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**Curriculum Book**  
**and**  
**Assessment and Evaluation Scheme**  
**based on**  
**Outcome Based Education (OBE)**  
**in**  
**Post Graduate Diploma in Yoga(PGDY)**  
**1 Year Degree Program**

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



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

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

# AKS University, Satna

*Faculty of social science and humanities*

**Department of Yogic science**  
**Curriculum & Syllabus of PGDY program**  
( Revised as on 01 August 2023)

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*Hans Chandel*  
Dean

**Dean**

Faculty of Social Science and Humanities  
AKS University  
Satna (M.P.) 485001

*Deep*  
Head of Yoga Department

विभगाध्यक्ष  
योग विभाग  
ए.के.एस. विश्वविद्यालय  
सतना (म.प्र.)

*B.A. Chopade*  
Vice Chancellor

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



## **A K S University**

*Faculty of social science and humanness*

**Department of yogic science**

**Curriculum of PGDY Program**

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

### **Forwarding**

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

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

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

01 August 2023

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



# AKS University

Faculty of social science and humanness

Department of yogic science

Curriculum of PGDY Program

( Revised as on 01 August 2023)

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

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



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

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

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

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

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

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

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

*B. A. Chopade*

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

01 August 2023

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





# AKS University

Faculty of social science and humanness

Department of yogic science

Curriculum of PGDY Program

( Revised as on 01 August 2023)

## Preface

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

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

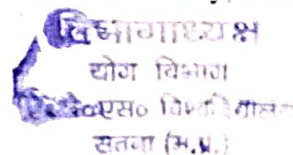
This curriculum closely adheres to the UGC model syllabus distributed in 2016. It seamlessly integrates the guidelines set forth by the Ministry of Higher Education, Government of India, through NEP- 2020, as well as the principles of Sustainable Development Goals. In order to foster the holistic skill development of students, a range of practical activities, including Hands-On Training, Industrial Visits, Project planning and execution, Report Writing, Seminars, have been incorporated. Furthermore, in alignment with UGC directives, the total credit allocation for the M.A. Yoga program is capped at 28 credits . This curriculum is enriched with course components in alignment with UGC guidelines, encompassing various disciplines such as Fundamental Science Concepts:

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

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

Dr. Dileep Kumar Tiwari  
Head, Department of Yogic Science  
AKS University, Satna

01 August 2023





# **A K S University**

*Faculty of social science and humanness*

**Department of yogic science**

**Curriculum of PGDY Program**

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

## **Introduction:**

AKS University proudly stands as a pioneer, being the first in the nation to introduce a comprehensive 1-year PGDY program in yoga department back in 2020. This innovative curriculum has been meticulously crafted to align with the dynamic needs of the yoga health and education industry and the most current advancements. The yogic science department boasts cutting-edge laboratories that serve as hubs for immersive hands-on training, enabling students to delve into practical applications of their learning, vital components that enrich the educational journey, the department combines robust classroom instruction with practical and industrial acumen. This unique blend empowers our students to confidently contribute to yog , holistic health and make a significant impact in the field.

### **Vision**

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

### **Mission**

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



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- 5- Dimension of education, strengthening educational relation by the providing self- employment vocational and Self Reliance best education
- 6- Learning the life related highest human values and ethic to bring harmonious functioning in heritage, culture and environment for improving quality of life.

## **PEO (Program educational object)**

PEO 1- To prepare good yoga instructor , practitioners and Trainers.

PEO 2- To impart legal and scientific knowledge.

PEO 3- imparting classical knowledge of yoga.

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

## **POs (PROGRAME OUTCOME)**

- 1- The course will provide deeper insight into the curriculum of Yogic Sciences along with the textual knowledge of yoga and applications of Yoga.
- 2- Promotion of positive health: To prepare them for giving talks and offer techniques, to promote healthy yogic life style.
- 3- To create yoga therapy experts with in-depth knowledge based on yogic texts.
- 4- Social health: To establish holistic health, social harmony and world peace by Training them to be great citizens who can offer yogic way of life as examples of right living.



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

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

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

### GENERAL COURSE STRUCTURE & THEME

#### 1. Definition of Credit

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

#### 1. Range of Credits:

In the light of the fact that a typical Model Under Two Year Master degree program in yoga has about 28 credits, the total number of credits proposed for the one -year PGDY is kept as 28 considering NEP-20 and NAAC guidelines.

#### 2. Structure of PGDY Program in Yogic Science :

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





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### COMPONENTS OF THE CURRICULUM

**(Program curriculum grouping based on course components)**

<b>Sr. No</b>	<b>Course Component</b>	<b>% of total number of credits of the Program</b>	<b>Total number of Credits</b>
1	Yoga Core Course (YCC)	33.33	8
3	Yoga Alighte course (YAC)	33.33	8
6	Yoga Practical course (YPC)	33.33	12
<b>TOTAL</b>		<b>100%</b>	<b>28</b>

### General Couse Structure and Credit Distribution

#### Curriculum of PGDY

<b>Semester – I</b>		<b>Semester – II</b>	
Course Title	Credit	Course Title	Credit
Theoretical Yoga Science	3:1:0 = 4	Yoga Philosophy	3:1:2 = 4
Practical Yoga Vigyan	3:1:0 = 4	Hath Yoga Vigyan	3:1:0 = 4
Yoga Vigyan Presentation and Viva Voce	0:0:8 =6	Yoga Vigyan Presentation and Viva Voce	8:0:0 = 6
<b>Total Credit</b>	<b>14</b>	<b>Total Credit</b>	<b>14</b>

**Total Credit : 28**



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## Course code and definition:

<b>L T P C</b>	Lecture Tutorial Practical Credit
(YCC)	Yoga Core Course
(YAC)	Yoga Alight course
(YPC)	Yoga Practical course

## Course level coding scheme:

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

### 1. Number of Yoga Core Course (YCC): 2, Credits: 8

Sr. No	Code No	Subject	Semester	Credits
1	YCC	Theoretical Yoga Science	1	4
2	YCC	Hath Yoga Vigyan	2	4
<b>Total Credits</b>				<b>8</b>

### 1. Yoga Alight course (YAC): 02, Credits: 8

Sr. No	Code No	Subject	Semester	Credits
1	YAC	Practical Yoga Vigyan	1	4
2	YAC	Yoga Philosophy	2	4
<b>Total Credits</b>				<b>8</b>

### 1. Yoga Practical Course (YPC): 06, Credits: 12

Sr. No	Code No	Subject	Semester	Credits
1	YPC	Yoga Vigyan Presentation and Viva Voce	1	6
2	YPC	Yoga Vigyan Presentation and Viva Voce	2	6
<b>Total Credits</b>				<b>12</b>



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### **PROFESSIONAL CORE COURSES [PCC] (Total 6)**

Sl.	Code No.	Subject	Semester	Credits
1	74YS101	Theoretical Yoga Science	1	3:1:0 =4
2	74YS102	Practical Yoga Vigyan	1	3:1:0 =4
3	74YS151	Yoga Vigyan Presentation and Viva Voce	1	0:8:6 =6
4	74YS201	Yoga Philosophy	2	3:1:0 =4
5	74YS202	Hath Yoga Vigyan	2	3:1:0 =4
6	74YS251	Yoga Vigyan Presentation and Viva Voce	2	0:8:6 =6

#### **Induction Program**

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

- Physical activity
- Creative Arts
- Universal Human Values
- Literary
- Proficiency Modules
- Lectures by Eminent People
- Visits to local Areas
- Familiarization to Dept./Branch & Innovations

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

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

#### **Evaluation Scheme:**

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

- The weightage of Internal assessment is 20% and
  - End Semester Exam is 80%
- The student has to obtain at least 40% marks individually both in internal assessment and endsemester exams to pass.

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

- The weightage of Internal assessment is 20% and
  - End Semester Exam is 80%
- The student has to obtain at least 40% marks individually both in internal assessment and endsemester exams to pass.

