

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

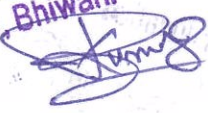
**Undergraduate Programmes
as per NEP 2020**

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)

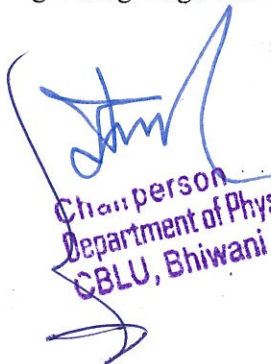


Department of Physical Education
CBLU, Bhiwani



DEPARTMENT OF YOGA AND NATUROPATHY
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.


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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-III									
Type of Course	Course Code	Nomenclature	Theory/ Practical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
CC	25UN-BSY-301T	Hatha Pradipika	T	3	3	20	50	70	2.5
	25UN-BSY-301P	Hatha Pradipika Lab	P	1	2	10	20	30	3
CC	25UN-BSY-302T	Human Anatomy and Physiology for Yogic Practices-I	T	3	3	20	50	70	2.5
	25UN-BSY-302P	Human Anatomy and Physiology for Yogic Practices-I 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-IV									
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-401T	Yoga in Indian Philosophy and Culture	T	3	3	20	50	70	2.5
	25UN-BSY-401P	Yoga in Indian Philosophy and Culture Lab	P	1	2	10	20	30	3
CC	25UN-BSY-402T	Human Anatomy and Physiology for Yogic Practices-II	T	4	4	30	70	100	3
CC	25UN-BSY-403T	Streams of Yoga	T	4	4	30	70	100	3
DSE	25UN-BSY-404T	Basis of Yoga Therapy	T	4	4	30	70	100	3
CC-M	To be opted from the pool of CC-M		T	4	4	30	70	100	3
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
				24	25	180	420	600	

CC- Core Course DSEC= Discipline skill Enhancement Course CC-M= Minor Course DSE= Discipline Specific Elective Course AEC=Ability Enhancement VAC= Value Added Course



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Department of Yoga and Naturopathy
Courses offers for the Pools (MDC,MIN,MDC,SEC,VAC)

SEMESTER – III

Type of Course	Course Code	Nomenclature	Theory/Practical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
MIC	25UN-BSY-MIC301P	Human System according to Yoga Lab	P	2	4	15	35	50	3
MDC	25UN-BSY-MDC301T	Fundamentals of Yoga-III	T	3	3	20	50	70	2.5
SEC	25UN-BSY-SEC301T	Yoga for Stress Management	T	3	3	20	50	70	2.5
VAC	25UN-BSY-VAC301T	Yoga and Ethics	T	2	2	15	35	50	2

SEMESTER – IV

Type of Course	Course Code	Nomenclature	Theory/Practical	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (hours)
MIC	25UN-BSY-MIC401P	Hath Yoga Lab	p	2	4	15	35	50	3
VAC	25UN-BSY-VAC401T	Yoga and Meditation	T	2	2	15	35	50	2


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Semester-III
Department of Yoga and Naturopathy
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Hatha Pradipika

Paper Code: 25UN-BSY-301T

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. To understand the basics of HathaYoga.
2. To impart the knowledge about Yoga, its foundations, origin, history and development.
3. Students will learn the disciplines and failures, diet, place for Yoga sadhana in Indian philosophy.
4. To make students learn about life sketches and contributions of eminent Yogis and institutes in the field of Yoga.
5. To develop basic understanding and physical Yog practices.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Objective: This course aims to knowledge of the Yogic practices quoted in Hatha Pradipika texts and their values and benefits for human being.

Unit-I: Introduction & Asana:

15 Hrs

- Hatha yoga – It's definition.
- Prohibited & conducive food in Hatha sadhana
- Aids & Obstructions to Hatha sadhana.
- Qualities of Hatha Yoga siddhi
- Utility of Hatha Yoga.
- Asana: Meaning, Definition, Types, Process, Benefits and Limitations.

इकाई-I: परिचय और आसन:

- हठ योग-परिभाषा।
- हठसाधना में पथ्य एवं अपथ्य आहार
- हठसाधना में साधक एवं बाधक तत्व।
- हठ योगसिद्धि के गुण
- हठ योग की उपयोगिता।
- आसन: अर्थ, परिभाषा, प्रकार, प्रक्रिया, लाभ और सीमाएँ।

Unit-II: Shatkarma & Pranayama:

15 Hrs

- Shatkarma: Dhauti, Basti, Neti, Tratak, Nauli & Kapalabhati: Meaning, Types, Process, Benefits and Limitations
- Utility of Shatkarma.
- Pranayama: Meaning, Definition, Process, Benefits and Limitations
- Utility of Pranayama.

इकाई-II: षट्कर्म और प्राणायाम:

- षट्कर्म: धौति, बस्ती, नेति, त्राटक, नौलि और कपालभाति: अर्थ, प्रकार, प्रक्रिया, लाभ और सीमाएँ।
- षट्कर्म की उपयोगिता।
- प्राणायाम: अर्थ, प्रक्रिया, लाभ और सीमाएँ।
- प्राणायाम की उपयोगिता।

Unit-III: Mudra, Samadhi & Nadanusandhana:

15 Hrs


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- Mudra & Bandhas: Maha Mudra, Mahavedha, Mahabandha, Khechhari, Uddiyan Bandha, Jalandhar Bandha, Moola Bandha, Viparitkarani, Shaktichalini.
- Concept of Samadhi.
- Concept of Nadanusandhana.
- Nature of Kundalini and methods of awakening.

ईकाई—III: मुद्रा, समाधि और नादानुसंधान:

- मुद्रा और बंध: महामुद्रा, महावेध, महाबंध, खेचरी, उड्डियानबंध, जालंधरबंध, मूलबंध, विपरीतकरणी, शक्तिचालिनी।
- समाधि की अवधारणा.
- नादानुसंधान की अवधारणा
- कुण्डलिनी की प्रकृति एवं जागरण की विधियाँ।

Semester-III
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Practical- Hatha Pradipika Lab

Paper Code: 25UN-BSY-301P
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 Hatha Yogic practices.

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

प्रायोगिक पुस्तिका और मौखिक परीक्षा: सभी अभ्यासों की एक प्रायोगिक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी।

Course Contents: पाठ्यक्रम अन्तर्वस्तु

- 1. Shatkarma**
 - Sutra Neti
 - Vaman Dhauti
 - Trataka
- 2. Asana**
 - Swastikasana
 - Gomukhasana
 - Virasana
 - Kukkutasana
 - Koormasana
 - Uttankoormasana
 - Dhanurasana
 - Mayurasana
 - Pashchimottanasana
 - Makarasana
 - Savasana
 - Singhasana
 - Padmasana
 - Simhasana
 - Bhadrasana
- 3. Pranayama**
 - Suryabhedana
 - Ujjayi
 - Shitkari
 - Shitali
 - Bhastrika
 - Bhramari
- 4. Mudra**
 - Maha Mudra,
 - Maha Bandha,
 - Maha Vedha,
 - Khechari,
 - Uddiyana Bandha,
 - Moola Bandha,
 - Jalandhara Bandha,
 - Viparita Karni,




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1. षट्कर्म

- सूत्र नेति,
- वमन धौति
- त्राटक

2. आसन

- स्वस्तिकासन
- गोमुखासन
- वीरासन
- कुक्कुटासन
- कूर्मासन
- उत्तानकूर्मासन
- धनुरासन
- मयूरासन
- पश्चिमोत्तानासन
- मकरासन
- शवासन
- सिद्धासन
- पद्मासन
- सिंहासन
- भद्रासन

3. प्राणायाम

- सूर्यभेदन
- उज्जयी
- शित्कारी
- शीतली
- भस्त्रिका
- भ्रामरी

4. मुद्रा

- महामुद्रा,
- महाबंध,
- महावेध,
- खेचरी,
- उड्डियानबंध,
- मूलबंध,
- जालंधरबंध,
- विपरीत करणी,

