



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

First Year

Semester I & II

Academic Session: 2026–2027

Board of Studies in Yogashastra

Faculty of Interdisciplinary Studies

Sant Gadge Baba Amravati University, Amravati

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Faculty of Interdisciplinary Studies
Sant Gadge Baba Amravati University, Amravati

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Note:

The syllabus was prepared and recommended by the Board of Studies in Yogashastra, Faculty of Interdisciplinary Studies, Sant Gadge Baba Amravati University, Amravati, in accordance with NEP 2020 guidelines and university regulations.



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Introduction of the B.A. Yogashastra Programme

The Bachelor of Arts (B.A.) in Yogashastra is a multidisciplinary undergraduate programme designed in accordance with the National Education Policy (NEP) 2020 with the objective of promoting holistic education, Indian Knowledge Systems, value-based learning, skill development, and professional competency in the field of Yoga.

The programme integrates traditional Yogic wisdom with modern scientific understanding of health, wellness, psychology, anatomy, physiology, meditation, therapeutic applications, and lifestyle management. It provides systematic theoretical and practical training in Yogic practices such as Asana, Pranayama, Meditation, Shatkarma, Yoga Therapy, Teaching Methodology, Community Engagement, and Wellness Education.

The programme aims to develop physically fit, mentally balanced, emotionally stable, ethically responsible, and professionally competent Yoga graduates capable of contributing to individual and social well-being. It also emphasizes communication skills, leadership qualities, experiential learning, professional training, and research orientation required for contemporary Yoga education and wellness sectors.

The curriculum includes Major, Minor, Vocational Skill Courses (VSC), Skill Enhancement Courses (SEC), Internship/OJT, FP/CES, Co-Curricular Courses (CC), Indian Knowledge Systems (IKS), and interdisciplinary learning components to prepare students for higher education, self-employment, entrepreneurship, Yoga instruction, wellness consultancy, therapeutic applications, and community health services.

The programme promotes holistic health, discipline, self-awareness, social responsibility, preventive healthcare, stress management, and healthy lifestyle practices through integrated Yogic education and experiential learning.

Vision

To develop competent, disciplined, value-oriented, and socially responsible Yoga professionals through quality education rooted in Yogic traditions, Indian Knowledge Systems, scientific understanding, holistic wellness, and professional practice.

Mission

1. To provide systematic theoretical and practical education in Yogashastra in accordance with NEP 2020 and contemporary academic standards.
2. To promote physical, mental, emotional, and spiritual well-being through Yogic practices and healthy lifestyle education.
3. To preserve, promote, and disseminate the traditional knowledge and philosophical heritage of Yoga and Indian Knowledge Systems.
4. To develop skilled Yoga professionals, instructors, wellness trainers, and community health educators through experiential and practice-oriented learning.
5. To encourage ethical conduct, discipline, leadership qualities, communication skills, and professional competency in Yoga education.
6. To promote research orientation, critical thinking, community engagement, and holistic wellness awareness through Yoga.

Program Objectives

1. To impart fundamental and advanced knowledge of Yogashastra, Yogic philosophy, and classical Yoga traditions.
2. To develop practical proficiency in Asana, Pranayama, Meditation, Shatkarma, relaxation techniques, and therapeutic Yogic practices.
3. To provide scientific understanding of Anatomy, Physiology, Psychology, Mental Health, and Yoga Therapy in relation to Yogic practices.
4. To develop communication skills, teaching competency, leadership qualities, and professional ethics required in Yoga education and wellness sectors.

5. To promote holistic health, emotional balance, stress management, self-discipline, and healthy lifestyle practices through Yoga.
6. To develop awareness regarding Indian Knowledge Systems, community wellness, preventive healthcare, and social responsibility.
7. To encourage experiential learning, field work, documentation skills, research orientation, and professional training through Internship/OJT, FP/CES, and related academic activities.
8. To prepare students for higher education, research, self-employment, entrepreneurship, and professional careers in Yoga, Wellness, and allied health sectors.

Program Outcomes (POs)

After successful completion of the B.A. Yogashastra programme, the students shall be able to:

1. Demonstrate comprehensive knowledge of Yogashastra, Yogic philosophy, and classical Yoga traditions.
2. Perform and teach Yogic practices including Asana, Pranayama, Meditation, Shatkarma, and relaxation techniques effectively.
3. Apply principles of Anatomy, Physiology, Psychology, and Yoga Therapy in health, wellness, and lifestyle management.
4. Develop healthy lifestyle habits, emotional balance, stress management ability, and holistic wellness awareness through Yogic practices.
5. Demonstrate professional competency in Yoga teaching, communication, presentation, and instructional methods.
6. Apply Yoga-based interventions for fitness, mental health, lifestyle disorders, rehabilitation, and community wellness.
7. Demonstrate critical thinking, observation, documentation, analytical ability, and research orientation in Yoga-related activities and practices.
8. Exhibit ethical conduct, discipline, leadership qualities, teamwork, and social responsibility in professional and personal life.
9. Integrate Indian Knowledge Systems, value education, and interdisciplinary understanding in Yoga education and wellness practices.
10. Utilize professional, digital, communication, and practical skills required in Yoga and wellness sectors.

Program Specific Outcomes (PSOs)

After successful completion of the B.A. Yogashastra programme, the students shall be able to:

1. Explain the theoretical foundations, historical development, and philosophical principles of Yoga and Yogashastra.
2. Demonstrate proficiency in Yogic practices including Asana, Pranayama, Meditation, Shatkarma, relaxation techniques, and therapeutic applications of Yoga.
3. Apply Yogic principles for physical fitness, mental well-being, emotional regulation, stress management, and healthy lifestyle practices.
4. Conduct Yoga classes, demonstrations, wellness sessions, and community-based Yoga awareness programmes effectively.
5. Apply principles of Yoga Therapy and rehabilitation for preventive, promotive, and holistic healthcare practices.
6. Demonstrate competency in Yoga teaching methodology, instructional skills, documentation, case study writing, and wellness coaching.
7. Integrate traditional Yogic knowledge with scientific and contemporary approaches to health, fitness, and wellness.
8. Pursue higher education, research, entrepreneurship, and professional career opportunities in Yoga, Wellness, and allied health sectors.

Graduate Attributes

The graduates of the B.A. Yogashastra programme shall possess:

1. Comprehensive knowledge of Yogashastra, Yogic philosophy, and holistic wellness.

2. Practical competency in Asana, Pranayama, Meditation, relaxation techniques, and Yogic lifestyle practices.
3. Ethical values, self-discipline, professional responsibility, and positive attitude.
4. Communication, presentation, teaching, and leadership skills required in Yoga education and wellness sectors.
5. Emotional balance, stress management ability, self-awareness, and healthy lifestyle orientation.
6. Critical thinking, analytical ability, observation skills, and research orientation in Yoga studies.
7. Professional competency, employability skills, and entrepreneurial ability in Yoga and wellness-related fields.
8. Social responsibility, community engagement, and awareness regarding preventive healthcare and holistic living.
9. Understanding of Indian Knowledge Systems, cultural heritage, and value-based education.
10. Ability to integrate traditional Yogic wisdom with modern scientific and professional practices.

Career / Employability Opportunities

The graduates of the B.A. Yogashastra programme may pursue career and employability opportunities in the following areas:

1. Yoga Instructor / Yoga Trainer
2. Yoga Therapist and Wellness Consultant
3. Meditation and Stress Management Trainer
4. Health and Lifestyle Coach
5. Yoga Demonstrator and Yoga Educator
6. School, College, and Community Yoga Instructor
7. Corporate Yoga and Wellness Trainer
8. Fitness and Holistic Wellness Professional
9. Yoga Studio and Wellness Centre Professional
10. Research Assistant in Yoga and Wellness Studies
11. Community Health and Wellness Coordinator
12. Freelance Yoga Professional and Entrepreneur
13. Content Developer and Documentation Assistant in Yoga Education
14. Opportunities for Higher Education and Research in Yogashastra, Yoga Therapy, Wellness, Physical Education, Psychology, and allied disciplines.