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

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



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

Semester	L	T	P	TotalHour	Total Credit
Semester -I	8	0	06	14	14
Semester -II	8	0	06	14	14
Total	16	0	12	28	28

### I Semester

S.N.	Cours Code	Course Name	Period per week				Evaluation Scheme			Cour se Total	H O UR S
							Sessional				
			L	T	P	Cre dit	CT	TA	SEE		

#### 1<sup>st</sup> Semester (1<sup>st</sup> sem)

S.N.	Course Code	Course Name					Evaluation Scheme		Course Total	
							TA	SEE		
1	74YS101	Theoretical Yoga Science	3	1	0	4	20	80	100	4
2	74YS102	Practical Yoga Vigyan	3	1	0	4	20	80	100	4
3	74YS151	Yoga Vigyan Presentation and Viva Voce	0	0	8	6	20	80	100	6
						14	Total		300	14 Hrs

Sl. No.	Course Title	M.M.
1	Theoretical Yoga Science	100
2	Practical Yoga Vigyan	100
3	Practical - Part A - 25 Marks Part B - 50 Marks Part C - 25 Marks	100

### PG Diploma in Yoga (II Semester)

#### II Semester

S.N.	Course Code	Course Name	Period per week				Evaluation Scheme			Course Total	HOURS
							Sessional				
			L	T	P	Credit	CT	TA	SEE		

1<sup>st</sup> year (1<sup>st</sup> sem)

S.N.	Course Code	Course Name					Evaluation Scheme		Course Total	
							TA	SEE		
1	74YS201	Yoga Philosophy	3	1	0	4	20	80	100	4
2	74YS202	Hath Yoga Vigyan	3	1	0	4	20	80	100	4
3	74YS251	Yoga Vigyan Presentation and Viva Voce	0	0	8	6	20	80	100	6
						14	Total		300	14 Hrs
						28			600	

**Semester II**

Sl. No.	Course Title	M.M.
1	Yoga Philosoph	100
2	Hath Yoga Vigyan	100
4	<u>Practical -</u> Part A - 25 Marks Part B - 50 Marks Part C - 25 Marks	100

**Note:-** Every student shall prepare a practical file/practical record and submit it at the end of the semester for evaluation.

**Program Specific Outcomes (PSOs)**

On completion of PGD Y program, the students will achieve the following program specific outcomes:-

**PSO 1:** The ability to apply knowledge as well as applications will lead to the development of medical practice.

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

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

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



## Semester-I

**Course Code:** PGDY101

**Course Title :** Theoretical Yoga Science

**Pre- requisite:** Student should have basic knowledge of **Theoretical Yoga Science** and its consents

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

### Course Outcomes:

CO 1.1: A student will be able to describe the Introduction to Yoga and its Historical Tradition.

CT 101.2: A student will be able to discuss the introduction of Basic text of Yoga and Nature of Chitt.

CT 101.3: A student will be able to interpret the Kinds of Yoga.

CT 101.4: A student will be able to determine the Introduction to Nadies and Plexus.

CT 101.5: A student will be able to explain the General introduction to contemporary yogis

### Scheme of Studies:

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits(C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
Program Core (PCC)	PGDY101	<b>Theoretical Yoga Science</b>	4	0	1	1	6	4

### Legend:

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

(T) and others),

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

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

**SL:** Self Learning,

**C:** Credits.

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

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

Code	Course Code	Course Title	Scheme of Assessment (Marks)							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Class/Home Assignment 5 number 3 marks each (CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA)	Class Activity any one (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	<b>PGD Y101</b>	<b>Theoretical Yoga Science</b>	10	10	0	0	0	20	80	100

**Course-Curriculum Detailing:**

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

**CO. 1: A student will be able to describe the Introduction to Yoga and its Historical Tradition.**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO1.1</b> Student will able to Understand the Introduction to Yoga  <b>SO1.2</b> Student will able to Describe the The concept of Yoga  <b>SO1.3</b> Student will able to Describe Historical Tradition of yoga  <b>SO1.4</b> Student will able to Describe Veda & Upanishad.	.	<b>Unit-1.0</b> Introduction to Yoga 1.1 Introduction to Yoga: 1.2 Introduction to Yoga 1.3 Introduction to Yoga 1.4 Introduction to Yoga 1.5 The concept of Yoga, 1.6 The concept of Yoga 1.7 The concept of Yoga 1.8 The concept of Yoga 1.9 Meaning, Historical Tradition, 1.10 Meaning, Historical Tradition 1.11 Meaning, Historical Tradition 1.12 Meaning, Historical Tradition 1.13 General introduction of Veda & Upanishad. 1.14 General introduction of Veda & Upanishad 1.15 General introduction of Veda & Upanishad	1. Introduction to Yoga  2- The concept of Yoga



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**SW-1 Suggested Sessional Work (SW):**

**a. Assignments:**

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

**b. Mini Project:**

- i. Flow diagram of Twenty five entities of samkhya

**c. Other Activities (Specify):**

- d. Focus on the status of Indian yoga industry and centers, hospitals and major yoga specialist producing companies in the world

**C0 101.2: A student will be able to discuss the introduction of Basic text of Yoga and Nature of Chitt.**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO2.1</b> Student will able to Understand the Basic text of Yoga <b>SO2.2</b> Student will able to Understand the Concept of Yoga sutra, <b>SO2.3</b> Student will able to understand the Abhayas, Vairagya <b>SO2.4</b> Student will able to understand the Hath Pradipika <b>SO2.5</b> Student will able to lean about the Pathya and Apathya	.	Unit-2 Basic text of Yoga 2.1 Basic text of Yoga: 2.2 Yoga sutra, 2.3 Nature of Chitt, 2.4 States of Chitta, 2.5 Chittavrities, 2.6 Chittavikshepa, 2.7 Vikshepa sahbbhuwa. 2.8 Method to control of Chittavriettis – 2.9 Abhayas, 2.10 Vairagya 2.11 Iswar Pramidhan 2.12 Hath Pradipika: 2.13 Hath Yoga, 2.14 Ideal place, 2.15 Destructions and constructive of Yoga. Pathya and Apathya.	1- Pathya and Apathya 2- Concept of Yoga sutra,



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

**a. Assignments:**

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

**CT 101.3: A student will be able to interpret the Kinds of Yoga.**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO3.1</b> Student will able to understand the Kinds of Yoga  <b>SO3.2</b> A student will be able to explain the Gyan Yoga  <b>SO3.3</b> A Student will be able to Understand the Concept of sthitapragya, Samatva Yoga  <b>SO3.4</b> A student will be able to explain the Bhakti Yoga	.	<b>Unit-3 : Kinds of Yoga:</b> <b>3.1</b> Kinds of Yoga <b>3.2</b> Kinds of Yoga <b>3.3</b> Gyan Yoga: <b>3.4</b> Gyan Yoga <b>3.5</b> Concept of sthitapragya, <b>3.6</b> Concept of sthitapragya <b>3.7</b> Concept of sthitapragya <b>3.8</b> Samatva Yoga, <b>3.9</b> Samatva Yoga <b>3.10</b> Samatva Yoga <b>3.11</b> Karma Yoga <b>3.12</b> Karma Yoga <b>3.13</b> Bhakti Yoga <b>3.14</b> Bhakti Yoga <b>3.15</b> Bhakti Yoga	Kinds of Yoga sthitapragya, Samatva Yoga



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**SW-3 Suggested Sessional Work (SW):**

**a. Assignments:**

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

**C0 101.4: A student will be able to determine the Introduction to Nadies and Plexus .**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>4.1 A student will be able to</b> Evaluation of Introduction to Ida, pingla <b>4.2 A student will be able to</b> Understanding the Plexus <b>4.3 A student will be able to</b> Understand the Panchkosh <b>4.4 A student will be able to explain</b> Five Prana	.	: Introduction to Ida 4.1 Introduction to Ida, 4.2 Pingla & 4.3 Sushmna Nadies, 4.4 Plexus & 4.5 Sacrococcygeal Plexus, 4.6 Sacral Plexus, 4.7 Epigastric Plexus, 4.8 Cardiac Plexus, 4.9 Parymgeal 4.10 Pharyngeal plexus, 4.11 Cerebral cortex, 4.12 Cavernous Plexus. 4.13 Concept of Panchkosh: Annamaya, Pranmaya, Manomaya, Vegyanmaya, Anandmaya, 4.14 Concept of Panchkosh: Annamaya, Pranmaya, Manomaya, Vegyanmaya, Anandmaya, 4.15 Five Prana.	<b>1- Five Prana</b> <b>2- plexus</b>





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**Texts**

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

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**SW-4 Suggested Sessional Work (SW):**

