

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									
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	PatanjaiYoga 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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B. K. Roy 

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 five short questions covering the entire syllabus consisting of 3 marks each. In addition to this, four more questions (each question may be of 2-3 parts) will be set consisting of two questions from each unit. The student/candidate is required to attempt three questions in all selecting one from each unit in consisting of 10 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 Vashetik 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:

- 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

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

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

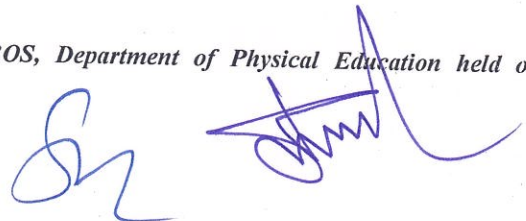
Reference Books: सहायक ग्रंथ:

- Swami Satyananda Saraswati, Hatha Yoga Pradipika, Bihar school of Yoga, Munger

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- 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 संत्यानंद सरस्वती, हठ योग प्रदीपिका, बिहार योग विद्यालय, मुंगेर
- स्वामी कुवल्यानंद, हठ प्रदीपिका, कैवल्यधाम, लोनावला।
- स्वात्मारामजी: हठप्रदीपिका (ज्योत्सना-टीका), अडयार 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

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



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.

प्राैक्टिकल 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

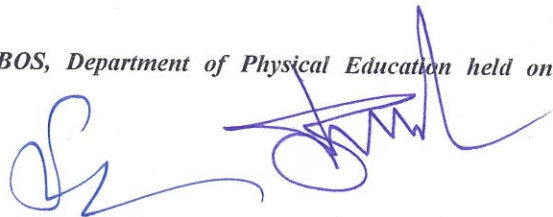
- **Yogic Prayer** (Gayatri Mantra, Mrityunjaya Mantra, Sangathan Mantra)
- **Hasta Mudra** (Chin Mudra and Jnana Mudra)
- यौगिक प्रार्थना (गायत्री मंत्र, मृत्युंजय मंत्र संगठन मंत्र)
- हस्त मुद्रा (चिन् मुद्रा, ज्ञान मुद्रा)
- **Yogic Sukshma Vyayam: Sequence of Pawanmuktasana Series 1** - यौगिक सूक्ष्म 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
- स्कंध चक्र
- ग्रीवा संचालन

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

1. Yogasana: योगासन

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- **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

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

1. Pranayama: प्राणायाम

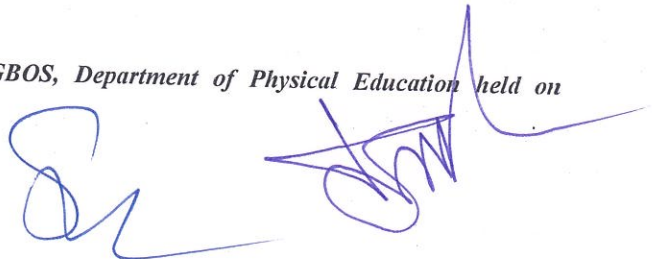
- Bhastrika
- Nadishodhana
- Ujjayi
- Sheetkaari
- Bharamari
- भस्त्रिका प्राणायाम
- नाडीशोधन प्राणायाम
- उज्जायी प्राणायाम
- सीत्कारी प्राणायाम
- भस्त्रिका प्राणायाम

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

- Jala Neti
- Vatikram Kapalbhathi
- 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 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 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,

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- 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, बंदा, 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 कुवल्यनंद, कैवल्यधाम, लोनावला।
- घेरण्डसंहिता- स्वामी निरंजनानंद सरस्वती, योग प्रकाशन ट्रस्ट, मुंगेर, बिहार।
- घेरण्डसंहिता- स्वामी दिगंबरानंद, कैवल्यधाम, लोनावला।

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