Reference Books: सहायकग्रंथः

- Vijnananand Saraswati - YogVijyan, Yoga niketan trust, Rishikesh, 1998.
- Asana, Pranayama, Mudra and Bandha- Swami Satyanada Saraswati, BSY, Munger
- Hatha Yoga Pradipika, Swami SatyanadaSaraswati, BSY, Munger
- Jotsna (Comentory of HathaYogaPradipika) BR Sharma, Kaivalyadhama, Lonavala, 2013
- Therapeutic references in Traditional Yoga Texts, M.M Gharote, The Lonavla Institute, Lonavla, 2010.
- Hatha Pradipika- Swami Kuvalyanand, Kaivalyadham, Lonavala
- विज्ञानानंदसरस्वती— योगविज्ञान, योगनिकेतन ट्रस्ट, ऋषिकेश, 1998।
- आसन, प्राणायाम, मुद्राऔरबंध—स्वामीसत्यानंदसरस्वती, बीएसवाई, मुंगेर
- हठ योगप्रदीपिका, स्वामीसत्यानंदसरस्वती, बीएसवाई, मुंगेर।


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Semester-III
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Human Anatomy and Physiology for Yogic Practices-1

Paper Code: 25UN-BSY-302T

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. To know about the necessary functions of the body.
2. To give brief idea about the diseases related to each system.
3. Understanding of human body structure and mechanism.
4. Ability to understand the biomechanics of various yoga practices.
5. To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.

Course Contents: पाठ्यक्रमअन्तर्वस्तु

Unit -I: Cell, Tissue, Immune system & Muscular-skeletal system:

15Hrs

- Cell and Tissue
- Immunity- Types, Antigen and antibody, Allergy, Autoimmunity
- Anatomy of the Skeleton- Classification: Axial bones and appendicular bones
- Joints and its types
- Muscle and its types
- Effect of Yogic Practice on Immune system & Muscular-skeletal system

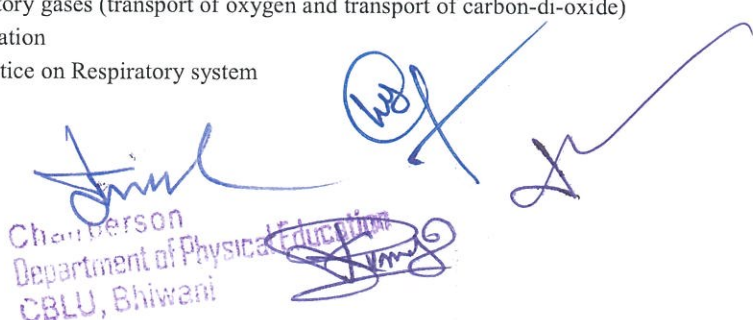
इकाई-I: कोशिका, ऊतक, प्रतिरक्षा प्रणाली और मांसपेशी-कंकाल प्रणाली :

- कोशिका और ऊतक
- प्रतिरक्षा-प्रकार, एंटीजन और एंटीबॉडी, एलर्जी, ऑटोइम्युनिटी
- कंकाल की शारीरिक रचना-वर्गीकरण: अक्षीय हड्डियाँ और परिशिष्ट हड्डियाँ
- जोड़ों और इसके प्रकार
- मांसपेशियों और इसके प्रकार
- प्रतिरक्षा प्रणाली और मांसपेशी-कंकाल प्रणाली पर योगाभ्यास का प्रभाव।

Unit-II: Respiratory system:

15Hrs

- Anatomy of Respiratory system-Nose, nasal cavity, pharynx, trachea, larynx, bronchi, bronchioles, alveoli, lungs, muscles of respiration
- Mechanism of breathing (Expiration and inspiration)
- Transport of respiratory gases (transport of oxygen and transport of carbon-di-oxide)
- Regulation of respiration
- Effect of Yogic Practice on Respiratory system


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इकाई-II: श्वसन प्रणाली :

- श्वसन प्रणाली की शारीरिक रचना—नाक, नासिकागुहा, ग्रसनी, श्वासनली, स्वरयंत्र, ब्रांकाई, ब्रॉन्किओल्स, एल्वियोली, फेफड़े, श्वसन की मांसपेशियाँ।
- साँस लेने की क्रियाविधि (प्रश्वास और प्रेरण)
- श्वसन गैसों का परिवहन (ऑक्सीजन का परिवहन और कार्बन-डाई-ऑक्साइड का परिवहन)
- श्वसन का नियमन।
- श्वसन तंत्र पर योगाभ्यास का प्रभाव।

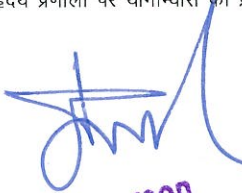
Unit-III: Cardiovascular system:

15Hrs

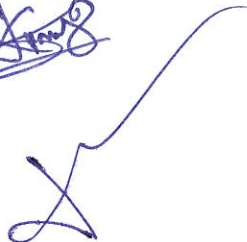
- Anatomy of heart and blood vessels
- Properties of cardiac muscle
- Cardiac output and cardiac cycle
- Organisation of systemic and pulmonary circulation
- Effect of Yogic Practice on Cardiovascular system

इकाई-III: हृदय प्रणाली :

- हृदय और रक्तवाहिकाओं की शारीरिक रचना
- हृदय पेशी के गुण
- हृदय संबंधी आवेगों का सृजन और संचालन
- प्रणालीगत और फुफ्फुसीय परिसंचरण का संगठन
- हृदय प्रणाली पर योगाभ्यास का प्रभाव


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

Practical- Human Anatomy and Physiology for Yogic Practices-1 Lab

Paper Code: 25UN-BSY-302P

30 Hrs (2 Hrs /Week)

Credits: 1

Time: 2 Hrs

External Marks : 20

Internal Marks : 10

Total Marks: 30

Objective: This course aims to make students familiar with the systems of the body.

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

प्रायोगिक पुस्तिका और मौखिक परीक्षा: सभी अभ्यासों की एक प्रायोगिक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी।

Course Contents: पाठ्यक्रम अन्तर्वस्तु:

- Demonstration of Osteology & Myology
- Demonstration of Organs and Viscera.
- Demonstration of Bones, Joints
- Demonstration of Human Skeleton
- अस्थि विज्ञान एवं मायोलॉजी का प्रदर्शन
- अंगों और आंत का प्रदर्शन
- हड्डियों, जोड़ों का प्रदर्शन
- मानव काल का प्रदर्शन

Reference Books: सहायक ग्रंथ:

- Antomy&phy&siology for Nursees- Jaypee Brothers
- Antomy& physiology-Ross &Wilson
- Antomy& physiology-C. Gyton
- Human Antomy- grays
- Human Antomy-M.LyesPrives
- Humanphysiology-Chakravti ,Ghosh and sahana
- Basic physiology- E.D. Amour Fred.
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma.
- Health for all through Yoga- Dr. Ganesh Shanker Giri.
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma.
- Yoga AvamSwasthya – Raaj Publication Patoyala.
- सुश्रुत(शरीर स्थान)-डॉ. भारकरगोविन्द घाणेकर.
- शरीररचनाविज्ञान-डॉ. मुकुन्दस्वरूपवर्मा.
- शरीरक्रियाविज्ञान-डॉ. प्रियवृत्त शर्मा
- शरीररचना व क्रियाविज्ञान-डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर-वैद्य रणजीतराय देसाई
- मानव शरीररचना, क्रियाविज्ञान एवं यौगिक अनुप्रयोग-डॉ० नवीनभट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीरसंरचना एवं योगाभ्यास का प्रभाव-डॉ० राजेन्द्रप्रतापमलिक।



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Semester-IV
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Yoga in Indian Philosophy and Culture

Paper Code: 25UN-BSY-401T
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: To provide a students to appreciate the richness and diversity of Indian thought, traditions, and cultural expressions, and to apply this knowledge in fostering global understanding, tolerance, and harmony.

Course Outcomes:

1. Students will understand the core principles of Indian philosophy, including the concepts of Advaita, Dvaita, and other major schools of thought.
2. Students will Understanding the cultural significance of Indian texts, such as the nyaya, vaisheshika, sankhya, yoga, Mimamsa and Vedanta.
3. Students will comprehend the concept of Dharma.
4. Students will develop critical thinking and analytical skills in interpreting Indian philosophy.
5. They will have an idea about the various features of traditional Indian culture.