Teaching–Learning Scheme

Table 1: Semester I

Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)
a.	Major	Theory-1	673800	Foundations of Yogashastra	2	2
		Practical-1	673801	Fundamentals of Yogic Practices	2	4
b.	Minor	Theory-1	673802	Foundations of Yoga and Mind Science	2	2
		Practical-2	673803	Foundations of Yoga Practice and Breath Awareness	2	4
c.	GOEC	Theory-1		Generic/Open Elective (GOEC)	2	2
		Theory-2		Generic/Open Elective (GOEC)	2	2
d.	VSC	-	-	-	-	-
	SEC	Practical-3	673806	Yoga Communication and Presentation Skills	2	4
e.	AEC - English	Theory		English Language	1	1
	AEC–MIL	Theory		Modern Indian Language (MIL)	1	1
	IKS-Generic	Theory		Indian Knowledge Systems (Generic)	2	2
	VEC	Theory		Understanding India / Environmental Science-Education / Digital & Technological Solutions	2	2
f.	CC	Outdoor		Co-Curricular Courses (CC)- Health And Wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC and Fine/Applied/ Visual/Performing Arts.	2	4
	TOTAL				22	30

Table 2: Semester II

Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)
a.	Major	Theory-2	673807	History and Evolution of Yoga	2	2
		Practical-4	673808	Applied Yoga Practices for Daily Living	2	4
b.	Minor	Theory-2	673809	Human Anatomy and Physiology in Yoga	2	2
		Practical-5	673810	Yoga Practices for Flexibility and Body Coordination	2	4
c.	GOEC	Theory-3		Generic/Open Elective (GOEC)	2	2
		Theory-4		Generic/Open Elective (GOEC)	2	2
d.	VSC	Practical-6	673813	Basic Yogic Practices and Training Skills	2	4
	SEC	Practical-7	673814	Yoga Documentation and Case Study Writing	2	4
e.	AEC - ENG	Theory		English Language	1	1
	AEC–MIL	Theory		Modern Indian Language (MIL)	1	1
	VEC	Theory		Understanding India / Environmental Science-Education / Digital & Technological Solutions	2	2
f.	CC	Outdoor		Co-Curricular Courses (CC)- Health And Wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC and Fine/Applied/ Visual/Performing Arts.	2	4
	TOTAL				22	32

Credit Structure and Evaluation Pattern

The Credit Structure, Teaching–Learning Workload, Examination, Evaluation, and Assessment pattern of the B.A. Yogashastra programme shall be implemented in accordance with NEP 2020 and the guidelines prescribed by Sant Gadge Baba Amravati University, Amravati from time to time.

Table 3: Credit and Workload Pattern

Sr. No.	The Vertical		Workload	
			Theory	Practical
a	Major		1Credit =1 Hr/week	1Credit=2 Hrs/ week
b	Minor		1Credit =1 Hr/week	1Credit=2 Hrs/ week
c	Generic/ Open Elective		1Credit =1 Hr/week	1Credit=2Hrs/ week
d	(i)VSC		1Credit =1 Hr/week	1Credit=2 Hrs/ week
	(ii) SEC		1Credit=1Hr/week	1Credit=2 Hrs/ week
e	(i) AEC	English		1Credit=2Hr/week 1Credit=2Hr/week
		MIL		
	(ii)IKS-Generic	English	1Credit =1 Hr/week	
		MIL	1Credit =1 Hr/week	
	(iii)VEC	English	1Credit=1Hr/week	
		MIL	1Credit=1Hr/week	
f	(i) Internship /Apprenticeship (OJT)			1 Credit = 2 Hrs/ week (30 Hrs.of engaged time)
	(ii)FP/CEP	FP		1Credit=2 Hrs/week (A minimum of 45Hrs. of learning activities per Credit in a semester)
		CE&S		1Credit=2 Hrs/Week (Cumulative 30 Hrs. of contact time per Credit)
	(iii)CC	English	1Credit=1Hr/week	1Credit=2Hrs/week (A minimum of 30 Hrs. of learning activities per Credit in a semester)
		MIL		

Table 4: Examination, Evaluation and Assessment Pattern

The Vertical	Mode of Examination, Evaluation & Assessment	Theory				Theory (Total)		Practical				Practical (Total)	
		External		Internal				External		Internal			
		Max. Marks	Min Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks
Major	External &Internal	30/60	9/18	20/40	6/12	50/100	20/40	25/50	10/20	25/50	10/20	25/50	10/20
Minor		30/60	9/18	20/40	6/12	50/100	20/40	25/50	10/20	25/50	10/20	25/50	10/20
Generic/ Open Elective	Internal			50	20	50	20	--	--	50	20	50	20
VSC	Internal			50	20	50	20			50	20	50	20
SEC	Internal	--	--	50	20	50	20			50	20	50	20
AEC (Eng.& One MIL Composite)	Internal			50	20	50	20						
IKS(Generic)	Internal			50	20	50	20						
VEC	Internal			50	20	50	20						
Internship / Apprenticeship	Internal	Assessment of these verticals shall be based on various activities/practices. The evaluation/assessment shall be done by appointing external examiner by principal from Industry/Organization/Academia. The mentor faculty shall be the internal examiner. It shall be evaluated by giving maximum 50 marks per 2 Credit Course with separate activity weightages/levels. A detailed SOP for this assessment process shall be prescribed separately.											
FP/CEP													
CC													

Note:

- The above Credit Structure, Workload, Examination, Evaluation, and Assessment pattern shall be applicable to all semesters of the B.A. Yogashastra programme

DETAILED SYLLABUS
B.A. Yogashastra (NEP 2020)
Semester I
Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	I	673800	Foundations of Yogashastra	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the meaning, nature, scope, and objectives of Yogashastra. - To develop understanding regarding the historical origin and traditional foundations of Yoga. - To familiarize students with the major branches and streams of Yogic traditions. - To develop awareness regarding the philosophical and ethical foundations of Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, scope, and importance of Yogashastra and Yoga. - Describe the historical development and traditional foundations of Yoga. - Identify the major branches and streams of Yogic traditions. - Explain the philosophical and ethical foundations of Yoga including Yama and Niyama.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction and Foundations of Yogashastra - Meaning and Definitions of Yoga and Yogashastra - Nature, Scope, and Objectives of Yogashastra - Origin and Early Development of Yoga - Relevance of Yogashastra in Human Life		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, introductory textual learning, interactive teaching methods, learner-centered approaches, group discussions, ICT-enabled teaching, textual interpretation methods, guided academic interaction, philosophy-oriented discussion methods seminar presentations, experiential learning approaches, and academic activities for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support conceptual clarity, philosophical understanding, ethical awareness, analytical thinking, and foundational Yogic learning among students.	
Unit II		Historical and Traditional Foundations of Yoga - Yoga in Vedic and Upanishadic Traditions - Development of Yoga during Epic and Classical Periods - Introduction to Major Yogic Traditions - Contribution of Ancient Yogic Masters		7 Hrs	7 Marks		
Unit III		Branches and Streams of Yoga - Introduction to Raja Yoga - Introduction to Karma Yoga and Bhakti Yoga - Introduction to Jnana Yoga - Overview of Hatha Yoga Traditions		8 Hrs	8 Marks		
Unit IV		Basic Philosophical and Ethical Foundations Introduction to Indian Philosophical		7 Hrs	7 Marks		

	Background of Yoga • Basic Philosophical Concepts in Yoga Tradition • Ethical Foundations: Yama and Niyama • Discipline, Self-control, and Moral Values in Yoga			
References:	Text Books and Reference Books 1. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 2. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 3. Taimini, I.K. The Science of Yoga. Theosophical Publishing House. 4. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 5. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 6. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 7. Patanjali. Yoga Sutra. Various Editions. Research Articles and Study Materials 1. Research articles from UGC Care Listed Journals related to Yogashastra and Yoga Education 2. CCRYN Research Publications 3. MDNIY Educational Materials and Study Resources 4. Research publications related to Indian Philosophy and Yoga Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms			
Model Questions:	Short Answer Questions 1. Explain the meaning of Yogashastra. 2. Describe the scope of Yoga in human life. 3. Write a short note on Vedic traditions of Yoga. 4. Explain the contribution of ancient Yogic masters. 5. Differentiate between Raja Yoga and Karma Yoga. 6. Write a short note on Hatha Yoga. 7. Explain the importance of Yama and Niyama. 8. Describe the philosophical foundations of Yoga. Long Answer Questions 1. Explain the meaning, nature, and scope of Yogashastra in detail. 2. Discuss the historical development of Yoga from Vedic to Classical period. 3. Explain the major branches and traditional streams of Yoga with their distinctive features. 4. Discuss the philosophical and ethical foundations of Yoga with reference to Yama and Niyama. MCQs for Internal Assessment 1. The word “Yoga” is derived from which Sanskrit root? a) Yuj b) Bhuj c) Dhya d) Kri 2. Which of the following is a branch of Yoga? a) Raja Yoga b) Bhakti Yoga c) Karma Yoga d) All of the above 3. Yama and Niyama are related to: a) Ethics and discipline b) Physical exercise c) Cleansing techniques d) Diet therapy 4. Raja Yoga is mainly associated with: a) Meditation b) Warfare c) Diet d) Rituals			

	5. Hatha Yoga primarily emphasizes: a) Physical purification and discipline b) Political philosophy c) Medical surgery d) Music therapy 6. Yoga in ancient India was closely associated with: a) Vedic traditions b) Modern science only c) Industrial development d) Commerce 7. Which of the following is included in Yama? a) Ahimsa b) Santosha c) Tapas d) Swadhyaya 8. Yogashastra mainly promotes: a) Holistic development b) Materialism c) Competition d) Negativity
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B.A. Yogashastra (NEP 2020)

