



Sant Gadge Baba Amravati University, Amravati

Faculty of Interdisciplinary Studies

SYLLABUS

FOR

Bachelor of Arts (B.A.) in Yogashastra

As per NEP 2020

Three Years – Six Semesters Degree Programme

Generic/Open Elective Courses (GOEC) Basket

Semester I To IV

Academic Session: 2026–2027

Board of Studies in Yogashastra

Faculty of Interdisciplinary Studies

Sant Gadge Baba Amravati University, Amravati

B.A. Yogashastra (NEP 2020)
Semester I
Generic/Open Elective (GOEC) – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	I	673804	Yoga for Fitness and Daily Performance	2	30	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the importance of Yoga for physical fitness, health, and daily performance. 2. To explain the role of Yogic practices in improving flexibility, posture, and mental well-being. 3. To apply Yogic principles for stress management, concentration, and active lifestyle. 4. To develop awareness regarding healthy habits, self-discipline, and balanced living through Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of Yoga in maintaining fitness and daily efficiency. 2. Describe the role of Yogic practices in improving physical and mental well-being. 3. Apply Yogic concepts for stress reduction, concentration, and healthy lifestyle. 4. Develop positive attitude towards regular Yoga practice and balanced daily living.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Yoga and Physical Fitness - Meaning, Definitions, and Importance of Yoga - Concept of Physical Fitness and Well-being - Relationship between Yoga and Healthy Lifestyle - Role of Yoga in Health, Fitness, and Daily Performance		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, group discussions, interactive learning, assignments, seminars, audio-visual methods, and learner-centered activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the achievement of course objectives and learning outcomes.	
Unit II		Yoga for Flexibility and Active Living - Importance of Flexibility and Body Balance - Yoga for Posture and Physical Coordination - Yogic Practices for Flexibility and Active Living - Benefits of Regular Yogic Exercises		7 Hrs	7 Marks		
Unit III		Yoga, Mind, and Daily Efficiency - Yoga for Mental Calmness and Concentration - Role of Breathing and Relaxation in Daily Life - Yoga and Stress Management - Positive Thinking and Self-Discipline through Yoga		8 Hrs	8 Marks		
Unit IV		Applied Yoga for Daily Performance - Yoga for Students and Working Individuals - Importance of Daily Routine and Healthy Habits - Yoga for Energy, Positivity, and Daily		7 Hrs	7 Marks		

	Efficiency • Relevance of Yoga in Modern Lifestyle			
References:	Text Books 1. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 2. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 3. Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. 5. Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. Reference Books 1. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 2. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 3. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 4. Taimni, I. K. The Science of Yoga. Theosophical Publishing House. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga, fitness, lifestyle management, and wellness published in peer-reviewed and UGC Care Listed journals. 2. Articles on Yoga and healthy living from national and international academic journals. Digital Resources / E-Contents 1. Ministry of AYUSH – Government of India 2. Central Council for Research in Yoga and Naturopathy (CCRYN) 3. Morarji Desai National Institute of Yoga (MDNIY) 4. SWAYAM Online Learning Platform 5. National Digital Library of India (NDLI) Educational Software / Databases / Weblinks 1. Shodhganga Research Repository 2. Google Scholar 3. e-PG Pathshala 4. INFLIBNET Digital Resources 5. PubMed Database for Yoga and Wellness Research			
Model Questions:	Short Answer Questions 1. Define Yoga and explain its importance in daily life. 2. Explain the concept of physical fitness. 3. Write a short note on Yoga and healthy lifestyle. 4. Explain the role of Yoga in improving flexibility. 5. Write a short note on Yoga and posture. 6. Explain the importance of relaxation in daily life. 7. Write a short note on Yoga and stress management. 8. Explain the relevance of Yoga in modern lifestyle. Long Answer Questions 1. Discuss the meaning, importance, and role of Yoga in physical fitness and daily performance. 2. Explain the role of Yoga in maintaining flexibility, posture, and healthy living. 3. Describe the relationship between Yoga, mental calmness, and daily efficiency. 4. Explain the importance of Yoga for students and working individuals in modern society. MCQs for Internal Assessment 1. Yoga mainly promotes: a) Competition b) Holistic well-being c) Entertainment d) Laziness 2. Physical fitness is important for: a) Healthy living b) Stress only c) Sleep only d) None of these 3. Yoga helps in improving: a) Flexibility b) Concentration c) Balance d) All of the above 4. Relaxation practices are useful for: a) Stress reduction b) Mental calmness c) Better efficiency d) All of the above			

