



Sant Gadge Baba Amravati University, Amravati

Faculty of Interdisciplinary Studies

SYLLABUS

FOR

Bachelor of Arts (B.A.) in Yogashastra

As per NEP 2020

Three-Year Six-Semester Degree Programme

Skill Enhancement Course (SEC) Basket

Semester I, II & V

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
Skill Enhancement Course (SEC) – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	I	673806	Yoga Communication and Presentation Skills	2	60	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the importance of communication and presentation skills in the field of Yoga and wellness. 2. To develop effective verbal, non-verbal, and interpersonal communication skills for Yoga instruction and public interaction. 3. To apply presentation techniques, teaching methods, and confidence-building practices in Yoga-related activities. 4. To cultivate professional attitude, leadership qualities, and ethical communication skills in Yoga education and practice.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of communication and presentation skills in Yoga education and wellness promotion. 2. Demonstrate effective verbal and non-verbal communication in Yoga-related activities. 3. Apply presentation techniques and public speaking skills for Yoga instruction and awareness programmes. 4. Develop confidence, leadership qualities, and professional behaviour in the field of Yoga.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Introduction to Communication Skills - Meaning, Nature, and Importance of Communication - Types of Communication: Verbal and Non-Verbal - Communication Skills in Yoga Teaching and Learning - Barriers to Effective Communication and their Management		15 Hrs	8 Marks	The Board of Studies recommends the use of lectures, demonstrations, group discussions, seminars, presentations, role play, audio-visual methods, interactive and learner-centred activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of communication, presentation, and professional skills among students.	
Module II		Yoga Presentation and Public Speaking Skills - Fundamentals of Public Speaking and Presentation - Voice Modulation, Body Language, and Eye Contact - Techniques of Effective Yoga Demonstration and Explanation - Confidence Building and Stage Presentation Techniques		15 Hrs	7 Marks		
Module III		Interpersonal and Professional Communication - Interpersonal Communication and Group Interaction - Professional Ethics and Behaviour in the Field of Yoga - Leadership Qualities and Team Coordination		15 Hrs	8 Marks		

	Communication Skills for Yoga Awareness Programmes and Camps			
Module IV	Applied Communication and Presentation Practice - Practice of Yoga Instruction, Communication and Presentation - Preparation of Short Talks and Yoga Demonstrations - Use of Audio-Visual Aids and Digital Presentation Tools - Communication Skills for Health and Wellness Promotion	15 Hrs	7 Marks	
References:	Text Books - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. - Carnegie, Dale. The Art of Public Speaking. Pocket Books. Reference Books - Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. - Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. - Lucas, Stephen. The Art of Public Speaking. McGraw Hill Education. - Sharma, R. C. Business and Professional Communication. Tata McGraw Hill. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals - Research papers related to Yoga communication, teaching methodology, leadership, and wellness education published in peer-reviewed and UGC Care Listed journals. - Articles related to communication skills, presentation methods, and Yoga awareness programmes 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 Wellness Research			
Internal Practical Evaluation Pattern:	Internal Assessment (50 Marks) - Attendance and Active Participation - 10 Marks - Seminar / Presentation Skills - 10 Marks - Practical Demonstration and Communication Activity - 10 Marks - Assignment / Report Writing - 10 Marks - Viva-Voce / Internal Practical Performance - 10 Marks			

B.A. Yogashastra (NEP 2020)
Semester II
Skill Enhancement Course (SEC) – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	II	673814	Yoga Documentation and Case Study Writing	2	60	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the importance of documentation and case study writing in Yoga and wellness practices. 2. To develop skills in recording, organizing, and presenting Yoga-related information systematically. 3. To apply basic methods of case study preparation, observation, and reporting in Yoga practices and wellness activities. 4. To cultivate professional writing skills, analytical thinking, and ethical practices in Yoga documentation and reporting.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of documentation and case study writing in Yoga and wellness fields. 2. Demonstrate skills in maintaining Yoga records, reports, and practice documentation. 3. Apply basic techniques of case study preparation, observation, and report writing related to Yoga practices. 4. Develop professional writing habits, analytical ability, and ethical awareness in Yoga documentation work.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Introduction to Yoga Documentation - Meaning, Nature, and Importance of Documentation - Types of Documentation in the Yoga and Wellness Field - Basic Principles of Record Keeping and Reporting - Ethics and Confidentiality in Documentation		15 Hrs	8 Marks	The Board of Studies recommends the use of lectures, demonstrations, workshops, assignments, case study methods, presentations, group discussions, digital learning tools, interactive and learner-centred activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of documentation, analytical, and professional writing skills among students.	
Module II		Fundamentals of Case Study Writing - Meaning and Importance of Case Study Method - Structure and Components of a Case Study - Observation and Data Collection Techniques - Preparation of Simple Yoga Practice and Wellnes Reports		15 Hrs	7 Marks		
Module III		Writing and Presentation Skills in Documentation - Basics of Professional and Academic Writing - Techniques of Note-making and Report Preparation - Presentation and Interpretation of Yoga-related Information and Findings - Use of Digital Tools in Documentation and Record		15 Hrs	8 Marks		