**a. Assignments:**

- i. The concept of Yoga
- ii. Concept of Panchkosh
- iii. Sacrococcygeal Plex

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

**SW-4 Suggested Sessional Work (SW):**



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**C0 101.5: A student will be able to explain the General introduction to contemporary yogis**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>5.1 A student will be able to</b> Evaluation of General introduction to contemporary yogies  <b>5.2 A student will be able to</b> Understanding the Sri Arbindo  <b>5.3 A student will be able to</b> Understand the Swami Vivekanand  <b>5.4 A student will be able to explain</b> Swami Kubalyanand  <b>SO5.5 A student will be able to Describe</b> Swami Shivanand	.	General introduction to contemporary yogies 5.1 General introduction to contemporary yogis 5.2 General introduction to contemporary yogis 5.3 General introduction to contemporary yogies 5.4 Sri Arbindo, 5.5. Sri Arbindo 5.6 Sri Arbindo 5.7 Swami Vivekanand, 5.8 Swami Vivekanand 5.9 Swami Vivekanand 5.10 Swami Kubalyanand 5.11 Swami Kubalyanand 5.12 Swami Kubalyanand 5.13 Swami Shivanand 5.14 Swami Shivanand 5.15 Swami Shivanand	1- Sri Arbindo  2- Swami Vivekanand 3- Swami Kubalyanand



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

<b>Course Outcomes</b>	<b>Class Lecture (CI)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (SI)</b>	<b>Total hour (CI+SW+SI)</b>
C0 101.1: A student will be able to describe the Introduction to Yoga and its Historical Tradition	12	2	2	<b>16</b>
C0 101.2: A student will be able to discuss the introduction of Basic text of Yoga and Nature of Chitt	12	2	2	<b>16</b>
C0 101.3: A student will be able to interpret the Kinds of Yoga	12	2	2	16
C0 101.4: A student will be able to determine the Introduction to Nadies and Plexus	12	2	2	16
C0 101.5: A student will be able to explain the General introduction to contemporary yogis	12	2	2	<b>16</b>
<b>Total Hours</b>	<b>60</b>	<b>10</b>	<b>10</b>	<b>80</b>



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**Suggestion for End Semester Assessmentss**

**Suggested Specification Table (For ESA)**

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Introduction to Yoga	04	16	00	20
CO-2	Basic text of Yoga	04	16	00	20
CO-3	Kinds of Yoga	04	16	00	20
CO-4	Introduction to Ida, Pingla & Sushmna Nadies	04	16	00	20
CO-5	General introduction to contemporary yogies	04	16	00	20
Total		20	80	00	100

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

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

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

**Suggested Instructional/Implementation Strategies:**

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

**Cos.POs and PSOs Mapping**

**Course Title: Theoretical Yoga Science**

**Course Code: PGDY101**

**Course Title: Theoretical Yoga Science**

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

the introduction of Basic text of Yoga and Nature of Chitt															
CO3 : A student will be able to interpret the Kinds of Yoga.	3	2	1	1	1	1	1	2	1	1	1	2	1	1	1
CO 4: A student will be able to determine the Introduction to Nadies and Plexus .	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1
C0-5: A student will be able to explain the General introduction to contemporary yogis	3	2	1	1	1	1	1	2	1	2	2	3	1	1	1

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



### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1: A student will be able to describe the Introduction to Yoga and its Historical Tradition	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Introduction to Yoga  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : A student will be able to discuss the introduction of Basic text of Yoga and Nature of Chitt	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Basic text of Yoga:  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : A student will be able to interpret the Kinds of Yoga	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Kinds of Yoga  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: A student will be able to determine the Introduction to Nadies and Plexus	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Introduction to Ida, Pingla & Sushmna Nadies  4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 5- A student will be able to explain the General introduction to contemporary yogis			Unit-5 General introduction to contemporary yogies 5.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12,5.13,5.14,5.15	

**Course Code:** 70PGDY102

**Course Title :** **Practical Yoga Vigyan**

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

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

**Course Outcomes:**

CO 201.1: A student will be able to describe the Yoga & Health.

CO 201.2: A student will be able to describe the Practice of Yoga: Primary preparation

CO 201.3 A student will be able to describe the Anatomy & physiology

CO 201.4 A student will be able to describe the Life pattern and Yoga: Effect of Yoga upon bodily functions.

CO 201.5 A student will be able to describe the Role of Yoga in Health problems in modern

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits(C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
Program Core	70PGDY 102	Practical Yoga Vigyan	4	0	1	1	6	4

**Legend:**

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

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

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

**SL:** Self Learning,

**C:** Credits. 2

## Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Class/Home Assignment 5 number 3 marks each ( CA )	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA )	Class Activity any one (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	70PG DY102	Practical Yoga Vigyan	10	10	0	0	0	20	80	100

### Course-Curriculum Detailing:

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

**CO. 1: A student will be able to describe the Yoga & Health.**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO1.1</b> Student will able to Understand Yoga & Health <b>SO1.2</b> Student will able to Understand the individual Hyzine <b>SO1.3</b> Student will able to Describe benefits of Yoga asans and their values <b>SO1.4</b> Student will able to Describe Healthy habits <b>SO1.5</b> Student will able to Describe Characteristics of a healthy person	.	<b>Unit-1. Yoga &amp; Health</b> 1.2 Yoga & Health: 1.3 Meaning 1.4 Definition of Yoga 1.5 Definition of Yoga 1.6 Importance of health in life, 1.7 Importance of health in life 1.8 individual Hyzine 1.9 individual Hyzine 1.10 Healthy habits, 1.11 Characteristics of a healthy person, 1.12 Characteristics of a healthy person 1.13 Routine of healthy person 1.14 Routine of healthy person 1.15 benefits of Yoga asans and their values. benefits of Yoga asans and their values	Yoga & Health benefits of Yoga asans and their values

**CO. 2: A student will be able to describe the Practice of Yoga: Primary preparation**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO2.1</b> Student will able to Understand Practice of Yoga: <b>SO2.2</b> Student will able to Understand the Yogic food <b>SO2.3</b> Student will able to Understand the Climatic Changes <b>SO2.4</b> Student will able to Understand the Healthy routine <b>SO2.5</b> Student will able to Understand the Vratas for health positive and negative features	.	<b>Unit-2.</b> Practice of Yoga:  2.1 Practice of Yoga: 2.2 Practice of Yoga 2.3 Primary preparation 2.4 Primary preparation 2.5Yogic food, 2.6 Yogic food 2.7 Dress, 2.8 Sequence, 2.9 Sequence 2.10 Climatic Changes, 2.11 Climatic Changes 2.12 Healthy routine, 2.13 Healthy routine 2.14 Vratas for health positive and negative features. 2.15 Vratas for health positive and negative features	Vratas for health positive and negative features Yogic food,

**CO. 3: A student will be able to describe the Anatomy & physiology**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO3.1</b> Student will able to Understand Anatomy physiology <b>SO3.2</b> Student will able to Understand the functions of various organs <b>SO3.3</b> Student will able to Describe Nervous system , circulatory system <b>SO3.4</b> Student will able to Describe excretion system <b>SO3.5</b> Student will able to Describe respiratory system	.	<b>Unit-3.</b> Anatomy physiology 3.1 Anatomy 3.2 Anatomy 3.3 physiology: 3.4 Constitution 3.5 functions of various organs 3.6 Nervous system, 3.7 Nervous system 3.8 circulatory system, 3.9 circulatory system 3.10 respiratory system, 3.11 respiratory system 3.12 excretion system, 3.13 excretion system, 3.14 endocrine system. 3.15 endocrine system	1. respiratory system 2. functions of various organs

**CO. 4: A student will be able to describe the Life pattern and Yoga: Effect of Yoga upon bodily functions.**

#### Approximate Hours

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



<b>Session Outcomes (SOs)</b>	<b>Laboratory Instruction (LI)</b>	<b>Class room Instruction (CI)</b>	<b>Self Learning (SL)</b>
<b>SO4.1</b> Student will able to Understand Life pattern and Yoga <b>SO4.2</b> Student will able to Understand the Effect of Yoga upon bodily functions <b>SO4.3</b> Student will able to Understand the Digestion, Blood circulation, <b>SO4.4</b> Student will able to Understand the Bodily functions, Respiration Excretion, Endocrine glands	.	<b>Unit-4.</b> Life pattern and Yoga 4.1 Life pattern and Yoga 4.2 Effect of Yoga upon bodily functions- 4.3 Digestion, 4.4 Blood circulation, 4.5 Bodily functions- 4.6 Digestion, 4.7 Digestion 4.8 Blood circulation, 4.9 Blood circulation 4.10 Respiration Excretion, 4.11 Respiration Excretion 4.12 Endocrine glands, 4.13 Endocrine glands 4.14 Nerves and Brain. 4.15 Nerves and Brain.	Effect of Yoga upon bodily functions Life pattern and Yoga

