Books

1. Devavanipravesika- : Robert P. Goldman: MLBD-New Delhi.
2. प्रारम्भिक रचनानुवाद कौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।
3. रचनानुवादकौमुदी : कपिल देव द्विवेदी; विश्वविद्यालय प्रकाशन वाराणसी।

ReferenceBooks

1. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
2. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011
3. द्विवेदी· कपिल देव : प्रारम्भिक रचनानुवाद कौमुदी ;विश्वविद्यालय प्रकाशन वाराणसी, 2011.

Course outcomes (CO): AECC_405

Upon successful completion of the course a student will be able to

CO-1	Read colloquial words of Sanskrit.
CO-2	Communicate and compare held Sanskrit to the best of their ability.
CO-3	Write Sanskrit with better grammatical skill.
CO-4	Increase ability to read and understand Sanskrit Texts.
CO-5	Evaluate the grammatical mistake.
CO-6	Write in Sanskrit and have some idea about grammar.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	1	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-6	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSE_401				
Course Name	: Generic Elective-IV (Introduction to Yoga and Common Ailments)				
Semester / Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Generic Elective-IV (Introduction to Yoga and Common Ailments)	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Correlate modern scientific understanding of disease with ancient system of Yoga.
2. Teach basic yoga Therapy management of common ailments.

Course Cintents

Unit-1: Cardiorespiratory Disordreders [10Hrs.]

ModernMedicalandYogatherapyprinciplesandpracticesfordiseasesrelatedto:Yogic managementofCardio-VascularDisorders:Ischemicheartdisease;Hypertension;Peripheral vascular disease
Respiratory Disorders: Bronchial asthma; Chronic Obstructive;Pulmonary Disorder(COPD);Allergicrhinitis;Pulmonary;tuberculosis;Sleepapnea;Snoring

Unit-2: Neuromusculardisorders [10Hrs.]

YogicmanagementofMuscleandBoneDisorders:Paininthelimbs;andback;Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy ; Neurological Disorders: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomicdysfunctions;IdiopathicParkinson'sdisease;Multiplesclerosis;Refractoryerrors of vision; Psychological Medicine: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.

Unit-3: Digestive,Endocrine&Metabolicdisorders [05Hrs.]

Yogic management for Digestive Disorders: Acid peptic disease; Irritable bowel syndrome; Hepatitis;Endocrine&MetabolicDisorders:Diabetesmellitus;Thyroiddysfunction;Disorders of adrenal cortex;Obesity

Unit-4: Obstetrics&Gynecologicaldisorders [05Hrs.]

YogicmanagementforPregnancyinducedhypertension;Pre-eclampsia;Intra-UterineGrowth Retardation (IUGR); menstrual disorders (e.g., dysmenorrheal,pre-menstrual syndrome); Infertility;Menopause

Text Books:

1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamanthakamni, Yoga for common ailmentsandIAYTfordifferentdiseases,SwamiVivekanandaYogaPrakashana, Bangalore,2002.
2. Dr. Swami Karmananda : Yogic Management of Common Disorder.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Find about various diseases and their treatment through yogic processes.
CO-2	Understand Cardio Respiratory disorder.
CO-3	Apply treatment according to need.
CO-4	Explain Digestive, Endocrine and Metabolic disorder.
CO-5	Debating on principles of yoga therapy.
CO-6	Programming yoga therapy for different disorder.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	2	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_401				
Course Name	: Yoga Practicum-VI				
Semester / Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Yoga Practicum-VI	-	-	8	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principle and practice of each practice.
2. Demonstrate each practice skillfully.
3. Explain the procedure, precaution, benefits and limitations of each practice.

Unit-1: Shatkarmas

[20Hrs.]

Vastra Dhauti, Sutra Neti, Kapalbhathi, Nauli Chalana, Jyoti Trataka, Agnisara

Unit-2: Yogasanas-I

[50Hrs.]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana ; Ardha Chakrasana, Pada Hastasana; Trikonasana, Parshva Konasana; Veerabhadrasana; Bhunamasana, Hanumanasana; Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana; Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Uttitha Padmasana; Janusirasana, Paschimottanasana, Supta Vajrasana; Mandukasana, Utthana Mandukasana; Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana

Unit-3: Yogasanas-II

[30Hrs.]

Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandhasana, Halasana, Karna Peedasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Raja Kapotasana, Bakasana, Kukkutasana, Garbhasana, Matsyendrasana, Marjariasana, Padangusthasana, Hastapadangusthasana, Garudasana, Vatayanasana, Natarajasana, Mayurasana, Sirshasana; Ekapada and Dwipada Kandasana

Unit-4: Teacher's evaluation

[20Hrs.]

Teacher must ensure that all practices are being done efficiently and skillfully. Minimum duration of the practices should be at least 1 minute and maximum can be 5 minutes.

Text Books

1. Swami Dharendra Bhrmhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980
2. Swami Dharendra Bhrmhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966
3. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983
4. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06

References Books

1. Basavaraddi, I.V. & others: Yogasana: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
2. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, mDNIY, New Delhi, 2011.
3. Iyengar, B.K.S.: Light on Yoga, Harper Collins Publishers, 2009
4. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, ADorling Kindersley Limited, 2001
5. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
6. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Understand the principle and practice of each practice.
CO-2	Make students familiar with Shatkarma.
CO-3	Presenting the procedure, precaution, benefits and limitations of each practice.
CO-4	Benefits of Yoga postures.
CO-5	Demonstrate each practice skill fully.
CO-6	Directing different yogic posture in alignment

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-2	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-3	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-4	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-5	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3
CO-6	2	2	2	2	3	2	2	2	2	3	2	3	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_402				
Course Name	: Yoga Practicum-VII				
Semester / Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Yoga Practicum-VII	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principle and practice of each practice.
2. Demonstrate each practice skillfully.
3. Explain the procedure, precaution, benefits and limitations of each practice.

Unit-1: Mantra, Bandha and Mudras

[15Hours]

Mantra

Rudropasana

Bandha and Mudras

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

Unit-2: Asanas and Pranayama

[15Hours]

Asanas

Pawanamuktasana Series – 03

Pranayama

Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama, Ujjayi Pranayama, Sheetali Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

Unit-3: Practice leading to meditation

[15Hours]

Pranava and Soham Japa, Antarmouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation Vipassana Meditation.

Unit-4: Continuous evaluation by the Teachers

[15Hours]

Text Books

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06

Reference Books

1. Iyengar, B.K.S.: Light on Yoga, HarperCollins Publishers, 2009
2. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Demonstrate each practice skill fully.
CO-2	Understand the principle and practice of each practice.
CO-3	Examining the procedure, precaution, benefits and limitations of Pranayama and Mudra.
CO-4	Explaining the concept of Meditation.
CO-5	Reviewing different pranayama bandh and meditation mention in Hath Yogic Texts.
CO-6	Directing each practice skilfully.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	1	2	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	1	2	1	1	2	2	2	2	3	2	1	2
CO-5	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-6	3	2	2	2	1	2	2	2	2	1	2	1	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course code	: BYSL_403				
Course Name	: Biochemistry Practical				
Semester / Year	: Fourth Semester				
	Subject Title	L	T	P	C
	Biochemistry Practical	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principle and procedure of each experiment.
2. Demonstrate each experiment skillfully.
3. Interpret the result during experiment.

Unit-1: Demonstration

Identification and Analysis of Constituents in Normal Urine – Urea – Uric acid – creatinine – Calcium and Phosphorous – Sulphate Ammonia – Chloride; Identification and Analysis of Constituents in Abnormal Urine – Protein, blood, bile pigments – bile salts, sugar, Ketone bodies; Identification and Analysis of glucose, fructose, lactose, maltose, sucrose; Identification and Analysis of Albumin, Casein, gelatin; Identification and Analysis of Blood glucose; Identification and Analysis of Blood Urea; Identification and Analysis of Urinary creatinine; Identification and Analysis of Gastric juice; Identification and Analysis of Urinal Chlorides.

Unit-2: Writing of Procedure and repetition of all the above mentioned biochemical tests

Unit-3: Teacher's continuous evaluation

Text Books

1. Keith Wilson & John Walker: Principles & Techniques of Practical Biochemistry, 5th edition
2. V.K. Malhotra: Practical Biochemistry for students, 4th edition, 2008, 12th edition 2012, Jaypee Brothers medical Publishers Ltd.

