

Chaudhary Bansi Lal University, Bhiwani

(A State University established under Haryana Act No. 25 of 2014)



Scheme of Examinations & Syllabi

for

Bachelor of Science in Yoga (B.Sc. Yoga)

(w.e.f. 2025-26)

in

**Undergraduate Programmes
as per NEP 2020**

Curriculum and Credit Framework for Undergraduate Programmes

(Multiple Entry-Multiple Exit, Internship and Choice Based Credit System LOCF)

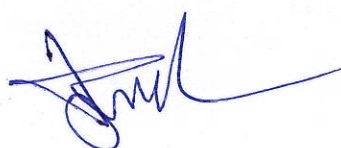
With effect from the session 2025-26 (in phased manner)

*B.Sc. Yoga Syllabus and Scheme approved by UGBOS, Department of Physical Education held on
17/07/2025 w.e.f. 2025-26 onwards*

DEPARTMENT OF PHYSICAL EDUCATION AND YOGA
Chaudhary Bansi Lal University, Bhiwani
HARYANA, INDIA

Programme Outcomes B.Sc. in Yoga

1. **Foundational Knowledge:**
To provide students with a strong foundation in the principles and philosophy of Yoga as per classical texts such as Patanjali Yoga Sutras, Bhagavad Gita, Hatha Yoga Pradipika, and Gheranda Samhita.
2. **Scientific Understanding:**
To develop a scientific understanding of Yoga practices and their physiological, psychological, and therapeutic effects on the human body and mind.
3. **Practical Proficiency:**
To train students in the correct and safe practice of Yogic techniques including Asanas, Pranayama, Kriyas, Bandhas, Mudras, and Meditation.
4. **Health and Wellness Promotion:**
To promote holistic health and well-being by integrating traditional knowledge with modern lifestyle practices.
5. **Therapeutic Applications:**
To impart knowledge about the application of Yoga in the prevention and management of lifestyle disorders and psychosomatic conditions.
6. **Research Orientation:**
To inculcate research aptitude and analytical skills in students for evidence-based Yoga studies and future academic pursuits.
7. **Professional Skills Development:**
To develop professional competencies in Yoga instruction, therapy, and consultancy suitable for healthcare, education, sports, and wellness industries.
8. **Ethical and Value-based Education:**
To foster ethical values, discipline, and a balanced lifestyle based on the principles of Yoga and Indian culture.
9. **Social Contribution and Leadership:**
To prepare students to be socially responsible Yoga professionals who can contribute to community health and national wellness missions like Fit India Movement and AYUSH initiatives.
10. **Entrepreneurial & Career Opportunities:**
To empower students with skills for self-employment and entrepreneurship in the growing Yoga and wellness sector globally.



Scheme of Examination & Syllabus
According to National Education Policy-2020

Under scheme 'C' for UTD

Subject: Bachelor of Science in Yoga (B. Sc. Yoga)

Semester-I									
Type of Course	Course Code	Nomenclature	Theory/ Practical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
CC	25UN-BSY-101T	Basics of Yoga	T	3	3	20	50	70	2.5
	25UN-BSY-101P	Basics of Yoga (Lab)	P	1	2	10	20	30	3
CC	25UN-BSY-102T	Human System according to Yoga	T	3	3	20	50	70	2.5
	25UN-BSY-102P	Human System according to Yoga (Lab)	P	1	2	10	20	30	3
CC-M	To be opted from the pool of CC –M		T	4	4	30	70	100	3
MDC	To be opted from the pool of MDC (3+0)		T	3	3	20	50	70	2.5
SEC	To be opted from the pool of SEC (3+0)		T	3	3	20	50	70	2.5
AEC	To be opted from the pool of AEC (2+0)		T	2	2	15	35	50	2
VAC	To be opted from the pool of VAC (2+0)		T	2	2	15	35	50	2
				22	24	160	380	540	

CC- Core Course CC-M= Minor Course MDC= Multi-Disciplinary Course AEC=Ability Enhancement SEC= Skill Enhancement Course VAC= Value Added Course

Semester-II

Semester-II									
Type of Course	Course Code	Nomenclature	Theory/P ractical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
CC	25UN-BSY-201T	Patanjai Yoga Sutra	T	3	3	20	50	70	2.5
	25UN-BSY-201P	Patanjala Yoga Sutra (Lab)	P	1	2	10	20	30	3
DSEC	25UN-BSY-202T	Fundamentals of Hatha Yogic texts	T	3	3	20	50	70	2.5
	25UN-BSY-202P	Fundamentals of Hatha Yogic texts (Lab)	P	1	2	10	20	30	3
CC-M	To be opted from the pool of CC-M		T	4	4	30	70	100	3
MDC	To be opted from the pool of MDC (3+0)		T	3	3	20	50	70	2.5
SEC	To be opted from the pool of SEC (3+0)		T	3	3	20	50	70	2.5
AEC	To be opted from the pool of AEC(2+0)		T	2	2	15	35	50	2
VAC	To be opted from the pool of VAC (2+0)		T	2	2	15	35	50	2
				22	24	160	380	540	

CC- Core Course DSEC= Discipline skill Enhancement Course CC-M= Minor Course MDC= Multi-Disciplinary Course AEC=Ability Enhancement SEC= Skill Enhancement Course VAC= Value Added Course

B.Sc. Yoga Syllabus and Scheme approved by UGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26 onwards

Department of Physical Education & Yoga
Courses offers for the Pools (MDC,MIN,MDC,SEC,VAC)

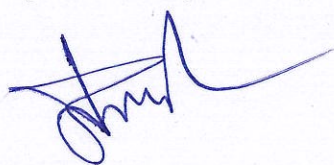
SEMESTER – I

Type of Course	Course Code	Nomenclature	Theory/P ractical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
MIC	25UN-BSY-MIC101T	Foundation of Yoga	T	2	2	15	35	50	2
MDC	25UN-BSY-MDC101T	Fundamentals of Yoga-I	T	3	3	20	50	70	2.5
SEC	25UN-BSY-SEC101T	Basics of Yoga	T	3	3	20	50	70	2.5
VAC	25UN-BSY-VAC101T	Yoga and Human Values	T	2	2	15	35	50	2

SEMESTER – II

Type of Course	Course Code	Nomenclature	Theory/P ractical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
MIC	25UN-BSY-MIC201T	Yoga Philosophy	T	2	2	15	35	50	2
MDC	25UN-BSY-MDC201T	Fundamentals of Yoga-II	T	3	3	20	50	70	2.5
SEC	25UN-BSY-SEC201T	Yoga Skill & Prowes	P	3	6	20	50	70	3
VAC	25UN-BSY-VAC201T	Yoga and Meditation	T	2	2	15	35	50	2

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Semester-I
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Basics of Yoga

Paper Code: 25UN-BSY-101T
45 Hrs (3 Hrs /Week)
Credits: 3
Exam. Time: 2.5 Hrs

External Marks: 50
Internal Marks: 20
Total Marks: 70

Note: The examiner is required to set seven questions in all. The first question will be compulsory consisting of four short questions covering the entire syllabus consisting of 2 marks each. In addition to that six more questions will be set, two questions from each unit. Long question shall carry 14 marks each. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1..

Course Outcomes:-

1. Explain the origin, philosophy, and fundamental concepts of Yoga in relation to health, wellness, and spiritual growth.
2. Understand the role of Yoga in daily life for physical fitness, mental balance, stress management, and holistic well-being.
3. Demonstrate basic yogic practices (āsanas, prāṇāyāma, relaxation techniques) with discipline and awareness.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Introduction: परिचय: 15 Hrs

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रांतियों और उनका समाधान।

Unit-II: Essentials of Yoga Practices: योगाभ्यास की अनिवार्यताएँ: 15 Hrs

- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्त्व और बाधकतत्त्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

Unit-III: Life sketch, contribution of eminent Yogis & Eminent Institutes of Yoga:

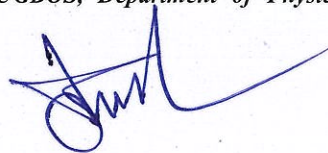
15 Hrs

प्रसिद्ध योगियों का जीवन चरित्र, योगदान और योग के प्रसिद्ध संस्थान:

- Maharshi Mahesh Yogi.
- Swami Vivekananda.