**CO. 5: A student will be able to describe the Role of Yoga in Health problems in modern**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO5.1</b> Student will able to Understand Role of Yoga in Health <b>SO5.2</b> Student will able to Understand the problems in modern age <b>SO5.3</b> Student will able to Describe Utility of Yoga in Rural life, <b>SO5.4</b> Student will able to Describe Role of Yoga in Urban life,	.	<b>Unit-5.</b> Role of Yoga in Health 5.1 Role of Yoga in Health problems in modern age: 5.2 Role of Yoga in Health problems in modern age: 5.3 Role of Yoga in Health problems in modern age: 5.4 Role of Yoga in Health problems in modern age: 5.5 Utility of Yoga in Rural life, 5.6 Utility of Yoga in Rural life, 5.7 Utility of Yoga in Rural life, 5.8 Utility of Yoga in Rural life, 5.9 Role of Yoga in Urban life, 5.10 Role of Yoga in Urban life, 5.11 Role of Yoga in Urban life, 5.12 Role of Yoga in Urban life, 5.13 Role of Yama, Niyam in student life. 5.14 Role of Yama, Niyam in student life 5.15 Role of Yama, Niyam in student life	1. Role of Yoga in Urban life, 2- Utility of Yoga in Rural life,

### Texts &

shrimadebhagwatgeeta- shankarbhasya  
patanjali yog sutra- geetapres gorkhpor  
yog vashistha- geetapres gorkhpor  
yog vigyan- swami vighyananand saraswati  
yog mahavigyan- Dr.kamakhyia kumar  
vedo me yog vidhya- swami divyanand  
yog manovigyan – shantiprakash atreye  
bhartiye darshan- baldev upadhyay  
upnishdik adhyatm vigyan- Dr.ishwer bhardwaj

kalyaan-(yog tatwank)- geetapres gorkhpor  
kalyaan-(yogank)- geetapres gorkhpor  
Yoga Darshan – Swami Niranjanananda Saraswati  
Super Science of Yoga – Dr Kamakhya Kumar  
Bhart ke mahan sant- Ramlal  
Bhart ke mahaan yogi- vishwanath mukharji

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**b. Assignments:**

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

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

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
C0 102.1:student will be able to describe the Yoga & Health.	12	2	2	16
C0 102.2: A student will be able to describe the Practice of Yoga: Primary preparation	12	2	2	16
C0 102.3:A student will be able to describe the Anatomy & physiology	12	2	2	16
C0 102.4: -A student will be able to describe the Life pattern and Yoga: Effect of Yoga upon bodily functions.	12	2	2	16
CO 102.5 A student will be able to describe the Role of Yoga in Health problems in modern	12	2	2	16
Total Hours	60	10	10	80

## Suggestion for End Semester Assessment

### Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Yoga & Health: Meaning and Definition of Yoga	04	16	00	20
CO-2	Practice of Yoga	04	16	00	20
CO-3	Anatomy & physiology	04	16	00	20
CO-4	Life pattern and Yoga	04	16	00	20
CO-5	Role of Yoga in Health problems in modern age	04	16	00	20
Total		20	80	00	100

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

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

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

### Suggested Instructional/Implementation Strategies:

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

## Cos.POs and PSOs Mapping

**Course Title: Practical Yoga Vigyan**

**Course Code: PGDY102**

**Course Title: Practical Yoga Vigyan**

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

Yoga: Primary preparation															
CO3 : A student will be able to describe the Anatomy & physiology	3	2	1	1	1	1	1	2	1	1	1	2	1	1	1
CO 4: A student will be able to describe the Life pattern and Yoga: Effect of Yoga upon bodily functions	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1
CO-5: A student will be able to describe the Role of Yoga in Health problems in modern age	2	2	1	2	1	1	2	3	1	1	3	2	1	1	1

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

### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: 1- A student will be able to describe the Yoga & Health.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Yoga & Health  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : 2-A student will be able to describe the Practice of Yoga: Primary preparation	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Practice of Yoga  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : 3- A student will be able to describe the Anatomy & physiology	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Anatomy & physiology  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: 4- A student will be able to describe the Life pattern and Yoga: Effect of Yoga upon bodily functions.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Life pattern and Yoga 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-55- A student will be able to describe the Role of Yoga in Health problems in modern age	SO5.1 SO5.2 SO5.3 SO5.4		Unit-5 : Role of Yoga in Health problems in modern age 5.1, 5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12,5.13,5.14,5.15	



**Course Code** PGDY151

**Course Title :** Practical

**Pre- requisite:** Student should have basic knowledge **Practical** and its consents

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

**Course Outcomes:**

CO 201.1: A students shall be able to Understand the benefits, contraindications and procedure of all practices

CO 201.2: A students shall be able to Demonstrate each practice with confidence and skill.

CO 201.3 A students shall be able to Explain the procedure and subtle points involved.

CO 201.4 A students shall be able to Teach the yoga practices to any given group.

CO 201.5 A students shall be able to Teach the yoga practices OF Mudra & Bandh to any given group

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits(C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+S)	
Program Core	PGDY151	Practical	0	8	1	1	10	6

**Legend:**

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

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

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

**SL:** Self Learning,

**C:**Credits. 2

## Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Class/Home Assignment 5 number 3 marks each ( CA )	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA )	Class Activity any one (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	PGD Y115 1	Practical	10	10	0	0	0	20	80	100

### Course-Curriculum Detailing:

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

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

**Approximate Hours**

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

<b>Session Outcomes (SOs)</b>	<b>Laboratory Instruction (LI)</b>	<b>Class room Instruction (CI)</b>	<b>Self Learning (SL)</b>
<b>SO1.1</b> Student will able to Understand Practice Teaching	.	<b>Unit-1.</b> Practice Teaching 1.1 Practice Teaching 1.2 Practice Teaching 1.3 Practice Teaching 1.4 Practice Teaching 1.5 Practice Teaching 1.6 Practice Teaching 1.7 Practice Teaching 1.8 Practice Teaching 1.9 Practice Teaching 1.10 Practice Teaching 1.11 Practice Teaching 1.12 Practice Teaching 1.13 Practice Teaching 1.14 Practice Teaching 1.15 Practice Teaching	1. Teaching

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

**Approximate Hours**

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

<b>Session Outcomes (SOs)</b>	<b>Laboratory Instruction (LI)</b>	<b>Class room Instruction (CI)</b>	<b>Self Learning (SL)</b>
SO2.1 Student will able to Understand Asans	.	Unit-2. Asans 2.1 Simple Asans- 2.2 Simple Asans 2.3 Simple Asans 2.4 Relaxation, 2.5 Relaxation, 2.6 Relaxation, 2.7 Backward 2.8 Backward 2.9 Backward 2.10 Forward bendings, 2.11 Forward bendings 2.12 Forward bendings 2.13 Twisting Balancing. 2.14 Twisting Balancing. 2.15 Twisting Balancing.	1. Asans

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

**Approximate Hours**

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

<b>Session Outcomes (SOs)</b>	<b>Laboratory Instruction (LI)</b>	<b>Class room Instruction (CI)</b>	<b>Self Learning (S)</b>
SO3.1 Student will able to Understand Kriyas	.	Unit-3. Kriyas  3.1 Jal Neti, 3.2 Jal Neti 3.3 Jal Neti 3.4 Jal Neti 3.5 Sutra Neti 3.6 Sutra Neti, 3.7 Sutra Neti 3.8 Sutra Neti 3.9 Kunjal Kriya, 3.10 Kunjal Kriya 3.11 Kunjal Kriya 3.12 Kunjal Kriya 3.13 Kapal Bahti 3.14 Kapal Bahti 3.15 Kapal Bahti	1. . Kriyas