Unit I: Introduction of Indian Philosophy:

15Hrs

- Literal Meaning and definition of the Darshan.
- Characteristics of Indian Philosophy, (Features of Indian philosophy).
- Meaning and utility of Indian philosophy in human life.
- Salient features of Indian culture Ashram system, Varna system, Shodas Sanskar, Panch mahayagya.

इकाई-I: भारतीय दर्शन का परिचय:

- दर्शन शब्द का शाब्दिक अर्थ एवं परिभाषा
- भारतीय दर्शन की विशेषताएँ,
- भारतीय दर्शन का मानव जीवन में अर्थ एवं उपयोगिता,
- भारतीय संस्कृति में आश्रमव्यवस्था वर्णव्यवस्था, षोडससंस्कार, पंचमहायज्ञ की प्रमुख विशेषताएँ।

Unit II: Introduction of Astik Indian Philosophy:

15Hrs

- Introduction and principles of nyaya and vaisheshikaphilosophy,
- Introduction and principles of samkhya and yoga philosophy (TatvaMimamsa and Acharya Mimamsa)
- Mimamsa and Vedanta sects of Vedanta (monism, dualism, General Introduction and
- Principles of Vishishtadvaita (Shuddhadvaita) (Tattva Mimamsa and ethics)

इकाई-II: आस्तिक भारतीय दर्शन का परिचय:

- न्याय एवंविशेषदर्शन का परिचय एवंसिद्धांत,
- सांख्य और योगदर्शन (तत्त्वमीमांसा औरआचार्य मीमांसा) का परिचय औरसिद्धांत
- वेदांत के मीमांसाऔरवेदांतसंप्रदाय (अद्वैतवाद, द्वैतवाद, सामान्य परिचय और
- विशिष्टाद्वैत (शुद्धाद्वैत) के सिद्धांत (तत्त्व मीमांसाऔर नैतिकता)

Unit III: Introduction of Nastik Indian Philosophy:

15Hrs

- General Introduction and Principles of Charvaka.
- General Introduction and Principles of Jain.
- General Introduction and Principles of Buddhist Philosophy (Tattva Mimamsa)

इकाई-III: नास्तिक भारतीय दर्शन का परिचय:

- चार्वाक का सामान्य परिचय एवंसिद्धांत।
- जैन का सामान्य परिचय एवंसिद्धांत।
- बौद्ध दर्शन(तत्त्व मीमांसा) का सामान्य परिचय औरसिद्धांत

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Semester-IV
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Practical- Yoga in Indian Philosophy and Culture Lab

Paper Code: 25UN-BSY-401P
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.

प्रेक्टिकल 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

- Sutra Neti
- Sheetkarm Kapalbhathi
- Vyutkrama Kapalbhathi
- Tratak / Nauli
- सूत्र नेति
- शीतकर्म कपालभाति
- व्युत्क्रम कपालभाति
- त्राटक / नौली

2. Yogasana: योगासन

➤ **Standing Asanas**

- Garudasana
- Natrajasana
- Padahastāsana

➤ **Sitting Asanas**

- Padamasana
- Ardhamatsyendrasana
- Suptvjasana

➤ **Prone Asanas**

- Purn Dhanurasa
- Purn Shalabhasana
- Purn Bhujanhasana

➤ **Supine Asanas**

- Ardhalasana
- Karnpeedasana
- Shavasana

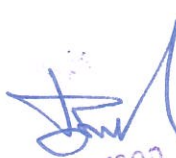
➤ **खड़े होकर किये जाने वाले आसन**

- गरुड़ासन
- नटराज आसन
- पादहस्तासन

➤ **बैठ कर किये जाने वाले आसन**

- पद्मासन
- अर्धमत्स्येन्द्रासन
- सुप्तवज्रासन

➤ **पेट के बल किये जाने वाले आसन**


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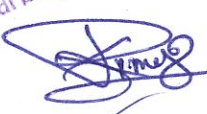


- पूर्ण धनुरासन
 - पूर्ण शलभासन
 - पूर्ण भुजंगासन
- पीठ के बल किये जाने वाले आसन
- अर्ध हलासन
 - कर्णपीडासन
 - शवासन

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


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Semester-IV
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Course (CC)
Human Anatomy and Physiology for Yogic Practices-II

Paper Code: 25UN-BSY-402T

60 Hrs (4 Hrs /Week)

Credits: 4

Time: 3 Hrs

External Marks : 70

Internal Marks : 30

Total Marks: 100

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to that eight 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. To know about the structure of the body
2. To know about the necessary functions of the body
3. To give brief idea about the diseases related to each system.
4. To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of Yoga.
5. Understanding of human body structure and mechanism.

Course Contents: पाठ्यक्रमअन्तर्वस्तु:

Unit-I: Nutrients, Metabolism and Digestive system:

15Hrs

- Nutrients, Balanced diet and Metabolism
- Anatomy of Digestive system-Mouth, buccal cavity, pharynx, oesophagus, stomach, large intestine, small intestine, rectum and anus
- Associated glands-Liver, Pancreas, salivary glands, gallbladder
- Physical digestion (Mastication, swallowing, peristalsis), Chemical digestion and Absorption of carbohydrate, fats and protein
- Effect of Yogic Practice on Metabolism and Digestive system

इकाई-I: पोषकतत्व, चयापचय और पाचनतंत्र:

- पोषकतत्व, संतुलित आहार और चयापचय
- पाचनतंत्र की शारीरिक रचना-मुँह, बकल गुहा, ग्रसनी, अन्नप्रणाली, पेट, बड़ी आंत, छोटी आंत, मलाशय और गुदा
- संबद्ध ग्रन्थियाँ-यकृत, अग्न्याशय, लारग्रन्थियाँ, पित्ताशय
- शारीरिक पाचन (चबाना, निगलना, क्रमाकुंचन), रासायनिक पाचन और कार्बोहाइड्रेट, वसा और प्रोटीन का अवशोषण
- चयापचय और पाचनतंत्र पर योगाभ्यास का प्रभाव

Unit-II : Excretory system:

15Hrs

- Excretory system of human-Kidney, Ureter, urinary bladder, urethra
- Structure of nephron
- Mechanism of urine formation
- Water balance: regulation of water intake, water output and fluid volume
- Effect of Yogic Practice on Excretory system

इकाई-II: उत्सर्जनतंत्र:

- मानव का उत्सर्जन तंत्र-किडनी, मूत्रवाहिनी, मूत्राशय, मूत्रमार्ग

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- नेफ्रॉन की संरचना
- मूत्र निर्माण की क्रियाविधि
- जल संतुलन: जल सेवन, जल उत्पादन और द्रव मात्रा का विनियमन
- उत्सर्जन तंत्र पर योगाभ्यास का प्रभाव

Unit-III: Endocrine system :

15Hrs

- Structure, location, secretion(hormones) and function of important of endocrine glands:
- Hypothalamus gland
- Pituitary gland
- Thyroid and parathyroid gland
- Adrenal gland
- The endocrine pancreas gland
- Pineal gland

इकाई-III: अंतः स्रावी तंत्र और प्रजनन प्रणाली:

- महत्वपूर्ण अंतःस्रावी ग्रंथियों की संरचना, स्थान, स्राव (हार्मोन) और कार्य:
- हाइपोथैलेमस ग्रंथि
- पिट्यूटरी ग्रंथि
- थायरॉयड और पैराथायराइड ग्रंथि
- एड्रिनल ग्रंथि
- अंतःस्रावी अग्न्याशय ग्रंथि
- पीनियल ग्रंथि

Unit-IV: Nervous system & Special senses:

15Hrs

- Neuron: structure, types and functions
- Central nervous system: brain (fore brain, mid brain and hind brain) and spinal cord
- Autonomic Nervous system: sympathetic and para sympathetic
- Peripheral Nervous System: spinal and cranial nerves
- Effect of Yogic Practice on Nervous system

इकाई-IV: तंत्रिका तंत्र और विशेष इंद्रियाँ:

- न्यूरॉन: संरचना, प्रकार और कार्य
- केंद्रीय तंत्रिका तंत्र: मस्तिष्क (अग्र मस्तिष्क, मध्य मस्तिष्क और पिछला मस्तिष्क) और रीढ़ की हड्डी
- स्वायत्त तंत्रिका तंत्र: सहानुभूतिपूर्ण और परासहानुभूतिपूर्ण
- पश्चिमीय तंत्रिका तंत्र: रीढ़ की हड्डी और कपाल तंत्रिकाएं
- तंत्रिका तंत्र योगाभ्यास का प्रभाव

Reference Books: सहायक ग्रंथ:

- Anatomy and physiology for nurses, Ross and Wilson.
- Anatomy and physiology for nurses- A. K. Jain.
- Manav sharer Rachana evam Kriya Vigyan, Abrar Ahemad, Sadab Alam and Asish Mahavar, Vardhaman Publishers.
- Basic Anatomy and Physiology- A. K. Jain, second edition APC publications.
- Antomy & phy & siology for Nursees- Jaypee Brothers
- Antomy & physiology-Ross & wilson
- Antomy & physiology-C. Gyton
- Human Antomy- grays

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- Human Antomy-M.LyesPrives
- Humanphysiology-Chakravti ,Ghosh and sahana
- Basic physiology– E.D. Amour Fred.
- Swasthya Shiksha Avam Sharir Vigyan- H.K. Sharma.
- Health for all through Yoga- Dr. Ganesh Shanker Giri.
- Manvav Sarir Dipika- Dr. Mukund Swarup Verma.
- Yoga AvamSwasthya – Raaj Publication Patoyala.
- सुश्रुत(शरीर स्थान)–डॉ. भास्करगोविन्द घाणेकर.
- शरीररचनाविज्ञान–डॉ. मुकुन्दस्वरूपवर्मा.
- शरीरक्रियाविज्ञान–डॉ. प्रियवृत्त शर्मा
- शरीररचना व क्रियाविज्ञान–डॉ. एस. आर. वर्मा
- आयुर्वेदीय क्रिया शरीर–वैद्य रणजीतराय देसाई
- मानव शरीररचना, क्रियाविज्ञान एवं यौगिक अनुप्रयोग–डॉ० नवीनभट्ट, देवेन्द्र सिंह विष्ट
- मानव शरीरसंरचना एवं योगाभ्यास का प्रभाव–डॉ० राजेन्द्रप्रतापमलिक।

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

Paper Code: 25UN-BSY-403T
60 Hrs (4 Hrs /Week)
Credits: 4
Time: 3 Hrs

External Marks : 70
Internal Marks : 30
Total Marks: 100

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to that eight 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 Objectives:

1. Understand the paths/streams of yoga with in-depth understanding.
2. Understand the Yoga Schools with Vedanta Tradition, Yoga Schools with Samkhya Yoga Tradition, Some Yogic Schools of Tantric Tradition.
3. Understand the Yoga Schools with Non-Vedic Traditions.
4. Have an in-depth understanding about their similarities and dissimilarities.
5. Understand the principle and conceptualize each stream.

Course Contents: पाठ्यक्रमअन्तर्वस्तु

Unit-I General Introduction to Schools of Yoga:

15Hrs

- Brief introduction to Streams of Yoga.
- Meaning and Classification of Yoga Streams
- Historical Development of Yoga Traditions
- Yoga Schools with Non-Vedic Traditions (Baudhdha Yoga).

इकाई-I योगविद्यालयों का सामान्य परिचय:

- योग की धाराओं का संक्षिप्तपरिचय।
- योग की विभिन्न धाराओं का अर्थ एवं वर्गीकरण
- योग परम्पराओं का ऐतिहासिक विकास
- गैर-वैदिकपरम्पराओं (बौद्ध योग) वाले योगविद्यालय।

Unit-II: Introduction to Jnana Yoga and Karma Yoga:

15Hrs

- Karma Yoga: Philosophy, Principles and Applications
- Nishkama Karma and Karma Yoga according to Bhagavad Gita
- Bhakti Yoga: Nature, Types and Practices
- Jnana Yoga: Concept of Knowledge and Self-realization
- Relevance of these Yoga Paths in Modern Life

इकाई-II: ज्ञान योग और कर्म योग का परिचय

- कर्मयोगदर्शन : सिद्धांत एवं अनुप्रयोग
- भगवद्गीता में निष्काम कर्म एवं कर्मयोग
- भक्तियोगस्वरूप : प्रकार एवं साधनाएँ
- ज्ञानयोगज्ञान एवं आत्मसाक्षात्कार की अवधारणा :
- आधुनिक जीवन में इन योग मार्गों की प्रासंगिकता

Unit-III: Introduction to Bhakti Yoga and Mantra Yoga:

15Hrs

- Raja Yoga: Concept and Scope
- Ashtanga Yoga of Patanjali
- Hatha Yoga: Origin and Development
- Objectives and Principles of Hatha Yoga
- Relationship between Raja Yoga and Hatha Yoga

इकाई-III: भक्ति योग और मंत्र योग का परिचय

- राजयोगअवधारणा एवं स्वरूप :

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- पतंजलि का अष्टांग योग
- हठयोगउत्पत्ति एवं विकास :
- हठयोग के उद्देश्य एवं सिद्धांत
- राजयोग एवं हठयोग का संबंध

Unit-IV Introduction to Laya, Tantra, Dhyana, Kriya and Naada Yoga:

15Hrs

- Laya Yoga
- Tantra Yoga
- Dhyana Yoga
- Kriya Yoga
- Naada Yoga

इकाई-IV: लय, तंत्र, ध्यान, क्रिया और नाद योग का परिचय

- लय योग
- तंत्र योग
- ध्यान योग
- क्रिया योग
- नाद योग

Reference Books: सहायकग्रंथ:

- David Frawley : Vedic Yoga , MLBD, New Delhi, 2015
- Karel Werner : Yoga and Indian Philosophy, MLBD, New Delhi, 1977.
- Radhakrishnana, S : Indian Philosophy, (Vol. I & II) George Allen & Unwin, London, 1971.
- Swami Prabhavananda : Spiritual Heritage of India, Genesis publishing Pvt. Ltd., New Delhi, 2003.
- Swami Vivekananda : The Four Yogas of Swami Vivekananda, Ramakrishna Vedanta Centre Advaita shrama, 1996.
- Singh, S.P. & Chattopadhyaya, D.P. : History of Yoga, MLBD, New Delhi, 2010.
- Singh, S.P. & Yogi Mukesh : Foundations of Yoga, Standard Publishers, India, 2010.
- Dasgupta, S.N. : Yoga Philosophy, MLBD, Varanasi, 1974.
- Saraswati, Swami Satyananda: Kundalini Yoga, Yoga Publication Trust, Munger, 2005.
- Kalyan : Upanishads, (23rd year special), Gita Press, Gorakhpur.
- Avalon, Arthur : The Serpent Power, Shivalik Prakashan, Delhi, 2005.
- Gharote, M.M. : Traditional theory of Evolution and its Application in Yoga, Lonavla Yoga Institute Lonavla, 2008.
- डेविडफ्रॉले: वैदिक योग, एमएलबीडी, नईदिल्ली, 2015
- कारेलवर्नर: योगऔरभारतीय दर्शन, एमएलबीडी, नईदिल्ली, 1977।
- राधाकृष्णन, एस: इंडियनफिलॉसफी, (खंड १ और २) जॉर्ज एलनऔरअनविन, लंदन, 1971।
- स्वामीप्रभावानंद: भारत की आध्यात्मिकविरासत, जेनेसिसपब्लिशिंगप्रा. लिमिटेड, नईदिल्ली, 2003।
- स्वामीविवेकानन्द: स्वामीविवेकानन्द के चार योग, रामकृष्ण वेदांतकेन्द्र अद्वैत आश्रम, 1996।
- सिंह, एस.पी. औरचट्टोपाध्याय, डी.पी. : योग का इतिहास, एमएलबीडी, नईदिल्ली, 2010।
- सिंह, एस.पी. और योगीमुकेश: फाउंडेशनऑफ़ योगा, स्टैंडर्डपब्लिशर्स, भारत, 2010।
- दासगुप्ता, एस.एन. : योगदर्शन, एमएलबीडी, वाराणसी, 1974।
- सरस्वती, स्वामीसत्यानंद: कुंडलिनी योग, योगप्रकाशन ट्रस्ट, मुंगेर, 2005।
- कल्याण: उपनिषद्, (23वाँ वर्ष विशेष), गीताप्रेस, गोरखपुर।
- एबलॉन, आर्थर: द सर्पेंटपावर, शिवालिकप्रकाशन, दिल्ली, 2005।
- घोरोटे, एम.एम. : विकास का पारंपरिकसिद्धांतऔर योगमेंइसकाअनुप्रयोग, लोनावला योगसंस्थानलोनावला, 2008।

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Semester-IV
Bachelor of Science in Yoga (B.Sc. Yoga)
Discipline Specific Elective Course (DSE)
Basis of Yoga therapy

Paper Code: 25UN-BSY-404T

60 Hrs (4 Hrs /Week)

Credits: 4

Time: 3 Hrs

External Marks : 70

Internal Marks : 30

Total Marks: 100

Note: The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to that eight 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

Objectives: To imparted knowledge about various disease and their treatment through yogic processes.