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- Swami Kuvalyananda.
- Bihar School of Yoga, Munger, Bihar (BSY).
- Morarji Desai National Institute of Yoga, Delhi (MDNIY).
- Swami Vivekananda Yoga Anumandhan Samsthan, Banglore (SVYASA).
- महर्षि दयानंद ।
- स्वामी विवेकानंद ।
- स्वामी कुवल्यानंद ।
- बिहार स्कूल ऑफ योग, मुंगेर, बिहार (BSY) ।
- मोरारजी देसाई राष्ट्रीय योग संस्थान, दिल्ली (MDNIY) ।
- स्वामी विवेकानन्द योग अनुसंधान संस्थान, बेंगलुरु (SVYASA) ।



Semester-I
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Practical- Basics of Yoga Lab

Paper Code: 25UN-BSY-101P
30 Hrs (2 Hrs /Week)
Credits: 1
Time: 2 Hrs

External Marks : 20
Internal Marks : 10
Total Marks: 30

Objective: This course aims to promote the awareness for positive health and personality development in the student through Yoga practices.

Note: Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

प्रेक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Course outcomes:

At the end of the course, the students would be able to:

1. Perform basic yogic practices including prayer, suksma-vyāyāma (loosening exercises), simple āsanās, prāṇāyāma, and relaxation techniques with proper technique.

Unit-1 (i) Yogic Prayer & Hasta Mudra: यौगिक प्रार्थना और हस्त मुद्रा

➤ **Yogic Prayer**

- Gayatri Mantra
- Mrityunjaya Mantra
- Savitri mantra
- Kalyana Mantra

➤ **यौगिक प्रार्थना**

- गायत्री मंत्र
- मृत्युंजय मंत्र
- सावित्री मंत्र
- कल्याण मंत्र

(ii) Yogic Sukshma Vyayam: Sequence of Pawanmuktasana Series 1 - यौगिक सूक्ष्म व्यायाम: पवनमुक्तासन

श्रृंखला 1 का क्रम :

- Toe Bending (Padanguli Namana)
- Ankle Bending (Goolf Namana)
- Ankle Rotation (Goolf Chakra)
- Ankle Crank (Goolf Ghoornana)
- Kneecap Contraction (Janufalak Akarshana)
- Knee Bending (Janu Namana)
- Knee Crank (Janu Chakra)
- Hip Rotation (Shroni Chakra)
- Half Butterfly Pose (Ardha Titali Asana)
- Full Butterfly Pose (Poorna Titali Asana)
- Hand Clenching (Mushtika Bandhana)
- Wrist Bending (Manibandha Namana)
- Wrist Joint Rotation (Manibandha Chakra)
- Elbow Bending (Kehuni Namana)
- Elbow Rotation (Kehuni Chakra)
- Shoulder Socket Rotation (Skandha Chakra)
- Neck Movement (Greeva Sanchalana)
- पादांगुली नमन
- गुल्फ नमन
- गुल्फ चक्र
- गुल्फ घूर्णन

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- जानुफलक आकर्षण
- जानू नमन
- जानू चक्र
- श्रोणि चक्र
- अर्ध तितली आसन
- पूर्ण तितली आसन
- मुष्टिका बंधन
- मणिबंध नमन
- मणिबंध चक्र
- कोहनी नमन
- कोहनी चक्र
- स्कंध चक्र
- ग्रीवा संचालन

(iii) Suryanamaskara (Traditional) सूर्यनमस्कार (पारंपरिक)

(iv) Breathing Practices- श्वसन अभ्यास

- Breath Awareness: Shwas-prashwas samyama
- Sectional Breathing (Abdominal, thoracic and clavicular)
- Yogic Deep Breathing
- श्वसन जागरूकता: श्वास-प्रश्वास संयम
- अनुभागीय श्वसन (पेट, वक्ष और हंसली)
- योगिक दीर्घ श्वसन

Reference Books: सहायक ग्रंथ:

- VijnananandSaraswati - YogVijyan, Yoga niketan trust, Rishikesh,1998.
- Swami Divyanand- Vedon me Yogavidya
- Vishvanatha Mukharji- Bharat kemahanyogi,
- Rajkumari Pandey-Bhartiya Yoga Parampara ke vividh Ayam, Radha publication, ND, 2008
- Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Raja Yoga, Advait Ashram, Culcutta 2000.
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
- Kalyan (Yogank)- Gita press Gorakhpur, 2002.
- Kalyan (Yoga Tatwank)-Gita press Gorakhpur,1991.
- Asana, Pranayama, Mudra and Bandha- Swami Satyanada Saraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradipika, Swami SatyanadaSaraswati, BSY, Munger
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
- विज्ञानानंद सरस्वती – योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998।
- स्वामी दिव्यानंद- वेदों में योग विद्या।
- विश्वनाथ मुखर्जी- भारत के महान योगी।
- राजकुमारी पांडे-भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, एनडी, 2008
- स्वामी विवेकानन्द – ज्ञान, भक्ति, कर्म योग और राज योग, अद्वैत आश्रम, कलकत्ता 2000।
- कामाख्या कुमार-योग महाविज्ञान, स्टैंडर्ड प्रकाशक, नई दिल्ली।
- कल्याण (योगांक)-गीता प्रेस गोरखपुर, 2002।
- कल्याण (योग तत्वांक)-गीता प्रेस गोरखपुर, 1991।
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
- लाइट ऑन योग, बीकेएस अयंगर।
- हठ योग प्रदीपिका, स्वामी सत्यानंदसरस्वती, बीएसवाई, मुंगेर

Semester-I
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Human System according to Yoga

Paper Code: 25UN-BSY-102T

45 Hrs (3 Hrs /Week)

Credits: 3

Exam. Time: 2.5 Hrs

External Marks: 50

Internal Marks: 20

Total Marks: 70

Note: The examiner is required to set seven questions in all. The first question will be compulsory consisting of four short questions covering the entire syllabus consisting of 2 marks each. In addition to that six more questions will be set, two questions from each unit. Long question shall carry 14 marks each. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1..

Objective: The primary objective of the subject is to make students understand the concept of evolution of body and to understand the yogic concepts of human body

Course Outcomes After the completion of the course, students will be able to:

1. To understand and describe the evolution of human body in Yoga philosophy.
2. To describe the concept of Pancha kosha and its importance.
3. To describe Yogic principle and practices of chakras, Nadi and prana for healthy living
4. To understand the concept of body and health from the perspective of Guna, dhatu and dosha.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Evolution of Body: शारीरिक विकास:

15 Hrs

- Pancha mahabhutas and Pancha tanmatras.
- Evolution of human body in the context of Samkhya yoga.
- Evolution of Jnanendriyas, Karmendriyas, Mahat, Manas, Buddhi, Chitta and Ahankara.
- The existence of five koshas in the human body: Disturbances and corrections of each kosha.
- पंच महाभूत और पंच तन्मात्राएँ।
- सांख्य योग के संदर्भ में मानव शरीर का विकास।
- ज्ञानेन्द्रियों, कर्मेन्द्रियों, महत्, मनस्, बुद्धि, चित्त और अहंकार का विकास।
- मानव शरीर में पाँच कोशों का अस्तित्व: प्रत्येक कोश में विकृति और संशोधन।

Unit-II: Chakras, Prana and Nadis: चक्र, प्राण और नाडियों:

15 Hrs

- Chakras: Introduction, meaning, types and utility
- Pranas: Introduction, meaning, types and utility
- Nadies: Introduction, meaning, types and utility
- चक्र: परिचय, अर्थ, प्रकार एवं उपयोगिता
- प्राण: परिचय, अर्थ, प्रकार एवं उपयोगिता
- नाडी: परिचय, अर्थ, प्रकार और उपयोगिता

Unit-III: Dhatu, Guna and Doshas: धातु, गुण और दोष:

15 Hrs

- Saptadhatu
- Trigunas
- Tridosha
- Agnis
- Malas
- सप्तधातु
- त्रिगुण
- त्रिदोष
- अग्नि

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Semester-I
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Practical- Human System according to Yoga Lab

Paper Code: 25UN-BSY-102P
30 Hrs (2 Hrs /Week)
Credits: 1
Time: 2 Hrs

External Marks : 20
Internal Marks : 10
Total Marks: 30

Objective: To promote the awareness for positive health and personality development in the student through Yogap practices.

Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

प्रेक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1

1. Yogasana: योगासन

- **Standing Asana**
 - Dhruvasana
 - Virabhadrasana- 1
 - Virabhadrasana- 2
 - Virabhadrasana- 3
- **Sitting Asanas**
 - ArdhaMatshyendrasana
 - Gomukhasana
 - Mandukasana-1
 - Shashankasana
- **Prone Asanas**
 - Shalabhasana
 - Dhanurasana
 - Sarpasana
 - Makarasana
- **Supine Asanas**
 - Saral Matsyasana
 - Karnapidasana
 - Sarvangasana
 - Shavasana
- **खड़े होकर किये जाने वाले आसन**
 - ध्रुवासन
 - आसंदिवासन
 - वीरभद्रासन- 2
 - वीरभद्रासन- 3
- **बैठ कर किये जाने वाले आसन**
 - अर्धमत्स्येन्द्रासन
 - गोमुखासन
 - मंजूकासन-1
 - शशांकासन
- **पेट के बल किये जाने वाले आसन**
 - शलभासन
 - धनुरासन

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- सर्पासन
- मकरासन
- पीठ के बल किये जाने वाल आसन
 - सरल मत्स्यासन
 - कर्णपीड़ासन
 - सर्वांगासन
 - शवासन

2. Pranayama: प्राणायाम

- Nadishodhana Pranayama
- Ujjayi Pranayama
- Bhastrika Pranayama
- Yognidra
- नाडीशोधन प्राणायाम
- उज्जायी प्राणायाम
- भस्त्रिका प्राणायाम
- योगनिद्रा

Reference books: सहायक ग्रंथ:

- Prof. Ramharsh Singh – Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
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- स्वामी मुक्तिबोधानंद: हठ योग प्रदीपिका, सरस्वती योग प्रकाशन ट्रस्ट, मुंगेर।
- कारेल वर्नर: योग एंड इंडियन फिलॉसॉफी, मोतीलाल बनारसीदास, दिल्ली, 1979।
- राधाकृष्णन, एस.: भारतीय दर्शन (खंड I और II) जॉर्ज एलन और अनविन, लंदन, 1971
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- नागेंद्र एचआर: इंटीग्रेटेड अप्रोच ऑफ योग थेरेपी फॉर पोजेटिव हेल्थ, स्वामी विवेकानंद योग प्रकाशन, बेंगलोर।
- स्वामी निरंजनानंद: प्राण, प्राणायाम और प्राणविद्या, सरस्वती योग प्रकाशन ट्रस्ट, मुंगेर।
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
- लाइट ऑन योग, बीकेएस अयंगर
- हठ योग प्रदीपिका, स्वामी सत्यानंद सरस्वती, बीएसवाई,

Semester-II
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Patanjala Yoga Sutra

Paper Code: 25UN-BSY-201T
45 Hrs (3 Hrs /Week)
Credits: 3
Exam. Time: 2.5 Hrs

External Marks: 50
Internal Marks: 20
Total Marks: 70

Note: The examiner is required to set seven questions in all. The first question will be compulsory consisting of four short questions covering the entire syllabus consisting of 2 marks each. In addition to that six more questions will be set, two questions from each unit. Long question shall carry 14 marks each. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1..

Objective: The aim of the course is for students to learn and understand the concept of Yoga sutras as described by Maharishi Patanjali.

Course Outcomes

After the completion of the course, students will be able to:

1. Understand the Maharishi Patanjala's contribution to the field of Yoga.
2. Get well versed with the Yogic principles and its meaning, obstacles and disciplines as mentioned in Patanjala Yoga Sutra.
3. Understand the various modification of mind and the means of inhibiting them.
4. Inculcate the concept of Klesha, Karma, Chaturvyuhavada, Yama and Niyama in developing their personality.

Course Contents: पाठ्यक्रम अन्तर्बस्तु

Unit-I: Samadhi Pada: समाधि पादः

15Hrs

- Yoga; Meaning, Definition (sutra:1- 2)
- Vritti's and their classifications (sutra: 5-11)
- Necessity of Abhyasa and Vairāgya (sutra: 12-16)
- Definition and Types of Samprajnata and Asamprajnata Samadhi (sutra: 17-20, 39- 51)
- Pranava and Sadhana for Ishwara (sutra: 23-29)
- Obstacles in the path of Yoga (sutra: 30-31)
- Discipline in the path of Yoga (sutra: 32- 39)
- योग; अर्थ, परिभाषा (सूत्र:1-2)
- वृत्ति और उनका वर्गीकरण (सूत्र: 5-11)
- अभ्यास और वैराग्य की आवश्यकता (सूत्र: 12-16)
- संप्रज्ञात और असंप्रज्ञात समाधि की परिभाषा और प्रकार (सूत्र: 17-20, 39-51)
- ईश्वर के लिए प्रणव और साधना (सूत्र: 23-29)
- योग के मार्ग में बाधक तत्व (सूत्र: 30-31)
- योग के मार्ग में साधक तत्व (सूत्र: 32- 39)

Unit-II: Sadhana Pada: साधन पादः

15Hrs

- Kriya Yoga (sutra: 1-2)
- Concept and types of Klesha (3-11)
- Karmashaya and its fruits (sutra: 12-14)
- Purusha and Prakriti (sutra:18-24)
- Chaturvyuhavada (16, 17, 25, 26)
- Bahiranga Yoga (sutra: 29-55)
- क्रियायोग (सूत्र: 1-2)
- क्लेश की अवधारणा और प्रकार (सूत्र: 3-11)
- कर्माशय और उसका फल (सूत्र: 12-14)

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- पुरुष और प्रकृति (सूत्र:18-24)
- चतुर्व्यूहवाद (सूत्र: 16, 17, 25, 26)
- बहिरंग योग (सूत्र: 29-55)

Unit- III: Vibhuti Pada and Kaivalya Pada: विभूति पाद एवं कैवल्य पाद:

15Hrs

- Antaranga Yoga(sutra: 1-3)
- Sanyama and its results, applications (sutra:4- 6)
- Siddhis (sutra: 16-49)
- Concept of Nirman Chitta (sutra:4-6)
- Types of Karma (sutra: 7)
- Manifestation, Source and disappearance of Vasanas (sutra: 8-11)
- Heading to Kaivalya (sutra: 27-34)
- अंतरंग योग (सूत्र: 1-3)
- संयम और उसके परिणाम, अनुप्रयोग (सूत्र:4-6)
- सिद्धियाँ (सूत्र: 16-49)
- निर्माण चित्त की अवधारणा (सूत्र:4-6)
- कर्म के प्रकार (सूत्र: 7)
- वासनाओं की अभिव्यक्ति, स्रोत और लुप्त होना (सूत्र: 8-11)
- कैवल्य की ओर प्रस्थान (सूत्र: 27-34)

Semester-II
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Practical- Patanjala Yoga Sutra Lab

Paper Code: 25UN-BSY-201P
30 Hrs (2 Hrs /Week)
Credits: 1
Time: 2 Hrs

External Marks : 20
Internal Marks : 10
Total Marks: 30

Objective: To promote the awareness for positive health and personality development in the student through Yoga practices.

Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

प्रैक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

Course Contents: पाठ्यक्रम अन्तर्वस्तु

1. Shatkarma:- षट्कर्म

- Rubber Neti / Sutra Neti
- Vaman Dhauti
- Vyutkrama Kapalbhathi
- Tratak
- रबर नेति
- वमन धौति
- व्युत्क्रम कपालभाति
- त्राटक

2. Yogasana: योगासन

- **Standing Asanas**
 - Trikonasana
 - Ardha Chakrasana
 - Hastottanasana
 - Padahastāsana
- **Sitting Asanas**
 - Padamasana
 - Vakrasana
 - Virasana
 - Marjari asana
- **Prone Asanas**
 - Dhanurasa
 - Ardha Shalabhasana
 - Bhujanhasana
 - Makarasana
- **Supine Asanas**
 - Pawanmuktasana
 - Halasana
 - Ekpad Uttanpadasana
 - Shavasana
- **खड़े होकर किये जाने वाले आसन**
 - त्रिकोणासन
 - अर्ध चक्रासन
 - हस्तोत्तानासन
 - पादहस्तासन

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- बैठ कर किये जाने वाले आसन
 - पद्मासन
 - वक्रासन
 - वीरासन
 - मार्जरी आसन
- पेट के बल किये जाने वाले आसन
 - धनुरासन
 - अर्ध शलभासन
 - भुजंगासन
 - मकरासन
- पीठ के बल किये जाने वाले आसन
 - पवनमुक्तासन
 - हलासन
 - एकपाद उत्तानपादासन
 - शवासन

Reference Books: सहायक ग्रंथ:

- Patanjala Yoga Sutra- Geeta Press Gorakhpur
- Patanjala Yoga Sutra- Nandalal Dashora
- Mukti ke Char Sopan, Swami Satyanada Saraswati, BYS, Munger
- Asana, Pranayama, Mudra and Bandha- Swami Satyananda Saraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradipika, Swami Satyanada Saraswati, BSY, Munger
- पातंजल योग सूत्र- गीता प्रेस गोरखपुर
- पातंजल योग सूत्र- नंदलाल दशोरा
- मुक्ति के चारसोपान, स्वामी सत्यानंद सरस्वती, बीवाईएस, मुंगेर
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर।
- लाइट ऑन योग, बीकेएस अयंगर।
- हठ प्रदीपिका, स्वामी सत्यानंद सरस्वती, बीएसवाई, मु



Semester-II
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Skill Enhancement Course (DSEC)
Fundamentals of Hatha Yogic texts

Paper Code: 25UN-BSY-202T

45 Hrs (3 Hrs /Week)

Credits: 3

Time: 2.5 Hrs

External Marks : 50

Internal Marks : 20

Total Marks: 70

Note: The examiner is required to set seven questions in all. The first question will be compulsory consisting of four short questions covering the entire syllabus consisting of 2 marks each. In addition to that six more questions will be set, two questions from each unit. Long question shall carry 14 marks each. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1

Objective: To inculcate the knowledge of the Hatha Yoga texts and their values and benefits for human being.

Course outcomes:

At the end of the course, the students would be able to:

1. To understand the concept and utility of Hatha Yoga
2. To understand the knowledge of the Yogic practices quoted in Hatha Yoga texts and their values and benefits for human being
3. To have an understanding about the concept of various Hatha Yoga in various Hatha Yogic texts.
4. To impart the knowledge about Hatha Yoga, its foundations and applications

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Hatha Yoga and its Essentials: हठ योग: एवं इसकी की अनिवार्यताएँ:

15 Hrs

- Hatha Yoga: meaning and definition.
- Aim and objectives.
- Origin and tradition of Hatha Yoga.
- Utility of Hatha Yoga.
- Shatkarma, Asana, Mudra, Pratyahara, Pranayama, Dhyana, Samadhi.
- हठ योग: अर्थ एवं परिभाषा।
- लक्ष्य और उद्देश्य।
- हठ योग की उत्पत्ति और परंपरा।
- हठ योग की उपयोगिता।
- षट्कर्म, आसन, मुद्रा, प्रत्याहार, प्राणायाम, ध्यान, समाधि

Unit-II: Brief introduction to Hatha Yogic texts: हठ योग ग्रंथों का संक्षिप्त परिचय:

15 Hrs

- Hatha Pradeepika
- Gheranda Samhita
- Gorksha Shatkam
- Hatha Ratnavali
- हठ प्रदीपिका
- घेरण्ड संहिता
- गोरक्ष शतकम्
- हठ रत्नावली

Unit-III: Introduction to Hatha Yogi :हठ योगियों का परिचय दे:

15 Hrs

- Guru Goraksanath
- Matsyendranath
- Savami Swatmaram
- Mahrish Gherand

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- गोरक्षनाथ
- मत्स्येन्द्रनाथ
- स्वात्माराम
- घेरंड ऋषि

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Semester-II
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Skill Enhancement Course (DSEC)
Fundamentals of Hatha Yogic texts (Lab)

Paper Code: 25UN-BSY-202P
30 Hrs (2 Hrs /Week)
Credits: 1
Time: 2 Hrs

External Marks : 20
Internal Marks : 10
Total Marks: 30

***Objective:** This course aims to promote the awareness for positive health and personality development in the student through Yoga practices.*

Note: Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

प्रैक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I:

(i) Yogic Sukshma Vyayam: - योगिक सूक्ष्म व्यायाम:

10 Hrs

➤ **Sequence of Pawanmuktasana Series-2**

- Raised Legs Pose (Padotthanasana)
- Leg rotation (Padchakrasana)
- Cycling in yoga (Pada Sanchalanasana)
- Leg lock pose (Supta pawanmuktasana)
- Rocking and rolling in yoga (Jhulana Lurhakanasana)
- Sleeping abdominal stretch pose (Supta Udarakarshanasana)
- Universal spinal twist (Shava Udarakarshanasana)
- Boat pose (Naukasana)

➤ **Sequence of Pawanmuktasana Series-3**

- Pulling the rope pose (Rajju Karshanasana)
- Dynamic spinal twist (Gatyatmak Meru Vakrasana)
- Churning the mill (Chakki Chalanasana)
- Rowing the boat (Nauka Sanchalanasana)
- Chopping wood (Kashtha Takshanasana)
- Salutation pose (Namaskarasana)
- Wind releasing pose (Vayu Nishkasana)
- Crow Walking (Kauva Chalanasana)
- Abdominal stretch pose (Udarakarshanasana)

➤ **पवनमुक्तासन शृंखला-2 का क्रम:**

- उत्तानपादासन
- पादचक्रासन
- पाद संचलानासन
- सुप्त पवनमुक्तासन
- झूलना लुढ़कनासन
- सुप्त उदाराकर्षणासन
- शव उदाराकर्षणासन
- नौकासन

➤ **पवनमुक्तासन शृंखला-3 का क्रम:**

- रज्जु कर्षणासन

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- गत्यात्मक मेरु वक्रासन
- चक्री चालनासन
- नौका संचालनासन
- काष्ठ तक्षणासन
- नमस्कारासन
- वायु निष्कासनासन
- कौवा चालासन
- उदराकर्षणासन

(ii): Yogasana

10 Hrs

1. Yogasana - योगासन

- Standing Asanas
 - Tadasana
 - Tiryakatadasana
 - Kati Chakrasana
 - Tadasana
- Sitting Asanas
 - Dandasana
 - Muktasana
 - Janushirsasana
 - Svastikasana
 - Simhasana
 - Bhadrasana
 - Gomukhasana
 - Pashchimottanasana
- Prone Asanas
 - Saral Bhujangasana
 - Saral dhanurasana
 - Vipareetnaukasana
 - Makarasana
- Supine Asanas
 - EkpadaUttanpadasana
 - Ardhaahalasana
 - Naukasana
 - Shavasana
 - Marktasana Variation
- खड़े होकर किये जाने वाले आसन
 - लाङ्गसन
 - तिर्यक्ताङ्गसन
 - कटि चक्रासन
 - वृक्षासन
- बैठकर किये जाने वाले आसन
 - दंडासन
 - मुक्तासन
 - जानुश्रीर्षासन
 - स्वस्तिकासन
 - सिंहासन
 - भद्रासन
 - गोमुखासन
 - पश्चिमोत्तानासन
- पेट के बल किये जाने वाले आसन
 - सरल भुजंगासन
 - सरल धनुरासन
 - विपरीतनौकासन