	5. Good posture is related to: a) Physical coordination b) Weakness c) Laziness d) None of these 6. Yoga helps in developing: a) Self-discipline b) Negativity c) Fear d) Aggression 7. Stress management through Yoga promotes: a) Mental balance b) Confusion c) Fatigue d) Anxiety 8. Yoga is useful for: a) Students b) Working individuals c) Healthy lifestyle d) All of the above
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B.A. Yogashastra (NEP 2020)
Semester I
Generic/Open Elective (GOEC) – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	I	673805	Yoga for Stress Relief and Better Sleep	2	30	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the role of Yoga in stress management and healthy sleep. 2. To explain the relationship between Yoga, mental relaxation, and emotional well-being. 3. To apply Yogic principles and lifestyle practices for reducing stress and improving sleep quality. 4. To develop awareness regarding balanced routine, relaxation, and healthy living through Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of Yoga for stress relief and better sleep. 2. Describe the role of Yogic practices in maintaining mental calmness and emotional balance. 3. Apply Yogic concepts and relaxation techniques for healthy daily living. 4. Develop positive lifestyle habits for stress reduction and improved sleep quality.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Stress, Sleep, and Yoga - Meaning and Concept of Stress - Importance of Healthy Sleep and Rest - Causes and Effects of Stress in Daily Life - Role of Yoga in Stress Management and Sleep Improvement		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, group discussions, interactive learning, assignments, seminars, audio-visual methods, and learner-centered activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the achievement of course objectives and learning outcomes.	
Unit II		Yoga for Mental Relaxation and Emotional Balance - Yoga and Mental Calmness - Importance of Breath Awareness and Relaxation Techniques - Yoga for Emotional Balance and Positive Thinking - Benefits of Yogic Lifestyle for Mental Well-being		7 Hrs	7 Marks		
Unit III		Yogic Practices for Healthy Living - Role of Breathing and Relaxation in Daily Life - Yoga and Healthy Daily Routine - Stress Reduction through Yogic Practices - Importance of Self-Discipline and Balanced Lifestyle		8 Hrs	8 Marks		
Unit IV		Applied Yoga for Better Sleep and Wellness - Yoga for Students and Working Individuals - Importance of Sleep Hygiene and Healthy Habits		7 Hrs	7 Marks		

	• Yoga for Relaxation, Recovery and Energy Balance • Relevance of Yoga in Modern Stressful Lifestyle			
References:	Text Books 1. Saraswati, Swami Satyananda. Yoga Nidra. Yoga Publications Trust. 2. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 3. Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. 5. Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. Reference Books 1. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 2. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 3. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 4. Taimni, I. K. The Science of Yoga. Theosophical Publishing House. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga, stress management, relaxation, and sleep health published in peer-reviewed and UGC Care Listed journals. 2. Articles on Yoga and mental wellness from national and international academic journals. Digital Resources / E-Contents 1. Ministry of AYUSH – Government of India 2. Central Council for Research in Yoga and Naturopathy (CCRYN) 3. Morarji Desai National Institute of Yoga (MDNIY) 4. SWAYAM Online Learning Platform 5. National Digital Library of India (NDLI) Educational Software / Databases / Weblinks 1. Shodhganga Research Repository 2. Google Scholar 3. e-PG Pathshala 4. INFLIBNET Digital Resources 5. PubMed Database for Yoga and Mental Health Research			
Model Questions:	Short Answer Questions 1. Define stress and explain its effects on daily life. 2. Explain the importance of healthy sleep. 3. Write a short note on Yoga and mental relaxation. 4. Explain the role of breath awareness in stress management. 5. Write a short note on Yoga and emotional balance. 6. Explain the importance of Yogic lifestyle for mental well-being. 7. Write a short note on sleep hygiene. 8. Explain the relevance of Yoga in modern stressful lifestyle. Long Answer Questions 1. Discuss the meaning, causes, and effects of stress and explain the role of Yoga in stress management. 2. Explain the importance of healthy sleep and Yogic lifestyle for overall well-being. 3. Describe the role of Yoga in mental relaxation and emotional balance. 4. Explain the application of Yoga for stress relief and better sleep in modern life. MCQs for Internal Assessment 1. Stress mainly affects: a) Physical health only b) Mental health only c) Overall well-being d) None of these 2. Healthy sleep is important for: a) Mental relaxation b) Physical recovery c) Daily efficiency d) All of the above 3. Yoga helps in reducing: a) Stress b) Anxiety c) Mental tension d) All of the above 4. Breath awareness practices promote: a) Mental calmness b) Aggression c) Fatigue			