Course Outcomes:

1. Students will comprehend the fundamental principles and concepts of yoga therapy.
2. Students will learn to identify the benefits and contraindications of yoga therapy for various health conditions.
3. Students will develop basic skills in assessing clients and designing yoga therapy interventions tailored to their specific needs
4. Students will demonstrate safe and effective yoga therapy teaching and practice.
5. Students to understand its application in promoting physical, mental, and emotional well-being, and preparing them for further study and professional practice in yoga therapy.

Course Contents: पाठ्यक्रमअन्तर्वस्तु:

Unit-1: Yogic concepts of health and disease:

15 Hrs

- WHO: Definition & Importance of Health
- Yogic Concept of Health and Disease: Meaning and definitions,
- Concept of Adhi and Vyadhi
- Role of Yoga in preventive health care – Heyam dukhamanagatam;
- Potential causes of Ill-health: Tapatrayas and Kleshas,
- Physiological and Psychological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Svapra-prashvasa, Styana, Samshaya, Pramada, Avirati, Duhkha, Daurmanasya, Bhranti-darsana, Alabdha-bhumikatva and Anavasthitatva;

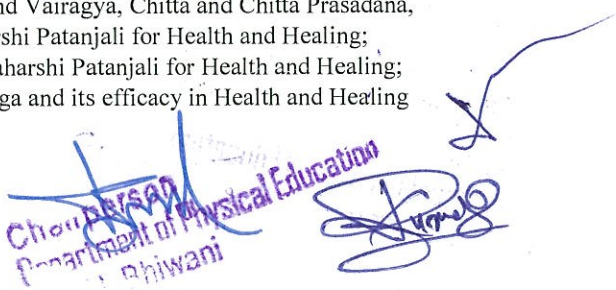
इकाई-I: स्वास्थ्य औररोगकी योगिकअवधारणाएँ:

- डब्ल्यूएचओ: स्वास्थ्य की परिभाषाऔरमहत्व
- स्वास्थ्य औररोग की योगिकअवधारणा: अर्थऔरपरिभाषाएँ,
- आधिऔरव्याधि की अवधारणा
- निवारक स्वास्थ्य देखभाल में योग की भूमिका—हेयम् दुःखम् अनागतम्;
- खराबस्वास्थ्य के संभावितकारण: तापत्रय औरक्लेश,
- रोग की शारीरिकऔरमनोवैज्ञानिकअभिव्यक्ति: व्याधि, आलस्य, अंगमेजयत्वऔरश्वास—प्रश्वास, स्त्याण, संशय, प्रमादा, अविरति, दुःख, दौर्मनस्य, भ्रांति—दर्शन, अलब्धा—भूमिकत्वऔरअनावस्थितत्व;

Unit-II: Yogic concepts for health and healing:

15 Hrs

- Concepts of Trigunas, Panchamahabhutas, Panchaprana and their role in Health and Healing
- Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing;
- Concept of Abhyas and Vairagya, Chitta and Chitta Prasadana,
- Kriya-yoga of Maharshi Patanjali for Health and Healing;
- Ashtanga Yoga of Maharshi Patanjali for Health and Healing;
- Concept of Swara Yoga and its efficacy in Health and Healing


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इकाई-II: स्वास्थ्य और उपचार के लिए योगिक अवधारणाएँ:

- त्रिगुण, पंचमहाभूत, पंचप्राण की अवधारणाएँ और स्वास्थ्य में उनकी उपचारात्मक भूमिका
- पंच-कोश और षट-चक्र की अवधारणा और स्वास्थ्य और उपचार में उनकी भूमिका;
- अभ्यास और वैराग्य की अवधारणा, चित और चित्त प्रसादन,
- स्वास्थ्य और उपचार के लिए महर्षिपतंजलि का क्रिया-योग;
- स्वास्थ्य और उपचार के लिए महर्षिपतंजलि का अष्टांग योग;
- स्वर योग की अवधारणा और स्वास्थ्य एवं उपचार में इसकी प्रभावकारिता।

Unit-III: Yogic principles and practices of healthy living:

15 Hrs

- Yogic Principles of Healthy Living: Aahara, Vihara, Aachara and Vichara;
- Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living,
- Four Yogic principles of Lifestyle management and its role in prevention of disease and health promotion;
- Yogic Principles of Diet and its role in Healthy living;

इकाई-III: स्वस्थ जीवन के योगिक सिद्धांत और अभ्यास:

- स्वस्थ जीवन के योगिक सिद्धांत: आहार, विहार, आचार और विचार;
- स्वस्थ जीवन के लिए योगिक सकारात्मक दृष्टिकोण (मैत्री, करुणा, मुदिता और उपेक्षा) की भूमिका,
- जीवन शैली प्रबंधन के चार योगिक सिद्धांत और बीमारी की रोकथाम और स्वास्थ्य संवर्धन में इसकी भूमिका;
- आहार के योगिक सिद्धांत और स्वस्थ जीवन में इसकी भूमिका;

Unit-IV: Health benefits of yogic practices:

15 Hrs

- Role of Shuddhi Prakriyas in preventive and curative Health,
 - Karma Shuddhi (Yama, Niyama),
 - Ghata Shuddhi (Shat-karma),
 - Snayu Shuddhi (Asana),
 - Prana Shuddhi (Pranayama),
 - Indriya and Mano Shuddhi (Pratyahara),
 - Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

इकाई-IV: योग अभ्यास के स्वास्थ्य लाभ:

- निवारक और उपचारात्मक स्वास्थ्य में शुद्धि क्रियाओं की भूमिका:
 - कर्म शुद्धि (यम, नियम),
 - घट शुद्धि (षट-कर्म),
 - स्नायु शुद्धि (आसन),
 - प्राण शुद्धि (प्राणायाम),
 - इन्द्रिय और मनो शुद्धि (प्रत्याहार),
 - मन, बुद्धि, अहंकार और चित्त शुद्धि (धारणा, ध्यान और समाधि)

Reference Books: सहायक ग्रंथ:

- Preeti Goel and Rita Jain : Spectrum of Health (Sports Publications, New Delhi, 2003)
- M. M. Gore : Anatomy and Physiology of Yogic Practices (New Age Books, New Delhi, 2008)
- Dr. K. Krishna Bhat: The power of Yoga
- Dr. R. S. Bhogal : Yoga Psychology, Kaivalyadhama Publication
- Dr. Manmath M Gharote, Dr. Vijay Kant : Therapeutic reference in Traditional Yoga texts
- T.S. Rukmani: Patanajala Yoga Sutra
- Sahay, G. S.: Hatha Yoga Pradipika, MDNIY Publication, 2013
- Gheranda Samhita, Kaivalyadhama, Lonavla,
- प्रीतिगोयल और शिताजैन: स्वास्थ्य का स्पेक्ट्रम (खेल प्रकाशन, नई दिल्ली, 2003)
- एम. एम. गोर: योगिक अभ्यासों की शारीरिक रचना और शरीर क्रिया विज्ञान (न्यू एज बुक्स, नई दिल्ली, 2008)
- पावर आफ योग, डॉ. के. कृष्णा भट्ट:
- योग मनो विज्ञान, डॉ. आर. एस. भोगल: कैवल्यधाम प्रकाशन
- पारंपरिक योग ग्रंथों में चिकित्सीय संदर्भ, डॉ. मनमथ एम घरोटे, डॉ. विजय कान्त:
- पातंजल योग सूत्र, टी. एस. रुक्मणी:
- हठ योग प्रदीपिका, जी. एस. सहाय: एमडीएनआईवाई प्रकाशन, 2013
- घेरण्डसंहिता, कैवल्यधाम, लोनावला,