- मकरासन
- पीठ के बल किये जाने वाला आसन
 - एकपाद उत्तानपादासन
 - अर्धहलासन
 - नौकासन
 - शवासन
 - मर्कट आसन विविधताएं

(iii): Pranayama- प्राणायाम

10 Hrs

- Anulomviloma Pranayama
- Chandrabhedana Pranayama
- Suryabhedana Pranayama
- Udgeetha Pranayama
- अनुलोमविलोम प्राणायाम
- चन्द्रभेदन प्राणायाम
- सूर्यभेदन प्राणायाम
- उद्गीथ प्राणायाम

Reference Books: सहायक ग्रंथ:

- Swami Satyananda Saraswati, Hatha Yoga Pradipika, Bihar school of Yoga, Munger
- Swami Kuvalyanand, Hatha Pradipika, Kaivalyadham, Lonavala
- Swami Satyananda Saraswati, Gherand Samhita, Bihar school of Yoga, Munger
- Swami Digambaranand, Gherand Samhita, Kaivalyadham, Lonavala
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- Swami Kuvalyananda & Shukla, S. A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
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- स्वामी सत्यानंद सरस्वती, हठ योग प्रदीपिका, बिहार योग विद्यालय, मुंगेर
- स्वामी कुवल्यानंद, हठ प्रदीपिका, कैवल्यधाम, लोनावला।
- स्वामी सत्यानंद सरस्वती, घेरंड संहिता, बिहार योग विद्यालय, मुंगेर
- स्वामी दिगंबरानंद, घेरंड संहिता, कैवल्यधाम, लोनावला।
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- स्वात्मारामजी: हठप्रदीपिका (ज्योत्सना-टीका), अडयार लाइब्रेरी, मद्रास।
- भारती, स्वामी वेद रेड्डी वेंकट: हठ योग का दर्शन (अंग्रेजी) हिमालयन, पेंसिल्वेनिया।

Semester-I
Department of Physical Education & Yoga
Bachelor of Science in Yoga (B.Sc.Yoga)
Minor Course (MIC)
Foundation of Yoga

Paper Code: 25UN-BSY-MIC101T
30 Hrs (2 Hrs /Week)
Credits: 2
Exam. Time: 2 Hrs

External Marks: 35
Internal Marks: 15
Total Marks: 50

Note: The examiner is required to set five questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus (one mark each). In addition to this, four more questions will be set consisting of two questions from each unit (14 marks each). The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 14 marks in addition to the compulsory Question No.1.

Objective: This course aims to impart the basic knowledge of Yoga, its origin, history, applications and significance.

Course outcomes:

At the end of the course, the students would be able to:

1. To make students understand the basics of Yoga science
2. To impart the knowledge about Yoga, its foundations, origin, history and development

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Introduction: परिचय:

15Hrs

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रांतियाँ और उनका समाधान।

Unit-II: Essentials of Yoga Practices: योगाभ्यास की अनिवार्यताएँ:

15Hrs

- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्व और बाधकतत्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

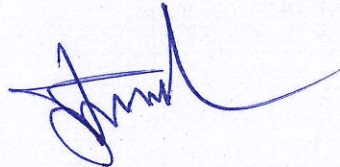
Reference Books: सहायक ग्रंथ:

- VijnananandSaraswati - YogVijyan, Yoga niketan trust, Rishikesh,1998.
- Swami Divyanand- Vedon me Yogavidya
- Vishvanatha Mukharji- Bharat kemahanyogi,
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B.Sc. Yoga Syllabus and Scheme approved by UGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26 onwards



- Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Raja Yoga, Advait Ashram, Culcutta 2000.
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
- Kalyan (Yogank)- Gita press Gorakhpur, 2002.
- Kalyan (Yoga Tatwank)-Gita press Gorakhpur,1991.
- विज्ञानानंद सरस्वती – योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998।
- स्वामी दिव्यानंद- वेदों में योग विद्या।
- विश्वनाथ मुखर्जी- भारत के महान योगी।
- राजकुमारी पांडे-भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, एनडी, 2008
- स्वामी विवेकानन्द – ज्ञान, भक्ति, कर्म योग और राज योग, अद्वैत आश्रम, कलकत्ता 2000।
- कामाख्या कुमार-योग महाविज्ञान, स्टैंडर्ड प्रकाशक, नई दिल्ली।
- कल्याण (योगांक)-गीता प्रेस गोरखपुर, 2002।
- कल्याण (योग तत्वांक)-गीता प्रेस गोरखपुर, 1991।



Semester-I
Department of Physical Education & Yoga
Bachelor of Science in Yoga (B.Sc.Yoga)
Multidisciplinary Course (MDC)
Fundamentals of Yoga-I

Paper Code: 25UN-BSY-MDC101T

45 Hrs (3 Hrs /Week)

Credits: 3

Exam. Time: 2.5 Hrs

External Marks: 50

Internal Marks: 20

Total Marks: 70

Note: The examiner is required to set seven questions in all. The first question will be compulsory consisting of four short questions covering the entire syllabus consisting of 2 marks each. In addition to that six more questions will be set, two questions from each unit. Long question shall carry 14 marks each. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1..

Objective: This course aims to impart the basic knowledge of Yoga, its origin, history, applications and significance of Swasthavritta

Course outcomes:

At the end of the course, the students would be able to:

1. Understand the basics of Yogascience
2. Appreciate the knowledge about Yoga, its foundations, origin, history and development
3. Learn the disciplines and failures, diet, place for Yoga sadhana in Indian philosophy.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Introduction: परिचय:

15Hrs

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रांतियाँ और उनका समाधान।

Unit-II: Essentials of Yoga Practices: योगाभ्यास की अनिवार्यताएँ:

15Hrs

- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्व और बाधकतत्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

Unit-III: Swasthavritta: स्वस्थवृत्त:

15Hrs

- Swasthavritta: Meaning, Definition, Aims and Aspects.
- Importance and Relevance of Swasthavritta in modern era.
- Dincharya (Daily regimen): Meaning, definition and sequential elements.
- Ratricharya (Night Regimen): Meaning, definition and sequential elements.
- स्वस्थवृत्त: अर्थ, परिभाषा, उद्देश्य और पहलू।

B.Sc. Yoga Syllabus and Scheme approved by UGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26 onwards

- आधुनिक युग में स्वस्थवृत्त का महत्व एवं प्रासंगिकता।
- दिनचर्या: अर्थ, परिभाषा और अनुक्रमिक तत्व।
- रात्रिचर्या: अर्थ, परिभाषा और अनुक्रमिक तत्व।

Reference Books: सहायक ग्रंथ:

- VijnananandSaraswati - YogVijyan, Yoga niketan trust, Rishikesh,1998.
- Swami Divyanand- Vedon me Yogavidya
- Vishvanatha Mukharji- Bharat kemahanyogi,
- Rajkumari Pandey-Bhartiya Yoga Parampara ke vividh Ayam, Radha publication, ND, 2008
- Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Raja Yoga, Advait Ashram, Culcutta 2000.
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- विज्ञानानंद सरस्वती – योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998।
- स्वामी दिव्यानंद– वेदों में योग विद्या।
- विश्वनाथ मुखर्जी– भारत के महान योगी।
- राजकुमारी पांडे–भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, एनडी, 2008
- स्वामी विवेकानन्द – ज्ञान, भक्ति, कर्म योग और राज योग, अद्वैत आश्रम, कलकत्ता 2000।
- कामाख्या कुमार–योग महाविज्ञान, स्टैंडर्ड प्रकाशक, नई दिल्ली।
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- कल्याण (योग तत्वांक)–गीता प्रेस गोरखपुर, 1991।
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Semester-I
Department of Physical Education & Yoga
Bachelor of Science in Yoga (B.Sc.Yoga)
Skill Enhancement Course (SEC)
Basics of Yoga

Paper Code: 25UN-BSY-SEC101T

45 Hrs (3 Hrs /Week)

Credits: 3

Exam. Time: 2.5 Hrs

External Marks: 50

Internal Marks: 20

Total Marks: 70

Note: The examiner is required to set seven questions in all. The first question will be compulsory consisting of four short questions covering the entire syllabus consisting of 2 marks each. In addition to that six more questions will be set, two questions from each unit. Long question shall carry 14 marks each. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1..