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

**Approximate Hours**

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

<b>Session Outcomes (SOs)</b>	<b>Laboratory Instruction (LI)</b>	<b>Class room Instruction (CI)</b>	<b>Self Learning (SL)</b>
<b>SO4.1</b> Student will able to Understand Pranayam Class arrangement.	.	Unit-4. Pranayam Class arrangement. 4.1 Poorak 4.2 Poorak 4.3 Kumbhak 4.4 Kumbhak, 4.5 Rerchak, 4.6 Rerchak 4.7 Anulome Vilome, 4.8 Anulome Vilome 4.9 Anulome Vilome 4.`10 Nadi Shodhan, 4.11 Nadi Shodhan 4.12 Nadi Shodhan 4.13 Brastrika. 4.14 Brastrika. 4.15 Brastrika.	<b>1. Pranayam Class arrangement.</b>

**CO. 5:** A students shall be able to teach the yoga practices OF Mudra & Bandh to any given group

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO5.1</b> Student will able to Understand Mudra & Bandh	.	<b>Unit-5.</b> Mudra & Bandh 5.1 Yoga Mudra, 5.2 Yoga Mudra 5.3 Yoga Mudra 5.4 Yoga Mudra 5.5 Viparita Karni 5.6 Viparita Karni 5.7 Viparita Karni 5.8 Viparita Karni 5.9 Jalandhar bandha 5.10 Jalandhar bandha 5.11 Jalandhar bandha 5.12 Jalandhar bandha 5.13 Mola Bandha. 5.14 Mola Bandha. 5.15 Mola Bandha.	<b>1. Mudra &amp; Bandh</b>

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**Texts-**

Hathyog pradipika – kaiwalyadham

Gherand shamhita-yog publication munger

Shiv shamhita – chaukhambha oriyentaliya

Asan pranayama mudra bbandh – yog publication mugger

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

Prakashan, Bangalore, 1999

SW-4 Suggested Sessional Work (SW):

**c. Assignments:**

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



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

Course Outcomes	Class Lecture (Cl)	Sessional Work (SW)	Self Learning (Sl)	Total hour (Cl+SW+Sl)
C0 103.1: A students shall be able to Understand the benefits, contraindications and procedure of all practices	12	2	2	<b>16</b>
C0 103.2: A students shall be able to Demonstrate each practice with confidence and skill.	12	2	2	<b>16</b>
C0 103.3: A students shall be able to Explain the procedure and subtle points involved.	12	2	2	16
C0 103.4: A students shall be able to teach the yoga practices to any given group.	12	2	2	16
CO-103.5: A students shall be able to Teach the yoga practices OF Mudra & Bandh to any given group	12	2	2	<b>16</b>
Total Hours	60	10	10	<b>80</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Practice Teaching (Indore)	04	16	00	20
CO-2	Asans	04	16	00	20
CO-3	Kriyas	04	16	00	20
CO-4	Pranayam	04	16	00	20
CO-5	Class arrangement	04	16	00	20
Total		20	80	00	100

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

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

### Suggested Instructional/Implementation Strategies:

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

### Cos.POs and PSOs Mapping

**Course Title: Practical**

**Course Code : PGDY151**

**Course Title: Practical**

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

Demonstrate each practice with confidence and skill															
CO3 : A students shall be able to Explain the procedure and subtle points involved	1	1	2	1	1	3	2	2	3	2	3	3	3	1	1
CO 4: A students shall be able to Teach the yoga practices to any given group.	1	1	3	1	1	2	2	3	2	3	3	3	2	1	1
C0-5 A students shall be able to Teach the yoga practices OF Mudra & Bandh to any given group	2	2	3	1	1	3	3	2	3	2	3	2	3	1	1

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

### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO-1: A students shall be able to Understand the benefits, contraindications and procedure of all practices.	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Practice Teaching (Indore)  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 2 : 2- A students shall be able to Demonstrate each practice with confidence and skill.	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Asans  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO3 : 3- A students shall be able to Explain the procedure and subtle points involved.	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Kriyas  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 4: 4- A students shall be able to Teach the yoga practices to any given group.	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Pranayam 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	CO 5: 5- A students shall be able to Teach the yoga practices OF Mudra & Bandh to any given group	SO5.1 SO5.2 SO5.3 SO5.4		Unit-5: Class arrangement 5.1, 5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12,5.13,5.14,5.15	

**Course Code:** PGDY201

**Course Title :** Yoga Darshan

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

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

**Course Outcomes:**

CO 201.1: A student will be able to explain the Yogic tradition in Indian Philosophy.

CO 201.2: A student will be able to describe the Yogic in Astic Philosophy.

CO 201.3 A student will be able to discuss the Concept of Gita.

CO 201.4 A student will be able to describe the Ashtang Yoga of Patanjali

CO 201.5 A student will be able to interpret the Kinds of Yoga: Hath Yoga

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits(C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
Program Core	PGDY201	Yoga Darshan	4	0	1	1	6	4

**Legend:**

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

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

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

**SL:** Self Learning,

**C:** Credits. 2

## Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one ( SA)	Class Activity any one (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	PGD Y201	Yoga Darshan	10	10	0	0	0	20	80	100

### Course-Curriculum Detailing:

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

**CO. 1: A student will be able to explain the Yogic tradition in Indian Philosophy**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO1.1</b> Student will able to Understand Yogic tradition in Indian Philosophy <b>SO1.2</b> Student will able to Understand the Aastic and Nastic Philosophy <b>SO1.3</b> Student will able to Describe Jain Philosophy <b>SO1.3</b> Student will able to Describe Baudha Philosophy	.	<b>Unit-1.</b> Yogic tradition in Indian Philosophy: 1.1 Yogic tradition in Indian Philosophy 1.2 Aastic 1.3 Nastic Philosophy, 1.4 Yoga in Nastic Philosophy. 1.5 Yoga in Nastic Philosophy 1.6 Jain Philosophy: 1.7 Jain Philosophy 1.8 Triratna, 1.9 Five Mahavratas. 1.10 Baudha Philosophy: 1.11 Baudha Philosophy 1.12 Four Noble Truth 1.13 Four Noble Truth 1.14 Eight fold path. 1.15 Eight fold path.	Baudha Philosophy Indian Philosophy



**CO. 2: : A student will be able to describe the Yogic in Astic Philosophy.**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO2.1</b> Student will able to Understand Yogic in Astic Philosophy <b>SO2.2</b> Student will able to Understand the Yogic in Astic Philosophy Sankhya & Yoga Philosophy <b>SO2.2</b> Student will able to Understand the Natura of Purush & Prakriti	.	<b>Unit-2.</b> Yogic in Astic Philosophy .21 Yogic in Astic Philosophy 2.2 Yogic in Astic Philosophy 2.3 Sankhya & Yoga Philosophy 2.4 Sankhya & Yoga Philosophy 2.5 Dukh Traya, 2.6 Dukh Traya 2.7 Path of eradication of dukh 2.8 Path of eradication of dukh 2.9 Nature of Triquna 2.10 2.11 Natura of Purush 2.12 Prakriti Evolution 2.13 theory of Sanbhya, 2.14 Bandhan & Kaivdya 2.15 Bandhan & Kaivdya	1. Natura of Purush & Prakriti 2- Yogic in Astic Philosophy

**CO. 3: A student will be able to discuss the Concept of Gita.**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO3.1</b> Student will able to Understand Concept of Swadharma in Gita, <b>SO3.2</b> Student will able to Understand the Samtva Yoga <b>SO3.3</b> Student will able to Describe Sthitpragya Gyan Yoga <b>SO3.4</b> Student will able to Describe Bhakti Yoga	.	<b>Unit-3.</b> Concept of Swadharma in Gita, 3.1 Concept of Swadharma in Gita, 3.2 Concept of Swadharma in Gita, 3.3 Concept of Swadharma in Gita, 3.4 Samtva Yoga. 3.5 Samtva Yoga. 3.6 Nature of Karma Yoga 3.7 Nature of Karma Yoga 3.8 Sthitpragya 3.9 Sthitpragya 3.10 Gyan Yoga, 3.11 Gyan Yoga, 3.12 Bhakti Yoga – 3.13 Bhakti Yoga 3.14 Characteristics of Bhakti. 3.15 Characteristics of Bhakti	Bhakti Yoga 2- Concept of Swadharma in Gita,