Reference Books

1. Shruti Mohanty & Aparna B. Varma: Practical Clinical Biochemistry, Jaypee Brothers medical Publishers Ltd. 2013
2. D.M. Vasudewan & Subir Kumar Das : Practical Textbook of Biochemistry for medical students, Jaypee Brothers medical Publishers Ltd. 2013.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Demonstrate each experiment skilfully.
CO-2	Understand the principle and procedure of each experiment.
CO-3	Interpret the result during experiment.
CO-4	Explain the concept and behaviour of biomolecules.
CO-5	Testing and analysis of constituent in normal urine.
CO-6	Directing about the identification and analysis of blood.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	1	2	1	1	2	2	1	2	3	2	1	2
CO-5	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-6	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Semester-V

Course Code	: BYSC_501				
Course Name	: Human System According to Yoga				
Semester / Year	: Fifth Semester				
	Subject Title	L	T	P	C
	Human System According to Yoga	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand meaning and process of culture with respect to the settlement of human in India.
2. Have an understanding about the religious movements and cultural configuration in India.
3. Understand the development and progress of India during Gupta and their legacies.
4. Understand the Indo-Islamic architecture and change in the trend during that time.

Course Contents

Unit-1: Evolution of body

[15 Hrs.]

Pancamahābhūtas, Pancatattvas and Pancatanmātrās, Evolution of human body in the context of Sāikhya yoga, Evolution of Jñānendriyas, Karmendriyas, Mahat, manas, Buddhi, Citta and Ahaākāra, Saptadhātus that make a human body

Unit-2: Panchakosatheory

[15 Hrs.]

Critical analysis of the story of Bhāgu and Varuna; The existence of five kohas in the human body; The product of five kohas; Disturbance of each koha.

Unit-3: Chakras and madalas

[15 Hrs.]

Introduction to Cakras; Evolution through the Cakras; Description of Mūlādhāra, Svādishōhāna, Manipura, Anāhata, Vihuddhi, Bindubisarga and Sahasrāra Cakras; Concept of Mannalas, types and their work.

Unit-4: Vayus, Nadis and svarayoga

[15 Hrs.]

Concept of Vāyus, type, their names and function; Concept of Nānēs, their characteristics and name of 10 major Nānēs and their functions; Difference between Inā, Pūgalā and Sushumnā; Effect of Svarayoga as explained in the Haōhayogic texts, Relevance of Svara-vijnāna in day-to-day life and the importance of Svarodaya in health and disease.

Text Books

1. Swami Harshananda: The Six Systems of Hindu Philosophy (Ramakrishna Matt, Bangalore, 2000)
2. Dr HR Nagendra & Dr RN Nagarathna: Yoga Health (Swami Vivekananda Yoga Prakashana, 2000)
3. Swami Muktibodhananda: Hatha Yoga Pradeepika, Saraswati Yoga Publication Trust, Munger.

Reference Books

1. Radhakrishnan, S.: Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971) Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
2. Nagendra HR. : Integrated Approach of Yoga Therapy for positive health, Swami Vivekananda Yoga Prakashana, Bangalore.
3. Swami Nirajananda: Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Find meaning and process of culture with respect to the settlement of human in India.
CO-2	Differentiate between religious movements and cultural configuration in India.
CO-3	Development and progress of India during Guptas and their legacies.
CO-4	Inspect Indo Islamic architecture and change in the trend during that time.
CO-5	Debating on the core concept of Nadi and Swar Yoga.
CO-6	Directing about panchkosha theory.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-6	2	2	2	1	2	2	1	1	2	2	1	2	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSC_502				
Course Name	: Yoga and Human Consciousness				
Semester / Year	: Fifth Semester				
	Subject Title	L	T	P	C
	Yoga and Human Consciousness	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the necessity and significance of psychology.
2. Have an understanding about utility of psychology in the society.
3. Understand human behavior with regard to therapy.

Course Contents

Unit-1: Psychology: a science of behaviour

[15Hrs.]

Psychology: Definition of Psychology; Psychology as a Science of Behaviour; Definition of Behaviour and its Cognitive, Cognitive and Affective Aspects; Scope and Utility of Psychology; Concept of Human Psyche; Human Psyche and Consciousness; Sigmund Freud's Model of Human Psyche; Methods of Psychology: Introspection, Observation, Experimental Method, Interview, Psychological Testing; Physiological Basis of Behaviour: Central Nervous System and Autonomic Nervous System

Unit-2: Domains and dynamics of behaviour-I

[15Hrs.]

Attention: Nature, Determinants of Attention, Division and Span of Attention; Sensation: Nature and Attributes of Sensation; Perception: Nature; Gestalt theory of Perception; Illusion; Learning: Nature; Theories: Learning by Trial and Error, Learning by Insight, Classical and Instrumental Conditioning; Motivation: Nature; Types of Motives: Biological Motives, Social and Psychological Motives; Maslow's Theory of Motivation

Unit-3: Domains and dynamics of behaviour-II

[15Hrs.]

Intelligence: Nature; Measurement of Intelligence: Concepts of Mental Age and Intelligence Quotient, Verbal and Non-verbal Intelligence Tests; Emotion: Nature; Physiological Basis of Emotion; Theories: James-Lange Theory, Cannon-Bard Theory; Emotional Intelligence (EI): Nature, Goleman's Model of EI; Spiritual Intelligence: Nature; Memory: Meaning; Systems of Memory: Sensory Register, Short-Term Memory and Long-Term Memory; Thinking: Meaning and Definition; Distorted Thinking (Delusion), Thinking and Reasoning.

Unit-4: Personality and its development

[15Hrs.]

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development; Personality Theories of Sigmund Freud, Alfred Adler and C.G. Jung, Carl Rogers; Assessment of Personality: Personality Inventories, Projective Techniques, Case History Method; Yoga and Personality: Yogic View of Personality; Personality Development with special emphasis on Panchakosha and Ashtanga Yoga

Unit-5: Yoga for mental health

[15Hrs.]

Psychotherapy: Nature and Process of Psychotherapy, Ethics in Psychotherapy; Approaches to Psychotherapy - I: psychodynamic Therapy, Behaviour Therapy: Aversive Conditioning, Systematic Desensitization, Token Economy, Conditioned Reflex Therapy; Approaches to Psychotherapy-II: Client-

centred Therapy, Rational Emotive Behavioural Therapy (REBT) by Elbert Ellis, Gestalt Therapy; Yogic Concepts and Techniques in *Patanjala Yoga Sutra* and *Bhagwadgita* for Promoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for Promotion of Mental Health: Breath Awareness, *Shavasana*, *Yoganidra*, *Pranayama* and Meditation; Yogic Life-style

Text Books

1. Bhatia, Hans Raj: General Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd, 2005
2. Ciccarelli, S. K., Meyer, G. E. & Misra, G.: Psychology: South Asian Edition. New Delhi: Pearson Education, 2010
3. Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R. L.: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.

Reference Books

1. Basavaraddi, I. V.: Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010
2. Morgan, C. T., King, R. A., Weisz J. R. & Schopler J.: Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006
3. Passer, M. W. & Smith, R. E.: Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010
4. Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasis Publications, 2007
5. Srivastava, D. N.: General Psychology. Agra: Vinod Pustak Mandir, 2007.
6. Kumar Dr. Kamakhya : Yoga Psychology.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Highlighting the utility of psychology in the society.
CO-2	Understand the necessity and significance of psychology.
CO-3	Explain human behaviour with regard to therapy.
CO-4	Concept of personality and stages of personality.
CO-5	Testing Psychology as a science of behaviour.
CO-6	Programming the Importance of Yoga for mental health.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	1	1	1	2	1	2	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	2	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSC_503				
Course Name	: Yogic Management of Lifestyle related Disorders				
Semester / Year	: Fifth Semester				
	Subject Title	L	T	P	C
	Yogic Management of Lifestyle related Disorders	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the principle of yoga therapy for each disease
2. Write standard yoga therapy protocol for each disease.
3. Understand the causes of disease and the role of yoga for its healing.

Unit-1: Introduction to common ailments and Respiratory disorders [15 Hrs.]

Introduction to stress and stress related disorders; Introduction to Yoga therapy – Adhija Vyadhi concept, IAYT; **Respiratory Disorders:** Introduction to Respiratory disorders, Brief classification – Obstructive / Restrictive, infectious, Bronchial Asthma: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Allergic Rhinitis & Sinusitis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; COPD: Chronic Bronchitis, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management; Emphysema: Definition, Classification, Clinical Features, Medical and Yogic Management; Infectious Disorders; Tuberculosis: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic Management

Unit-2: Cardiovascular disorder [15 Hrs.]