Objective: This course aims to impart the basic knowledge of Yoga, its origin, history, applications and essentials of Yoga practice.

Course outcomes:

At the end of the course, the students would be able to:

1. Promote the awareness for positive health and personality development in the students through Yoga.
2. Understand the concept of ashtanga Yoga.
3. To understand the basics of Yoga science

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Introduction: परिचय:

15Hrs

- Yoga it's Meaning and Definition.
- Aim and Objectives of Yoga.
- Origin, history and development of Yoga.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- योग का अर्थ और परिभाषा।
- योग का लक्ष्य एवं उद्देश्य।
- योग की उत्पत्ति, इतिहास और विकास।
- आधुनिक युग में योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारे में भ्रांतियाँ और उनका समाधान।

Unit-II: Essentials of Yoga Practices: योगाभ्यास की अनिवार्यताएँ:

15Hrs

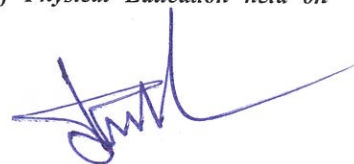
- Disciplines and failures in Yogic Practices.
- Place Timing & Diet of Yogic practices.
- Diet for Yoga Practitioner.
- Difference between Yogic and non-Yogic system of exercises.
- योगाभ्यास में साधकतत्व और बाधकतत्व।
- योगाभ्यास का स्थान, समय और आहार।
- योगाभ्यासी के लिए आहार।
- व्यायाम की यौगिक और अयौगिक प्रणाली के मध्य अंतर।

Unit-III: Ashtanga Yoga अष्टांग योग:

15Hrs

- Yama (Social ethics)
- Niyama (Personal ethics)
- Asana (Physical postures)
- Pranayama (Breath control)
- Pratyahara (Withdrawal of senses)

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- Dharana (Concentration) and Dhyana (Meditation)
- Samadhi (Self-realization).
- यम (सामाजिक नैतिकता),
- नियम (व्यक्तिगत नैतिकता),
- आसन (शारीरिक मुद्राएं),
- प्राणायाम (श्वासन पर नियंत्रण)
- प्रत्याहार (इंद्रियों पर नियंत्रण),
- धारणा (एकाग्रता),
- ध्यान (एकाग्रता में निरंतरता)
- समाधि (आत्म-साक्षात्कार).

Reference Books: सहायक ग्रंथ:

- Rajkumari Pandey-Bhartiya Yoga Parampara ke vividh Ayam, Radha publication, ND, 2008
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
- Kalyan (Yogank)- Gita press Gorakhpur, 2002.
- Kalyan (Yoga Tatwank)-Gita press Gorakhpur,1991.
- Patanjala Yoga Sutra- Geeta Press Gorakhpur
- Mukti ke Char Sopan, Swami Satyanada Saraswati, BYS, Munger
- राजकुमारी पांडे-भारतीय योग परंपरा के विविध आयाम, राधा प्रकाशन, एनडी, 2008
- कामाख्या कुमार-योग महाविज्ञान, स्टैंडर्ड प्रकाशक, नई दिल्ली।
- कल्याण (योगांक)-गीता प्रेस गोरखपुर, 2002।
- कल्याण (योग तत्वांक)-गीता प्रेस गोरखपुर, 1991।
- पातंजल योग सूत्र- गीता प्रेस गोरखपुर
- मुक्ति के चारसोपान, स्वामी सत्यानंद सरस्वती, बीवाईएस, मुंगेर



Semester-I
Department of Physical Education & Yoga
Bachelor of Science in Yoga (B.Sc.Yoga)
Value Added Course (VAC)
Yoga and Human Values

Paper Code: 25UN-BSY-VAC101T
30 Hrs (2 Hrs /Week)
Credits: 2
Exam. Time: 2 Hrs

External Marks: 35
Internal Marks: 15
Total Marks: 50

Note: The examiner is required to set five questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus (one mark each). In addition to this, four more questions will be set consisting of two questions from each unit (14 marks each). The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 14 marks in addition to the compulsory Question No.1.

Objective: The primary objective of the course is to inculcate the basic concepts of Yoga and importance of values in human life.

Course Outcomes

After the completion of the course, students will be able to:

1. To make students understand the fundamentals of Yoga, aims and objectives.
2. To make students importance of Yoga in modern era.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Yoga and Asthanga Yoga: योग एवं अष्टांग योग:

15Hrs

- Yoga it's Meaning and Definition
- Aim and Objectives of Yoga
- Importance of Yoga in Modern era
- Chitta Pradhana; Maitri, Krupa, Mudita and Upeksha
- Ashtanga Yoga; Meaning, Limbs
- योग: इसका अर्थ और परिभाषा
- योग का लक्ष्य एवं उद्देश्य
- आधुनिक युग में योग का महत्व
- चित्त प्रसाधन; मैत्री, करुणा, मुदिता और उपेक्षा
- अष्टांग योग; अर्थ, अंग

Unit-II: Yoga and Value Education: योग और मूल्य शिक्षा:

15Hrs

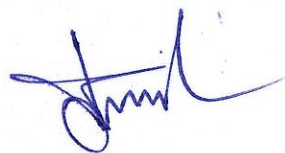
- Value: Meaning, Definition and Types.
- Value Oriented Education.
- Value oriented personality.
- Role and function of values in Society.
- Yoga as global value.
- Contribution of Yoga towards the development of values.
- मूल्य: अर्थ, परिभाषा एवं प्रकार।
- मूल्योन्मुखी शिक्षा।
- मूल्योन्मुख व्यक्तित्व।
- समाज में मूल्यों की भूमिका और कार्य।
- योग वैश्विक मूल्य के रूप में।
- मूल्यों के विकास में योग का योगदान।

Reference Books:

- Vijñananand Saraswati - YogVijyan, Yoga niketan trust, Rishikesh, 1998.

B.Sc. Yoga Syllabus and Scheme approved by UGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26 onwards

- Swami Divyanand- Vedon me Yoga vidya.
- Panda Sanjay Kumar - Corporate Social Responsibility in India: Past, Present & Future, The ICFAI University press, Hyderabad, 2008.
- Singh M. S. Value Education, Adhyayan Publishers & Distributors, New Delhi, 2007.
- Dr. E.N. Gawande, Value Oriented education(vision for better living), Sarup & sons, New Delhi, 2002.
- विज्ञानानंद सरस्वती – योगविज्ञान, योग निकेतन ट्रस्ट, ऋषिकेश, 1998।
- स्वामी दिव्यानंद– वेदों में योग विद्या।
- पांडा संजय कुमार – भारत में कॉर्पोरेट सामाजिक उत्तरदायित्व: अतीत, वर्तमान और भविष्य, आईसीएफएआई यूनिवर्सिटी प्रेस, हैदराबाद, 2008।
- सिंह एम. एस. वैल्यू एजुकेशन, अध्ययन पब्लिशर्स एंड डिस्ट्रीब्यूटर्स, नई दिल्ली, 2007।
- डॉ. ई.एन. गवांडे, मूल्य उन्मुख शिक्षा (बेहतर जीवन के लिए दृष्टिकोण), सरूप एंड संस, नई दिल्ली, 2002।



Semester-II
Department of Physical Education & Yoga
Bachelor of Science in Yoga (B.Sc.Yoga)
Minor Course (MIC)
Yoga Philosophy

Paper Code: 25UN-BSY-MIC201T
30 Hrs (2 Hrs /Week)
Credits: 2
Exam. Time: 2 Hrs

External Marks: 35
Internal Marks: 15
Total Marks: 50

Note: The examiner is required to set five questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus (one mark each). In addition to this, four more questions will be set consisting of two questions from each unit (14 marks each). The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 14 marks in addition to the compulsory Question No.1.