**CO. 4: A student will be able to describe the Ashtang Yoga of Patanjali**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<p><b>SO4.1</b> Student will able to Understand Ashtang Yoga of Patanjali</p> <p><b>SO4.2</b> Student will able to Understand the Yoga in Vedant Philosophy</p> <p><b>SO4.3</b> Student will able to Understand the Yoga of Acharya Shankar</p> <p><b>SO4.3</b> Student will able to Understand the Bhakti Yoga of Ramanuja</p>	.	<p><b>Unit-4.</b> Ashtang Yoga of Patanjali</p> <p>4.1 Ashtang Yoga of Patanjali: 4.2 Yama, 4.3 Niyam, 4.4 Asan, 4.5 Pranayam, 4.6 Pratyahar, 4.7 Dharna, 4.8 Dhyan, 4.9 Samadhi 4.10 Yoga in Vedant Philosophy: 4.11 Yoga in Vedant Philosophy 4.12 Sadhan Chatushthy Gyan Yoga of Acharya Shankar 4.13 Sadhan Chatushthy Gyan Yoga of Acharya Shankar 4.14 Bhakti Yoga of Ramanuja. 4.15 Bhakti Yoga of Ramanuja</p>	<p>Bhakti Yoga of Ramanuja</p> <p>Ashtang Yoga of Patanjali</p>

**CO. 5: A student will be able to interpret the Kinds of Yoga: Hath Yoga****Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO5.1</b> Student will able to Understand Kinds of Yoga <b>SO5.2</b> Student will able to Understand the Hath Yoga <b>SO5.3</b> Student will able to Describe Kundalini Yoga <b>SO5.4</b> Student will able to Describe Gyan Yoga, Laya Yoga etc.	.	<b>Unit-5.</b> Kinds of Yoga 5.1 Kinds of Yoga: 5.2 Kinds of Yoga 5.3 Kinds of Yoga 5.4 Hath Yoga, 5.5 Hath Yoga 5.6 Hath Yoga 5.7 Kundalini Yoga, 5.8 Kundalini Yoga, 5.9 Kundalini Yoga, 5..10 Gyan Yoga, 5.11 Gyan Yoga 5.12 Gyan Yoga 5.13 Laya Yoga etc. 5.14 Laya Yoga 5.15 Laya Yoga	1. Gyan Yoga, Laya Yoga etc. 2- Kinds of Yoga

**TEXT BOOKS**

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

**REFERENCE BOOKS:**

1. Sharma BR : Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
2. Gharote, M.M. : Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010.
3. Gharote ML : Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, IInd

Edition, 2009

4. Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988

5. Swami Vivekananda : Rajayoga, Advaita Ashram, Culcutta, 2000.

6. Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV, Munshiram Manoharlal Pvt. Ltd. New Delhi

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

SW-4 Suggested Sessional Work (SW):

**d. Assignments:**

- i. Kinds of Yoga
- ii. Gyan Yoga, Laya Yoga etc.

### Brief of Hours suggested for the Course Outcome

Course Outcomes	Class Lecture (Cl)	Sessional Work (SW)	Self Learning (Sl)	Total hour (Cl+SW+Sl)
C0 101.1: A student will be able to explain the Yogic tradition in Indian Philosophy.	12	2	2	<b>16</b>
C0 101.2: A student will be able to describe the Yogic in Astic Philosophy.	12	2	2	<b>16</b>
C0 101.3: A student will be able to discuss the Concept of Gita.	12	2	2	16
C0 101.4: A student will be able to describe the Ashtang Yoga of Patanjali	12	2	2	16
CO101.5: A student will be able to interpret the Kinds of Yoga: Hath Yoga	12	2	2	<b>16</b>
Total Hours	60	10	10	<b>80</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Yogic tradition in Indian Philosophy	04	16	00	20
CO-2	Yogic in Astic Philosophy	04	16	00	20
CO-3	Concept of Swadharma in Gita	04	16	00	20
CO-4	Ashtang Yoga of Patanjali	04	16	00	20
CO-5	Kinds of Yoga	04	16	00	20
Total		20	80	00	100

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

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

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

### Suggested Instructional/Implementation Strategies:

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

**Cos.POs and PSOs Mapping**

**Course Title: Yoga Darshan**

**Course Code : PGDY201**

**Course Title: Yoga Darshan**

Course Outcome s	Program Outcome									Program Specific Outcome					
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6
	knowledge of yoga, indian philosophy, upnissads, shastras	human biology, therapeutic yoga, management application of Hatha Yoga and Patanjali	fundamentals of Yoga, Yoga therapy, its principles and Yoga practice, physiological effects of Yoga	alternative therapy, naturopathy, electrophysics, Ayurveda,	yogic food, diet and nutrition along with applied psychology	Treatment: To create professional therapists	To create yoga therapy experts with in-depth knowledge based on yogic texts	Social health : To establish holistic health	yoga technology capability, research ability	To prepare good yoga teachers, practitioners and trainers.	To impart legal and scientific knowledge of yoga.	imparting classical knowledge of yoga and its related Spiritual text.	To provide scientific and medical knowledge of Yoga in the context of modern society And science.	Visit to the best yoga institutes, University, college or centre, providing excellent training in yoga ayurvedik panchkarma and alternative Therapy or other related therapies.	To provide the research based education of yoga.
<b>CO1 :</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>CO 2 :</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>CO3 :</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>



CO 4:.	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1
CO 5-	3	2	1	1	1	1	1	2	1	1	3	3	3	1	1

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

### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction (LI)	Classroom Instruction(CI)	Self Learning (SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will be able to explain the Yogic tradition in Indian Philosophy	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Yogic tradition in Indian Philosophy  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will be able to describe the Yogic in Astic Philosophy	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Yogic in Astic Philosophy  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will be able to discuss the Concept of Gita	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Concept of Swadharma in Gita  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will be able to describe the Ashtang Yoga of Patanjali	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Ashtang Yoga of Patanjali 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6,7,8,9 PSO .1,2,3,4,5,	CO 5- A student will be able to interpret the Kinds of Yoga: Hath Yoga	SO5.1 SO5.2 SO5.3		Unit5- Kinds of Yoga 5- 5:5.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.9,5.10,5.11,5.12,5.13,5.14,5.15	

**Course Code:** PGDY202

**Course Title :** Hathyoga

**Pre- requisite:** Student should have basic knowledge of **Hathyoga** and its consepts

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

**Course Outcomes:**

**CO 201.1:** 1- A student will be able to describe the General introduction of Hathpradipika and Gherand Sanhita

CO 201.2: A student will be able to interpret the Aims of Pranayam and its precautions

CO 201.3 A student will be able to apply the Medhods, time, benefits, precautions of Shudhdhi

CO 201.4 A student will be able to discuss the Meaning and methods of madras and Bandhas

CO 201.5 A student will be able to describe the Nadanusandhan, Meditaion

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits(C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
Program Core	PGDY202	Hathyoga	4	0	1	1	6	4

**Legend:**

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

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

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

**SL:** Self Learning,

**C:** Credits. 2

## Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	PGD Y202	Hathyoga	10	10	0	0	0	20	80	100

### Course-Curriculum Detailing:

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

**CO. 1:** 1-A student will be able to describe the General introduction of Hathpradipika and Gherand Sanhita

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO1.1</b> Student will able to Understand General introduction of Hathpradipika and Gherand Sanhita <b>SO1.2</b> Student will able to Understand the Hathyoga <b>SO1.3</b> Student will able to Describe Sadhak and Badhak tatva	.	<b>Unit-1.</b> General introduction of Hathpradipika and Gherand Sanhita. 1.1 General introduction of Hathpradipika 1.2 General introduction of Hathpradipika 1.3 General introduction of Hathpradipika 1.4 Gherand Sanhita 1.5 Gherand Sanhita. 1.6 Meaning of hathyoga 1.7 Meaning of hathyoga 1.8 definition of Hathyoga 1.9 definition of Hathyoga. 1.10 Similarities & dissimilarities of Hathyoga with others. 1.11 Similarities & dissimilarities of Hathyoga with others 1.12 Similarities & dissimilarities of Hathyoga with others 1.13 Sadhak and Badhak tatva in Hathyoga. 1.14 Sadhak and Badhak tatva in Hathyoga 1.15 Sadhak and Badhak tatva in Hathyoga	Sadhak and Badhak tatva Hathyoga