Introduction to Cardiovascular disorders, Hypertension: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Atherosclerosis/Coronary artery disease: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Ischemic Heart disease – Angina pectoris / Myocardial Infarction/ Post CABG rehabilitation: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Congestive Cardiac failure, Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management, Cardiac asthma: Definition, Etiopathogenesis, classification, Clinical Features, Medical and Yogic management

Unit-3: Obstetrics and Gynecological Disorders [15 Hrs.]

Menstrual disorders: Dysmenorrhea, Oligomenorrhea, Menorrhagia: Definitions, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Premenstrual Syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Menopause and peri-menopausal syndrome: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management; Yoga for Pregnancy and Childbirth: Introduction to pregnancy, Complicated pregnancies: PIH, Gestational DM, Ante-natal care, Post-natal care; PCOS: Definition, Etiopathogenesis, Classification, Clinical Features, Medical and Yogic management

Unit-4: Psychiatric disorders [15 Hrs.]

Introduction to psychiatric disorders, classification – Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalised anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management; Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management

Text Books

1. RameshBijlan:BacktoHealthThroughYoga,RupaPublicationsIndiaPvt.Ltd,2011
2. MDNIYpublications:10Booklets,YogaTherapySeries,MDNIYPublications,NewDelhi, 2009
3. ReddyMVenkata&others:YogicTherapy,SriM.S.R.MemorialYogaseries,ArthamuruA.P.,2005
4. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications,1998.

Reference Books

1. SwamiSatyanandaSaraswati:YogaandCardioVascularManagement,YogaPublication Trust, Munger,2005.
2. Heriza,N.,Ornish,D.Merz,C.N.B.:Dr. Yoga:ACompleteGuidetotheMedicalBenefitsof andYoga(YogaforHealth)by(Paperback-Sep9,2004)Sparrowe,L.,Walden,P.and Lasater,J.H:TheWoman'sBookofYogaandHealth:ALifelongGuidetoWellness (Paperback-Dec3,2002)-Dec23,2003)
3. Clennell,BandIyengar,G.S.:TheWoman'sYogaBook:AsanaandPranayamaforAll Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness) (Paperback-Dec3,1992)
4. agarathnaRandNagendraHR:YogaforArthritis,Backpain,Diabetes,Pregnancy, BreathingPractices,SwamiVivekanandaYogaPrakasana,Bangalore,2000
5. RobinMonoro,NagarathnaRandNagendra,H.R.:YogaforCommonAilments,Guia Publication, U.K.,1990.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Outlining the introduction to stress related disorder.
CO-2	Understand the principle of yoga therapy for each disease.
CO-3	Simplify causes of disease and the role of yoga for its healing.
CO-4	Explain the psychiatric disorder.
CO-5	Commenting on Yogic Management of Lifestyle Disorder.
CO-6	Write standard yoga therapy protocol for each disease.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	1	1	2	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	1	3	3	1	3
CO-3	3	2	2	2	2	1	2	2	2	1	2	1	3	2	1	2
CO-4	2	2	2	1	2	2	1	1	2	2	2	2	2	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	2	1	3	3	1	3
CO-6	3	2	2	2	2	1	2	2	2	1	2	1				

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: DSET_504				
Course Name	: DSE-1 (Fundamentals of Naturopathy)				
Semester / Year	: Fifth Semester				
	Subject Title	L	T	P	C
	DSE-I (Fundamentals of Naturopathy)	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Learn the concepts of auto healing and principles of naturopathy.
2. Learn the ancient knowledge of naturopathy based on the concept of panchamahabhuta.
3. Importance of naturopathy in eradication of disease.

Course Contents

Unit-1: Introduction to naturopathy

[05Hrs.]

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

Unit-2: Principles and concepts of naturopathy

[10Hrs.]

Composition of the human body according to Naturopathy, Laws of Nature: Pancha-Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

Unit-3: Naturopathy

[10Hrs.]

Hydrotherapy: Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification;

Unit-4: Concept of Diet and Massage

[05hrs]

Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in disease prevention, and health promotion

Text Books

1. S.D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J. Singh.: My Nature Cure or Practical Naturopathy
4. M.K. Gandhi: The story of my experiment with truth

Reference Books

1. R.K. Garde: Ayurvedic for Health and Long life Harry Benjamin.: Everybody's Guide to Nature Cure.
2. M.K. Gandhi.: My Nature Cure.
3. डॉ० सरस्वती काला – प्राकृतिक एक समग्र उपचार पद्धति।

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Define concepts of auto healing and principles of naturopathy.
CO-2	Understand ancient knowledge of naturopathy based on the concept of Panchamahabhuta.
CO-3	Utilize naturopathy in eradication of disease.
CO-4	Concept of Naturopathy diet in disease and importance of Massage.
CO-5	Experimenting the concept of auto healing and principles of Naturopathy.
CO-6	Role of Naturopathy in eradication of diseases.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: DSET_505				
Course Name	: DSE-2 (Introduction to Ayurveda)				
Semester / Year	: Fifth Semester				
	Subject Title	L	T	P	C
	DSE-II (Introduction to Ayurveda)	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To acquire the knowledge about the main principles of Ayurveda.
2. To acquire the knowledge about the therapeutic ability of Ayurveda for common ailments.

Course Contents

Unit-1: General Introduction to Ayurveda [10Hrs.]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samgraha; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention

Unit-2: Swasthavritta, Dinacharya, Ritucharya, Ratricharya, Sadvritta & Achararasyana [10Hrs.]

Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakriti & Manas; Concept and importance of Swasthavritta, Dinacharya, Ritucharya; Concept of Sadvritta and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vegain Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

Unit-3: Upasthambas with special emphasis on Ahara [05Hrs.]

Concept of Upasthambha; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Introduction to Sharira poshana (nourishment); Concept of Ojain Ayurveda; Role of Ayurvedic diet in health and prevention

Unit-4: Introduction to Panchakarma [05Hrs.]

Role of Poorva and Paschat Karm in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda and Yoga as a whole in relation to total health

Text Books

1. Dr. Priyavrata Sharma : Charaka Samhita, Chaukhamba Orientalia, Varanasi, Edition of 2008
2. Dr. Ravidutta Tripathi, Dr. Brahmanand Tripathi: Ashtanga Samgraha, Chaukhamba Sanskrit
3. Prathisthan, Delhi, Reprinted edition of 2003
4. Dr. K.H. Krishnamurthy: The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999

Reference Books

1. Dr. P.H. Kulkarni: Ayurvedic Philosophy, Academa Publishers, 2011
2. Dr. V.B. Athavale: Basic Principles of Ayurveda, Chaukhamba Sanskrit Prathisthan, Delhi, 2004
3. Dr. L.P. Gupta: Essentials of Ayurveda, Chaukhamba Sanskrit Prathisthan, Delhi, 2006
4. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukhamba Sanskrit Prathisthan, Delhi, 2009.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Relate fundamental of Ayurveda.
CO-2	Understand the concept, role and importance of Ayurveda.
CO-3	Promote good health. .
CO-4	Examine the concept of Panch Karma.
CO-5	Experimenting the therapeutic capability of Panch Karma for total health.
CO-6	Directing the concept of Swasthritt.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	2	3	1	2	2	2	3	1	2	2	2	3	3
CO-2	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
CO-3	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
CO-4	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
CO-5	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3
CO-6	2	2	2	2	3	2	2	2	2	3	2	2	2	2	3	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSL_501				
Course Name	: Yoga Practicum-VIII (Case Study)				
Semester / Year	: Fifth Semester				
	Subject Title	L	T	P	C
	Yoga Practicum-VIII (Case Study)	-	-	8	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Objective of this course is to make the student to record the data every day in a clinical setup and analyze the same for the presentation of the cases.

Course Contents

Unit-1: Mantra, Bandha and Mudras [15Hours]

Mantra

Om Stawan, Gayatri Mantra and Mahamrityunjay Mantra

Bandha and Mudras

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra, Tadagi Mudra, Vipareet Karni Mudra, Simha Mudra

Unit-2: Asanas and Pranayama [15Hours]

Asanas

Purnachakrasana, Kalyanasana, Titibhasana, Bakasana, Ekpadbakasana, Ashtavakrasana, Akarana Dhanurasana, Mayurasana, Gomukhasana, Yogasana, Gorakshasana, Uttithpadmasana, Kukkutasana, Kurmasana, Bhunamanasan, Hanumanasana, RajKapotasana, Vyaghrasana, Sarvangasana, Padmasarvangasana.

