

**SYLLABUS FOR B.A. YogicScience
(As Per National EducationPolicy-
2020)
FOR THE SESSION 2022-23
ONWARD**

Curriculum Design Committee, Uttarakhand

Sr.No.	Name & Designation	
1.	Prof. N.K. Joshi Vice-Chancellor ,Kumaun University Nainital	Chairman
2.	Prof. O.P.S. Negi Vice-Chancellor , Uttarakhand Open University	Member
3.	Prof. P. P. Dhyani Vice-Chancellor , Sri Dev Suman Uttarakhand University	Member
4.	Prof. N.S. Bhandari Vice-Chancellor, Soban Singh Jeena University Almora	Member
5.	Prof. Surekha Dangwal Vice-Chancellor, Doon University, Dehradun	Member
6.	Prof. M.S.M. Rawat Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand	Member
7.	Prof. K. D. Purohit Advisor, RashtriyaUchchatar Shiksha Abhiyan, Uttarakhand	Member

Syllabus checked and modified by:

S.N.	Name	Designation	Department	Affiliation
1.	Dr. Seema Chauhan	Assistant Professor	Yogic Science	Kumaun University, Nainital

List of all Papers in Six Semester Semester-wise Titles of the Papers in Yogic Science					
Year	Sem.	Course Code	Paper Title	Theory/ Practical	Credits
<i>Certificate Course in Yogic Science</i>					
FIRST YEAR	I	BYS-C101	Fundamental concept of Yoga	Theory	4
		BYS-C102	Yoga Practicum - 1	Practical	2
	II	BYS-C103	Human Anatomy & Physiology	Theory	4
		BYS-C104	Human Anatomy & Physiology (Practical -1)	Practical	2
<i>Diploma in Yogic Science</i>					
SECOND YEAR	III	BYS-C105	Yogic Text-1 (Upanishad)	Theory	4
		BYS-C106	Yoga Practicum - 2	Practical	2
	IV	BYS-C107	Patanjal Yog Darshan	Theory	4
		BYS-C108	Yoga Therapy	Practical	2
<i>Bachelor of Yogic Science</i>					
THIRD YEAR	V	BYS-C109	Naturopathy	Theory	4
		BYS-C110	Alternative Therapies	Practical	2
		BYS-C111	Ayurveda	Theory	4
		BYS-C112	(Panch Karm Chikitsa)	Project	3
	VI	BYS-C113	Yogic Text-2 (Shrimad Bhagwatgeeta)	Theory	4
		BYS-C114	Research Project	Project	3
		BYS-C115	Indian Philosophy	Theory	4
		BYS-C116	Internship	Practical	2

Subject prerequisites:

1. No pre-requisites required, open to all.
2. Students must have passed the previous course with at least 40%.
3. Students should be medically fit.

COURSE INTRODUCTION

Bachelor of Yogic Science has been designed to impart yoga education and significance of corrective exercises for fostering healthy natural life. During this course the students will be taught the yogic concepts which will lead towards developing their skills, in self realization and setting goals in life. It will also help the students to be focused towards their goal and make them physically, mentally and spiritually strong to face different challenges in life. Pursuing this course will develop leadership qualities in the students along with their personality development.

Programme outcomes (POs):	
PO 1	It will popularize yoga and corrective education among the masses.
PO2	It will make people aware of the therapeutic and preventive value of Yoga.
PO 3	It will bring peace and harmony in the society at large by introducing the yogic way of life.
PO 4	It will create competent professional Yoga trainers and therapists of high caliber to make the society free from stress and lifestyle related diseases.
PO 5	It will promote health awareness towards holistic approach of health.
PO 6	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.
Programme specific outcomes (PSOs): <i>UG I Year / Certificate course in Yogic Science</i>	
<ol style="list-style-type: none"> 1. This certificate course will bring peace and harmony in the student's life. 2. It will help them in self realization and setting goals in life. 3. It will make them focused towards their goals and make them mentally strong to face different challenges in life. 4. It will make them physically strong, healthy and will keep them away from diseases. 5. It will also help them in self management and living a disciplined life. 6. It will help students in decision making and solving their problems. 7. It will help students to cope up in situation of conflict and depression. 8. It will make students aware of the functions of various systems of the body. 9. It will develop positive attitude and moral values among the students. 	
Programme specific outcomes (PSOs): <i>UG II Year/ (Diploma in Yogic Science</i>	
<ol style="list-style-type: none"> 1. This diploma course will lead to personality development of an individual and build confidence in them. 2. It will make students aware of the therapeutic and preventive value of Yoga. 3. It will create efficient Yoga trainers who will able to treat common ailments 4. It will increase the intellectual knowledge of the students. 5. It will make the students aware of the rich Indian culture and tradition. 6. It will urge the students to dedicate themselves in a way that they can always experience their best moments. 7. It will help the students to understand the barriers to happiness. 8. It will inculcate the true purpose of practice in the students. 	