	d) Negativity 5. Sleep hygiene refers to: a) Healthy sleep habits b) Physical exercise only c) Eating habits only d) None of these 6. Yoga promotes: a) Emotional balance b) Self-discipline c) Relaxation d) All of the above 7. Mental relaxation helps in: a) Better sleep b) Reduced stress c) Emotional stability d) All of the above 8. Yoga is useful for: a) Students b) Employees c) Daily wellness d) All of the above
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B.A. Yogashastra (NEP 2020)
Semester II
Generic/Open Elective (GOEC) – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	II	673811	Yoga for Focus, Memory and Academic Success	2	30	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the role of Yoga in improving concentration, memory, and academic performance. 2. To explain the relationship between Yoga, mental clarity, and learning efficiency. 3. To apply Yogic principles and lifestyle practices for better focus and stress management in academic life. 4. To develop awareness regarding self-discipline, emotional balance, and positive study habits through Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of Yoga for concentration, memory, and academic success. 2. Describe the role of Yogic practices in improving mental calmness and learning efficiency. 3. Apply Yogic concepts and healthy habits for focus, stress reduction, and effective study routine. 4. Develop positive attitude towards disciplined living and balanced academic life through Yoga.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Yoga and Academic Well-being - Meaning and Importance of Yoga in Student Life - Concept of Focus, Memory, and Learning Efficiency - Causes of Stress and Distraction in Academic Life - Role of Yoga in Academic Success and Personality Development		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, group discussions, interactive learning, assignments, seminars, audio-visual methods, and learner-centered activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the achievement of course objectives and learning outcomes.	
Unit II		Yoga for Concentration and Mental Clarity - Yoga and Mental Calmness - Importance of Breath Awareness and Relaxation Techniques - Yoga for Concentration and Positive Thinking - Benefits of Yogic Lifestyle for Students		7 Hrs	7 Marks		
Unit III		Yogic Practices for Memory and Emotional Balance - Relationship between Mind, Memory, and Learning - Yoga and Emotional Stability - Importance of Self-Discipline and Time Management - Stress Management and Emotional Balance through Yoga		8 Hrs	8 Marks		