Pranayama

Nadi Shodhana pranayama, Bhramari Pranayama, Suryabhedana and Chandrabhedana Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhastrika Pranayama,

Unit-3: Practice leading to meditation [15Hours]

Pranava and Soham Japa, Antarmouna, Dharana, Practice of Dhyana, Breath Meditation, Preksha Meditation.

Unit-4: Continuous evaluation by the Teachers [15Hours]

TEXT BOOKS

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2005-06

REFERENCE BOOKS

1. Iyengar, B.K.S.: Light on Yoga, HarperCollins Publishers, 2009
2. Sen Gupta Ranjana: B.K.S. Iyengar Yoga, A Dorling Kindersley Limited, 2001
3. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Tiwari, O.P.: Asana Why and How? Kaivalyadhama, Lonavla, 2011

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Facilitates the exploration of a real issue with in a defined context.
CO-2	Discus the case study and analyze a defined problem consisting in a real situation.
CO-3	Explain clinical setup and analyze the same for the presentation of the cases.
CO-4	Identify most important facts surrounding the case study.
CO-5	Demonstrate each practice skill fully.
CO-6	Directing different yogic posture in alignment

CO-PO Mapping

Cours e	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	3	1	2	1	1	2	2	2	3	2	2	2	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	2	2	2	2	1	1	2	2	2	1	2	2	2	3	1	2
CO-4	2	2	2	1	1	1	1	1	2	2	1	2	2	2	1	2
CO-5	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-6	2	2	2	2	1	1	2	2	2	1	2	2	2	3	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSL_502				
Course Name	: Psychology Practicum				
Semester / Year	: Fifth Semester				
	Subject Title	L	T	P	C
	Psychology Practicum	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Objectives of this course is to make the students familiar about the tests and the scales and the procedure of administering them. Practical & Practicum

Course Contents -

Division of Attention; Emotional Intelligence/Emotional Maturity; Spiritual Intelligence/Study of Values/Spiritual Belief; Self concept; Asakti/Anasakti Scale; Anxiety Scale; Aggression Scale
Fear of Death; Depression; Frustration; Personality Inventory; Adjustment/Mental Health General Well-being; Case study

Note:

Each student will collect data of 10 respondents. Using any two of the tests mentioned above they have to give necessary statistical treatment and they should be presented at the time of Examination. Practical involves understanding of means of Central Tendency, involving means, median, mode & Standard Deviation.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Relate yoga psychology for self and society.
CO-2	Interpret Yogic psychology to make students familiar with the facts of successful counseling.
CO-3	Describe the ethics of counselling.
CO-4	Concept of Emotion Intelligence, Emotional Maturity and Spiritual Intelligence.
CO-5	Testing different Psychological test.
CO-6	Solving the problems coming during counselling.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	1	3	2	2	2	1	2	2	2	2	1	2	2	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	2	3	2	2	2	1	3	2	3	3	1	3
CO-4	2	2	2	1	2	1	1	1	2	2	1	1	3	2	1	2
CO-5	1	3	2	2	2	1	2	2	2	2	1	2	2	2	2	2
CO-6	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Approved as per (Agenda No.-3) of 6th Academic Council Meet, dated 16 December 2021

Course Code	: BYSL_503				
Course Name	: Study Tour				
Semester / Year	: Fifth Semester				
	Subject Title	L	T	P	C
	Study Tour	-	-	4	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To make the participants discuss and think about the tour's central theme.

Unit-1: Study tour

The study tour is to give exposure to the students on the activities being conducted by reputed Yoga Institutes/Colleges/Universities/Yoga Centers/Yogic Hospitals. The students may be taken to any one or more than one Yoga Institutes/Yoga Centers etc. of repute in India. The Study Tour shall be arranged by the Institute and the expenses shall be borne by the concerned students only. Each student has to submit a Study Tour observation report that will be evaluated by the teacher who is in-charge of the study tour and also countersigned by the Course Coordinator.

The Study Tour will carry marks as mentioned in the Scheme of examination

Unit-2: Presentation

Presentations of Study Tour Report, its Utility and the exposure got to enhance their learning

Unit-3: Continuous evaluation by the Teachers

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	How educational tour helps learning.
CO-2	Improves critical thinking skills and experiential learning.
CO-3	Strengthen student teacher relationship.
CO-4	Improve critical thinking skill and Experiential learning
CO-5	Coordinating between students and teachers.
CO-6	Building academic capability.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	3	1	2	1	1	2	2	2	3	2	3	2	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	2	2	2	2	1	1	2	2	2	1	2	1	2	3	1	2
CO-4	2	2	2	1	1	1	1	1	2	2	2	2	2	2	1	2
CO-5	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-6	2	2	2	2	1	1	2	2	2	1	2	1	2	3	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Semester-VI

Course Code	: BYSC_601				
Course Name	: Yoga and Human Values				
Semester / Year	: Sixth Semester				
	Subject Title	L	T	P	C
	Yoga and Human Values	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the concept of harmony in human being, family and society.
2. Understand the concept of human values.
3. Have an understanding about our social responsibility.

Course Contents

Unit-1: Harmony in Human Being and in Myself

[15Hrs.]

Concept of Human Being as 'I' & Body; Characteristics & activities of 'I' & Harmony in 'I'; Understanding the Harmony of 'I' with the Body: Sanyam and Swasthya, correct appraisal of body needs and meaning of prosperity in detail; Role of Yoga in developing Harmony within the self; Understanding the body as an instrument of 'I'

Unit -2: Harmony in Family and Society - Harmony in Human – Human relationship [15 Hrs.]

Values in Family, Harmony in family; the basic unit of human interaction; Values in Human; Human relationship, Yogic concept of Human relationship – Maitri, Karuna, Mudita and Upeksha; Harmony in the Society – Concept of Vasudaiiva Kutumbakam; Concept of Universal Harmonious order in society; undivided society (Akhand Samaj), Universal order (Sarvabhaum Vyawastha); Concept of Samman (Respect), difference between respect and differentiation, the other silent values in relationships

Unit-3: Concept of Human values: Moral Education

[15Hrs.]

Definition and types of moral education, meaning and scope of morality; Role of Yoga in development of ethics and ethical decision making; Values, Yoga, Reality & their inter-relationship; Relevance of ethics and values in Yoga, Qualities of teacher and students; Ethics in Professional Practices, methods of teaching human values, Student–teacher relationship

Unit-4: Social Responsibility and Yoga

[15Hrs.]

Moral Principles of SR; overview of SR; SR & health maintenance of employees through Yoga; Challenges of Environment; Principles of Environmental Ethics; Concepts of Civil Society and its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them

Text Books

1. Singh MS: Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007
2. Chand Jagdish: Value Education, Anshah Publishing House, Delhi, 2007
3. Gawande E N : Value Oriented Education: Vision for better living, Sarup & Sons Publishers, New Delhi, 2008
4. Panda Sanjay Kumar: Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008

Reference Books

1. Kesari Vedanta: Values: The Key to a meaningful life; Sri Ramakrishna Math, Chennai, 2005
2. Prasad Rajendra: Varnadharma, Niskhana Karma & Practical Morality: A Critical Essay on applied ethics, DK Printworld Pvt. Ltd, Delhi, 1999
3. Radhakrishnan S: Indian Philosophy, Vol. 2, Oxford University, Delhi, 2008
4. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Find harmony between family and society.
CO-2	Understand the concept of human values.
CO-3	Explain social responsibility.
CO-4	Concept of Human Values.
CO-5	Evaluate the concept of human relationship and Moral education.
CO-6	Developed harmony in human being and in myself..

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	2	1	1	2	2	1	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	1	1	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSC_602				
Course Name	: Applied Yoga				
Semester / Year	: Sixth Semester				
	Subject Title	L	T	P	C
	Applied Yoga	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the applied value of yoga in different domains.
2. Have an idea about the role of yoga for school, sports, technostress and geriatric care.

Course Contents

Unit-1: Yogic Health for school

[15Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children; Role of Yoga in establishment of values in School going children; Personality Development: New Dimensions of Personality through Yoga

Unit-2: Yoga in Physical Education, Sports Sciences

[15Hrs.]

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties/skills in sports Personnel; Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports— track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities; Research review on Yoga and Sports

Unit-3: Yoga for technostress

[15Hrs.]