Programme specific outcomes (PSOs):
UG III Year / Bachelor of Yogic Science

PSO 1	Bachelor of Yogic Science will create professional Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.
PSO2	It will encourage the students to live life with discipline, honesty, kindness and integrity in order to find their purpose and to live it fully.
PSO3	It will guide the students by showing various spiritual paths through which they can enhance self knowledge as well as divine inner peace.
PSO4	It will provide all that which is required to develop the highest level of consciousness.
PSO5	It will create medical officers and ayurvedic doctors.
PSO6	It will help the students to prepare Yoga programs and events.
PSO7	It will help the students to set up Yoga studios and provide them with nature cure treatment.
PSO8	It will help the students to practice teaching at various platforms.
PSO9	It will create chances of self employment.
PSO10	It will connect students to the nature and provide deep knowledge of herbs.
PSO11	It will create efficient Dietician and form healthy eating habits in the society
PSO12	It will lead to holistic health of the students.

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Certificate Course in Yogic Science</i>		Year: I Semester: I Paper-I
Subject: Yoga		
Course Code: BYS- C101	Course Title: Fundamental concepts of Yoga	
Course Outcomes: <ul style="list-style-type: none"> Students of the UG course will have an understanding of Yoga, its origin, history and development of Yoga. Introduction of Yoga according to various texts. 		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic: Fundamental concepts of Yoga	No. of Lectures
Unit I	General Introduction of Yoga: <ul style="list-style-type: none"> Meaning, Definition, Nature of Yoga, importance of yoga, Misconceptions related with Yoga. 	12
Unit II	Nature: <ul style="list-style-type: none"> Nature of Yoga in various scriptures: Vedas, Upanishads, Bhagwad Gita, Yoga Vashistha, Jainism, Buddhism, Sankhya Shastra, Vedanta, Tantra Shastra, Ayurveda. 	12
Unit III	Types of Yoga: <ul style="list-style-type: none"> Types of Yoga: Jnana Yoga, Bhakti Yoga, Karma Yoga, Hatha Yoga, Raja Yoga. 	12
Unit IV	Introduction of various Yogis: <ul style="list-style-type: none"> Maharishi Patanjali, Gorakshanath, Maharishi Dayananda Saraswati, Swami Vivekananda, Sri Aurobindo, Maharishi Raman, Swami Kuvalyananda. 	12
Unit V	Brief about Yoga texts: <ul style="list-style-type: none"> General introduction to the texts of yoga - Pantajal Yoga Sutras, Shrimad Bhagvat Geeta, Hatha Yoga Pradipika, Gherand Samhita. 	12

Suggested Readings:

- योगविज्ञान—स्वामीविज्ञानानंदसरस्वती
- वेदोंमें योगविद्या—स्वामीदिव्यानंद
- योगमनोविज्ञान— शांतिप्रकाशआत्रेय
- औपनिषदिक अध्यात्मविज्ञान— डा० ईश्वरभारद्वाज
- कल्याण (योग तत्त्वांक) —गीताप्रेसगोरखपुर
- कल्याण (योगांक) —गीताप्रेसगोरखपुर
- भारत के संत महात्मा—रामलाल
- भारत के महान योगी—विश्वनाथ मुखर्जी