Unit IV	Applied Yoga for Academic Success • Yoga for Healthy Daily Routine and Study Habits • Importance of Sleep, Relaxation, and Balanced Lifestyle • Yoga for Confidence, Motivation, and Learning Efficiency • Relevance of Yoga in Modern Academic Environment	7 Hrs	7 Marks	
References:	Text Books 1. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 2. Saraswati, Swami Satyananda. Yoga and Kriya. Yoga Publications Trust. 3. Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. 5. Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. Reference Books 1. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 2. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 3. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 4. Taimni, I. K. The Science of Yoga. Theosophical Publishing House. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga, concentration, memory, stress management, and student wellness published in peer-reviewed and UGC Care Listed journals. 2. Articles on Yoga and academic performance from national and international academic journals. Digital Resources / E-Contents 1. Ministry of AYUSH – Government of India 2. Central Council for Research in Yoga and Naturopathy (CCRYN) 3. Morarji Desai National Institute of Yoga (MDNIY) 4. SWAYAM Online Learning Platform 5. National Digital Library of India (NDLI) Educational Software / Databases / Weblinks 1. Shodhganga Research Repository 2. Google Scholar 3. e-PG Pathshala 4. INFLIBNET Digital Resources 5. PubMed Database for Yoga and Mental Health Research			
Model Questions:	Short Answer Questions 1. Explain the importance of Yoga in student life. 2. Define concentration and memory. 3. Write a short note on Yoga and mental calmness. 4. Explain the role of relaxation in learning efficiency. 5. Write a short note on Yoga and emotional stability. 6. Explain the importance of self-discipline in academic success. 7. Write a short note on stress management through Yoga. 8. Explain the relevance of Yoga in modern academic life. Long Answer Questions 1. Discuss the role of Yoga in improving focus, memory, and academic performance. 2. Explain the relationship between Yoga, mental calmness, and learning efficiency. 3. Describe the role of Yoga in stress management and emotional balance among students. 4. Explain the importance of Yogic lifestyle and healthy habits for academic success. MCQs for Internal Assessment 1. Yoga helps in improving: a) Concentration b) Memory c) Mental calmness d) All of the above 2. Stress in academic life mainly affects: a) Learning efficiency b) Concentration c) Emotional balance d) All of the above			

	3. Breath awareness practices promote: a) Mental calmnessb) Aggressionc) Lazinessd) Fatigue 4. Self-discipline is important for: a) Academic successb) Stress managementc) Healthy routined) All of the above 5. Yoga helps students in: a) Emotional stabilityb) Positive thinkingc) Confidenced) All of the above 6. Relaxation practices are useful for: a) Stress reductionb) Better concentrationc) Mental relaxationd) All of the above 7. Healthy sleep is important for: a) Memoryb) Learning efficiencyc) Mental well-beingd) All of the above 8. Yoga is useful for maintaining: a) Balanced lifestyleb) Academic efficiencyc) Mental healthd) All of the above
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B.A. Yogashastra (NEP 2020)
Semester II
Generic/Open Elective (GOEC) – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	II	673812	Yoga for Healthy Eating and Weight Management	2	30	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the importance of Yoga and healthy eating for weight management and overall well-being. 2. To explain the relationship between Yogic lifestyle, food habits, and physical health. 3. To apply Yogic principles for maintaining balanced diet, healthy routine, and body fitness. 4. To develop awareness regarding mindful eating, self-discipline, and healthy lifestyle practices through Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of Yoga and healthy eating for physical fitness and weight management. 2. Describe the role of Yogic lifestyle and balanced diet in maintaining health and well-being. 3. Apply Yogic concepts and healthy habits for proper nutrition and balanced living. 4. Develop positive attitude towards mindful eating, self-discipline, and healthy lifestyle practices.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Yoga, Diet, and Health - Meaning and Importance of Yoga for Healthy Living - Concept of Balanced Diet and Nutrition - Relationship between Food Habits and Health - Role of Yoga in Weight Management and Physical Fitness		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, group discussions, interactive learning, assignments, seminars, audio-visual methods, and learner-centered activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the achievement of course objectives and learning outcomes.	
Unit II		Yogic Lifestyle and Healthy Eating Habits - Yogic Principles of Healthy Eating - Importance of Meal Timing and Food Discipline - Yoga and Mindful Eating Practices - Benefits of Yogic Lifestyle for Health and Well-being		7 Hrs	7 Marks		
Unit III		Yoga for Physical Fitness and Weight Control - Importance of Physical Activity and Fitness - Yoga and Healthy Body Weight - Stress, Emotional Eating, and Lifestyle Problems - Role of Relaxation and Self-Control in Healthy Living		8 Hrs	8 Marks		
Unit IV		Applied Yoga for Healthy Lifestyle Management - Yoga for Daily Routine and Healthy Habits - Importance of Hydration,		7 Hrs	7 Marks		