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Technostress; Research review on effect of Yoga on Technostress

Unit-4: Yoga for geriatric care

[15Hrs.]

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management; Research review on Yoga & Geriatric care

Text Books

1. Jayadev HJ: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
2. Liz Lark: Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani: Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008
4. Iyengar BKS: The Path to Holistic Health, ADorling Kindersley Book, Great Britain, 2001
5. Dr. Goel Aruna: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

Reference Books

1. BasavaraddiIV:Yoga:Teachersmanualforschoolchildren,MDNIYNewDelhi,2010
2. BasavaraddiIV:YogainSchoolHealth,MDNIYNewDelhi,2009IyengerBKS:AstadalaYogamala1to7volumes,AlliedPublishersPvt.Ltd,2009
3. BasavaraddiIV:YogaforTechnostress,MDNIY,NewDelhi,2010
4. Dr.HKumarKaul:YogaandHealthyAgeing,BRPublishingCorporation,Delhi,2006
5. BasavaraddiIV:YogicManagementofGeriatricDisorders,MDNIY,NewDelhi,2009.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Show applied value of yoga in different domain.
CO-2	Discuss role of yoga for school, sports,
CO-3	Explain Techno stress and geriatric care.
CO-4	Importance of Yoga in Physical Education and Sports Science.
CO-5	Asses the role of Yoga in Physical Education and Sports Science.
CO-6	Build the concept of Yogic Health for School.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	2	1	1	2	2	1	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	1	1	3	2	1	2
CO-5	3	2	2	2	2	1	2	2	2	1	2	2	3	3	1	3
CO-6	2	2	2	1	2	2	1	1	2	2	1	1	3	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSC_603				
Course Name	: Research Methodology & Statistics				
Semester / Year	: Sixth Semester				
	Subject Title	L	T	P	C
	Research Methodology & Statistics	3	1	-	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the concept of research and its methodology for carrying minor and major research.
2. Feed and analyze the data.
3. Organize the data and represent the data.

Course Contents

Unit-1: Introduction to research methodology [15 Hrs.]

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behavior; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism

Unit-2: Introduction to Research Process [15 Hrs.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Operational definition; Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Nonprobability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity

Unit-3: Introduction to Research Design [15 Hrs.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to follow-up, Controls, Ethical issues, Issues of bias and confounding

Unit-4: Statistics

Normal distribution – Skewness and kurtosis; Frequency distribution; Measures of central tendency – mean, median, mode; Measures of dispersion – range, variance and standard deviation; Graphical presentation of data – Bar graphs, Pie chart, line diagram, scatter plot; Paired sample t test; Percentage change

Unit-5: Reporting Research

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section

Text Books

1. 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

2. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International(P)Ltd.NewDelhi.
3. Zar,J.H.,&Zar.(1999).BiostatisticalAnalysis.PearsonEducation.NewDelhi.
4. श्री मनोज रतूड़ी – योग एवं मनोविज्ञान में सांख्यिकी के अनुप्रयोग।

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Define concept of research and methodology analyze the data.
CO-2	Organize the data and represent the data.
CO-3	Discuss and useful statistical concepts.
CO-4	Apply design experiment in yoga.
CO-5	Evaluate Statistical analysis and Research Methodology.
CO-6	Hypothesise Research design and writing Research Report.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	1	2	1	1	2	2	2	1	3	2	1	2
CO-5	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
CO-6	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: DSET_604				
Course Name	: DSE-3 (Yogic Diet and Nutrition)				
Semester / Year	: Sixth Semester				
	Subject Title	L	T	P	C
	DSE-III (Yogic Diet and Nutrition)	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the concept of diet and the medical value of nutrition.
2. Advise the appropriate diet to different age groups.
3. Have an understanding about overeating and malnutrition.
4. Benefits and caloric value of various food groups.

Unit-1: Yogic concept of diet & Nutrition

[05Hrs.]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

Unit-2: Dietetics in yoga

[10Hrs.]

Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasavirya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola; Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi; Kalashaka, Vatraka, Himocika; Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba; Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa, Jambu, Haritaki, Khajura, Madhu, Shunthi.

Unit-3: Biomolecules

[05Hrs.]

Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body

Unit-4: Nutrition-Basics

[15Hrs.]

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals – calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

Text Books

1. Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
2. Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livingstone, Revised Edition
3. Dennis Thompson: The Ayurvedic Diet, New Age Books, New Delhi, 2001
4. Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

Reference Books

1. Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978
2. Gharote ML & others: Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
3. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
4. Swami Gambhirananda: Bhagvatgita, Shri Ramkrishna Math, Madras Swami Maheshananda & Others: Vasishta Samhita.

Course outcomes (CO):**Upon successful completion of the course a student will be able to**

CO-1	Define the appropriate diet to different age groups.
CO-2	Understand the concept of diet and the medical value of nutrition.
CO-3	Relate overeating and malnutrition.
CO-4	Illustrate Benefits and caloric value of various food groups.
CO-5	Explain the basics of Nutrition.
CO-6	Developed Yogic concept Diet and Nutrition.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	2	1	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	2	3	2	1	2
CO-5	3	2	1	2	1	1	2	2	2	2	2	2	3	2	2	2
CO-6	2	1	2	2	2	1	2	2	2	2	2	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: DSET_605				
Course Name	: DSE-4 (Yoga and Mental Health)				
Semester / Year	: Sixth Semester				
	Subject Title	L	T	P	C
	DSE-IV (Yoga and Mental Health)	2	-	-	2

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the concept of mental health.
2. Understand the essence of Astanga Yoga and how to put them into practice.
3. Understand Bhakti yoga and the role of it in our day to day life.

Unit-1: Mentalhealth [05Hrs.]

MentalHealth:MeaningandImportance;YogicPerspectiveofMentalHealth;Yoganidra, Kuntha,samayojan,stress,emotions,feelings,adjustments

Unit-2: Basicunderstandingaboutpsychiatricdisorders [10Hrs.]

SignandsymptomsofDelirium,Dementia,andAmnesicDisorders;Substance-Related Disorders;SchizophreniaandOtherPsychoticDisorders;MoodDisorders;EatingDisorders; PersonalityDisorders

Unit-3: Basicunderstandingaboutpersonalitydisorders [05Hrs.]

SignandsymptomsofPersonalityDisorders:Borderline,Antisocial,Histrionic,Paranoid, Narcissistic,Obsessive-Compulsive,andDependentandEatingDisorders.

Unit-4: Yogaformentalhealth [10Hrs.]

YogicConceptsandTechniquesinPatanjalaYogaSutraandBhagwadgitaforPromoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for PromotionofMentalHealth:Memory,Intelligence,Breath;Awareness,Shavasana,Yoganidra, PranayamaandMeditation;YogicLife-style

Text Books

1. Singh, A. K. : SaralSamanyaManovijnana. Delhi: Motilal Banarasidas Publications, 2007.
2. Tilak, B. G. : SrimadBhagwadgitaRahasya. Poona: Tilak Mandir.
3. Udupa,K.N.:StressandItsManagementbyYoga.Delhi:MotilalBanarasidas,2007.
4. Vivekananda,Swami:RajaYoga.Nagpur:RamakrishnaMath

Course outcomes (CO): DSET_605**Upon successful completion of the course a student will be able to**

CO-1	Find self-management and career development.
CO-2	Understand the role of yoga.
CO-3	Develop good physique.
CO-4	Explain the Yogic concept and techniques for promoting mental health.
CO-5	Relationship between Yoga and Mental Health.
CO-6	Discuss the concept of Yoga for Spiritual growth and good mental health.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	2	2	2	1	2	1	1	1	2	1	1	1	3	2	1	2
CO-2	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3
CO-4	2	2	2	1	2	2	1	1	2	2	2	1	3	2	1	2
CO-5	2	1	2	2	2	1	2	2	2	2	1	2	2	2	1	2
CO-6	3	2	2	2	2	1	2	2	2	1	1	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSL_601				
Course Name	: Yoga Practicum-IX (Case Study Reports)				
Semester / Year	: Sixth Semester				
	Subject Title	L	T	P	C
	Yoga Practicum-IX (Case Study Reports)	-	-	8	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Describe an individual situation (case), e.g. a person, business, organisation, or institution, in detail;
2. Identify the key issues of the case (your assignment question should tell you what to focus on);
3. Analyse the case using relevant theoretical concepts from your unit or discipline;
4. Recommend a course of action for that particular case (particularly for problem-solving case studies)

Unit-1:Casetaking-I

[30Hrs.]