Semester I

Major – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	I	673801	Fundamentals of Yogic Practices	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the foundational principles, discipline, and practical orientation of Yogic practices. - To develop practical understanding regarding basic Asanas, breathing techniques, relaxation methods, and body coordination. - To familiarize students with Yogic routines related to flexibility, posture correction, balance, concentration, and physical wellness. - To cultivate regular practice habits, self-discipline, mental calmness, and healthy Yogic lifestyle awareness through systematic training.					
Course Outcomes:		After successful completion of this course, the students will be able to:. - Demonstrate foundational Yogic practices with proper alignment, coordination, and discipline. - Perform basic Asanas, breathing techniques, and relaxation practices correctly and safely. - Apply Yogic practices for flexibility, balance, concentration, posture improvement, and daily wellness. - Develop regular Yogic practice habits promoting physical fitness, mental calmness, and healthy living.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Preparatory Yogic Practices and Physical Conditioning - Prayer, Yogic etiquette, and discipline practices - Sukshma Vyayama and Sthoola Vyayama practices - Loosening exercises for joints and muscular flexibility - Basic relaxation and body-awareness practices		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, supervised practical sessions, guided Yogic training, learner-centered practical instruction, observation-based learning, corrective teaching methods, experiential learning approaches, peer learning activities, reflective practice methods, group practice sessions, posture-alignment demonstrations, guided breathing practices, and skill-oriented Yogic training methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support practical skill development, postural awareness, physical coordination, breathing regulation, flexibility improvement, concentration development, discipline, self-awareness, and foundational Yogic competency among students.	
Module II		Foundational Asana Practices - Standing Asanas for balance, flexibility, and stability - Sitting Asanas for posture correction and concentration - Supine and prone Asanas for relaxation and flexibility - Basic meditative postures and posture maintenance practices		15 Hrs	7 Marks		
Module III		Basic Breathing and Relaxation Practices - Sectional breathing and deep Yogic breathing practices - Introduction to Anulom Vilom and Bhramari		15 Hrs	8 Marks		

	Pranayama - Breath-awareness and rhythmic breathing practices - Shavasana and guided relaxation techniques			
Module IV	Integrated Yogic Routine and Daily Wellness Practices - Simple integrated Yogic routine for daily living - Coordination of body, breath, and mental awareness - Concentration and mindfulness-oriented Yogic practices - Practice discipline, cleanliness, precautions, and safety measures in Yoga	15 Hrs	7 Marks	
References:	Text Books and Reference Books - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. - Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Crown Publications. - Swatmarama. Hatha Yoga Pradipika. Kaivalyadhama Publications. Research Articles and Study Materials - Research articles related to foundational Yogic practices and wellness education - UGC Care Listed Journal Publications related to Applied Yoga and Yoga Education - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to flexibility, relaxation, posture correction, and foundational Yogic training Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) - Attendance and Regularity - 05 Marks - Practical Performance and Participation - 05 Marks - Practical Journal / Practice Record - 05 Marks - Viva-Voce / Internal Practical Test - 05 Marks External Practical Examination (30 Marks) - Demonstration of Yogic Practices - 15 Marks - Postural Accuracy and Practical Skills - 05 Marks - Viva-Voce - 05 - Discipline, Sequencing, and Presentation - 05 Marks			

B.A. Yogashastra (NEP 2020)
Semester I
Minor – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	I	673802	Foundations of Yoga and Mind Science	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		1. To understand the basic concepts, meaning, scope, and importance of Yoga and Mind Science. 2. To develop awareness regarding the relationship between Yoga, mind, health, and human behaviour. 3. To understand the basic principles of Yogic philosophy, self-awareness, and ethical living. 4. To cultivate positive thinking, mental awareness, emotional balance, and wellness-oriented lifestyle through Yogic understanding.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the meaning, nature, scope, and importance of Yoga and Mind Science. 2. Describe the relationship between Yoga, mind, behaviour, and holistic health. 3. Apply basic Yogic principles for self-awareness, concentration, and balanced living. 4. Develop positive attitude, emotional awareness, and wellness-oriented understanding through Yogic practices.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Yoga and Mind Science - Meaning, Nature, and Scope of Yoga - Historical Development and Importance of Yoga - Meaning and Concept of Mind in Yogic Perspective - Relationship between Yoga, Mind, and Holistic Health		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, interactive discussions, demonstrations, ICT-based teaching, seminars, presentations, experiential learning, reflective learning, learner-centred methods, and group activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support conceptual understanding, mental awareness, personality development, and holistic learning among students.	
Unit II		Foundations of Yogic Philosophy - Basic Principles of Yoga Philosophy - Introduction to Raja Yoga and Ashtanga Yoga - Concept of Chitta, Consciousness, and Self-awareness - Ethical Foundations of Yoga: Yama and Niyama		7 Hrs	7 Marks		
Unit III		Mind and Mental Processes - Nature and Functions of Mind - Attention, Memory, and Concentration - Stress, Emotions, and Mental Disturbances - Yogic Approaches for Mental Calmness and Awareness		8 Hrs	8 Marks		
Unit IV		Applied Yoga in Daily Life - Positive Thinking and Healthy Behaviour through Yoga - Role of Yoga in Personality and Character Development - Yoga for Healthy Lifestyle and Social Well-being - Introduction to Relaxation and Meditation Practices		7 Hrs	7 Marks		

References:	Text Books 1. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 2. Saraswati, Swami Satyananda. Four Chapters on Freedom. 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. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. 5. Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. Research Articles and Journals 1. Research papers related to Yoga, Mind Science, mental health, and wellness education published in peer-reviewed and UGC Care Listed journals. 2. Articles related to Yogic philosophy, concentration, emotional balance, and holistic health 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. Explain the meaning and importance of Yoga. 2. Define Mind according to Yogic perspective. 3. State the scope of Yoga and Mind Science. 4. Explain the relationship between Yoga and holistic health. 5. What is Raja Yoga? 6. Explain the concept of concentration in Yoga. 7. State the importance of positive thinking. 8. Explain the role of Yoga in personality development. Long Answer Questions 1. Explain the meaning, nature, and scope of Yoga and Mind Science. 2. Discuss the relationship between Yoga, mind, and mental health. 3. Explain the basic principles of Yogic philosophy and Ashtanga Yoga. 4. Discuss the role of Yoga in personality development and emotional balance. MCQs for Internal Assessment 1. The word “Yoga” is derived from which Sanskrit root? a) Yuj b) Bhuj c) Kri d) Dhar 2. Raja Yoga is primarily related to: a) Physical fitness b) Mental discipline c) Diet d) Medicine 3. Ashtanga Yoga was propounded by: a) Vivekananda b) Patanjali c) Gheranda d) Gorakhnath 4. Concentration in Yoga is related to: a) Dharana b) Yama c) Asana d) Kriya 5. Yoga helps in: a) Stress management b) Emotional balance c) Personality development

	d) All of the above 6. The concept of holistic health includes: a) Physical health only b) Mental health only c) Physical, mental, and social well-being d) None of the above 7. Meditation is mainly associated with: a) Relaxation b) Awareness c) Mental balance d) All of the above 8. Positive thinking is important for: a) Emotional stability b) Confidence c) Personality development d) All of the above
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B.A. Yogashastra (NEP 2020)

Semester I

Minor – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	I	673803	Foundations of Yoga Practice and Breath Awareness	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the basic principles and importance of foundational Yogic practices and breath awareness. - To develop practical skills in preparatory Yogic movements, simple postures, and breathing techniques. - To practice coordination between body movement, posture, breathing, and relaxation. - To cultivate regular practice habits, concentration, physical steadiness, and practice discipline through introductory Yogic training.					
Course Outcomes:		After successful completion of this course, the students will be able to:. - Explain the importance of foundational Yogic practices and breath awareness. - Demonstrate preparatory Yogic movements, simple postures, and breathing practices with proper coordination. - Perform introductory relaxation and breathing practices for physical steadiness and mental calmness. - Develop concentration, posture stability, breathing coordination, and disciplined Yogic practice habits.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Preparatory Yogic Practices - Practice of Joint Loosening and Stretching Movements - Practice of Basic Body Alignment and Postural Training - Practice of Standing and Sitting Preparatory Yogic Practices - Training in Practice Discipline and Practice Routine		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, guided practical sessions, supervised Yogic training, experiential learning, peer learning, activity-based learning, learner-centred approaches, regular practice sessions, and performance-based evaluation methods for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of foundational Yogic skills, breathing coordination, posture training, concentration, physical steadiness, and disciplined practice habits among students.	
Module II		Foundational Yogic Postures - Practice of Simple Standing Asanas - Practice of Simple Sitting Asanas - Practice of Basic Supine and Prone Postures - Coordination of Body Movement and Breathing during Practices		15 Hrs	7 Marks		
Module III		Breathing and Relaxation Techniques - Practice of Abdominal and Deep Breathing Techniques - Practice of Rhythmic Breathing and Breath Coordination - Practice of Introductory		15 Hrs	8 Marks		

	Relaxation Techniques • Guided Practices for Breath Awareness and Calmness			
Module IV	Integrated Foundational Yogic Training • Integrated Practice of Basic Yogic Sequences • Practice of Posture, Breath, and Movement Coordination • Introductory Quiet Sitting and Concentration Practices • Practice of Daily Yogic Routine and Self-discipline	15 Hrs	7 Marks	
References:	Text Books 1. Swami Satyananda Saraswati. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 2. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. 3. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. A. G. Mohan. Yoga for Body, Breath and Mind. Shambhala Publications. 5. Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. Reference Books 1. T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. 2. Georg Feuerstein. The Yoga Tradition. Hohm Press. 3. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. 4. Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. 5. Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. Research Articles and Journals 1. Research papers related to foundational Yogic practices, breathing techniques, posture training, and relaxation practices published in peer-reviewed and UGC Care Listed journals. 2. Articles related to introductory Yogic training, breath coordination, concentration practices, and physical steadiness 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			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity - 05 Marks 2. Practical Performance and Discipline - 05 Marks 3. Viva-Voce / Oral Assessment - 05 Marks 4. Practical Record / Journal - 05 Marks External Practical Examination (30 Marks) 1. Demonstration of Yogic Practices - 15 Marks 2. Performance of Prescribed Yogic Practices - 10 Marks 3. Viva-Voce - 05 Marks			