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Semester-III
Department of Yoga and Naturopathy
Bachelor of Science in Yoga (B.Sc.Yoga)
Minor Course (MIC)
Human System according to Yoga

Paper Code: 25UN-BSY-MIC301P
60 Hrs (4 Hrs /Week)
Credits: 2
Exam. Time: 3 Hrs

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

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

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: सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी।

Course Outcomes

1. To understand the concept of body and health from the yogic practice .
- 2 To get peace from meditation and immunity from pranayama.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

1. Yogasana & Suryanamaskara (Traditional) : योगासन & सूर्यनमस्कार:

- **Standing Asana**
 - Dhruvasana
 - Tadasana
 - Virabhadrasana- 1
 - Virabhadrasana- 2
 - Virabhadrasana- 3
- **Sitting Asanas**
 - ArdhaMatshyendrasana
 - Gomukhasana
 - Mandukasana-1
 - Shashankasana
- **Prone Asanas**
 - Shalabhasana
 - Dhanurasa
 - Sarpasana
 - Makarasana
- **Supine Asanas**
 - Saral Matsyasana
 - Karnapidasana
 - Sarvangasana
 - Shavasana
- **खड़े होकर किये जाने वाले आसन**
 - ध्रुवासन
 - ताड़ासन
 - वीरभद्रासन- 1
 - वीरभद्रासन- 2
 - वीरभद्रासन- 3
- **बैठकर किये जाने वाले आसन**
 - अर्धमत्स्येन्द्रासन
 - गोमुखासन
 - मंडूकासन-1
 - शशांकासन

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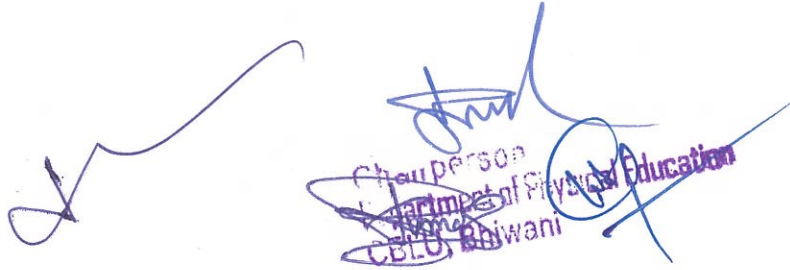
- पेट के बल किये जाने वाले आसन
 - शलभासन
 - धनुरासन
 - सर्पासन
 - मकरासन
- पीठ के बल किये जाने वाले आसन
 - सरलमत्स्यासन
 - कर्णपीड़ासन
 - सर्वांगासन
 - शवासन

2. Pranayama & Meditation : प्राणायाम & मेडिटेशन

- Nadishodhana Pranayama
- Ujjayi Pranayama
- Bhramri Pranayama
- Udgat Meditation
- Yognidra
- नाडीशोधन प्राणायाम
- उज्जयी प्राणायाम
- भ्रमरी प्राणायाम
- उद्गीत ध्यान
- योगनिद्रा

Reference books: सहायक ग्रंथ:

- Swami Niranjanananda: Prana, Pranayama & Pranavidya, Saraswati Yoga Publication Trust, Munger
- Asana, Pranayama, Mudra and Bandha- Swami Satyananda Saraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha Yoga Pradipika, Swami Satyanada Saraswati, BSY, Munger
- स्वामीनिरंजनानंदः प्राण, प्राणायाम और प्राणविद्या, सरस्वती योगप्रकाशन ट्रस्ट, मुंगेर।
- आसन, प्राणायाम, मुद्रा और बंध—स्वामीसत्यानंदसरस्वती, बीएसवाई, मुंगेर।
- लाइटऑन योग, बीकेएसअयंगर।
- हठ योगप्रदीपिका, स्वामीसत्यानंदसरस्वती, बीएसवाई, मुंगेर।



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 Department of Physical Education
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Semester-III
Department of Yoga and Naturopathy
Bachelor of Science in Yoga (B.Sc. Yoga)
Multidisciplinary Course (MDC)
Fundamentals of Yoga-III

Paper Code: 25UN-BSY-MDC301T

45 Hrs (3 Hrs /Week)

Credits:

Exam. Time: 3 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 aim to impart the basic knowledge of Ashtanga Yoga and General introduction to Bhagwadgeeta.

Course Outcomes:

1. Understand the basics of Ashtanga Yoga.
2. Understand the role and importance of Yoga darshan.
3. Understand the role and contribution of ShrimadBhagvatgeeta in the development of Yoga.
4. Get well versed with the Yogic principles and its meaning in Shrimad Bhagvatgeeta.

Understand the various modification of mind and the means of inhibiting them along with the concept of ashtanga Yoga as described in Yoga Darshan

Course Contents: पाठ्यक्रम अन्तर्वस्तु:

Unit-I : Introduction to Ashtanga Yoga-I:

15 Hrs

- Ashtanga Yoga
- Yama (Social ethics),
- Niyama (Personal ethics),
- Asana (Physical postures),

इकाई-I: अष्टांग योग का परिचय:

- अष्टांग योग
- यम (सामाजिक नैतिकता),
- नियम (व्यक्तिगत नैतिकता),
- आसन (शारीरिक मुद्राएँ),

Unit-II: Introduction to Ashtanga Yoga-II:

15 Hrs

- Pranayama (Breath control) , Pratyahara (Withdrawal of senses)
- Dharana (Concentration), Dhyana (Meditation), Samadhi (Self-realization).
- Vritti
- Kriya yog

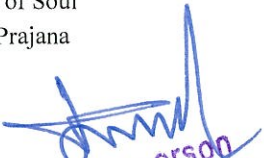
इकाई-II: अष्टांग योग का परिचय:

- प्राणायाम (श्वास-प्रश्वास पर नियंत्रण) प्रत्याहार (इंद्रियों पर नियंत्रण),
- धारणा (एकाग्रता) ध्यान ((एकाग्रता में निरंतरता ध्यान) समाधि (आत्म-साक्षात्कार)
- वृत्ति
- क्रिया योग

Unit-III: Introduction to Shrimadbhagwad Geeta:

15 Hrs

- General introduction to Bhagwadgeeta
- Nature of Soul
- Sthita Prajana


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- Lokasanghaha ki Parampara
- Tradition of Karma Yoga
- Bhakti Yoga
- Nature of Yajna
- Interpretation of Trividh - Guna, Shraddha, Tapa and Ahara

इकाई—III: श्रीमद्भगवद्गीता का परिचय:

- भगवद्गीता का सामान्य परिचय
- आत्मा का स्वरूप
- स्थितप्रज्ञाना
- लोकसंग्रह की परम्परा
- कर्म योग की परंपरा
- भक्ति योग
- यज्ञ का स्वरूप
- त्रिविध—गुण, श्रद्धा, तपऔरआहार की व्याख्या

Reference Books: सहायकग्रंथ:

- Patanjala Yoga Sutra- Geeta Press Gorakhpur.
- Patanjala Yoga Sutra- Nandalal Dashora.
- Mukti ke Char Sopan, Swami Satyanada Saraswati, BYS, Munger.
- Shrimad Bhagvat geeta, Geeta press Gorakhpur.
- Sadhak Sanjeevani, Geeta press Gorakhpur.
- Shrimad Bhagvatgeeta, lokmanyaTilak.
- पातंजल योगसूत्र—गीताप्रेसगोरखपुर।
- पातंजल योगसूत्र—नंदलालदशोरा।
- मुक्ति के चारसोपान, स्वामीसत्यानंदसरस्वती, बीवाईएस, मुंगेर।
- श्रीमद्भगवद्गीता, गीताप्रेसगोरखपुर।
- साधकसंजीवनी, गीताप्रेसगोरखपुर।
- श्रीमद्भगवद्गीता, लोकमान्य तिलक।

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Semester-III
Department of Yoga and Naturopathy
Bachelor of Science in Yoga (B.Sc. Yoga)
Skill Enhancement Course (SEC)
Yoga for Stress Managements

Paper Code: 25UN-BSY-SEC301T

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: To empower individuals with yoga-based techniques and strategies to effectively manage stress, reduce anxiety, and promote overall well-being, leading to a healthier and more balanced lifestyle.