	Sleep, and Rest - Yoga for Energy Balance and Positive Living - Relevance of Yoga in Modern Lifestyle Disorders			
References:	Text Books - Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. - Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Saraswati, Swami Satyananda. Yoga and Health. Yoga Publications Trust. - Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. - Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. Reference Books - Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. - Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. - Taimni, I. K. The Science of Yoga. Theosophical Publishing House. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals - Research papers related to Yoga, nutrition, obesity management, and healthy lifestyle published in peer-reviewed and UGC Care Listed journals. - Articles on Yoga and weight management from national and international academic journals. Digital Resources / E-Contents - Ministry of AYUSH – Government of India - Central Council for Research in Yoga and Naturopathy (CCRYN) - Morarji Desai National Institute of Yoga (MDNIY) - SWAYAM Online Learning Platform - National Digital Library of India (NDLI) Educational Software / Databases / Weblinks - Shodhganga Research Repository - Google Scholar - e-PG Pathshala - INFLIBNET Digital Resources - PubMed Database for Yoga and Lifestyle Research			
Model Questions:	Short Answer Questions - Explain the importance of Yoga for healthy living. - Define balanced diet and nutrition. - Write a short note on Yogic lifestyle. - Explain the concept of mindful eating. - Write a short note on Yoga and weight management. - Explain the role of meal timing in health. - Write a short note on stress and emotional eating. - Explain the relevance of Yoga in lifestyle management. Long Answer Questions - Discuss the role of Yoga and healthy eating in weight management and physical well-being. - Explain the importance of Yogic lifestyle and mindful eating for healthy living. - Describe the relationship between stress, eating habits, and physical health. - Explain the application of Yoga for healthy routine, balanced lifestyle, and prevention of lifestyle disorders. MCQs for Internal Assessment - Balanced diet is important for: - Physical health - Mental well-being - Weight management - All of the above - Yoga helps in maintaining: - Healthy lifestyle - Physical fitness - Emotional balance - All of the above - Mindful eating means: - Eating without awareness - Conscious and balanced eating habits - Eating fast food regularly - Skipping meals - Emotional eating is commonly related to: - Stress			

	b) Happiness only c) Physical strength d) Sleep only 5. Yogic lifestyle promotes: a) Self-discipline b) Healthy routine c) Positive living d) All of the above 6. Weight management requires: a) Balanced food habits b) Physical activity c) Healthy lifestyle d) All of the above 7. Proper sleep and rest are important for: a) Energy balance b) Physical recovery c) Mental wellness d) All of the above 8. Yoga is useful in managing: a) Lifestyle disorders b) Stress c) Physical fitness d) All of the above
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B.A. Yogashastra (NEP 2020)
Semester III
Generic/Open Elective (GOEC) – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	III	673821	Yoga for Emotional Strength and Mental Well-being	2	30	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the role of Yoga in emotional balance and mental well-being. 2. To explain the relationship between Yoga, emotions, stress, and positive mental health. 3. To apply Yogic principles and lifestyle practices for emotional stability and self-management. 4. To develop awareness regarding self-discipline, positive thinking, and healthy interpersonal behaviour through Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of Yoga for emotional strength and mental well-being. 2. Describe the role of Yogic practices in maintaining emotional balance and mental calmness. 3. Apply Yogic concepts and healthy habits for stress reduction and positive living. 4. Develop positive attitude towards emotional stability, self-discipline, and balanced lifestyle through Yoga.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Yoga and Emotional Well-being - Meaning and Importance of Emotional Health - Concept of Mental Well-being in Yoga - Causes and Effects of Emotional Imbalance - Role of Yoga in Emotional Strength and Personality Development		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, group discussions, interactive learning, assignments, seminars, audio-visual methods, and learner-centered activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the achievement of course objectives and learning outcomes.	
Unit II		Yoga for Stress Management and Mental Calmness - Yoga and Mental Relaxation - Importance of Breath Awareness and Relaxation Techniques - Yoga for Stress Reduction and Emotional Balance - Benefits of Positive Thinking through Yoga		7 Hrs	7 Marks		
Unit III		Yogic Lifestyle and Emotional Stability - Relationship between Mind, Emotions, and Behaviour - Importance of Self-Discipline and Healthy Habits - Yoga and Interpersonal Relationships - Role of Yogic Lifestyle in Mental Wellness		8 Hrs	8 Marks		
Unit IV		Applied Yoga for Positive Living Yoga for Students and Working Individuals		7 Hrs	7 Marks		