**CO. 2: A student will be able to interpret the Aims of Pranayam and its precautions**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO2.1</b> Student will able to Understand Pranayam <b>SO2.2</b> Student will able to Understand the Poorak, Kumbhak and rechak, <b>SO2.3</b> Student will able to Understand the important types of Prayanam.	.	<b>Unit-2. Pranayam</b>  2.1 Pranayam, 2.2 Pranayam 2.3 Aims of Pranayam 2.4 its precautions. 2.5 Parts of Pranayam- 2.6 Poorak, 2.7 Kumbhak 2.8 rechak, 2.9 Kumbhak 2.10its proportional time, 2.11benefits of Pranayam. 2.12benefits of Pranayam 2.13benefits of Pranayam 2.14Some important types of Prayanam. 2.15Some important types of Prayanam	1. important types of Prayanam. 2. Poorak, Kumbhak and rechak, 3. Pranayam

**CO. 3: A student will be able to apply the Medhods, time, benefits, precautions of Shudhdhi**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO3.1</b> Student will able to Understand Medhods <b>SO3.2</b> Student will able to Understand the Shudhdhi kriyas <b>SO3.3</b> Student will able to Describe Kshatkarm	.	<b>Unit-3.</b> Medhods, 3.1 Medhods 3.2 time, 3.3 benefits, 3.4 precautions of Shudhdhi 3.5 precautions of Shudhdhi 3.6 kriyas as explained in Hathyoga. 3.7 kriyas as explained in Hathyoga 3.8 An introduction of useful materials. 3.9 An introduction of useful materials 3.10 Kshatkarm- 3.11 Method and utility. 3.12 Kshatkarm- 3.13 Method and utility 3.14 Kshatkarm- 3.15 Method and utility	1. Kshatkarm 2. Shudhdhi kriyas 3. Medhods

**CO. 4: A student will be able to discuss the Meaning and methods of madras and Bandhas**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO4.1</b> Student will able to Understand Meaning and methods of madras and Bandhas <b>SO4.2</b> Student will able to Understand the Mudra	.	<b>Unit-4.</b> Meaning and methods of madras and Bandhas as explained in Hathyoga 4.1 Meaning and methods of madras and Bandhas as explained in Hathyoga 4.2 Meaning and methods of madras and Bandhas as explained in Hathyoga 4.3 Methods and benefits of Mahabandh. 4.4 Methods and benefits of Mahabandh 4.5 Yoga Mudra, 4.6 Yoga Mudra, 4.7 Brahma Mudra 4.7 Brahma Mudra 4.8 Vipritbarni Mudra, 4.8 Vipritbarni Mudra 4.9 Shambhawi Mudra, 4.10 Shambhawi Mudra, 4.11 Gyan Mudra, 4.12 Gyan Mudra, 4.13 Bhuchary Mudra, 4.14 Bhuchary Mudra 4.15 Aabashi Mudra	1. Mudra 2- Meaning and methods



**CO. 5: A student will be able to describe the Nadanusandhan, Meditaion**

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO5.1</b> Student will able to Understand Nadanusandhan <b>SO5.2</b> Student will able to Understand the Meditaion <b>SO5.3</b> Student will able to Describe Yoga Nidra <b>SO5.4</b> Student will able to Describe Samadhi.	.	<b>Unit-5.</b> Nadanusandhan 5.1 Nadanusandhan, 5.2 Nadanusandhan 5.3 Meditaion, 5.4 Meditaion 5.5 Types of Mdeitation, 5.6 Types of Mdeitation 5.7 Methods and benefits of Sukshma 5.8 Methods and benefits of Sukshma 5.9 Sthool Dhyan, 5.10 Sthool Dhyan 5.11 Yoga Nidra, 5.12 Yoga Nidra 5.13 Samadhi. 5.14 Samadhi 5.15 Samadhi	1. Samadhi. 2. Nadanusandhan 3. Meditaion

**Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

**TEXT BOOKS**

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

**REFERENCE BOOKS:**

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

SW-4 Suggested Sessional Work (SW):

**e. Assignments:**

- i. Samadhi
- ii. Yoga Nidra
- iii. Types of Mdeitation

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

<b>Course Outcomes</b>	<b>Class Lecture (Cl)</b>	<b>Sessional Work (SW)</b>	<b>Self Learning (Sl)</b>	<b>Total hour (Cl+SW+Sl)</b>
C0 101.1: A student will be able to describe the General introduction of Hathpradipika and Gherand Sanhita	12	2	2	<b>16</b>
C0 101.2: A student will be able to interpret the Aims of Pranayam and its precautions	12	2	2	<b>16</b>
C0 101.3: A student will be able to apply the Methods, time, benefits, precautions of Shudhdhi	12	2	2	16
C0 101.4: A student will be able to discuss the Meaning and methods of madras and Bandhas	12	2	2	16
CO101,:5. A student will be able to describe the Nadanusandhan, Meditaion	12	2	2	<b>16</b>
<b>Total Hours</b>	60	10	10	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	General introduction of Hathpradipika and Gherand Sanhita	04	16	00	20
CO-2	Pranayam	04	16	00	20
CO-3	Medhods	04	16	00	20
CO-4	Meaning and methods of madras and Bandhas as explained in Hathyoga	04	16	00	20
CO-5	Nadanusandhan	04	16	00	20
Total		20	80	00	100

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

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

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

### Suggested Instructional/Implementation Strategies:

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

### Cos.POs and PSOs Mapping

Course Title: Hathyoga

Course Code : PGDY202

Course Title: Hathyoga

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

CO 2 : A student will be able to interpret the Aims of Pranayam and its precautions	3	2	1	1	1	1	1	2	1	1	1	3	1	1	1
CO3 : A student will be able to apply the Medhods, time, benefits, precautions of Shudhahi	3	2	1	1	1	1	1	2	1	1	1	2	1	1	1
CO 4: A student will be able to discuss the Meaning and methods of madras and Bandhas	3	2	1	1	1	1	1	2	1	1	2	3	1	1	1
CO 5: A student will be able to describe the Nadanusandh an, Meditaion	3	2	2	2	1	1	1	3	1	1	3	4	1	1	1

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

### Course Curriculum Map:

POs & PSOs No.	COs No.& Titles	SOs No.	Laboratory Instruction(L I)	Classroom Instruction(CI)	Self Learning(SL)
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO-1: A student will be able to describe the General introduction of Hathpradipika and Gherand Sanhita	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 General introduction of Hathpradipika and Gherand Sanhita.  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 2 : A student will be able to interpret the Aims of Pranayam and its precautions	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 Pranayam, Aims of Pranayam and its precautions  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO3 : A student will be able to apply the Medhods, time, benefits, precautions of Shudhdhi	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : Medhods  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9 PSO 1,2, 3, 4, 5	CO 4: A student will be able to discuss the Meaning and methods of madras and Bandhas	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Meaning and methods of madras and Bandhas as explained in Hathyoga 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	
PO 1,2,3,4,5,6,7,8,9 PSO 1,2,3,4,5,	CO 5: A student will be able to describe the Nadanusandhan, Meditaion			UNIT 5; 5.1,5.2,5.3,5.4,5.5,5.6,5.7,5.8,5.9,5.10,5.11,5.12 ,5.13,5.14,5.15	

**Course Code:** PGDY251

**Course Title :** **Practical**

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

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

**Course Outcomes:**

CO 201.1: A students shall be able to Understand the benefits, contraindications and procedure of all practices

CO 201.2: A students shall be able to Demonstrate each practice with confidence and skill.