Objective: This course deals with the knowledge of Indian Philosophy with special reference to Yoga Darshan.
Course Outcomes

After the completion of the course, students will be able to:

1. Understand the basics of shadarshan.
2. Understand the role and importance of Yoga darshan.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: YogaPhilosophy in Darshnas: दर्शनों में योग दर्शन :

15 Hrs

- General Introduction
- Astik and Nastik Darshan
- Yoga and Samkhya Darshan
- Nyaya and Vashesik Drashan
- Mimansa and Vedant darshan
- सामान्य परिचय
- आस्तिक एवं नास्तिक दर्शन
- योग एवं सांख्य दर्शन
- न्याय एवं वैशेषिक दर्शन
- मीमांसा एवं वेदान्त दर्शन

Unit-II: Introduction to Yoga Darshan: योग दर्शन का परिचय:

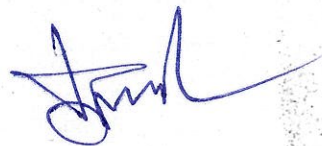
15 Hrs

- General introduction and structure of Yoga Darshan
- Life sketch of Maharishi Patanjali
- Yoga; Meaning, Definition
- Vritti's and their classifications
- Necessity of Abhyasa and Vairagya
- Asthanga Yoga
- योग दर्शन का सामान्य परिचय एवं संरचना
- महर्षि पतंजलि का जीवन रेखाचित्र
- योग: अर्थ एवं परिभाषा
- वृत्ति और उनका वर्गीकरण
- अभ्यास और वैराग्य की आवश्यकता
- अष्टांग योग

Reference Books: सहायक ग्रंथ:

B.Sc. Yoga Syllabus and Scheme approved by UGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26 onwards

- Patanjala Yoga Sutra- Geeta Press Gorakhpur
- Patanjala Yoga Sutra- Nandalal Dashora
- Mukti ke Char Sopan, Swami Satyanada Saraswati, BYS, Munger
- पातंजल योग सूत्र- गीता प्रेस गोरखपुर
- पातंजल योग सूत्र- नंदलाल दशोरा
- मुक्ति के चारसोपान, स्वामी सत्यानंद सरस्वती, बीवाईएस, मुंगेर



Semester-II
Department of Physical Education & Yoga
Bachelor of Science in Yoga (B.Sc.Yoga)
Multidisciplinary Course (MDC)
Fundamentals of Yoga-II

Paper Code: 25UN-BSY-MDC201T

45 Hrs (3 Hrs /Week)

Credits: 3

Exam. Time: 2.5 Hrs

External Marks: 50

Internal Marks: 20

Total Marks: 70

Note: The examiner is required to set seven questions in all. The first question will be compulsory consisting of four short questions covering the entire syllabus consisting of 2 marks each. In addition to that six more questions will be set, two questions from each unit. Long question shall carry 14 marks each. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No 1..

Objective: This course aims to impart the basic knowledge of Hatha Yoga, its origin, history, applications and significance of Swasthavritta.

Course Outcomes

After the completion of the course, students will be able to:

1. Understand the utility, origin and tradition of Hatha Yoga.
2. Understand the various techniques of shatkarma, asana, mudra-bandha and pranayama.
3. Understand the role of ritucharya.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I: Hatha Yoga and its Essentials: हठ योग एवं इसकी अनिवार्यताएँ:

15 Hrs

- Hatha Yoga: meaning and definition.
- Aim and objectives.
- Origin and tradition of Hatha Yoga.
- Utility of Hatha Yoga.
- हठ योग: अर्थ एवं परिभाषा।
- लक्ष्य और उद्देश्य।
- हठ योग की उत्पत्ति और परंपरा।
- हठ योग की उपयोगिता।

Unit-II: Brief introduction to Hatha Pradeepika: हठ प्रदीपिका का संक्षिप्त परिचय:

15 Hrs

Technique, Benefits and Limitations: तकनीक, लाभ और सीमाएँ

- Shatkarma,
- Asana
- Mudra- Bandha
- Pranayama
- षट्कर्म
- आसन,
- मुद्रा-बंध
- प्राणायाम

Unit-III: Ritucharya ऋतुचर्या:

15 Hrs

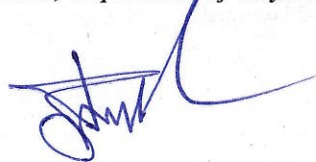
- Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features.
- Season wise Accumulation, Aggravation and Pacification of three Humors (vata, pitta, kapha).
- Season wise Does and Don'ts.

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- ऋतुचर्या: अर्थ, परिभाषा, प्रकार और उनकी मुख्य विशेषताएं।
- मौसम के अनुसार तीन विकारों (वात, पित्त, कफ) का संचय, वृद्धि और शांति।
- मौसम के अनुसार क्या करें और क्या न करें।

Reference Books: सहायक ग्रंथ:

- Swami Satyananda Saraswati, Hatha Yoga Pradipika, Bihar school of Yoga, Munger
- Swami Kuvalyanand, Hatha Pradipika, Kaivalyadham, Lonavala
- Swatmaramaji: Hathapradipika (Jyotsana- tika), Adyar Library, Madras
- Prof. Ramharsh Singh - Swasthavritta Vigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
- Swasthavritta Vigyan ewam Yogic Chikitsa- Dr. Rakesh Giri, Shiksha Bharti, Uttrakhand
- Acharya Balkrishana - Ayurveda Siddhanta Rahasya, Divya Prakashan, Haridwar
- स्वामी सत्यानंद सरस्वती, हठ योग प्रदीपिका, बिहार योग विद्यालय, मुंगेर
- स्वामी कुवल्यानंद, हठ प्रदीपिका, कैवल्यधाम, लोनावला।
- स्वात्मारामजी: हठप्रदीपिका (ज्योत्सना-टीका), अड्यार लाइब्रेरी, मद्रास।
- प्रो. रामहर्ष सिंह — स्वस्थवृत्तविज्ञान, चौखम्बा संस्कृत प्रकाशन, वाराणसी, 1998।
- स्वस्थवृत्त विज्ञान एवं यौगिक चिकित्सा— डॉ. राकेश गिरी, शिक्षा भारती, उत्तराखंड
- आचार्य बालकृष्ण — आयुर्वेद सिद्धांत रहस्य, दिव्य प्रकाशन, हरिद्वार



Semester-II
Department of Physical Education & Yoga
Bachelor of Science in Yoga (B.Sc.Yoga)
Skill Enhancement Course (SEC)
Yoga Skills & Prowess

Paper Code: 25UN-BSY-SEC201T
90 Hrs (6 Hrs /Week)
Credits: 3
Exam. Time: 3 Hrs

External Marks: 50
Internal Marks: 20
Total Marks: 70

Objective: To promote the awareness for positive health and personality development in the student through Yogap practices.

Practical record and Viva-Voce: A practical file of all the practices to be prepared by the student during the semester.

प्रेक्टिकल रिकॉर्ड और मौखिक परीक्षा: उपर्युक्त सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

Course Outcomes

After the completion of the course, students will be able to:

1. Understand the benefits, contraindications and procedure of all practices.
2. Demonstrate each practice with confidence and skill.
3. Understand the procedure and subtle points involved

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-I Yogic Prayer & Hasta Mudra: यौगिक प्रार्थना और हस्त मुद्रा 30 Hrs

- **Yogic Prayer** (Gayatri Mantra, Mrityunjaya Mantra, Sangathan Mantra)
- **Hasta Mudra** (Chin Mudra and Jnana Mudra)
- यौगिक प्रार्थना (गायत्री मंत्र, मृत्युंजय मंत्र संगठन मंत्र)
- हस्त मुद्रा (चिन् मुद्रा, ज्ञान मुद्रा)
- **Yogic Sukshma Vyayam: Sequence of Pawanmuktasana Series 1** - यौगिक सूक्ष्म व्यायाम: पवनमुक्तासन श्रृंखला 1 का क्रम :