	• Importance of Balanced Routine and Healthy Relationships • Yoga for Confidence, Motivation, and Inner Peace • Relevance of Yoga in Modern Stressful Lifestyle			
References:	Text Books 1. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 2. Saraswati, Swami Satyananda. Yoga Nidra. Yoga Publications Trust. 3. Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. 5. Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. Reference Books 1. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 2. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 3. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 4. Taimni, I. K. The Science of Yoga. Theosophical Publishing House. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga, emotional wellness, stress management, and mental health published in peer-reviewed and UGC Care Listed journals. 2. Articles on Yoga and psychological well-being from national and international academic journals. Digital Resources / E-Contents 1. Ministry of AYUSH – Government of India 2. Central Council for Research in Yoga and Naturopathy (CCRYN) 3. Morarji Desai National Institute of Yoga (MDNIY) 4. SWAYAM Online Learning Platform 5. National Digital Library of India (NDLI) Educational Software / Databases / Weblinks 1. Shodhganga Research Repository 2. Google Scholar 3. e-PG Pathshala 4. INFLIBNET Digital Resources 5. PubMed Database for Yoga and Mental Health Research			
Model Questions:	Short Answer Questions 1. Define emotional health and mental well-being. 2. Explain the role of Yoga in emotional balance. 3. Write a short note on stress and emotional imbalance. 4. Explain the importance of relaxation practices in Yoga. 5. Write a short note on positive thinking through Yoga. 6. Explain the relationship between mind, emotions, and behaviour. 7. Write a short note on Yogic lifestyle and mental wellness. 8. Explain the relevance of Yoga in modern stressful life. Long Answer Questions 1. Discuss the role of Yoga in emotional strength and mental well-being. 2. Explain the importance of Yoga for stress management and emotional balance. 3. Describe the relationship between Yoga, emotions, and healthy interpersonal behaviour. 4. Explain the application of Yoga for positive living and mental wellness in modern life. MCQs for Internal Assessment 1. Emotional well-being mainly relates to: a) Physical strength only b) Mental and emotional balance c) Entertainment only d) Sleep only 2. Yoga helps in reducing: a) Stress b) Anxiety c) Emotional imbalance d) All of the above 3. Positive thinking through Yoga promotes: a) Emotional stability b) Mental calmness c) Confidence d) All of the above			

	4. Relaxation practices are useful for: a) Mental peace b) Stress reduction c) Emotional balance d) All of the above 5. Yogic lifestyle promotes: a) Healthy habits b) Self-discipline c) Balanced living d) All of the above 6. Emotional imbalance may affect: a) Behaviour b) Mental health c) Relationships d) All of the above 7. Yoga is useful for: a) Students b) Working individuals c) Daily mental wellness d) All of the above 8. Mental calmness helps in: a) Better relationships b) Positive behaviour c) Emotional stability d) All of the above
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B.A. Yogashastra (NEP 2020)
Semester IV
Generic/Open Elective (GOEC) – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673830	Yoga for Work-Life Balance and Smart Living	2	30	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the importance of Yoga for work-life balance and healthy living. 2. To explain the relationship between Yoga, stress management, and personal as well as professional well-being. 3. To apply Yogic principles and healthy lifestyle practices for balanced routine, productivity, and mental wellness. 4. To develop awareness regarding self-discipline, emotional balance, and smart living through Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of Yoga for work-life balance and smart living. 2. Describe the role of Yogic practices in maintaining physical, mental, and emotional well-being. 3. Apply Yogic concepts and healthy habits for stress management, productivity, and balanced lifestyle. 4. Develop positive attitude towards disciplined living, healthy relationships, and overall wellness through Yoga.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Yoga and Work-Life Balance - Meaning and Importance of Work-Life Balance - Concept of Smart Living and Healthy Lifestyle - Causes and Effects of Stress in Modern Life - Role of Yoga in Personal and Professional Well-being		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, group discussions, interactive learning, assignments, seminars, audio-visual methods, and learner-centered activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the achievement of course objectives and learning outcomes.	
Unit II		Yoga for Stress Management and Healthy Routine - Yoga and Mental Relaxation - Importance of Breath Awareness and Relaxation Techniques - Yoga for Stress Reduction and Emotional Balance - Benefits of Yogic Lifestyle and Healthy Daily Routine		7 Hrs	7 Marks		
Unit III		Yogic Lifestyle for Productivity and Positive Living - Importance of Self-Discipline and Time Management - Yoga for Positive Thinking and Motivation - Relationship between Mind, Behaviour, and Work Efficiency - Yoga and Healthy Interpersonal Relationships		8 Hrs	8 Marks		
Unit IV		Applied Yoga for Smart Living and Wellness		7 Hrs	7 Marks		