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Project – 05 marks
Lesson Plan – 05 marks
Viva – 05 marks
Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Certificate Course in Yogic Science</i>		Year: I Semester: I Paper-II
Subject: Yoga		
Course Code: BYC- C102	Course Title: Yoga Practicum – 1	
Course Outcomes: <ul style="list-style-type: none"> • Make the students aware of warm exercises before practicing asana. • Know and understand about breathing practices. 		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Hours
Unit I	Yogic suksmavyayama Uccharana-sthalatathaVishudha-chakra-shuddhi (for throat and voice); Prarthana (Prayer) Buddhi-tatha-dhriti shakti-vikasaka (for developing will power); Smarana shakti-vikasaka (for improving the memory); Medha shakti-vikasaka (for improving the intellect and memory); Netra shakti-vikasaka (for the eyes); Kapola shakti-varadhaka (for the cheeks); Karna shakti-varadhaka (for the ears); Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii), Skandha-tatha-bahu-mula shakti-vikasaka (for the shoulders), Bhuja-bandha shakti-vikasaka, Kohini shakti-vikasaka, Bhuja-valli shakti-vikasaka, Purna-bhuja shakti-vikasaka (for the arms), Mani-bandha shakti-vikasaka, Kara-prstha shakti-vikasaka, Kara-tala shakti-vikasaka, Anguli-mula shakti-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), Udara shakti-vikasaka (for the abdomen) (i) to (x); Kati shakti-vikasaka (for the waist) (i) to (v), Muladhara-chakra-suddhi (for the rectum), Upasthatatha-svadhithana-chakra-suddhi (for the genital organs), Kundalini shakti-vikasaka (for the kundalini), Jangha shakti-vikasaka (for the thighs) (i) & (ii), Jangha shakti-vikasaka (for the thighs) (ii) , Janu shakti-vikasaka (for the knees), Pindali shakti-vikasaka (for the calves), Pada-mula shakti-vikasaka, Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet), Padanguli shakti-vikasaka (for the toes)	15
Unit II	Yogic sthulavyayama Rekha-gati (Walking in a Straight line), Hrid-gati (Injanadaur – the Locomotive Exercise), Utkurdana (Jumping Exercise), Urdhva-gati (Upward Movement), Sarvanga-pusti (Developing the Entire body)	15

Suggested Readings

- HathYogaPradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योगमहाविज्ञान- डॉ० नवीनचन्द्रभट्ट,विश्वजीतवर्मा
- हठयोगप्रदिपिका-प्रकाषककैवल्यधामलोनावाला

- घेरण्डसंहिता–प्रकाषककैवल्यधाम, लोनावाला
- गोरक्ष संहिता–गोरक्षनाथ
- भक्तिसागर–स्वामीचरणदास
- योगासनविज्ञान–स्वामी धीरेन्द्रब्रह्मचारी
- योगपरिचय –पीताम्बरझा
- सरल योगासन– डा0 ईश्वरभारद्वाज
- आसनप्राणायाम–देवव्रतआचार्य
- आसन, प्राणायाम, मुद्राबन्ध –स्वामीसत्यानन्द
- बहिरंग योग–स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त–डॉ0 नवीनभट्ट,नेहापाण्डेय
- योगबीज–डॉ0कैषवरामचन्द्रजोशी
- गोरक्ष संहिता–श्रीपृथ्वीराजजी
- सिद्ध–सिद्धान्तपद्धति–स्वामी द्वारिकादासजी
- शिवसंहिता–स्वामीमहेशानन्दजी

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Project – 05 marks
 Lesson Plan – 05 marks
 Viva – 05 marks
 Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE

Programme: <i>Certificate Course in Yogic Science</i>	Year: I Semester: II Paper-I
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Subject: Yoga

Course Code: BY5- C103	Course Title: Human Anatomy & Physiology
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Course Outcomes:

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

Credits: 4

Core Compulsory

Max. Marks: 25+75

Min. Passing Marks: 10+25

Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0

Unit	Topic: Human Anatomy & Physiology	No. of Lectures
Unit I	Cell, Tissue and Muscular – Skeletal system 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	15
Unit II	Biomolecules Nutrition: Meaning and Objectives, Elements of Diet: Carbohydrates; Fats; Proteins; Minerals; Vitamins (fat soluble and water soluble); Dietary fibers Balanced diet, Role of Diet for Spiritual Development	15
Unit III	Digestive system and Respiratory system : 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	15
Unit IV	Cardiovascular system Composition and function of blood –Plasma, RBC, WBC and Platelet; Blood groups and their importance; Blood clotting; Structure and working mechanism of heart; Organization of systemic and pulmonary circulation; Cardiac output and cardiac cycle; Functional anatomy of blood ; vessels; Blood pressure and regulation of blood pressure	15

Suggested Readings:

- सुश्रुत(शरीर स्थान)–डॉ. भास्करगोविन्द घाणेकर
- शरीररचनाविज्ञान–डॉ. मुकुन्दस्वरूपवर्मा
- शरीरक्रियाविज्ञान–डॉ. प्रियवृत्त शर्मा
- शरीररचना व क्रियाविज्ञान–डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर–वैद्य रणजीतराय देसाई
- मानव शरीररचना,क्रियाविज्ञान एवं यौगिकअनुप्रयोग–डॉ0 नवीनभट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीरसंरचना एवं योगाभ्यास का प्रभाव–डॉ 0 मलिकराजेन्द्रप्रताप
- Antomy&phy–siology for Nursees- Jaypee Brothers
- Antomy& physiology-Ross &wilson
- Antomy& physiology-C. Gyton
- Human Antomy- grays
- Human Antomy-M.LyesPrives
- Humanphysiology-Chakravti ,Ghosh and sahana
- Basic physiology– E.D. Amour Fred
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga AvamSwasthya – Raaj Publication Patoyala

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Project – 05 marks
Lesson Plan – 05 marks
Viva – 05 marks
Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Certificate Course in Yogic Science</i>		Year: I Semester:II Paper-II
Subject: Yoga		
Course Code: BYS- C104	Course Title: Human Anatomy & Physiology (Practical-I)	
Course Outcomes:		
<ul style="list-style-type: none"> ● The objectives behind teaching Anatomy and Physiology is to ● Make students familiar with the systems of the body. ● Give a hand on experience about the human body using models, charts and pictures. ● Make students understand the organization of the body with respect to structural components. 		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Hours
Unit I	Demonstration of Osteology & Myology	07
Unit II	Demonstration of Organs and Viscera	08
Unit III	Demonstration of Bones, Joints	07
Unit IV	Demonstration of Human Skeleton	08

Suggested Readings:

- सुश्रुत(शरीर स्थान)–डॉ. भास्करगोविन्द घाणेकर
- शरीररचनाविज्ञान–डॉ. मुकुन्दस्वरूपवर्मा
- शरीरक्रियाविज्ञान–डॉ. प्रियवृत्त शर्मा
- शरीररचना व क्रियाविज्ञान–डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर–वैद्य रणजीतराय देसाई
- मानव शरीररचना,क्रियाविज्ञान एवं यौगिकअनुप्रयोग–डॉ0 नवीनभट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीरसंरचना एवं योगाभ्यास का प्रभाव–डॉ 0 मलिकराजेन्द्रप्रताप
- Antomy&phy–siology for Nursees- Jaypee Brothers
- Antomy& physiology-Ross &wilson
- Antomy& physiology-C. Gyton
- Human Antomy- grays
- Human Antomy-M.LyesPrives
- Humanphysiology-Chakravti ,Ghosh and sahana
- Basic physiology– E.D. Amour Fred
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma
- Health for all through Yoga- Dr. Ganesh Shanker Ghi
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma
- Yoga AvamSwasthya – Raaj Publication Patoyala

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks

Project – 05 marks

Lesson Plan – 05 marks

Viva – 05 marks

Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Diploma Course in Yogic Science</i>		Year: II Semester: III Paper-I
Subject: Yoga		
Course Code: BYS- C105	Course Title: Yogic Text-1 (Upanishad)	
Course Outcomes: Following the completion of this course, student will be able to <ul style="list-style-type: none"> ● Have an idea about the major principal Upanishads ● Understand the essence of each Upanishad and how to put them into practice. ● Understand each Upanishad and the role of it in our day to day life. 		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Lectures
Unit I	Meaning and definition of the word Upanishads Importance of Upanishads Advaita, Duality and Triatism theory of Upanishads.	15
Unit II	General introduction of the Upanishads mentioned in Yoga, the subject described in the Upanishads, the nature of yoga according to the Shvetaswaropaniṣad, a suitable place for practicing yoga, the symptom of yoga accomplishment.	15
Unit III	Yoga elements in the upanishads – Ishoupanishad, Kenoupanishad, in the context of Kathopanishad, karma, types of karma, karma indulgence, karma-renunciation, karma-vipaka, purusharthachatushtaya	15
Unit IV	Vidya-Avidya knowledge and destruction. The nature and subject of the senses, the relation between mind and senses.	15

Suggested Readings:

- a. Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- b. Upanishad Collection Publisher Motilal Banarsidas Indian Philosophy - Acharya Baldev Upadhyay Various Dimensions of Indian Culture Dr. Arun Jaiswal Kalyan (Yoga Tattvank) - Geeta Press Gorakhpur
- c. Kalyan (Yogank) - Geeta Press Gorakhpur Introduction to Upanishads-Theosophical Society of India, Adyar] Madras, 1976).