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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:		- To understand the importance of communication and presentation skills in the field of Yoga and wellness. - To develop effective verbal, non-verbal, and interpersonal communication skills for Yoga instruction and public interaction. - To apply presentation techniques, teaching methods, and confidence-building practices in Yoga-related activities. - 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: - Explain the importance of communication and presentation skills in Yoga education and wellness promotion. - Demonstrate effective verbal and non-verbal communication in Yoga-related activities. - Apply presentation techniques and public speaking skills for Yoga instruction and awareness programmes. - 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

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	II	673807	History and Evolution of Yoga	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		1. To introduce the historical origin and evolutionary development of Yoga through different periods of Indian tradition. 2. To develop understanding regarding the growth and transformation of Yogic concepts from Vedic to Modern times. 3. To familiarize students with the contribution of Yogic traditions, classical texts, and eminent Yogic masters in the development of Yoga. 4. To cultivate historical, cultural, and philosophical awareness regarding the evolution of Yoga as a holistic discipline.					
Course Outcomes:		After successful completion of the course, the students shall be able to: 1. Explain the historical origin and development of Yoga in Indian civilization. 2. Describe the contribution of Vedic, Upanishadic, Epic, Classical, and Medieval traditions in the evolution of Yoga. 3. Identify the contribution of important Yogic texts, traditions, and Yogic masters in the development of Yoga. 4. Analyze the modern transformation and global development of Yoga in contemporary society.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Origin and Early Foundations of Yoga • Origin, Antiquity, and Historical Background of Yoga • Yogic Evidence in Indus Valley Civilization • Yoga in Vedic Literature and Early Spiritual Traditions • Yogic Concepts in Upanishadic Thought		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, historical analysis methods, timeline-based learning approaches, conceptual discussions, learner-centered teaching methods, ICT-enabled teaching, introductory textual learning, guided academic interaction, group discussions, seminar presentations, interpretative learning approaches, and academic activities for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support historical understanding, cultural awareness, interpretative skills, analytical thinking, chronological learning, and conceptual clarity regarding the evolution and transformation of Yoga traditions.	
Unit II		Yoga during Epic and Classical Periods • Yogic Teachings in Bhagavad Gita • Yoga in Ramayana and Mahabharata • Contribution of Patanjali and Yoga Sutra Tradition • Classical Development of Yogic Philosophy and Discipline		7 Hrs	7 Marks		
Unit III		Medieval Yogic Traditions and Hatha Yoga • Emergence and Development of Hatha Yoga Tradition • Nath Tradition and Contribution of Gorakshanath • Bhakti, Tantra, and Devotional Yogic Movements • Important Medieval		8 Hrs	8 Marks		

	Yogic Texts and Their Contribution			
Unit IV	Modern Development and Global Expansion of Yoga • Contribution of Swami Vivekananda to Modern Yoga • Modern Yogic Movements and Institutions in India • Scientific Development and International Recognition of Yoga • Role of Yoga in Contemporary Global Society and Wellness Culture	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 2. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 3. Patanjali. Yoga Sutra. Various Editions. 4. Taimini, I.K. The Science of Yoga. Theosophical Publishing House. 5. Eliade, Mircea. Yoga: Immortality and Freedom. Princeton University Press. 6. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 7. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. Research Articles and Study Materials 1. Research articles related to History and Evolution of Yoga 2. UGC Care Listed Journal Publications related to Yoga Studies and Indian Philosophy 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Yogic Traditions, Heritage, and Classical Yoga Literature Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the origin and antiquity of Yoga. 2. Describe Yogic concepts in Vedic literature. 3. Write a short note on Yoga in Upanishads. 4. Explain the contribution of Patanjali to Yoga tradition. 5. Write a short note on Hatha Yoga tradition. 6. Explain the contribution of Gorakshanath in Yoga. 7. Describe the role of Swami Vivekananda in modern Yoga. 8. Explain the globalization and scientific development of Yoga. Long Answer Questions 1. Discuss the historical development of Yoga from Vedic to Classical period. 2. Explain the contribution of Bhagavad Gita and Patanjali in the evolution of Yoga philosophy. 3. Discuss the emergence and development of Medieval Hatha Yoga traditions. 4. Explain the role of modern Yogic movements and institutions in the global development of Yoga. MCQs for Internal Assessment 1. Yogic concepts are prominently found in: a) Vedas b) Upanishads c) Bhagavad Gita d) All of the above 2. Patanjali is mainly associated with: a) Ayurveda b) Yoga Sutra c) Vedanta d) Nyaya			

	3. Hatha Yoga tradition is closely associated with: a) Nath tradition b) Mimamsa c) Jainism d) Vaisheshika 4. Swami Vivekananda popularized Yoga in: a) Western countries b) China only c) Japan only d) Russia only 5. Bhagavad Gita is a part of: a) Ramayana b) Mahabharata c) Upanishads d) Vedas 6. Gorakshanath is associated with: a) Bhakti Yoga b) Nath tradition c) Karma Yoga d) Raja Yoga 7. Indus Valley Civilization is important for: a) Early Yogic evidence b) Modern medicine c) Industrial development d) Trade systems 8. Modern Yoga mainly emphasizes: a) Holistic well-being and global wellness b) Warfare techniques c) Political systems d) Commercial competition
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B.A. Yogashastra (NEP 2020)

Semester II

Major – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	II	673808	Applied Yoga Practices for Daily Living	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To develop practical understanding regarding the application of Yogic practices in daily routine, healthy lifestyle, and wellness management. - To familiarize students with Asanas, Pranayama, relaxation techniques, and integrated Yogic practices useful for physical and mental well-being. - To cultivate awareness regarding posture correction, stress management, concentration, emotional balance, and lifestyle discipline through Yoga. - To promote regular Yogic living habits for holistic health, self-regulation, and balanced daily life.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate applied Yogic practices suitable for healthy daily living and wellness maintenance. - Perform Yogic practices for flexibility, posture correction, relaxation, concentration, and physical fitness. - Apply breathing, relaxation, and mindfulness techniques for stress management and emotional balance. - Develop disciplined Yogic lifestyle habits supporting holistic health and balanced living.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Yogic Routine and Preparatory Practices for Daily Living - Yogic prayer, discipline, and preparatory practices - Sukshma Vyayama and stretching practices for flexibility - Standing Asanas for coordination, balance, and stamina - Simple daily Yogic routine for physical wellness		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, guided practical sessions, supervised Yogic training, learner-centered practical instruction, observation-based learning, corrective teaching methods, experiential learning approaches, peer learning activities, group practice sessions, reflective practice methods, wellness-oriented learning approaches, mindfulness-based practical instruction, and practice-oriented Yogic training methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support practical understanding, healthy lifestyle awareness, postural improvement, flexibility development, breathing regulation, relaxation ability, concentration enhancement, stress-management skills, self-	
Module II		Applied Asana Practices for Physical and Mental Wellness - Sitting Asanas for stability, concentration, and posture correction - Supine and prone Asanas for spinal flexibility and relaxation - Balancing and coordination-oriented Yogic practices - Relaxation-oriented Asanas for fatigue reduction and body awareness		15 Hrs	7 Marks		
Module III		Breathing, Relaxation, and Awareness Practices - Sectional breathing and Yogic deep breathing practices - Anulom Vilom, Bhramari, and Sheetali Pranayama practices - Shavasana and introductory		15 Hrs	8 Marks		

	Yoga Nidra practices Breath awareness, mindfulness, and concentration practices			discipline, and applied Yogic competency related to daily living practices.
Module IV	Integrated Yogic Practices for Healthy Lifestyle Management - Integrated body-breath-mind coordination practices - Yogic practices for stress reduction and emotional balance - Lifestyle discipline, cleanliness, and healthy behavioural habits in Yoga - Yogic wellness routine for healthy and balanced living	15 Hrs	7 Marks	
References:	Text Books and Reference Books - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Crown Publications. - Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. Research Articles and Study Materials - Research articles related to Applied Yoga and Yogic Lifestyle Management - UGC Care Listed Journal Publications related to Yoga, Wellness, and Preventive Health - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to stress management, relaxation, and healthy Yogic living Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) - Attendance and Regularity - 05 Marks - Practical Performance and Participation - 05 Marks - Practical Journal / Practice Record - 05 Marks - Viva-Voce / Oral Assessment - 05 Marks External Practical Examination (30 Marks) - Demonstration of Applied Yogic Practices – 15 Marks - Practical Skill and Postural Accuracy – 05 Marks - Viva-Voce - 05 - Discipline, Sequencing, and Presentation – 05 Marks			