	• Yoga for Students, Employees, and Professionals • Importance of Sleep, Rest, and Energy Balance • Yoga for Confidence, Inner Peace, and Life Satisfaction • Relevance of Yoga in Modern Competitive Lifestyle			
References:	Text Books 1. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 2. Saraswati, Swami Satyananda. Yoga Nidra. Yoga Publications Trust. 3. Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. 5. Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. Reference Books 1. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 2. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 3. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 4. Taimni, I. K. The Science of Yoga. Theosophical Publishing House. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga, work-life balance, stress management, and wellness published in peer-reviewed and UGC Care Listed journals. 2. Articles on Yoga and healthy lifestyle from national and international academic journals. Digital Resources / E-Contents 1. Ministry of AYUSH – Government of India 2. Central Council for Research in Yoga and Naturopathy (CCRYN) 3. Morarji Desai National Institute of Yoga (MDNIY) 4. SWAYAM Online Learning Platform 5. National Digital Library of India (NDLI) Educational Software / Databases / Weblinks 1. Shodhganga Research Repository 2. Google Scholar 3. e-PG Pathshala 4. INFLIBNET Digital Resources 5. PubMed Database for Yoga and Lifestyle Research			
Model Questions:	Short Answer Questions 1. Define work-life balance. 2. Explain the importance of Yoga in modern lifestyle. 3. Write a short note on smart living through Yoga. 4. Explain the role of Yoga in stress management. 5. Write a short note on Yogic lifestyle and healthy routine. 6. Explain the importance of time management and self-discipline. 7. Write a short note on Yoga and interpersonal relationships. 8. Explain the relevance of Yoga in competitive life. Long Answer Questions 1. Discuss the role of Yoga in maintaining work-life balance and healthy living. 2. Explain the importance of Yogic lifestyle for stress management and emotional balance. 3. Describe the relationship between Yoga, productivity, and positive living. 4. Explain the application of Yoga for smart living and overall wellness in modern society. MCQs for Internal Assessment 1. Work-life balance is important for: a) Mental wellness b) Physical health c) Personal satisfaction d) All of the above 2. Yoga helps in reducing: a) Stress b) Anxiety c) Emotional imbalance d) All of the above 3. Smart living through Yoga promotes: a) Healthy habits b) Positive thinking c) Balanced lifestyle			

	d) All of the above 4. Breath awareness practices are useful for: a) Relaxation b) Mental calmness c) Stress reduction d) All of the above 5. Yogic lifestyle promotes: a) Self-discipline b) Time management c) Healthy routine d) All of the above 6. Yoga improves: a) Productivity b) Confidence c) Emotional balance d) All of the above 7. Proper sleep and rest are important for: a) Energy balance b) Mental wellness c) Physical recovery d) All of the above 8. Yoga is useful for: a) Students b) Employees c) Professionals d) All of the above
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