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Project – 05 marks
 Lesson Plan – 05 marks
 Viva – 05 marks
 Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE

Programme: <i>Diploma Course in Yogic Science</i>		Year: II	Semester: III Paper-II
Subject: Yoga			
Course Code: BYS- C106	Course Title: Yoga Practicum – 2		
Course Outcomes: <ul style="list-style-type: none">• Make the students aware of the asana for physical fitness and healthy life.• Know and understand about breathing practices.			
Credits: 2		Core Compulsory	
Max. Marks: 25+75		Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0			
Unit	Topic	No. of Hours	

<p>Unit I</p>	<p>Asana :</p> <ol style="list-style-type: none"> 1. Suryanamaskar with Mantras 2. Padmasan 3. Siddhasan 4. Swastikasan 5. Vajrasana 6. Yogamudrasan 7. Simhasan 8. Veerasan 9. Gomukhasan 10. Ardhamatsyendrasan 11. Marjariasan 12. Mandukasan 13. Shashankasan 14. Bhujangasan 15. Ushtrasan 16. Tadasan 17. Triyaktadasan 18. Katichakrasan 19. Dhruvasan 20. Utkatasan 21. Uttanpadasan 22. Garudasan 23. Natrajasan 24. Vatayanasan 25. Trikonasan 26. Hasta Uthanasan 27. Padhastasan 28. Shalbhasan 29. Matsyasan 30. Dhanurasan 31. Chakrasan 32. Paschimottonasan 33. Janu Shirasan 34. Halasan 35. Naukasan 36. Sarvagasan 37. Balasan 38. Makarasan 39. Shavasan 40. UttanMandukasan 	<p>15</p>
<p>Unit II</p>	<p>Pranayama : Preparatory aspects of Prananyama : Correct abdominal breathing in Savasana and Meditative pose with 1.1 & 1.2 ratio</p> <ul style="list-style-type: none"> ● Deep breathing – Abdominal breathing – Yogic breathing ● Nadishodhanpranayam ● Surya Bedan pranayam ● Chandrabhedipranayam ● Bhramriprayanam 	<p>15</p>

Suggested Readings

- HathYogaPradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्र योगमहाविज्ञान- डॉ० नवीनचन्द्रभट्ट,विश्वजीतवर्मा
- हठयोगप्रदिपिका-प्रकाषककैवल्यधामलोनावाला
- घेरण्डसंहिता-प्रकाषककैवल्यधाम, लोनावाला
- गोरक्ष संहिता-गोरक्षनाथ
- भक्तिसागर-स्वामीचरणदास
- योगासनविज्ञान-स्वामी धीरेन्द्रब्रह्मचारी
- योगपरिचय -पीताम्बरझा
- सरल योगासन- डा० ईश्वरभारद्वाज
- आसनप्राणायाम-देवव्रतआचार्य
- आसन, प्राणायाम, मुद्राबन्ध -स्वामीसत्यानन्द
- बहिरंग योग-स्वामी योगेश्वरानन्द
- हठयोग के सिद्धान्त-डॉ० नवीनभट्ट,नेहापाण्डेय
- योगबीज-डॉ०केशवरामचन्द्रजोशी
- गोरक्ष संहिता-श्रीपृथ्वीराजजी
- सिद्ध-सिद्धान्तपद्धति-स्वामी द्वारिकादासजी
- शिवसंहिता-स्वामीमहेशानन्दजी

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Project – 05 marks
Lesson Plan – 05 marks
Viva – 05 marks
Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE**Programme: Diploma Course in Yogic Science****Year:
II****Semester:IV
Paper-I****Subject: Yoga****Course Code: BYS- C107 Course Title: Patanjali Yog Darshan****Course Outcomes:**

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

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

Credits: 4**Core Compulsory****Max. Marks: 25+75****Min. Passing Marks: 10+25****Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0**

Unit	Topic: Patanjali Yog Darshan	No. of Lectures
Unit I	Introduction to Yoga darshana of Patanjali and concept of Citta, cittabhoomis Citta vrittis and Citta vrittinirodhopaya 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 (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.	15
Unit II	Samadhi pada 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 Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).	15
Unit III	Sadhana pada Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Hetu, Hana, Hanopaya) Drishta and Drishanirupanam (Prakriti), Drastunirupanama (Purusha), PrakritiPurushaSamYoga; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.	15

Unit IV	Vibhuti and Kaivalya Pada Introduction of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Bhootajaya, Indriya jaya and their Siddhis, Satvapurushanyatakhyati and its Siddhis; VivekJnanaNirupanam, Kaivalya Nirvachana; Role of Dharana, Dhyana, Samadhi and its 26 application; Five Types of Siddhis and JatyantarParinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of BahyaPradartha (external element) and its abilities.	15
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Suggested Readings:

- Yoga Sutra Vachaspati Mishra
- Yoga Sutras
- Yoga Sutra Bhasvati Commentary - Hariharananda Aranya
- Yoga Sutra Rajmartand-Bhojraj
- Patanjali Yog Pradeep - Omananda Tirtha
- Patanjali Yoga Discussion - Vijaypal Shastri
- Meditation Yoga Prakash-Lakshmananda
- Yoga Philosophy - Rajveer Shastri
- Comparative study of Patanjali Yoga and Sri Aurobindo Yoga - Dr. Trilokchandra

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Project – 05 marks
 Lesson Plan – 05 marks
 Viva – 05 marks
 Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Diploma Course in Yogic Science</i>		Year: II Semester: IV Paper-II
Subject: Yoga		
Course Code: BYS- C108	Course Title: Yoga Therapy	
Course Outcomes: Students will come to know about the treatment of common ailments.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic: Yoga Therapy	No. of Hours
Unit I	Yogic management of common Respiratory disorders – Bronchitis, Rhinitis, Sinusitis, Br. Asthma. Yogic management of Gastro-Intestinal disorders – Constipation, Indigestion, Hyperacidity, Ulcer, Flatulence, Gastritis, etc	15
Unit II	Yogic management of common Cardio-vascular disorders – Hypertension, Hypotension, Coronary artery disease. Yogic management of common Endocrinal e.g. Diabetes, Hypo and Hyper thyroids, Obesity. Yogic management of common disorders of Central & Peripheral Nervous system – Meningitis, Head ache & Migraine, Epilepsy, Paralysis, Parkinsonism. Yogic management of common disorders of Musculo-skeletal system and Joint disorders, - Muscular dystrophy, Myasthenia gravis, Cervical and lumbar spondylosis, arthritis.	15

Suggested Readings:

- Shivanand Saraswati Yoga Therapy (Hindi& English)
- Reddy, M. Venkata. Yogic Therapy
- Rai, Lajpat Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publication)
- Charu, Supriya Sarir Rachana evam Kriya Vigyan

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

- Attendance - 05 marks
- Project – 05 marks
- Lesson Plan – 05 marks
- Viva – 05 marks
- Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Bachelor of Yogic Science</i>		Year: III Semester: V Paper-I
Subject: Yoga		
Course Code: BYS- C109	Course Title: Naturopathy	
Course Outcomes: Students will learn about the nature cure treatment.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Lectures
Unit I	Brief history of naturopathy, fundamental of naturopathy, Root cause of disease, acute and chronic stages of disease, theory of foreign poison, theory of emergence, ways to increase vitality.	12
Unit II	Water therapy Importance of water, properties of water, principles of water therapy, methods of using water, refreshment, natural bath, simple and frictional places, severe bath, steam, bath, spine bath, hot foot bath, wet bandage of the whole body Bandages of chest, abdomen, throat and hands and feet, enema.	12
Unit III	Mud therapy- Importance, types, properties of soil, effect of soil on the body, mud strips	12
Unit IV	Importance of sunlight, action of sunlight on the body, sun bath, use of different colors.	12
Unit V	Fasting - Principles, Exacerbation of disease and Fasting, Rules of fasting, Reasons for fasting	12

Suggested Readings:

- Various Dimensions of Medical Treatment - Pt. Shriram Sharma Acharya Sampurn Vand Gamay, Volume-40
- Health Sciences - Prof. Ramharsh Singh
- Swasthavrutam - Shivkumar Gaur
- Jeevem Sharad: Shatam - Pt. Shriram Sharma Acharya Sampurn Vam Gamay, Volume-40 Diet and Health - Dr. Hiralal's Simple Cure of Diseases Vitthal Das Modi History and Philosophy of Naturopathy- Dr. S.J. Singh
- Ayurvedic Naturopathy- Rakesh Jindal Diet and Nutrition- Dr. Rudolf
- Nature Cure- Dr. H.K. Bakhru The Practice of Nature Cure- Dr. Henry Lindlhar

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as "SWAYAM" in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Project – 05 marks
Lesson Plan – 05 marks
Viva – 05 marks
Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Diploma Course in Yogic Science</i>		Year: III
		Semester: V Paper-II
Subject: Yoga		
Course Code: BYS- C110	Course Title: Alternative Therapies	
Course Outcomes: Students will come to know about alternative therapies to cure diseases		
Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic Alternative Therapies	No. of Hours
Unit I	Method of acupressure, Acupressure Tools, Benefits of Acupressure, Introduction to Different Pressure Points	15
Unit II	Pranic Healing and Magnet Therapy	15