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Semester II

Minor – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	II	673809	Human Anatomy and Physiology in Yoga	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the basic structure and functions of the human body in relation to Yogic practices. - To develop knowledge regarding major body systems and their physiological functioning. - To understand the effects of Yogic practices on body systems and physical functioning. - To cultivate awareness regarding body coordination, posture, breathing, and health through Yogic understanding.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the basic structure and functions of the human body and major body systems. - Describe the physiological functioning of various body systems in relation to Yoga practices. - Apply basic anatomical and physiological understanding in Yogic practices and body coordination. - Develop awareness regarding posture, breathing, physical fitness, and body functioning through Yoga.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Human Anatomy and Physiology - Meaning, Scope, and Importance of Anatomy and Physiology - Basic Structure of Human Body: Cells, Tissues, Organs, and Systems - Anatomical Position and Basic Body Planes - Importance of Anatomy and Physiology in Yogic Practices		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, demonstrations, charts and models, ICT-based teaching, interactive discussions, audio-visual methods, experiential learning, learner-centred teaching, seminars, and presentations for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support conceptual understanding of anatomy, physiology, Yogic applications, and health awareness among students.	
Unit II		Skeletal and Muscular System - Structure and Functions of Skeletal System - Types and Functions of Muscles - Joints and Body Movements - Effects of Yogic Practices on Flexibility, Posture, and Muscular Coordination		7 Hrs	7 Marks		
Unit III		Respiratory and Circulatory System - Structure and Functions of Respiratory System - Mechanism of Breathing and Lung Capacity - Structure and Functions of Circulatory System		8 Hrs	8 Marks		

	Effects of Yogic Practices and Pranayama on Respiration and Blood Circulation			
Unit IV	Nervous and Digestive System - Structure and Functions of Nervous System - Brain, Spinal Cord, and Sense Organs - Structure and Functions of Digestive System - Role of Yoga in Relaxation, Digestion, and Nervous Coordination	7 Hrs	7 Marks	
References:	Text Books - Tortora, Gerard J., and Bryan Derrickson. Principles of Anatomy and Physiology. Wiley Publications. - Guyton, Arthur C., and John E. Hall. Textbook of Medical Physiology. Elsevier Publications. - Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. Reference Books - Chaurasia, B. D. Human Anatomy. CBS Publishers. - Sembulingam, K., and Prema Sembulingam. Essentials of Medical Physiology. Jaypee Brothers Publications. - Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. - Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. - Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. Research Articles and Journals - Research papers related to Yoga physiology, anatomy, physical fitness, and wellness education published in peer-reviewed and UGC Care Listed journals. - Articles related to effects of Yogic practices on body systems, respiration, circulation, and stress 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 Wellness Research			
Model Questions:	Short Answer Questions - Define Anatomy and Physiology. - Explain the importance of Anatomy in Yoga. - What are body systems? - Explain the functions of skeletal system. - State the importance of muscles in body movement. - Explain the mechanism of breathing. - Write the functions of circulatory system. - Explain the role of Yoga in healthy digestion. Long Answer Questions - Explain the meaning, scope, and importance of Human Anatomy and Physiology in Yoga. - Discuss the structure and functions of skeletal and muscular system. - Explain the structure and functions of respiratory and circulatory system with reference to Yoga. - Discuss the role of Yoga in nervous system functioning, digestion, and relaxation. MCQs for Internal Assessment - The basic structural unit of the body is:			

	a) Tissue b) Organ c) Cell d) Muscle 2. The skeletal system mainly provides: a) Digestion b) Support and protection c) Respiration d) Circulation 3. The organ mainly responsible for breathing is: a) Heart b) Liver c) Lungs d) Kidney 4. Blood circulation is mainly controlled by: a) Brain b) Heart c) Lungs d) Muscles 5. The nervous system controls: a) Coordination of body activities b) Digestion only c) Respiration only d) None of the above 6. Pranayama mainly affects the: a) Skeletal system b) Respiratory system c) Digestive system d) Reproductive system 7. Yogic practices improve: a) Flexibility b) Breathing efficiency c) Muscular coordination d) All of the above 8. The digestive system is mainly related to: a) Blood purification b) Food processing and absorption c) Respiration d) Coordination
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B.A. Yogashastra (NEP 2020)

Semester II

Minor – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	II	673810	Yoga Practices for Flexibility and Body Coordination	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the importance of Yogic practices for flexibility, balance, and coordinated body movement. - To develop practical skills in stretching techniques, balancing practices, and flexibility-oriented Yogic postures. - To practice coordination between posture, movement, breathing, and muscular control during Yogic practices. - To cultivate flexibility, physical steadiness, body coordination, and disciplined Yogic practice habits through regular training.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the importance of Yogic practices for flexibility and body coordination. - Demonstrate flexibility-oriented Yogic postures with proper balance and movement coordination. - Perform stretching, balancing, and breathing practices for posture control and muscular coordination. - Develop flexibility, balance, coordinated movement, and disciplined Yogic practice habits.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Preparatory Practices for Flexibility and Coordination - Practice of Joint Loosening and Stretching Techniques - Practice of Flexibility-oriented Standing Movements - Practice of Balancing and Coordination Exercises - Training in Synchronization of Movement and Breathing		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, guided practical sessions, supervised Yogic training, experiential learning, activity-based learning, peer learning, learner-centred approaches, regular practice sessions, and performance-based evaluation methods for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of flexibility, balance, muscular coordination, posture control, physical steadiness, and disciplined Yogic practice among students.	
Module II		Yogic Postures for Flexibility and Balance - Practice of Standing Asanas for Balance and Stability - Practice of Sitting Asanas for Flexibility Enhancement - Practice of Supine and Prone Postures for Body Coordination - Training in Controlled Movement and Postural Stability		15 Hrs	7 Marks		
Module III		Breathing and Relaxation Techniques - Practice of Deep Breathing and Rhythmic Breathing Techniques - Coordination of Breathing during Yogic Practices - Practice of Relaxation Techniques for Muscular Relaxation - Guided Practices for Breath Coordination and Physical Calmness		15 Hrs	8 Marks		

Module IV	Integrated Yogic Training for Flexibility and Coordination - Integrated Practice of Flexibility-oriented Yogic Sequences - Practice of Balance, Posture, and Breathing Coordination - Training in Flexibility and Body Control Practices - Practice of Regular Yogic Routine and Physical Discipline	15 Hrs	7 Marks	
References:	Text Books - Swami Satyananda Saraswati. Asana Pranayama Mudra Bandha. Yoga Publications Trust. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. A. G. Mohan. Yoga for Body, Breath and Mind. Shambhala Publications. - Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. Reference Books T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. - Georg Feuerstein. The Yoga Tradition. Hohm Press. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. - Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. - Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. Research Articles and Journals - Research papers related to Yogic flexibility, body coordination, posture training, and movement practices published in peer-reviewed and UGC Care Listed journals. - Articles related to Yoga for flexibility enhancement, muscular coordination, balance practices, and physical training 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			
Practical Examination Pattern:	Internal Assessment (20 Marks) - Attendance and Regularity - 05 Marks - Practical Performance and Discipline - 05 Marks - Viva-Voce / Oral Assessment - 05 Marks - Practical Record / Journal - 05 Marks External Practical Examination (30 Marks) - Demonstration of Yogic Practices – 15 Marks - Performance of Prescribed Yogic Practices – 10 Marks - Viva-Voce – 05 Marks			

B.A. Yogashastra (NEP 2020)
Semester II
Vocational Skill Course (VSC) – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	II	673813	Basic Yogic Practices and Training Skills	2	60	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the importance of basic Yogic practices for physical, mental, and emotional well-being. 2. To develop practical skills in performing fundamental Yogic practices with proper alignment, breathing, and discipline. 3. To apply basic Yogic techniques for flexibility, relaxation, concentration, and healthy lifestyle management. 4. To cultivate regular practice habits, self-discipline, and professional attitude in Yogic training and wellness activities.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance of basic Yogic practices for holistic health and wellness. 2. Demonstrate fundamental Yogic practices with proper posture, breathing coordination, and discipline. 3. Apply Yogic techniques for flexibility, relaxation, concentration, and stress management. 4. Develop regular practice habits, confidence, and positive attitude towards Yogic lifestyle and wellness.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Introduction to Basic Yogic Practices - Meaning, Importance, and Scope of Yogic Practices - Principles and Guidelines for Yogic Practice - Prayer, Omkar Chanting, and Breath Awareness - Preparatory Practices and Sukshma Vyayama		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, guided Yogic practices, supervised training, group practice, peer learning, workshops, audio-visual methods, interactive learning, and learner-centred activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of practical Yogic skills, discipline, and professional training among students.	
Module II		Fundamental Asana Practice Skills - Standing Postures: Tadasana, Vrikshasana, Ardha Chakrasana/Trikonasana - Sitting Postures: Vajrasana, Sukhasana, Bhadrasana - Prone and Supine Postures: Bhujangasana, Pavanamuktasana, Makarasana - Relaxation Practices: Shavasana and Instant Relaxation Technique (IRT)		15 Hrs	7 Marks		
Module III		Basic Pranayama and Relaxation Techniques - Sectional Breathing Practices - Abdominal, Chest, and Yogic Breathing - Basic Practice of Anulom-Vilom and Bhramari Pranayama - Deep Relaxation Technique		15 Hrs	8 Marks		