Course Outcomes (COs)

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

- 1: Understand the concept, causes, symptoms, and types of stress from modern and yogic perspectives.
- 2: Explain the physiological, psychological, and behavioral effects of stress on health and well-being.
- 3: Demonstrate proficiency in selected yogic practices, including Asanas, Pranayama, relaxation techniques, and meditation for stress management.
- 4: Apply yogic principles and lifestyle modifications to reduce stress and enhance emotional stability, concentration, and mental health.
- 5: Design and implement a basic yoga module for stress management in daily life and community settings.

Course Contents: पाठ्यक्रमअन्तर्वस्तु:

Unit-1: Introduction of Stress:

15 Hrs

- Stress: definition concept and causes.
- Types of stress: distress & eustress and acute & chronic stress.
- Physiology of stress: fight and flight response, Physiological and Psychosocial effects of stress.
- general adaptation syndrome.

इकाई-I: तनाव का परिचय:

- तनाव: परिभाषा, अवधारणा और कारण।
- तनाव के प्रकार: कष्ट एवं तनाव तथा तीव्र एवं दीर्घकालिक तनाव।
- तनाव की फिजियोलॉजी: लड़ो या भागोप्रतिक्रिया, तनाव के शारीरिक और मनोसामाजिक प्रभाव। सामान्य अनुकूलनसिद्धि।

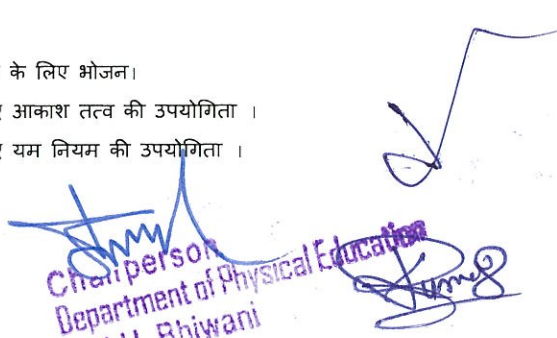
Unit II: Stress Management:

15 Hrs

- Specific food for stress management
- Role of Akash tattv practices for stress management
- Role of Yama and Niyama for stress management
- Role of Panch Klesh for stress management

इकाई-II: तनाव प्रबंधन

- तनावप्रबंधन विशिष्ट के लिए भोजन।
- तनावप्रबंधन के लिए आकाश तत्व की उपयोगिता।
- तनावप्रबंधन के लिए यम नियम की उपयोगिता।


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- तनावप्रबंधन के लिए पंच कलेश की उपयोगिता ।

Unit III: Stress Management:

- Specific practices for stress management: Yogasana,
- Specific practices for stress management: Yoganidra,
- Specific practices for stress management: Pranayama
- Specific practices for stress management: Meditation.

इकाई-III: तनावप्रबंधन:

- तनावप्रबंधन के लिए विशिष्टअभ्यास: यम और नियम ।
- तनावप्रबंधन के लिए विशिष्टअभ्यास: योगासन,
- तनावप्रबंधन के लिए विशिष्टअभ्यास: योगनिद्रा,
- तनावप्रबंधन के लिए विशिष्टअभ्यास: प्राणायाम
- तनावप्रबंधन के लिए विशिष्टअभ्यास: ध्यान ।

Semester-III
Department of Yoga and Naturopathy
Bachelor of Science in Yoga (B.Sc.Yoga)
Value Added Course (VAC)
Yoga for Ethics

Paper Code: 25UN-BSY-VAC301T

30 Hrs (3 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: To instill the effects of Yoga and Eithes as a part of lifestyle for wellbeing and positivity.

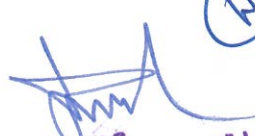
Course Objectives:

1. Students will have deeper understanding of human health and yoga ethics.
2. Student would be able to learn the basic principle of ethics on Yoga Texts.
3. Students will have deeper understanding of Yoga ethics to Establish social peace.
4. Students will have deeper understanding of Value in Yoga Vashistha.
5. Students will have deeper understanding of BhagavadGeeta.

Course Contents: पाठ्यक्रमअन्तर्वस्तु:

Unit-I: Introduction of Yoga and Ethics :

- Yoga it's Meaning, Definition, Aim and Objectives.
- Relevance and scope of Yoga in modern age.
- Misconceptions about Yoga and their solutions.
- Concept of Ethics and Moral Values,
- Meaning and Nature of Ethics,
- Need of ethical values and Morality in society


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इकाई-I: योग एवं नीति का परिचय :

- योगइसकाअर्थ, परिभाषा, उद्देश्य औरउद्देश्य।
- आधुनिक युगमें योग की प्रासंगिकता एवं क्षेत्र।
- योग के बारेमेंभ्रांतियों औरउनकासमाधान।
- नैतिकताऔरनैतिकमूल्यों की अवधारणा।
- नैतिकता का अर्थऔर प्रकृति।
- समाजमेंनैतिकमूल्यों एवंनैतिकता की आवश्यकता।

Unit-II: Ethical values in various Yoga Texts:

- Nature of Ethical values in various Yoga Texts- (Ethical value in Yoga Sutra, Ethical value in Yoga Vasistha, Ethical value in Bhagavadgeeta)
- Application of Yoga Ethics Application of Yoga Ethics in attitudinal change and Behavioral modifications.
- Application of Yoga Ethics in to avoid violence.
- Application of Yoga ethics to Establish social peace.

इकाई-II: नियम (व्यक्तिगत नैतिकता)

- विभिन्न योगग्रंथोंमेंनैतिकमूल्यों की प्रकृति- योगसूत्र मेंनैतिकमूल्य, योगवशिष्टमेंनैतिकमूल्य, भगवद्गीतामेंनैतिक मूल्य)
- योगनैतिकता का अनुप्रयोगव्यवहारपरिवर्तनऔरव्यवहारिकसंशोधनोंमें योगनैतिकता का अनुप्रयोग।
- हिंसा से बचने के लिए योगनैतिकता का प्रयोग,
- सामाजिक शांतिस्थापितकरने के लिए योगनैतिकता का प्रयोग।

Reference Books: सहायकग्रंथ:

- The science of Yoga- I.K. Taimini, Quest books ,1961.
- Moral Principles in Education- Dewey John, Book jungle, 2008.
- पातंजल योगप्रदीप-स्वामीओमानन्दजी, गीताप्रेस, गोरखपुर, सं० - 2061।
- भगवद्गीता-गीताप्रेसगोरखपुर, 2018।
- योगवशिष्ट-गीताप्रेसगोरखपुर, 2018।


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Semester-IV
Department of Yoga and Naturopathy
Bachelor of Science in Yoga (B.Sc. Yoga)
Minor Course (MIC)
Hath Yoga Lab

Paper Code: 25UN-BSY-MIC401P

60 Hrs (4 Hrs /Week)

Credits: 2

Exam. Time: 3 Hrs

External Marks: 35

Internal Marks: 15

Total Marks: 50

Objective: To promote the awareness for positive health and personality development in the student through Hatha Yogic 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: सभी अभ्यासों की एक पुस्तिका छात्र द्वारा अर्धवार्षिक सत्र के दौरान तैयार की जाएगी

Course outcomes:

1. To understand the basics of Hatha Yoga.
2. To impart the knowledge about Yoga, its foundations, origin, history and development.
3. Students will learn the disciplines and failures, diet, place for Yoga sadhana in Indian philosophy.
4. To make students learn about life sketches and contributions of eminent Yogis and institutes in the field of Yoga.
5. To develop basic understanding of physical Yog practices.