- Toe Bending (Padanguli Namana)
- Ankle Bending (Goolf Namana)
- Ankle Rotation (Goolf Chakra)
- Kneecap Contraction (Janufalak Akarshana)
- Knee Bending (Janu Namana)
- Full Butterfly Pose (Poorna Titali Asana)
- Hand Clenching (Mushtika Bandhana)
- Wrist Bending (Manibandha Namana)
- Wrist Joint Rotation (Manibandha Chakra)
- Elbow Bending (Kehuni Namana)
- Shoulder Socket Rotation (Skandha Chakra)
- Neck Movement (Greeva Sanchalana)
- पादांगुली नमन
- गुल्फ नमन
- गुल्फ चक्र
- जानुफलक आकर्षण
- जानू नमन
- पूर्ण तितली आसन
- मुष्टिका बंधन
- मणिबंध नमन
- मणिबंध चक्र
- कोहनी नमन

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- स्कंध चक्र
- ग्रीवा संचालन

Unit-II: Suryanamaskara (Traditional) and Asana:) सूर्यनमस्कार (पारंपरिक) एवं आसन

1.Yogasana: योगासन

- **Standing Asanas**
 - Tadasana
 - Trikonasana
 - Vrikshasana
 - Padahastāsana
- **Sitting Asanas**
 - Padamasana
 - Vakrasana
 - Gomukhasana
 - Pashchimottanasana
- **Prone Asanas**
 - Dhanurasana
 - Ardha Shalabhasana
 - Bhujanghasana
 - Makarasana
- **Supine Asanas**
 - Pawanmuktasana
 - Naukasana
 - Ardha halasana
 - Shavasana
- खड़े होकर किये जाने वाले आसन
 - ताड़ासन
 - त्रिकोणासन
 - वृक्षासन
 - पादहस्तासन
- बैठ कर किये जाने वाले आसन
 - पद्मासन
 - वक्रासन
 - गोमुखासन
 - पश्चिमोत्तानासन
- पेट के बल किये जाने वाले आसन
 - धनुरासन
 - अर्ध शलभासन
 - भुजंगासन
 - मकरासन
- पीठ के बल किये जाने वाले आसन
 - पवनमुक्तासन
 - नौकासन
 - अर्धहलासन
 - शवासन



Unit-III: Pranayama, Cleansing Practices (Shatkarma) : प्राणायाम, शुद्धि किया (षट्कर्म):

1. Pranayama: प्राणायाम

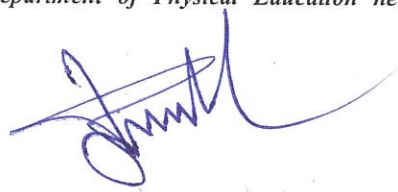
- Bhastrika
- Nadishodhana
- Ujjayi
- Sheetkaari
- Bharamari
- भस्त्रिका प्राणायाम
- नाडीशोधन प्राणायाम
- उज्जयी प्राणायाम
- सीत्कारी प्राणायाम
- भस्त्रिका प्राणायाम

2. Cleansing Practices (Shatkarma): शुद्धि किया (षट्कर्म):

- Jala Neti
- Vatikram Kapalbhati
- जल नेति
- वात्क्रम कपालभाति

Reference Books: सहायक ग्रंथ:

- Asana, Pranayama, Mudra and Bandha- Swami Satyananda Saraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradipika, Swami Satyanada Saraswati, BSY, Munger
- आसन, प्राणायाम, मुद्रा और बंध- स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर
- लाइट ऑन योग, बीकेएस अयंगर
- हठ योग प्रदीपिका, स्वामी सत्यानंद सरस्वती, बीएसवाई, मुंगेर



Semester-II
Department of Physical Education & Yoga
Bachelor of Science in Yoga (B.Sc.Yoga)
Value Added Course (VAC)
Yoga and Meditation

Paper Code: 25UN-BSY-VAC201T

30 Hrs (2 Hrs /Week)

Credits: 2

Exam. Time: 2 Hrs

External Marks: 35

Internal Marks: 15

Total Marks: 50

Note: The examiner is required to set five questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus (one mark each). In addition to this, four more questions will be set consisting of two questions from each unit (14 marks each). The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 14 marks in addition to the compulsory Question No.1.

Objective: This course deals with the importance of Yoga and meditation in maintaining positive physical and mental health leading to spirituality.

Course Outcomes

After the completion of the course, students will be able to:

1. Explain Yoga and its importance in Indian Philosophy.
2. Understand the brief origin and history of Yoga and essentials of Yoga.

Course Content पाठ्यक्रम अन्तर्वस्तु

Unit-I: Fundamentals of Yoga योग के मूल सिद्धांत

15 Hrs

- Yoga: Meaning, Definition, Aim, Objectives & Misconceptions.
- Importance of Yoga in modern era.
- Disciplines and failures in Yoga sadhana.
- Swasthavritta Vijyana (Science of healthy lifestyle).
- योग: अर्थ, परिभाषा, लक्ष्य, उद्देश्य और भ्रांतियाँ।
- आधुनिक युग में योग का महत्व।
- योग साधना में साधक तत्व और बाधक तत्व।
- स्वस्थवृत्त विज्ञान (स्वस्थ जीवन शैली का विज्ञान)।

Unit-II: Ashtanga Yoga & Meditation अष्टांगयोग एवं ध्यान

15 Hrs

- Ashtanga Yoga: Yama (Social ethics), Niyama (Personal ethics), Asana (Physical postures), Pranayama (Breath control) and Pratyahara (Withdrawal of senses), Dharana (Concentration) Dhyana (Meditation) and Samadhi (Self-realization).
- Meditation: Importance for Holistic Health (physical, mental and spiritual).
- अष्टांग योग: यम (सामाजिक नैतिकता), नियम (व्यक्तिगत नैतिकता), आसन (शारीरिक मुद्राएं), प्राणायाम (श्वसन पर नियंत्रण) और प्रत्याहार (इंद्रियों पर नियंत्रण), धारणा (एकाग्रता), ध्यान (एकाग्रता में निरंतरता) और समाधि (आत्म-साक्षात्कार)।
- समग्र स्वास्थ्य (शारीरिक, मानसिक और आध्यात्मिक) के लिए ध्यान का महत्व।

Reference books:

- Foundation of Yoga, S.P. Singh and Yogi Mukesh, Standard Publication, New Delhi.
- Yoga Sutras of Patanjali by Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
- VijnananandSaraswati-YogVijyan, Yoga Niketan Trust, Rishikesh.
- Asana, Pranayama, Mudra, Banda, by Swami Satyananda Saraswati. Yoga Publication Trust, Munger, Bihar.
- Meditation and Its Methods, Swami Vivekananda, Sanage Publishing House,

B.Sc. Yoga Syllabus and Scheme approved by UGBOS, Department of Physical Education held on 17/07/2025 w.e.f. 2025-26 onwards

- Concentration and Meditation by Swami Shivananda Saraswati, Yoga Publication Trust, Munger, Bihar.
- Hatha Yoga Pradipika-Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar.
- Hatha Pradipika- Swami Kuvalyanand, Kaivalyadham, Lonavala.
- GherandSamhita- Swami Niranjanaanda Saraswati, Yoga Publication Trust, Munger, Bihar.
- GherandSamhita- Swami Digambaranand, Kaivalyadham, Lonavala.
- फाउंडेशन ऑफ योगा, एस.पी. सिंह और योगी मुकेश, स्टैंडर्ड पब्लिकेशन, नई दिल्ली।
- पतंजलि के योग सूत्र, स्वामी सत्यानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार द्वारा।
- योगविज्ञान, विज्ञानानंदसरस्वती, योग निकेतन ट्रस्ट, ऋषिकेश।
- आसन, प्राणायाम, मुद्रा, बंधा, स्वामी सत्यानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- ध्यान और इसकी विधियाँ, स्वामी विवेकानन्द, सैनेज पब्लिशिंग हाउस।
- एकाग्रता और ध्यान, स्वामी शिवानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- हठ योग प्रदीपिका-स्वामी सत्यानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- हठ प्रदीपिका- स्वामी कुवल्यानंद, कैवल्यधाम, लोनावला।
- घेरण्डसंहिता- स्वामी निरंजनानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- घेरण्डसंहिता- स्वामी दिगंबरानंद, कैवल्यधाम, लोनावला।