CO 201.3 A students shall be able to Explain the procedure and subtle points involved

CO 201.4 A students shall be able to Teach the yoga practices to any given group

**Scheme of Studies:**

Code	Course Code	Course Title	Scheme of studies(Hours/Week)					Total Credits(C)
			CI	LI	SW	SL	Total Study Hours (CI+LI+SW+SL)	
Program Core			0	6	1	1	8	6

**Legend:**

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

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

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

**SL:** Self Learning,

**C:** Credits. 2



## Theory

Code	Course Code	Course Title	Scheme of Assessment ( Marks )							
			Progressive Assessment ( PRA )						End Semester Assessment (ESA)	Total Marks (PRA+ESA)
			Class/Home Assignment 5 number 3 marks each ( CA)	Class Test 2 (2 best out of 3) 10 marks each (CT)	Seminar one (SA)	Class Activity any one (CAT)	Class Attendance (AT)	Total Marks (CA+CT+SA+CAT+AT)		
PCC	PGD Y203	Practical	10	10	0	0	0	20	80	100

### Course-Curriculum Detailing:

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

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

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO1.1</b> Student will able to Understand Practical <b>SO1.2</b> Student will able to Understand the Balancing Asans SO1.3 Student will able to Describe Class arrangement	.	<b>Unit-1. Practical</b> 1.1 Balancing Asans 1.2 Balancing Asans 1.3 Balancing Asans 1.4 Balancing Asans 1.5 Balancing AsanS 1.6 Asansa of Higher Group 1.7 Asansa of Higher Group 1.8 Asansa of Higher Group 1.9 Asansa of Higher Group 1.10 Asansa of Higher Group 1.11 Class arrangement 1.12 Class arrangement 1.13 Class arrangement 1.14 Class arrangement 1.15 Class arrangement	1. Class arrangement

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

**Approximate Hours**

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

<b>Session Outcomes (SOs)</b>	<b>Laboratory Instruction (LI)</b>	<b>Class room Instruction (CI)</b>	<b>Self Learning (SL)</b>
<b>SO2.1</b> Student will able to Understand Kriya	.	<b>Unit-2. Kriya</b> 2.1 Basti, 2.2 Basti 2.3 Basti 2.4 Basti 2.5 Basti 2.6 Nauli, 2.7 Nauli 2.8 Nauli 2.9 Nauli 2.10 Nauli 2.11 Trataka 2.12 Trataka 2.13 Trataka 2.14 Trataka 2.15 Trataka	1. Kriya

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

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO3.1</b> Student will able to Understand Pranayam  <b>SO3.2</b> Student will able to Understand the Suryabhedi Pranayam, Bhastrika Pranayam <b>SO3.3</b> Student will able to Describe Kapalbhathi, Bhramari Pranayam	.	<b>Unit-3. - Pranayam</b>  3.1 Suryabhedi Pranayam, 3.2 Suryabhedi Pranayam 3.3 Suryabhedi Pranayam 3.4 Suryabhedi Pranayam 3.5 Bhastrika Pranayam, 3.6 Bhastrika Pranayam 3.7 Bhastrika Pranayam 3.8 Bhastrika Pranayam 3.9 Kapalbhathi Pranayama 3.10 Kapalbhathi Pranayama 3.11 Kapalbhathi Pranayama 3.12 Kapalbhathi Pranayama 3.13 Bhramari Pranayam 3.14 Bhramari Pranayam 3.15 Bhramari Pranayam	1. Pranayam

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

**Approximate Hours**

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

Session Outcomes (SOs)	Laboratory Instruction (LI)	Class room Instruction (CI)	Self Learning (SL)
<b>SO4.1</b> Student will able to Understand Mudra & Bandh <b>SO4.2</b> Student will able to Understand the Yognidra	.	<b>Unit-4.</b> Mudra & Bandh 4.1 Mahamudra, 4.2 Mahamudra 4.3 Brahma Mudra, 4.4 Brahma Mudra, 4.5 Gyan Mudra, 4.6 Gyan Mudra, 4.7 Mahabandha, 4.8 Mahabandha 4.9 Uddiyan Bandh. 4.10 Uddiyan Bandh. 4.11 Dhyan 4.12 Dhyan 4.13 Yognidra 4.14 Yognidra 4.15Yognidra	. Yognidra 2. Mudra and bandha

#### **SW-4 Suggested Sessional Work (SW):**

##### **f. Assignments:**

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

##### **Reference Books –**

- |  |  |
|--|--|
| <b>g.</b> Paanjal yog pradeep                      | <b>&amp;</b> Swami omanand terth       |
| <b>h.</b> Yogsutra                                 | <b>&amp;</b> Dr P.B. karmvelkar        |
| <b>i.</b> Indian Philosophy                        | <b>&amp;</b> P.Baldev Upadhayaay       |
| <b>j.</b> Yog Parichay                             | <b>&amp;</b> Dr Pitamber Jha           |
| <b>k.</b> Pranayama                                | <b>&amp;</b> K.S. jhosi                |
| <b>l.</b> Pranayama                                | <b>&amp;</b> Swami Kuwalyanand         |
| <b>m.</b> Bahirang Yog                             | <b>&amp;</b> Swami yogeshwaranand      |
| <b>n.</b> Asan Parnayama Mudra bandh               | <b>&amp;</b> Swami Satyanand Saraswati |
| <b>o.</b> Yognindra                                | <b>&amp;</b> Swami Satyanand Saraswati |
| <b>p.</b> Anatomy & Physiology of Yogic Prachies   | <b>-</b> Dr. M.M. Gore                 |
| <b>q.</b> Surya Namaskar, Pub. from Munger (Bihar) |  |
| <b>r.</b> Teaching Methods for Yogic Practices     | <b>-</b> M.C. Gharote & S.K. Ganguli   |

##### **Curriculum development team –**

**Dr Dileep Kumar Tiwari**

Dr Ganesh Prasad Gupta

Dr Dherendra Singh

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

Course Outcomes	Class Lecture (Cl)	Sessional Work (SW)	Self Learning (Sl)	Total hour (Cl+SW+ Sl)
C0 101.1: A students shall be able to Understand the benefits, contraindications and procedure of all practices.	15	2	2	<b>19</b>
C0 101.2: A students shall be able to Demonstrate each practice with confidence and skill.	15	2	2	<b>19</b>
C0 101.3: A students shall be able to Explain the procedure and subtle points involved.	15	2	2	19
C0 101.4: A students shall be able to Teach the yoga practices to any given group.	15	2	2	19
Total Hours	60	8	8	<b>76</b>

## Suggestion for End Semester Assessment

Suggested Specification Table (For ESA)

CO	Unit Titles	Marks Distribution			Total Marks
		R	U	A	
CO-1	Asan	05	20	00	25
CO-2	Kriya	05	20	00	25
CO-3	Pranayama	05	20	00	25
CO-4	Class arrangement	05	20	00	25
Total		20	80	00	100

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

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

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

### Suggested Instructional/Implementation Strategies:

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



**Cos.POs and PSOs Mapping**

Course Title: practical

Course Code : PGDY203

Course Title: practical

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

CO 2 : A students shall be able to Demonstrate each practice with confidence and skill	2	3	2	1	1	3	3	2	1	3	3	3	3	1	2
CO3 : A students shall be able to Explain the procedure and subtle points involved.	3	3	2	1	1	3	3	2	1	2	2	3	2	1	3
CO 4: A students shall be able to Teach the yoga practices to any given group.	3	2	2	1	1	3	3	2	1	3	2	1	1	1	1

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

**Course Curriculum Map:**

<b>POs &amp; PSOs No.</b>	<b>COs No.&amp; Titles</b>	<b>SOs No.</b>	<b>Laboratory Instruction(LI)</b>	<b>Classroom Instruction(CI)</b>	<b>Self Learning(SL)</b>
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	<b>CO-1: A students shall be able to Understand the benefits, contraindications and procedure of all practices.</b>	SO1.1 SO1.2 SO1.3 SO1.4		Unit-1.0 Asan  1.1,1.2,1.3,1.4,1.5,1.6,1.7,1.8,1.9,1.10,1.11,1.12,1.13,1.14,1.15	As mentioned in page number
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	<b>CO 2 : A students shall be able to Demonstrate each practice with confidence and skill</b>	SO2.1 SO2.2 SO2.3 SO2.4		Unit-2 kriya  2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8,2.9,2.10,2.11,2.12,2.13,2.14,2.15,	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	<b>CO3 : A students shall be able to Explain the procedure and subtle points involved</b>	SO3.1SO3.2  SO3.3 SO3.4		Unit-3 : pranayama  3.1, 3.2,3.3,3.4,3.5,3.6,3.7,3.8,3.9,3.10,3.11,3.12,3.13,3.14,3.15	
PO 1,2,3,4,5,6 7,8,9  PSO 1,2, 3, 4, 5	<b>CO 4: A students shall be able to Teach the yoga practices to any given group.</b>	SO4.1 SO4.2 SO4.3 SO4.4		Unit-4 : Class arrangement 4.1, 4.2,4.3,4.4,4.5,4.6,4.7,4.8,4.9,4.10,4.11,4.12,4.13,4.14,4.15	