Students shall be permitted to take four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.

Unit-2:Casetaking-II

[30Hrs.]

Students shall be permitted to take another four cases (Same Disease) and supervise the practice for fifteen days and common parameters will be recorded every day.

Unit-3:Preparation of the cases

[30Hrs.]

Candidate shall write a report of a most improved and least improved case.

Unit-4:Presentation

[30Hrs.]

Following the presentation, candidate will present the case to the examiners and the same will be examined.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Find Objective of the case study to find out the factors that account for the behavior patterns.
CO-2	Develop a key skills such as problem solving decision making and analytical abilities.
CO-3	Plan time management presentation skills group and working.
CO-4	Prepare phenomenal context and people.
CO-5	Evaluate how to apply theory in practice.
CO-6	Build the capacity for critical analysis judgment and action.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	3	1	2	1	1	2	2	2	3	2	2	2	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	2	2	2	2	1	2
CO-3	2	2	2	2	1	1	2	2	2	1	2	2	2	3	1	2
CO-4	2	2	2	1	1	1	1	1	2	2	1	2	2	2	1	2
CO-5	2	2	2	2	1	1	2	2	2	1	2	2	2	3	1	2
CO-6	2	2	2	1	1	1	1	1	2	2	1	2	2	2	1	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSL_602				
Course Name	: Research Project				
Semester / Year	: Sixth Semester				
	Subject Title	L	T	P	C
	Research Project	-	-	8	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. To describe what factors farmers take into account in making such decisions as whether to adopt a new technology or what crops to grow.
2. To develop a budget for reducing pollution by a particular enterprise.
3. To describe the habitat of the giant panda in China.

A pilot research shall be carried out by each student under the supervision of a Lecturer/Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.

Course outcomes (CO):

Upon successful completion of the course a student will be able to

CO-1	Increase the productivity and motivation among students.
CO-2	Understand result of research.
CO-3	Changes in conditions, behaviour attitudes.
CO-4	Identify and utilize relevant previous research work that support research.
CO-5	Evaluate what you to happen after an activity is completed.
CO-6	Solve the problems face during his/her Research Project.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	3	2	1	2	1	1	2	2	2	2	1	2	3	2	2	2
CO-2	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2
CO-3	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3
CO-4	2	2	2	1	1	2	1	1	2	2	2	1	3	2	1	2
CO-5	2	1	2	2	1	1	2	2	2	2	1	2	2	2	1	2
CO-6	3	2	2	2	1	2	2	2	2	1	2	2	3	3	1	3

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Course Code	: BYSL_603				
Course Name	: Practical Statistics				
Semester / Year	: Sixth Semester				
	Subject Title	L	T	P	C
	Practical Statistics	-	-	8	4

L - Lecture T – Tutorial P – Practical C – Credit

Course Objectives: The objectives of this course are

1. Understand the concept of research and its methodology for carrying minor and major research.
2. Understand the tricks of analyzing the data efficiently.
3. Have an idea about various statistical tests and their application.

List of Practicals:

1. Introduce about MS-Word and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
2. Create a simple MS-Word document about introducing yourself and preparing your Bio-data (using various formatting options in MS-Word).
3. Learning and performing various options/operations in MS-Word.
 - a. Creating a table, Entering text and contents in a table.
 - b. Toolbars in word, Using various toolbar options.
 - c. Watermarks and Water-marking a document.
 - d. Inserting cliparts/picture, Hyper-linking a text.
 - e. Header/Footers.
4. Introduce about MS-Excel and write down the steps for performing various general operations in it (like open, saving, cut, copy, paste, printing a document etc.).
5. Learning and performing various options/operations in MS-Excel. Like:
 - a. Creating and Saving a new Workbook.
 - b. Deleting and Renaming a Worksheet.
 - c. Creating Formulas, Using Formulas.
 - d. Using Functions.
6. Introduce about MS Power-point explaining its various features and steps for performing various general operations in it.
7. Prepare a power-point presentation explaining the facilities/infrastructure available in your College/Institution.
8. Net Surfing
9. Creation and Usage of E-mail Account

Course outcomes (CO): BYSL_603**Upon successful completion of the course a student will be able to**

CO-1	Described MS word and write down the steps for performing various general operation in it.
CO-2	Understand the concept of MS Excel.
CO-3	Apply experiment in yoga.
CO-4	Illustrate important and useful of MS Power Point.
CO-5	Explain MS Power point and NET searching.
CO-6	Design various options/operation in MS word.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO 1	PSO 2	PSO 3	PSO 4
CO-1	1	2	2	2	2	1	1	2	2	2	1	2	2	2	2	2
CO-2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
CO-3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
CO-4	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
CO-5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
CO-6	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Discipline specific electives/Ability enhancement elective courses/Skill oriented courses**Subject: BASIS OF INDIAN CULTURE****Unit- 1 : Meaning & process of culture and early human settlements in India 05 Hrs.]**

Meaning and process of culture; Sources – Archaeology, Literature, Foreign accounts; Pre and Proto historic cultures; Indus Civilization – Origin, extent, date, art, architecture, religion, society, economy; Changes in the later Vedic period.

Unit - 2: Religious movements and cultural configurations in India [15 Hrs.]

Religious movements in the sixth and fifth centuries BC with special reference to Buddhism and Jainism; Social and economic changes; Impact of Persian and Greek invasions; Role of Mauryan empire in Indian cultural unification; Asoka – his edicts and Dhamma; Mauryan art, polity and economy; Sangam Age Society and economy; Cultural configurations during the Sunga – Satavahana – Kushana era – New trends in art, literature and religion; Stupa and rock-cut architecture, sculpture; Dharmashastra, Natyashastra, Kamasutra, Panchatantra, Ayurveda; Religious sects and schools – Hindu, Buddhist and Jain.

Unit-3: Developments during the Gupta and legacies [05 Hrs.]

Developments during the Gupta – Vakataka – Pallava age – Literature; Education, science, religion, society, polity, economy, architecture, sculpture, painting; Cultural contacts with outside world; Legacies of classical ideas and patterns and development of new trends in Indian society and thought during the early medieval times; Vedanta Sankara, Ramanuja; Bhakti, Tantra, Alavars, Nayanars; Temple styles Nagara, Vesara, Dravida; Literature, society, polity feudalism; Efflorescence of Indian cultural contacts; Islam in India; Alber union India.

Unit-4: Indo-Islamic architecture and new cultural trends in Mughal India [05 Hrs.]

Indo-Islamic architecture during the Sultanate period; regional styles; Religious and philosophical developments – Bhakti and acharya traditions; Sufism in India; Islamic influences on Indian society and culture; Muslim interest in Indian classics; Literary developments, Sanskrit, Persian and regional languages; Cultural contributions of Vijayanagara empire; New cultural trends in Mughal India; Religious liberalism – Akbar, Abul Fazl, Dara Shikoh; Growth of Vaishnava Bhakti; Foundation of Sikhism to the institution of Khalsa; Mughal architecture and painting, regional styles; Classical Indian music including pre – Mughal antecedents; Development of Hindi and Urdu literature; Sawai Jai Singh's astronomical contributions; Arrival and spread of Christianity; European studies of India – William Jones and Fort William College, Asiatic Society of Bengal, influence of Christian Missionaries.

Unit-5: Western ideas relationship with ancillary disciplines [05 Hrs.]

Influx of Western ideas and Indian response; English education and press; Bengal renaissance; Reform movements in Bengal and other regions, Administrative Measures for Social Reforms (1828–1857), Indian reformers – Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, Keshav Chandra Sen, Mahagovinda Ranade, Jyotiba Phule, Dayanand Saraswati, Vivekananda, Syed Ahmad Khan; Indian nationalism – Rise, salient features and its cultural expressions in literature, art and education, Gandhian ideas – tradition and modernity; Indian Classics, Indian culture studies, Objectivity and bias; Relationship with ancillary disciplines; Scope of research; Primary and Secondary sources; Heritage of India; World's debt to Indian culture.

Text Books

1. Ram Shankar Tripathy; History of ancient India, Motilal Banarsidass, Motilal Banarsidass Publication, Tenth edition, 1987

REFERENCE BOOKS

1. R.S. Sharma; India's ancient past, Oxford publication, 2006

Subject: YOGIC DIET AND NUTRITION**Credits: 02****Unit-1: YOGIC CONCEPT OF DIET & NUTRITION**

[05Hrs.]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living

Unit-2: DIETETICS IN YOGA

[10Hrs.]