	(DRT) and Mental Relaxation Practices			
Module IV	Applied Yogic Practice and Lifestyle Skills - Practice of Surya Namaskar with Breath Coordination - Applied Yogic Practices for Flexibility, Balance, and Concentration - Yogic Discipline, Cleanliness, and Practice Ethics - Role of Yoga in Healthy Lifestyle and Daily Routine	15 Hrs	7 Marks	
References:	Text Books - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. - Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. Reference Books - Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. - Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. - Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Journals - Research papers related to Yogic practices, physical fitness, relaxation techniques, and wellness published in peer-reviewed and UGC Care Listed journals. - Articles related to Yoga training, lifestyle management, and holistic health 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 Regular Practice - 10 Marks - Practical Demonstration - 10 Marks - Practical Skill Performance / Practice Efficiency - 10 Marks - Record / Assignment / Practice Journal - 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:		- To understand the importance of documentation and case study writing in Yoga and wellness practices. - To develop skills in recording, organizing, and presenting Yoga-related information systematically. - To apply basic methods of case study preparation, observation, and reporting in Yoga practices and wellness activities. - 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: - Explain the importance of documentation and case study writing in Yoga and wellness fields. - Demonstrate skills in maintaining Yoga records, reports, and practice documentation. - Apply basic techniques of case study preparation, observation, and report writing related to Yoga practices. - 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) 1. Attendance and Active Participation - 10 Marks 2. Assignment / Documentation Work - 10 Marks 3. Case Study Preparation / Presentation - 10 Marks 4. Practical Record / Report Writing - 10 Marks 5. Viva-Voce / Internal Practical Performance - 10 Marks			

B.A. Yogashastra (NEP 2020)
Semester I & II
Co-Curricular Courses (CC) – Activity

Level	Semester	Course Name	Credits	Activity / Engagement Hours	Exam Duration	Max Marks
4.5	I & II	Co-Curricular Courses (CC)	2 Credits per Semester	60 Hrs per Semester	Activity / Viva-Voce	Internal Assessment– 50 Total – 50 per Semester
Course Objectives:		- To understand the importance of co-curricular activities in holistic development, health, discipline, and wellness education. - To develop physical fitness, teamwork, communication skills, leadership qualities, and social responsibility through activity-based learning. - To apply Yogic values, wellness practices, and community-oriented behaviour in day-to-day life. - To cultivate confidence, ethical behaviour, creativity, and active participation through co-curricular engagement.				
Course Outcomes:		After successful completion of the Co-Curricular Courses (CC), the students will be able to: - Explain the importance of co-curricular activities in personality development, wellness, and social awareness. - Demonstrate discipline, teamwork, leadership qualities, and active participation in co-curricular activities. - Apply health, fitness, wellness values, and community-oriented practices in daily life and institutional activities. - Develop communication skills, confidence, ethical behaviour, and positive attitude through experiential learning.				
Co-Curricular Activity Areas		The students may participate in any of the following Co-Curricular activities as prescribed by the Institution / University: - Yoga Education and Wellness Activities - Health and Fitness Programmes - Sports and Physical Activities - NSS / NCC Activities - Cultural and Creative Activities - Community Engagement and Awareness Programmes - Environmental and Social Responsibility Activities - Fine Arts / Performing Arts Activities				
Participation and Activity Components		The students shall participate in the following activities wherever applicable: - Yoga and Wellness Sessions - Fitness and Health Awareness Activities - Group Activities and Team-based Participation - Community Service and Awareness Programmes - Sports, Cultural, and Creative Events - Institutional Activities and Workshops - Environmental and Social Awareness Activities - Discipline, Leadership, and Personality Development Activities				
Record / Documentation		Each student shall maintain and submit: - Activity Participation Record - Attendance Record - Event / Programme Participation Details - Reflection / Activity Report (if applicable) - Certificates of Participation (wherever applicable) - The activity records shall be verified by the concerned Mentor Faculty / Coordinator.				
Guidelines for Co-Curricular Courses		- The Co-Curricular Courses (CC) shall be conducted in accordance with the NEP 2020 guidelines and the Teaching Learning Scheme prescribed by the University. - The Co-Curricular Courses (CC) shall be offered from the University-approved basket of co-curricular activities/courses as prescribed under the NEP 2020 framework and Teaching Learning Scheme. The students shall complete the prescribed activities, participation, engagement, and evaluation requirements through the approved co-curricular platforms made available by the Institution / University. - The activities may include Yoga Education, Health and Wellness, Sports and Fitness, NSS/NCC, Cultural Activities, Community Engagement, Fine Arts, or other approved co-curricular programmes offered by the Institution / University from time to time. - Students shall maintain discipline, punctuality, ethical conduct, and regular				

	participation during co-curricular activities. • The participation, attendance, and activity performance of students shall be monitored by the concerned Mentor Faculty / Coordinator. • The assessment and evaluation of Co-Curricular Courses shall be conducted as per the guidelines prescribed by the University / Institution.
Pedagogical & Supervisory Strategies	The Board of Studies recommends the use of activity-based learning, experiential learning, community engagement, wellness programmes, group participation, workshops, field-based activities, cultural participation, sports participation, reflective learning, and learner-centred approaches for effective Teaching, Learning, and Evaluation (T, L & E) of the Co-Curricular Courses. These strategies shall support the development of personality, wellness awareness, leadership qualities, communication ability, social responsibility, and holistic education among students.
Evaluation Pattern	Internal Evaluation (50 Marks) 1. Attendance and Active Participation - 10 Marks 2. Activity Performance / Participation - 10 Marks 3. Community / Institutional Engagement - 10 Marks 4. Record / Documentation / Reflection Report - 10 Marks 5. Viva-Voce / Overall Performance - 10 Marks
General Note	The Co-Curricular Courses (CC) shall be completed by the students under the guidance and supervision of the concerned Mentor Faculty / Coordinator as per the Teaching Learning Scheme and University guidelines prescribed from time to time.

Appendix: List Of Abbreviations

Abbreviation	Meaning
ABC	Academic Bank of Credit
AEC	Ability Enhancement Courses
CC	Co-curricular Courses
CAT	Continuous Assessment Test
CES	Community Engagement and service
DSC	Department Specific Core
DSE	Department Specific Elective
ES	Environment Studies
FSE	Faculty Specific Elective
FP	Field projects
GE	Generic Electives
HEI	Higher Educational Institute
IFSC	Inter Faculty Specific Core
IKS	Indian Knowledge System
Lab	Laboratory
MIL	Modern Indian Languages
MOOC	Massive Online Open Course
NCrF	National Credit Framework
NEP	National Education Policy
OE	Open Electives
OJT	On Job Training
Pr	Practical/Practicum
Prq	Pre-requisite Course
RM	Research Methodology
RP	Research Project
SEC	Skill Enhancement Courses
Th	Theory
UGC	University Grants Commission
VEC	Value Education Courses
VEC	Vocational Enhancement Courses
VSC	Vocational Skill Courses
VSEC	Vocational and Skill Enhancement Courses

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2. University Grants Commission (UGC), New Delhi. Curriculum and Credit Framework for Undergraduate Programmes (CCFUGP). December 2022.
3. Government Resolution, Government of Maharashtra State, Higher and Technical Education Department, related to implementation of NEP 2020 and multidisciplinary undergraduate programmes.
4. Sant Gadge Baba Amravati University, Amravati. NEP 2020 Guidelines, Ordinances, Directions, Gazette Notifications, and Academic Regulations issued from time to time.
5. University Grants Commission (UGC), New Delhi. Learning Outcomes-based Curriculum Framework (LOCF). January 2020.
6. Patanjali. Yoga Sutras. Various Editions.
7. Swatmarama. Hatha Yoga Pradipika. Various Editions.
8. Gheranda Samhita. Various Editions.
9. Shiva Samhita. Various Editions.
10. Bhagavad Gita. Various Editions.
11. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications.
12. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications.
13. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust.
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18. Tortora, Gerard J. Principles of Anatomy and Physiology. Wiley Publications.
19. Research papers, peer-reviewed journals, UGC CARE listed journals, and digital resources related to Yogashastra, Yoga Therapy, Meditation, Mental Health, Holistic Health, and Wellness Education.
20. Digital Academic Resources: Ministry of AYUSH, CCRYN, MDNIY, SWAYAM, NDLI, e-PG Pathshala, INFLIBNET, Shodhganga, Google Scholar, and PubMed.



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

Second Year

Semester III & IV

Academic Session: 2026–2027

Board of Studies in Yogashastra

Faculty of Interdisciplinary Studies

Sant Gadge Baba Amravati University, Amravati

BOARD OF STUDIES IN YOGASHASTRA
Faculty of Interdisciplinary Studies
Sant Gadge Baba Amravati University, Amravati

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Note:

The syllabus was prepared and recommended by the Board of Studies in Yogashastra, Faculty of Interdisciplinary Studies, Sant Gadge Baba Amravati University, Amravati, in accordance with NEP 2020 guidelines and university regulations.



Chairman
Board of Studies in Yogashastra
Faculty of Humanities
SGBAU, Amravati

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Introduction of the B.A. Yogashastra Programme

The Bachelor of Arts (B.A.) in Yogashastra is a multidisciplinary undergraduate programme designed in accordance with the National Education Policy (NEP) 2020 with the objective of promoting holistic education, Indian Knowledge Systems, value-based learning, skill development, and professional competency in the field of Yoga.