Course Contents: पाठ्यक्रम अन्तर्वस्तु

Unit-1

1. Prayer

- Om chanting
- Gaytri mantra
- Mahamartunjy mantra
- Shanti path

2. Shatkarma

- Sutra Neti
- Vaman Dhauti
- Trataka

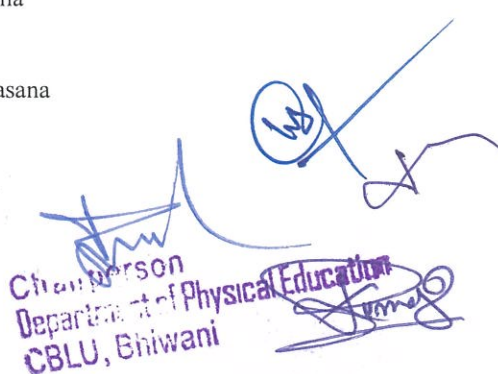
3. Pranayama

- Suryabhedana
- Ujjayi
- Shitkari
- Shitali
- Bhastrika
- Bhramari

Unit-2

4. Asana

- Swastikasana
- Gomukhasana
- Virasana
- Kukkutasana
- Koormasana
- Uttankoomasana
- Dhanurasana
- Mayurasana
- Pashchimottanasana


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- Makarasana
- Savasana
- Siddhasana
- Padmasana
- Simhasana
- Bhadrasana

5. Mudra

- Maha Mudra,
- Maha Bandha,
- Maha Vedha,
- Khechhari,
- Uddiyana Bandha,
- Moola Bandha,
- Jalandhara Bandha,
- Viparita Karni,

6. Nadanusandhana

यूनिट -1

1 प्रार्थना

- ॐ जाप
- गायत्री मंत्र
- महामृत्युंजय मंत्र
- शान्ति पाठ

2. षट्कर्म

- सूत्र नेति,
- वमनधौति
- त्राटकं

3 . प्राणायाम

- सूर्यभेदन
- उज्जयी
- शित्कारी
- शीतली
- भस्त्रिका
- भ्रामरी

यूनिट -2

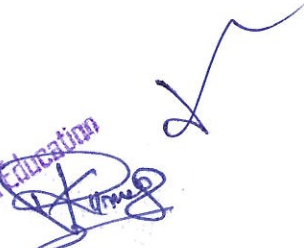
4. आसन

- स्वस्तिकासन
- गोमुखआसन
- वीरासन
- कुक्कुटासन
- कूर्मासन
- उत्तानकूर्मासन
- धनुरासन
- मयूरासन
- पश्चिमोत्तानासन
- मकरासन
- शवासन
- सिद्धासन
- पद्मासन
- सिंहासन
- भद्रासन

5. मुद्रा

- महामुद्रा,
- महाबंध,


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- महावेध,
- खेचरी,
- उड्डियानबंध,
- मूलबंध,
- जालंधरबंध,
- विपरीत करणी,

6. नादानुसंधान

Reference Books: सहायकग्रंथ:

- VijnananandSaraswati - YogVijyan, Yoga niketan trust, Rishikesh, 1998.
- Asana, Pranayama, Mudra and Bandha- Swami Satyanada Saraswati, BSY, Munger
- Hatha Yoga Pradipika, Swami SatyanadaSaraswati, BSY, Munger
- Jotsna (Comentory of HathaYogaPradipika) BR Sharma, Kaivalyadhama, Lonavala, 2013
- Therapeutic references in Traditional Yoga Texts, M.M Gharote, The Lonavla Institute, Lonavla, 2010.
- Hatha Pradipika- Swami Kuvalyanand, Kaivalyadham, Lonavala
- विज्ञानानंदसरस्वती- योगविज्ञान, योगनिकेतन ट्रस्ट, ऋषिकेश, 1998।
- आसन, प्राणायाम, मुद्राऔरबंध-स्वामीसत्यानंदसरस्वती, बीएसवाई, मुंगेर
- हठ योगप्रदीपिका, स्वामीसत्यानंदसरस्वती, बीएसवाई, मुंगेर।

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Semester-IV
Department of Yoga and Naturopathy
Bachelor of Science in Yoga (B.Sc.Yoga)
Value Added Course (VAC)
Yoga: Philosophy and Practices

Paper Code: 25UN-BSY-VAC401P

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:

1. To make students understand the fundamentals of Yoga, aims and objectives.
2. To explain brief origin and history of Yoga and essentials of Yoga
3. To appreciate the Yogic way of living, which they can inculcate in their life style and will be prepared to teach others the benefits of same.
4. To describe the underlying mechanisms of Yoga practices.
5. To illustrate how to strengthen the different systems using Yoga which will help them to prevent health problems and promote positive health.

Course Contents: पाठ्यक्रमअन्तर्वस्तु:

Unit-I: Yoga Philosophy and Essentials of Yoga Practices:

- Meaning, Definition, Origin and history of Yoga.
- Aim and Objectives of Yoga.
- Disciplines and failures in Yoga sadhana.
- Misconceptions about Yoga.
- Importance of Yoga in modern era.

इकाई-I: योग के मूलसिद्धांत एवं योगाभ्यास की अनिवार्यताएँ:

- योग का अर्थ, परिभाषा, उत्पत्ति, एवं इतिहास।
- योग का लक्ष्य एवं उद्देश्य।
- योगसाधना के साधकत्व और बाधकत्व।
- योग के बारे में भ्रांतियाँ।
- आधुनिक युग में योग का महत्व।

Unit-II: Yoga Practices

- Asana: Tadasana, Vrikshasana, Ardha Matsyendrasana, Pashchimottanasana, Bhujangasana, Sarvangasana, Shavasana.
- Pranayama: Nadishodhana, Bhastrika, Bhramari, Ujjayi.
- Shatkarma; Neti, Dhauti, Basti, Trataka, Nauli, Kapalabhati,
- Dhyana; Om Dhyana, Shwasana Dhyana,

इकाई-II: योग अभ्यास

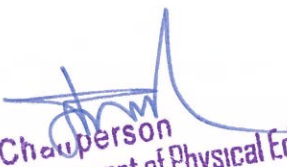
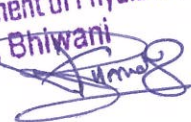
- आसन: ताड़ासन, वृक्षासन, अर्धमत्स्येन्द्रासन, पश्चिमोत्तानासन, भुजंगासन, सर्वांगासन, शवासन।
- प्राणायाम: नाडीशोधन, भस्त्रिका, भ्रामरी, उज्जायी।
- षट्कर्म: नेति, धौति, बस्ती, त्राटक, नौलि, कपालभाति।

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University of Chitwan

- ध्यान; ओमध्यान, श्वसनध्यान,

Reference Books: सहायकग्रंथ:

- Vijnananand Saraswati – Yog Vijyan, Yoga niketan trust, Rishikesh, 1998.
- Rajkumari Pandey-Bhartiya Yoga Parampara kevidh Ayam, Radha publication, ND, 2008
- Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, NewDelhi.
- Asana, Pranayama, Mudra and Bandha- Swami SatyanadaSaraswati, BSY, Munger
- Light on Yoga, BKS Iyenger
- Hatha YogaPradipika, Swami SatyanadaSaraswati, BSY, Munger.
- विज्ञानानंदसरस्वती— योगविज्ञान, योगनिकेतन ट्रस्ट, ऋषिकेश, 1998।
- राजकुमारीपांडे—भारतीय योगपरंपरा के विविधआयाम, राधाप्रकाशन, एनडी, 2008
- कामाख्या कुमार—योगमहाविज्ञान, मानकप्रकाशक, नईदिल्ली।
- आसन, प्राणायाम, मुद्राऔरबंध—स्वामीसत्यानंदसरस्वती, बीएसवाई, मुंगेर
- लाइटऑन योग, बीकेएसअयंगर
- हठ योगप्रदीपिका, स्वामीसत्यनंदसरस्वती, बीएसवाई, मुंगेर।


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