	Keeping			
Module IV	Applied Documentation and Case Study Practice • Preparation of Yoga Session Records and Practice Logs • Writing of Simple Case Studies Related to Yoga Practices • Presentation of Documentation and Case Reports • Communication, Reporting and Analytical Skills in Yoga Documentation	15 Hrs	7 Marks	
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. Kothari, C. R. Research Methodology: Methods and Techniques. New Age International Publishers. 5. Best, J. W., & Kahn, J. V. Research in Education. Prentice Hall Publications. Reference Books 1. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 2. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 3. Kumar, Ranjit. Research Methodology: A Step-by-Step Guide for Beginners. Sage Publications. 4. Wilkinson, D., & Birmingham, P. Using Research Instruments. Routledge Publications. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga documentation, case studies, wellness reporting, and Yoga education published in peer-reviewed and UGC Care Listed journals. 2. Articles related to Yoga therapy documentation, case reporting, and professional writing 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			
Internal Practical Evaluation Pattern:	Internal Assessment (50 Marks) • Attendance and Active Participation - 10 Marks • Assignment / Documentation Work - 10 Marks • Case Study Preparation / Presentation - 10 Marks • Practical Record / Report Writing - 10 Marks • Viva-Voce / Internal Practical Performance - 10 Marks			

B.A. Yogashastra (NEP 2020)
Semester V
Skill Enhancement Course (SEC) – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673844	Health and Wellness Coaching and Counselling	2	60	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the concepts and importance of health, wellness, coaching, and counselling in Yoga and holistic living. 2. To develop effective communication, listening, and interpersonal skills required for wellness coaching and counselling practices. 3. To apply Yogic principles and counselling approaches for promoting healthy lifestyle, stress management, and emotional well-being. 4. To cultivate professional ethics, empathy, leadership qualities, and positive attitude and professional behavior in health and wellness guidance.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of health and wellness coaching and counselling in Yoga and holistic health practices. 2. Demonstrate effective communication, listening, and interpersonal skills in wellness guidance activities. 3. Apply Yogic concepts and counselling approaches for stress management and healthy lifestyle promotion. 4. Develop professional ethics, empathy, confidence, and leadership qualities in wellness coaching and counselling practices.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Introduction to Health and Wellness Coaching - Meaning, Nature, and Importance of Health, Wellness and Holistic Living - Concept, Scope and importance of Wellness Coaching - Role of Yoga in Holistic Health and Lifestyle Management - Qualities and Responsibilities of a Wellness Coach		15 Hrs	8 Marks	The Board of Studies recommends the use of lectures, demonstrations, workshops, role play, group discussions, counselling simulations, presentations, case study methods, interactive and learner-centred activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of coaching, counselling, communication, and professional wellness skills among students.	
Module II		Fundamentals of Counselling and Communication - Meaning and Principles of Counselling - Communication Skills, Active Listening and Guidance Techniques - Empathy, Rapport Building, Interpersonal and Helping Skills - Ethics and Professional Conduct in Counselling		15 Hrs	7 Marks		
Module III		Yogic Approaches for Wellness and Stress Management - Yoga for Stress Management and Emotional Balance - Yogic Lifestyle for Physical and Mental Well-		15 Hrs	8 Marks		

	being • Positive Thinking, Motivation, and Behavioural Management • Role of Relaxation Meditation and Breath Awareness Practices in Wellness			
Module IV	Applied Coaching and Counselling Practices • Practice of Wellness Guidance, Coaching and Counselling Interaction • Preparation of Wellness Plans and Lifestyle Suggestions • Case-based Discussion and Problem-solving Approaches • Coaching and Counselling Skills for Health Promotion Programmes	15 Hrs	7 Marks	
References:	Text Books 1. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 2. Saraswati, Swami Satyananda. Yoga and Health. Yoga Publications Trust. 3. Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. Corey, Gerald. Theory and Practice of Counselling and Psychotherapy. Cengage Learning. 5. Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. Reference Books 1. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 2. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 3. Gladding, Samuel T. Counselling: A Comprehensive Profession. Pearson Education. 4. Nelson-Jones, Richard. Basic Counselling Skills. Sage Publications. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga counselling, wellness coaching, stress management, and holistic health published in peer-reviewed and UGC Care Listed journals. 2. Articles related to health coaching, Yoga therapy, and counselling practices 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			
Internal Practical Evaluation Pattern:	Internal Assessment (50 Marks) • Attendance and Active Participation - 10 Marks • Assignment / Wellness Report Preparation - 10 Marks • Counselling Demonstration / Role Play Activity - 10 Marks • Presentation / Case-based Activity - 10 Marks • Viva-Voce / Internal Practical Performance - 10 Marks			