The programme integrates traditional Yogic wisdom with modern scientific understanding of health, wellness, psychology, anatomy, physiology, meditation, therapeutic applications, and lifestyle management. It provides systematic theoretical and practical training in Yogic practices such as Asana, Pranayama, Meditation, Shatkarma, Yoga Therapy, Teaching Methodology, Community Engagement, and Wellness Education.

The programme aims to develop physically fit, mentally balanced, emotionally stable, ethically responsible, and professionally competent Yoga graduates capable of contributing to individual and social well-being. It also emphasizes communication skills, leadership qualities, experiential learning, professional training, and research orientation required for contemporary Yoga education and wellness sectors.

The curriculum includes Major, Minor, Vocational Skill Courses (VSC), Skill Enhancement Courses (SEC), Internship/OJT, FP/CES, Co-Curricular Courses (CC), Indian Knowledge Systems (IKS), and interdisciplinary learning components to prepare students for higher education, self-employment, entrepreneurship, Yoga instruction, wellness consultancy, therapeutic applications, and community health services.

The programme promotes holistic health, discipline, self-awareness, social responsibility, preventive healthcare, stress management, and healthy lifestyle practices through integrated Yogic education and experiential learning.

Vision

To develop competent, disciplined, value-oriented, and socially responsible Yoga professionals through quality education rooted in Yogic traditions, Indian Knowledge Systems, scientific understanding, holistic wellness, and professional practice.

Mission

1. To provide systematic theoretical and practical education in Yogashastra in accordance with NEP 2020 and contemporary academic standards.
2. To promote physical, mental, emotional, and spiritual well-being through Yogic practices and healthy lifestyle education.
3. To preserve, promote, and disseminate the traditional knowledge and philosophical heritage of Yoga and Indian Knowledge Systems.
4. To develop skilled Yoga professionals, instructors, wellness trainers, and community health educators through experiential and practice-oriented learning.
5. To encourage ethical conduct, discipline, leadership qualities, communication skills, and professional competency in Yoga education.
6. To promote research orientation, critical thinking, community engagement, and holistic wellness awareness through Yoga.

Program Objectives

1. To impart fundamental and advanced knowledge of Yogashastra, Yogic philosophy, and classical Yoga traditions.
2. To develop practical proficiency in Asana, Pranayama, Meditation, Shatkarma, relaxation techniques, and therapeutic Yogic practices.
3. To provide scientific understanding of Anatomy, Physiology, Psychology, Mental Health, and Yoga Therapy in relation to Yogic practices.
4. To develop communication skills, teaching competency, leadership qualities, and professional ethics required in Yoga education and wellness sectors.

5. To promote holistic health, emotional balance, stress management, self-discipline, and healthy lifestyle practices through Yoga.
6. To develop awareness regarding Indian Knowledge Systems, community wellness, preventive healthcare, and social responsibility.
7. To encourage experiential learning, field work, documentation skills, research orientation, and professional training through Internship/OJT, FP/CES, and related academic activities.
8. To prepare students for higher education, research, self-employment, entrepreneurship, and professional careers in Yoga, Wellness, and allied health sectors.

Program Outcomes (POs)

After successful completion of the B.A. Yogashastra programme, the students shall be able to:

1. Demonstrate comprehensive knowledge of Yogashastra, Yogic philosophy, and classical Yoga traditions.
2. Perform and teach Yogic practices including Asana, Pranayama, Meditation, Shatkarma, and relaxation techniques effectively.
3. Apply principles of Anatomy, Physiology, Psychology, and Yoga Therapy in health, wellness, and lifestyle management.
4. Develop healthy lifestyle habits, emotional balance, stress management ability, and holistic wellness awareness through Yogic practices.
5. Demonstrate professional competency in Yoga teaching, communication, presentation, and instructional methods.
6. Apply Yoga-based interventions for fitness, mental health, lifestyle disorders, rehabilitation, and community wellness.
7. Demonstrate critical thinking, observation, documentation, analytical ability, and research orientation in Yoga-related activities and practices.
8. Exhibit ethical conduct, discipline, leadership qualities, teamwork, and social responsibility in professional and personal life.
9. Integrate Indian Knowledge Systems, value education, and interdisciplinary understanding in Yoga education and wellness practices.
10. Utilize professional, digital, communication, and practical skills required in Yoga and wellness sectors.

Program Specific Outcomes (PSOs)

After successful completion of the B.A. Yogashastra programme, the students shall be able to:

1. Explain the theoretical foundations, historical development, and philosophical principles of Yoga and Yogashastra.
2. Demonstrate proficiency in Yogic practices including Asana, Pranayama, Meditation, Shatkarma, relaxation techniques, and therapeutic applications of Yoga.
3. Apply Yogic principles for physical fitness, mental well-being, emotional regulation, stress management, and healthy lifestyle practices.
4. Conduct Yoga classes, demonstrations, wellness sessions, and community-based Yoga awareness programmes effectively.
5. Apply principles of Yoga Therapy and rehabilitation for preventive, promotive, and holistic healthcare practices.
6. Demonstrate competency in Yoga teaching methodology, instructional skills, documentation, case study writing, and wellness coaching.
7. Integrate traditional Yogic knowledge with scientific and contemporary approaches to health, fitness, and wellness.
8. Pursue higher education, research, entrepreneurship, and professional career opportunities in Yoga, Wellness, and allied health sectors.

Graduate Attributes

The graduates of the B.A. Yogashastra programme shall possess:

1. Comprehensive knowledge of Yogashastra, Yogic philosophy, and holistic wellness.

2. Practical competency in Asana, Pranayama, Meditation, relaxation techniques, and Yogic lifestyle practices.
3. Ethical values, self-discipline, professional responsibility, and positive attitude.
4. Communication, presentation, teaching, and leadership skills required in Yoga education and wellness sectors.
5. Emotional balance, stress management ability, self-awareness, and healthy lifestyle orientation.
6. Critical thinking, analytical ability, observation skills, and research orientation in Yoga studies.
7. Professional competency, employability skills, and entrepreneurial ability in Yoga and wellness-related fields.
8. Social responsibility, community engagement, and awareness regarding preventive healthcare and holistic living.
9. Understanding of Indian Knowledge Systems, cultural heritage, and value-based education.
10. Ability to integrate traditional Yogic wisdom with modern scientific and professional practices.

Career / Employability Opportunities

The graduates of the B.A. Yogashastra programme may pursue career and employability opportunities in the following areas:

1. Yoga Instructor / Yoga Trainer
2. Yoga Therapist and Wellness Consultant
3. Meditation and Stress Management Trainer
4. Health and Lifestyle Coach
5. Yoga Demonstrator and Yoga Educator
6. School, College, and Community Yoga Instructor
7. Corporate Yoga and Wellness Trainer
8. Fitness and Holistic Wellness Professional
9. Yoga Studio and Wellness Centre Professional
10. Research Assistant in Yoga and Wellness Studies
11. Community Health and Wellness Coordinator
12. Freelance Yoga Professional and Entrepreneur
13. Content Developer and Documentation Assistant in Yoga Education
14. Opportunities for Higher Education and Research in Yogashastra, Yoga Therapy, Wellness, Physical Education, Psychology, and allied disciplines.

Teaching–Learning Scheme

Table 1: Semester III

Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)
a.	Major	Theory-3	673815	Hatha Yoga: Classical Text and Practices	2	2
		Theory-4	673816	Applied Human Anatomy and Physiology in Yoga	2	2
		Practical-8	673817	Hatha Yoga Practices and Techniques	2	4
	IKS-Major Specific	Theory	673818	IKS-Yogic Traditions and Heritage	2	2
b.	Minor	Theory-3	673819	Indian Philosophy and Yoga Darshan	2	2
		Practical-9	673820	Yogic Practices for Concentration and Awareness	2	4
c.	GOEC	Theory-5		Generic/Open Elective (GOEC)	2	2
d.	VSC	Practical-10	673822	Instructional Methods and Teaching Skills in Yoga	2	4
e.	AEC - English	Theory		English Language	1	1
	AEC–MIL	Theory		Modern Indian Language (MIL)	1	1
f.	FP/CES	Project	673823	Yoga Awareness and Community Survey	2	4
	CC	Outdoor		Co-Curricular Courses (CC)- Health And Wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC and Fine/Applied/ Visual/Performing Arts.	2	4
	TOTAL				22	32

Table 2: Semester IV

Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)
a.	Major	Theory-5	673824	Shatkarmas and Yogic Cleansing Techniques	2	2
		Theory-6	673825	Yoga Psychology and Mental Health	2	2
		Theory-7	673826	Pranayama and Advanced Breathing Techniques	2	2
		Practical-11	673827	Pranayama and Meditation Practices	2	4
b.	Minor	Theory-4	673828	Introduction to Classical Yoga Texts	2	2
		Practical-12	673829	Introductory Meditation and Awareness Practices	2	4
c.	GOEC	Theory-6		Generic/Open Elective (GOEC)	2	2
d.	VSC	Practical-13	673831	Therapeutic Applications of Yoga	2	4
e.	AEC - ENG	Theory		English Language	1	1
	AEC–MIL	Theory		Modern Indian Language (MIL)	1	1
f.	FP/CES	Project	673832	Applied Yogic Practices for Community Wellness	2	4
	CC	Outdoor		Co-Curricular Courses (CC)- Health And Wellness, Yoga Education, Sports and Fitness, Cultural Activities, NSS/NCC and Fine/Applied/ Visual/Performing Arts.	2	4
	TOTAL				22	32

Credit Structure and Evaluation Pattern

The Credit Structure, Teaching–Learning Workload, Examination, Evaluation, and Assessment pattern of the B.A. Yogashastra programme shall be implemented in accordance with NEP 2020 and the guidelines prescribed by Sant Gadge Baba Amravati University, Amravati from time to time.