Classification according to triguna- vegetarian vs non-vegetarian, panchabhuta; relationships, rasavirya, Guna, Vipaka of shali, Yava, Godhuma, Mugda, Masha, Chanaka, patola; Surana, Mana, Kakkola, Shukashuka, Karkat, rambha, Balaramba, Mulak, Vartaki, Ridhi; Kalashaka, Vatraka, Himocika; Navanita, Ghrta, Kshira, Sita, Aikshwam, Gudum, Pakvaramba; Varikellalm, Draksham, Lawali, Dhatri, Ela, Jati, Lavanga, Panasa; Jambu, Haritaki, Khajura, Madhu, Shunthi.

Unit-3: BIOMOLECULES

[05Hrs.]

Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body

Unit-4: NUTRITION-BASICS

[15Hrs.]

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals – calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements

TEXT BOOKS:

1. Ramesh Bijlani: Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012
2. Stanley Davidson & others: Human Nutrition & Dietetics, The English Language Book Society & Churchill Livingstone, Revised Edition
3. Dennis Thompson: The Ayurvedic Diet, New Age Books, New Delhi, 2001
4. Randolph Stone: A Purifying Diet, Lilawati Bhargav Charitable Trust, Delhi, Revised Edition

REFERENCE BOOKS

1. Swami Digamber Ji & Others: Gheranda Samhita, Lonavala Institute, 1978
2. Gharote ML & others: Hatha Pradipika, The Lonavala Yoga Institute, Lonavala, 2006
3. Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005
4. Swami Gambhirananda : Bhagvatgita, Shri Ramkrishna Math, Madras Swami Maheshananda & Others: Vasishta Samhita

Subject: YOGA AND MENTAL HEALTH**Credits: 02****Unit-1:MENTALHEALTH** [05Hrs.]

MentalHealth:MeaningandImportance;YogicPerspectiveofMentalHealth;Yoganidra, Kuntha,samayojan,stress,emotions,feelings,adjustments

Unit-2:BASICUNDERSTANDINGABOUTPSYCHIATRICDISORDERS [10Hrs.]

SignandsymptomsofDelirium,Dementia,andAmnesticDisorders;Substance-Related Disorders;SchizophreniaandOtherPsychoticDisorders;MoodDisorders;EatingDisorders; PersonalityDisorders

Unit-3:BASICUNDERSTANDINGABOUTPERSONALITYDISORDERS [05Hrs.]

SignandsymptomsofPersonalityDisorders:Borderline,Antisocial,Histrionic,Paranoid, Narcissistic,Obsessive-Compulsive,andDependentandEatingDisorders.

Unit-4:YOGAFORMENTALHEALTH [10Hrs.]

YogicConceptsandTechniquesinPatanjalaYogaSutraandBhagwadgitaforPromoting Mental Health; Need of Spiritual Growth for Mental Health; Specific Yogic Practices for PromotionofMentalHealth:Memory,Intelligence,Breath;Awareness,Shavasana,Yoganidra, PranayamaandMeditation;YogicLife-style

TEXT BOOKS:

Singh, A. K. : SaralSamanyaManovijnana. Delhi: Motilal Banarasidas Publications, 2007 Tilak, B. G. : SrimadBhagwadgitaRahasya. Poona: Tilak Mandir.

Udapa,K.N.:StressandItsManagementbyYoga.Delhi:MotilalBanarasidas,2007

Vivekananda,Swami:RajaYoga.Nagpur:RamakrishnaMath

Subject: INTRODUCTION TO AYURVEDA**Credits: 02****Unit-1: GENERAL INTRODUCTION TO AYURVEDA**

[10Hrs.]

General introduction to Ayurveda; Definition, aim of Ayurveda, its origin, history and propagation; Basic introduction to main Ayurvedic texts like Charaka Samhita, Sushruta Samhita and Ashtanga Samgraha; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention

Unit-2: SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & ACAHARARASAYANA

[10Hrs.]

Basic principles of Ayurveda – Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakriti & Manas; Concept and importance of Swasthavrita, Dinacharya, Ritucharya; Concept of Sadvrita and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Veg in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava

Unit-3: UPASTHAMBAS WITH SPECIAL EMPHASIS ON AHARA

[05Hrs.]

Concept of Upasthambha; Concept of Ahara, Aharapachana, Pathya & Apathya in Ayurveda; Introduction to Shariraposhana (nourishment); Concept of Ojain Ayurveda; Role of Ayurvedic diet in health and prevention

Unit-4: INTRODUCTION TO PANCHAKARMA

[05Hrs.]

Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarman Yoga; Approach of Ayurveda and Yoga as a whole in relation to total health

TEXT BOOKS

1. Dr. Priyavrata Sharma : Charaka Samhita, Chaukhamba Orientalia, Varanasi, Edition of 2008
2. Dr. Ravidutta Tripathi, Dr. Brahmanand Tripathi: Ashtanga Samgraha, Chaukhamba Sanskrit Prasthithan, Delhi, Reprinted edition of 2003
3. Dr. K.H. Krishnamurthy: The wealth of Susruta, International Institute of Ayurveda, Coimbatore, 1999

REFERENCE BOOKS

1. Dr. P.H. Kulkarni: Ayurvedic Philosophy, Academic Publishers, 2011
2. Dr. V.B. Athavale: Basic Principles of Ayurveda, Chaukhamba Sanskrit Prasthithan, Delhi, 2004
3. Dr. L.P. Gupta: Essentials of Ayurveda, Chaukhamba Sanskrit Prasthithan, Delhi, 2006
4. Dr. G. Srinivas Acharya : Panchakarma illustrated, Chaukhamba Sanskrit Prasthithan, Delhi, 2009

Subject: FUNDAMENTALS OF NATUROPATHY**Credits: 02****Unit-1: INTRODUCTION TO NATUROPATHY**

[05Hrs.]

General introduction to Naturopathy; Naturopathy – its definition, meaning, scope and limitations; History of Naturopathy – Indian and Western; Comparative study of the Naturopathy with other systems of Medicine; Catechism of Nature cure

Unit-2: PRINCIPLES AND CONCEPTS OF NATUROPATHY

[10Hrs.]

Composition of the human body according to Naturopathy, Laws of Nature: Pancha-Mahabhootas, Shareera Dharmas – Ahara, Nidra, Bhaya, Maithuna; Fundamental principles of Naturopathy; Natural rejuvenation and vitality, how to acquire natural immunity; importance of Physical & Mental Hygiene and prevention of diseases;

Unit-3: NATUROPATHY

[10Hrs.]

Hydrotherapy: Introduction, definition, scope, history, principles; role of hydrotherapy in prevention of diseases; Upavasa (Fasting): Introduction, definition, scope, history, principles and types; its role in disease prevention, health promotion; concept of de-toxification;

Unit-4: Concept of Diet and Massage

[05hrs]

Diet: Introduction, definition, scope, types and its principles; role of Naturopathy diet in disease prevention and health promotion; Massage: Introduction, definition, scope, history, its principles and manipulative techniques; Different types of Massages and their role in disease prevention, and health promotion

TEXT BOOKS

1. S.D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. Pravesh Handa: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J. Singh.: My Nature Cure or Practical Naturopathy
4. M.K. Gandhi: The story of my experiment with truth

REFERENCE BOOKS

1. R.K. Garde: Ayurvedic for Health and Long life Harry Benjamin.: Everybody's Guide to Nature Cure.
2. M.K. Gandhi.: My Nature Cure.
3. डॉ० सरस्वती काला – प्राकृतिक एक समग्र उपचार पद्धति।

GENERIC ELECTIVES**Subject: HEALTH AND YOGIC HYGIENE****Credits: 02****Unit-1: INTRODUCTION TO HEALTH AND HYGIENE [10Hrs.]**

Personal hygiene, Definition of health and factors; affecting it- food habits, cleanliness, exercise and sleep; Water–Importance of water, impurities present in water, sources of contamination of water and water purification (Household and natural methods); First aid: meaning, importance in daily life.

Unit-2: INFECTION AND DISINFECTANTS [05Hrs.]

Infection–Definitions of Infection, Infective agents, Period of infectivity; Types of diseases and their modes of spread; Channels of infection; disinfectants – Definition, types and methods of disinfection

Unit-3: INFECTIOUS DISEASES [10Hrs.]