Suggested Readings:

- Acupressure- Dr. Attar Singh
- Acupressure- Dr. L.N. Kothari
- Magneto Therapy- Dr. H.L. Bansal Magnetic
- Cure for common disease: Dr. R.S. Bansal, Dr. H.L. Bansal.
- The text book of Magneto therapy: Dr. Nanubhai Painter
- Health Sciences Prof. Ramharsh Singh
- Diet and Health - Dr. Hiralal
- Health and yoga- Dr. Naveen Chandra Bhatt

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Project – 05 marks
 Lesson Plan – 05 marks
 Viva – 05 marks
 Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Bachelor of Yogic Science</i>		Year: III Semester: V Paper-III
Subject: Yoga		
Course Code: BYS- C111	Course Title: Ayurveda	
Course Outcomes: Students will come to know about various herbal medicines, special diets, medicinal herbs and oils.		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	TOPIC: Ayurveda	No. of Lectures
Unit I	General introduction, definition, history and principles of Ayurveda. Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti, Manasa Prakriti.	15
Unit II	Concept of Swasthya (healthy condition) and Atur (diseased condition) according to Ayurveda. Concept, role and importance of – Swasthavritta, Ritucharya, Sadvrita, Achararasayana. Concept of diet in Ayurveda	15
Unit III	Concept of Trividha Karma: Poorva Karma, Pradhana Karma and Paschat Karma. Poorva Karma: Importance of Poorva Karma, Sneha, Swedhana and their types.	15
Unit IV	Pradhana Karma: five types of Treatments – Pancha Karma, Vamana, Virechena, Anuvasabasti, Nasyakarma, Rakta Mokshanavidhi, types and methods of Rakta Mokshanam (Bloodletting), Dhumrapanavidhi. Paschatkarma: Pathyam, Samvarjankarma.	15

Suggested Readings:

- योग एवं वैकल्पिक चिकित्सा – डॉ० विनोद नौटियाल
- योग चिकित्सा – डॉ० सरस्वती काला
- योग और स्वास्थ्य – डॉ० नवीन भट्ट
- आयुर्वेद है क्या? कौषिक माय राम
- चरकसंहिता
- सुश्रुतसंहिता
- दैनिक जीवन में आयुर्वेद – श्रीराम शर्मा आचार्य
- Ayurvedic Treatment for common diseases- P.B. Das
- Basic Principles of Ayurveda- K. Laxmipati
- Ayurvedic of Health and long life- R.K. Garde

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Project – 05 marks
Lesson Plan – 05 marks
Viva – 05 marks
Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Bachelor of Yogic Science</i>		Year: III Semester: V Paper-IV
Subject: Yoga		
Course Code: BYS- C112	Course Title: Panch Karm Therapy	
Course Outcomes: Students will come to know about unique treatment to cure diseases.		
Credits: 2	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic:Panch Karm Therapy	No. of Hours
Unit I	Introduction of Vamana, Virechana, Vasti, Nasya and Rakta Mokshana	15
Unit II	Practical of Vamana, Virechana, Vasti, Nasya and Rakta Mokshana	15

Suggested Readings:

- योग एवं यौगिकचिकित्सा-प्रो. रामहर्ष सिंह
- योग से आरोग्य –इण्डियन योगसोसाइटी
- यौगिकचिकित्सा-स्वामीकुवल्यानंद
- योगऔररोग-स्वामीसत्यानंदसरस्वती
- शरीरकियाविज्ञान एवं योगाभ्यास-डॉ. एम. एम. गोरे
- Yogic Management of common Diseases - Swami Shankradevananda Saraswati
- योगओरस्वास्थ्य-डॉ० नवीनचन्द्रभट्ट
- Shivananand Saraswati, Yoga Therapy, Bihar School of Yoga, Munger