Infectious diseases–Causes, incubation period, mode of spread, symptoms, prevention & control of the following diseases); Diseases spread by insects -Malaria, Dengue; Diseases spread by ingestion- Dysentery, cholera, typhoid; Diseases spread by droplet infection- Chickenpox, measles, mumps; Diseases spread by Contact- Leprosy, AIDS;

Unit-4: Immunity-Definition, types of immunity & immunization schedule [05Hrs.]

Common emerging health problems among women: Cancer of Breast and Cervical

TEXT BOOKS

1. Yashpal Bedi (1976) Hygiene & Public Health. Anand Publishing Co., gali No.1, Nawan Kot Amritsar.
2. V.N. Hhave, (1975) You & Your Health.. National Book Trust
3. Bihari Lal Bhatia, (1961) Elementary.. Hygiene, Orient Longmans, Ltd. Calcutta-13
4. J.E. Park, (1983) Preventive & Social Medicine, Jabalpur Messrs Banaridas Bhanot
5. Birendra Nath Ghosh, (1969) Hygiene & Public Health Calcutta Scientific Publishing Co.

Subject: INTRODUCTION TO AYUSH**Credits: 02****Unit-1: YOGA AND HEALTH AND INTEGRATED APPROACH OF YOGA THERAPY [10Hrs.]**

Concept of body, Health and disease; Concept of Yoga Adhi and Vyadhi; Principle of Yoga Therapy in relation to Yoga Vasistha; Practices at Pancha Kosalevel Annamaya, Pranamaya, Manomaya, Vijnanamaya and Anandamayakosa; Principle of Yoga Therapy in relation to Hatha Ratnavali and Gheranda Samhita

Unit-2: INTRODUCTION TO BASIC CONCEPTS OF NATUROPATHY [05Hrs.]

History of Naturopathy; Principles of Naturopathy; Concept of five elements and its applications

Unit-3: INTRODUCTION TO BASIC CONCEPTS OF AYURVEDA [10Hrs.]

The four aspects of life (Soul, Mind, Senses and Body); Panchamahabhutas (the five element theory), Ahara, Vihara and Anadhi (three pillars of Ayurveda); Concept, role and importance of Doña, Dhatu, Mala; Updhatu, Srotas, Indriya, Agni, Prãëa, Prãëäyatna, Prakrti, Deha Prakrti, Manasa Prakrti; Role of Dosa, Dhatu and Mala in health and diseases; Concept of Dinacarya (daily routine), concept of Ritucarya; Seasonal routine), Svasthavãtta and Ñaòvãtta in Åyurveda; Concept of Trayo Upasthambas.

Unit-4: Introduction to Basic concepts of Unani, Siddha and Homeopathy [05Hrs.]

History of Unani & Siddha; Concept of Unãné & Siddha; Principles of Unani & Siddha; Introduction to Basic concepts of Homeopathy; History of Homeopathy; Concept of homeopathy; Principles of Homeopathy.

TEXT BOOKS:

1. Dr RNagaratha and: Yoga and Health
2. Dr HRNagendra (Swami Vivekananda Yoga Prakashana, 2000)
3. Dash, V.B.: Ayurvedic Treatment for Common Diseases Delhi Diary, 1974.

Subject: YOGA PSYCHOLOGY**Credits: 2****Unit-1: HUMANPSYCHE** [10Hrs.]

The nature of Psychology and its definition, Scope and utility of Psychology. Psychology as a study of human behavior; Counseling; Personality development; Counseling; Methods of counseling; Skills of counseling; Issues and challenges; Life's skills for happy life; Code of ethics for lay counselors

Unit-2: PSYCHIC FORCES, CONFLICTS AND FRUSTRATIONS [10Hrs.]

Psychic forces and human behavior, behavior and Consciousness, States of Consciousness, Psychological basis of behavior; Causes and Consequences of Conflicts and Frustrations; Disorders; Common mental disorders; Depressive disorders; Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention

Unit-3: MENTAL PROCESSES, MOTIVATION, EMOTIONS AND INTELLIGENCE [05Hrs.]

Sensation, Perception, Attention, Memory, Learning, Feeling etc.; Their definitions and types, Intelligence and its measurements; Emotional Intelligence and Social Intelligence.

Unit-4: YOGA PSYCHOLOGY [05Hrs.]

States of consciousness according to yogic scriptures (Jagrata, Svapna, Susupti and Turiya) and their applicability; Learning and Remembering in the context of Jnana Yoga (Shravana, Manana and Nididhyasana); Types of personality in the context of different yogic scriptures (Mudha, Kshipta, Vikshipta, Chanchala etc.); Cause of emotions in the mind according to Yoga texts

TEXTBOOKS:

3. Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.
4. Sachdev, I.P.: Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

REFERENCE BOOKS

3. Taimini, I.K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973)
4. Aatreya, Shanti Parkash : Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965)

Subjects: INTRODUCTION TO YOGA AND COMMON AILMENTS**Credits: 02****Unit-1: CARDIORESPIRATORY DISORDERS**

[10Hrs.]

Modern Medical and Yoga therapy principles and practices for diseases related to: Yogic management of Cardio-Vascular Disorders: Ischemic heart disease; Hypertension; Peripheral vascular disease Respiratory Disorders: Bronchial asthma; Chronic Obstructive; Pulmonary Disorder (COPD); Allergic rhinitis; Pulmonary tuberculosis; Sleep apnea; Snoring

Unit-2: NEUROMUSCULAR DISORDERS

[10Hrs.]

Yogic management of Muscle and Bone Disorders: Pain in the limbs; and back; Rheumatoid arthritis; Osteoarthritis; Connective tissue disorders; Muscular dystrophy; Neurological Disorders: Migraine & Tension headache; Cerebro-vascular accidents; Epilepsy; Pain; Autonomic dysfunctions; Idiopathic Parkinson's disease; Multiple sclerosis; Refractory errors of vision; Psychological Medicine: Neurotic disorders; mood disorders; Schizophrenia; Chemical abuse; Eating disorders; Phobias; Mental retardation; Obsessive compulsive disorder.

Unit-3: DIGESTIVE, ENDOCRINE & METABOLIC DISORDERS

[05Hrs.]

Yogic management for Digestive Disorders: Acid peptic disease; Irritable bowel syndrome; Hepatitis; Endocrine & Metabolic Disorders: Diabetes mellitus; Thyroid dysfunction; Disorders of adrenal cortex; Obesity

Unit-4: OBSTETRICS & GYNECOLOGICAL DISORDERS

[05Hrs.]

Yogic management for Pregnancy induced hypertension; Pre-eclampsia; Intra-Uterine Growth Retardation (IUGR); menstrual disorders (e.g., dysmenorrhea, pre-menstrual syndrome); Infertility; Menopause

TEXT BOOKS:

1. Dr R Nagarathna, Dr H R Nagendra and Dr Shamanthakamni, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
2. Dr. Swami Karmananda : Yogic Management of Common Disorder.

Subject: APPLICATION OF YOGA**Credits: 02****Unit-1: YOGA IN SCHOOL**

[10Hrs.]

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Role of Yoga in establishment of values in School going children; Personality; Development: New Dimensions of Personality through Yoga

Unit-2: YOGA FOR SPORTS

[10Hrs.]

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties/skills in sports Personnel; Application of Yogic lifestyle in improving efficacy in sports personnels; Relationship between Yoga and sports activities

Unit-3: YOGA FOR STRESS

[05Hrs.]

Introduction to stress, its causes; Role of Yoga in prevention of stress

Unit-4: YOGA FOR ELDERLY POPULATION

[05Hrs.]

General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population; General introduction to Geriatrics; Application of Yoga in promotion of general wellbeing of Geriatric population

TEXT BOOKS

1. Basavaraddi IV: Yoga in School Health, MDNIY New Delhi, 2009
2. Iyenger BKS: Astadala Yogamala 1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Jayadev HJ: Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004
4. Liz Lark: Yoga for Kids, Carlton Books Ltd., London, 2003
5. Swati & Rajiv Chanchani: Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008

REFERENCE BOOKS

1. Iyenger BKS: The Path to Holistic Health, ADorling Kindersley Book, Great Britain, 2001
2. Dr. Goel Aruna: Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007
3. Dr. H. Kumar Kaul: Yoga and Healthy Ageing, BR Publishing Corporation, Delhi, 2006.
4. Dr. Kamakhya Kumar : Applied Yoga.