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
 Project – 05 marks
 Lesson Plan – 05 marks
 Viva – 05 marks
 Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Bachelor of Yogic Science</i>		Year: III Semester: VI Paper-I
Subject: Yoga		
Course Code: BYS- C113	Course Title: Yogic Text-2 (Shrimad Bhagwatgeeta)	
Course Outcomes: Following the completion of this course, students shall be able to <ul style="list-style-type: none"> • Understand the significance of Bhagavad gita and its essence. • Understand the concept of Atman, Paramatman, Sthitaprajna. • Have a deep understanding between the qualities of a Karma and Bhakti yogi. • Understand the concept of Ahara its role in healthy living. 		
Credits: 4	Core Compulsory	
Max. Marks: 25+75	Min. Passing Marks: 10+25	
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	TOPIC: (Shrimad Bhagwatgeeta)	No. of Lectures
Unit I	Significance of Bhagavadgita as synthesis of yoga 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	15
Unit II	Concept of Atman, Parmatman and characteristic of Sthitaprajna in Bhagavdgita 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	15
Unit III	Karma yoga and Bhakti yoga in Bhagavadgita 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 hagavadgita; Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita	15
Unit IV	Concept of ahara and role of Bhagavadgita in healthy living 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	15

Suggested Readings:

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 Ramsukhadas; SrimadBhagavadgita (Sadhaka Sanjivani) Gita Press Gorakhpur
4. Swami Ranganathananda ;Bagavadgita, Advaita Ashrama Sub- Dept-5 Deli Entally Road Kolkata

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

Attendance - 05 marks
Project – 05 marks
Lesson Plan – 05 marks
Viva – 05 marks
Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Bachelor of Yogic Science</i>		Year: III
		Semester: VI Paper-II
Subject: Yoga		
Course Code: BYS- C114	Course Title: Research Project	
Course Outcomes:		
Credits: 2		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	Topic	No. of Hours
Unit I	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.	30

CERTIFICATE COURSE IN YOGIC SCIENCE		
Programme: <i>Bachelor of Yogic Science</i>		Year: III
		Semester: VI Paper-I
Subject: Yoga		
Course Code: BYS- C115	Course Title: Indian Philosophy	
Course Outcomes: Students will come to know about Indian Philosophy and culture.		
Credits: 4		Core Compulsory
Max. Marks: 25+75		Min. Passing Marks: 10+25
Total No. of Lectures-Tutorials-Practical (in hours per week): 4-0-0		
Unit	TOPIC: Indian Philosophy	No. of Lectures
Unit I	Meaning and definition of the word Darshan Features of Indian philosophy. Meaning and utility of Indian philosophy in human life, epistemological element, meaning and utility of mimamsa.	12
Unit II	Introduction and principles of nyaya, visheshika, sakhya yoga philosophy(TatvaMimamsa and Acharya Mimamsa)	12
Unit III	Mimamsa and Vedanta sects of Vedanta (monism, dualism, General Introduction and Principles of Vishishtadvaita (Shuddhadvaita) (Tattva Mimamsa and ethics)	12
Unit IV	General Introduction and Principles of Charvaka, Jain and Buddhist Philosophy (Tattva Mimamsa)	12

Unit V	Meaning and definition of the word culture, salient features of Indian Indian culture Ashram system, Varna system, Shodas Sanskar, Panchmahayagya	12
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Suggested Reading:

- Introduction to Upanishads-Theosophical Society of India,Adyar]
- Madras, 1976) Upanishad Spiritual Science - Dr. Ishwar Bharadwaj
- Upanishad Collection Publisher Motilal Banarsidas
- Indian Philosophy - Acharya Baldev Upadhyay
- DarshanikPrithbhumi Mai Yog Ka Swroop – Dr. Seema Chauhan & Shubham Vishwakarma
- Diverse Dimensions of Indian Culture Dr. Arun Jaiswal
- Four Chapters of Culture - Ramdhari Singh Dinkar

Suggested equivalent online courses:

- IGNOU
- Other central/state universities/ MOOC platforms such as “SWAYAM” in India and abroad.

Suggested Continuous Evaluation (25 Marks):

- Attendance - 05 marks
- Project – 05 marks
- Lesson Plan – 05 marks
- Viva – 05 marks
- Written Test – 05 marks

CERTIFICATE COURSE IN YOGIC SCIENCE**Programme:** *Bachelor of Yogic Science***Year:**
III**Semester:****V**
Paper-IV**Subject:** Yoga**Course Code:** BYS- C116 **Course Title:** Internship**Course Outcomes:**

Students will be able to organize Yoga programs and events.

Credits: 2**Core Compulsory****Max. Marks:** 25+75**Min. Passing Marks:** 10+25**Total No. of Lectures-Tutorials-Practical (in hours per week):** 4-0-0

Unit	Topic:	No. of Hours
Unit I	Internship at Naturopathy centers, Ayurveda Centers and hospitals.	30