Table 3: Credit and Workload Pattern

Sr. No.	The Vertical		Workload	
			Theory	Practical
a	Major		1Credit =1 Hr/week	1Credit=2 Hrs/ week
b	Minor		1Credit =1 Hr/week	1Credit=2 Hrs/ week
c	Generic/ Open Elective		1Credit =1 Hr/week	1Credit=2Hrs/ week
d	(i)VSC		1Credit =1 Hr/week	1Credit=2 Hrs/ week
	(ii) SEC		1Credit=1Hr/week	1Credit=2 Hrs/ week
e	(i) AEC	English		1Credit=2Hr/week 1Credit=2Hr/week
		MIL		
	(ii) IKS-Generic	English	1Credit =1 Hr/week	
		MIL	1Credit =1 Hr/week	
	(iii) VEC	English	1Credit=1Hr/week	
		MIL	1Credit=1Hr/week	
f	(i) Internship /Apprenticeship (OJT)			1 Credit = 2 Hrs/ week (30 Hrs.of engaged time)
	(ii) FP/CEP	FP		1Credit=2 Hrs/week (A minimum of 45Hrs. of learning activities per Credit in a semester)
		CE&S		1Credit=2 Hrs/Week (Cumulative 30 Hrs. of contact time per Credit)
	(iii) CC	English	1Credit=1Hr/week	1Credit=2Hrs/week (A minimum of 30 Hrs. of learning activities per Credit in a semester)
		MIL		

Table 4: Examination, Evaluation and Assessment Pattern

The Vertical	Mode of Examination, Evaluation & Assessment	Theory				Theory (Total)		Practical				Practical (Total)	
		External		Internal				External		Internal			
		Max. Marks	Min Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks
Major	External &Internal	30/60	9/18	20/40	6/12	50/100	20/40	25/50	10/20	25/50	10/20	25/50	10/20
Minor		30/60	9/18	20/40	6/12	50/100	20/40	25/50	10/20	25/50	10/20	25/50	10/20
Generic/ Open Elective	Internal			50	20	50	20	--	--	50	20	50	20
VSC	Internal			50	20	50	20			50	20	50	20
SEC	Internal	--	--	50	20	50	20			50	20	50	20
AEC (Eng.& One MIL Composite)	Internal			50	20	50	20						
IKS(Generic)	Internal			50	20	50	20						
VEC	Internal			50	20	50	20						
Internship / Apprenticeship	Internal	Assessment of these verticals shall be based on various activities/practices. The evaluation/assessment shall be done by appointing external examiner by principal from Industry/Organization/Academia. The mentor faculty shall be the internal examiner. It shall be evaluated by giving maximum 50 marks per 2 Credit Course with separate activity weightages/levels. A detailed SOP for this assessment process shall be prescribed separately.											
FP/CEP													
CC													

Note:

- The above Credit Structure, Workload, Examination, Evaluation, and Assessment pattern shall be applicable to all semesters of the B.A. Yogashastra programme

DETAILED SYLLABUS
B.A. Yogashastra (NEP 2020)
Semester III
Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	III	673815	Hatha Yoga: Classical Text and Practices	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the fundamental concepts, historical development, and philosophical foundations of Hatha Yoga traditions. - To develop understanding regarding major classical Hatha Yoga texts and Nath Yogic traditions. - To familiarize students with the principles and significance of Asana, Pranayama, Mudra, Bandha, and Shatkarma practices in Hatha Yoga. - To cultivate awareness regarding the role of Hatha Yoga in purification, discipline, concentration, and Yogic advancement.					
Course Outcomes:		After successful completion of the course, the students shall be able to: - Explain the meaning, origin, development, and objectives of Hatha Yoga traditions. - Describe the contribution of major classical Hatha Yoga texts and Nath Yogic masters. - Identify the principles and importance of Asana, Pranayama, Mudra, Bandha, and Shatkarma practices in Hatha Yoga. - Analyze the significance of Hatha Yoga practices in purification, discipline, concentration, and Yogic development.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations and Historical Development of Hatha Yoga - Meaning, Nature, and Objectives of Hatha Yoga - Historical Development of Hatha Yoga Traditions - Concept of “Ha” and “Tha” in Hatha Yoga - Importance of Hatha Yoga in Yogic Discipline and Sadhana		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, textual interpretation methods, conceptual discussions, learner-centered teaching approaches, ICT-enabled teaching, comparative study methods, guided textual learning, group discussions, seminar presentations, interpretative learning approaches, reflective academic practices, and activity-oriented learning methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support textual understanding, analytical thinking, traditional Yogic knowledge, interpretative skills, conceptual clarity, and awareness regarding classical Hatha Yoga traditions and practices.	
Unit II		Classical Hatha Yoga Texts and Nath Tradition - Introduction to Hatha Yoga Pradipika - Introduction to Gheranda Samhita and Shiva Samhita - Nath Tradition and Contribution of Gorakshanath - Contribution of Classical Hatha Yoga Literature in Yogic Practices		7 Hrs	7 Marks		
Unit III		Hatha Yoga Practices and Techniques - Principles and Importance of Asana in Hatha Yoga - Concept and Types of Pranayama in Hatha Yoga Tradition - Introduction to Mudras and Bandhas for Energy Regulation - Introduction to Shatkarma and Preparatory Cleansing		8 Hrs	8 Marks		

	Practices			
Unit IV	Applied Dimensions of Hatha Yoga - Hatha Yoga for Physical Purification and Discipline - Role of Hatha Yoga in Stability, Concentration, and Self-regulation - Relationship between Hatha Yoga and Higher Yogic Practices - Contemporary Relevance of Hatha Yoga in Wellness and Yogic Lifestyle	7 Hrs	7 Marks	
References:	Text Books and Reference Books - Swatmarama. Hatha Yoga Pradipika. Kaivalyadhama Publications. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Gheranda. Gheranda Samhita. Traditional Yoga Publications. - Shiva Samhita. Various Editions. - Digambarji, Swami and Kokaje, S.R. Hatha Yoga Pradipika. Kaivalyadhama Publications. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. - Gorakshanath. Goraksha Shataka. Various Editions. Research Articles and Study Materials - Research articles related to Hatha Yoga traditions and classical Yogic texts - UGC Care Listed Journal Publications related to Yoga Studies and Hatha Yoga - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to Nath Tradition and Classical Hatha Yoga Practices Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions - Explain the meaning and objectives of Hatha Yoga. - Write a short note on Hatha Yoga Pradipika. - Explain the concept of “Ha” and “Tha” in Hatha Yoga. - Describe the contribution of Nath tradition in Hatha Yoga. - Write a short note on Gheranda Samhita. - Explain the importance of Mudras in Hatha Yoga practices. - Write a short note on Bandhas and energy regulation. - Explain the role of Hatha Yoga in discipline and concentration. Long Answer Questions - Discuss the historical development and philosophical foundations of Hatha Yoga traditions. - Explain the contribution of major classical Hatha Yoga texts and Nath Yogic traditions. - Discuss the principles and significance of Asana, Pranayama, Mudra, Bandha, and Shatkarma practices in Hatha Yoga. - Explain the applied dimensions and contemporary relevance of Hatha Yoga practices in Yogic lifestyle and wellness. MCQs for Internal Assessment - Hatha Yoga Pradipika was written by: - Patanjali - Swatmarama - Gheranda - Gorakshanath - The word “Hatha” is associated with: - Sun and Moon - Fire and Water - Earth and Sky - Body and Mind - Gheranda Samhita is related to:			

	a) Vedanta b) Hatha Yoga c) Ayurveda d) Nyaya 4. Nath tradition is closely associated with: a) Bhakti Yoga b) Hatha Yoga c) Karma Yoga d) Raja Yoga 5. Mudras are mainly associated with: a) Yogic gestures and energy regulation b) Diet therapy c) Physical games d) Medical surgery 6. Bandhas are related to: a) Energy locks b) Physical exercise only c) Food discipline d) Chanting practices 7. Shiva Samhita is a classical text of: a) Sankhya b) Hatha Yoga c) Ayurveda d) Vedanta 8. Hatha Yoga mainly emphasizes: a) Physical purification and Yogic discipline b) Political theory c) Music education d) Warfare techniques
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B.A. Yogashastra (NEP 2020)

Semester III

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	III	673816	Hatha Yoga: Classical Text and Practices	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the structure and functions of major human body systems relevant to Yogic practices. - To develop understanding regarding anatomical and physiological responses associated with Yoga practices. - To familiarize students with the effects of Asana, Pranayama, and relaxation techniques on body systems. - To cultivate scientific understanding regarding the role of Yoga in physical health, body coordination, and functional well-being.					
Course Outcomes:		After successful completion of the course, the students shall be able to: - Explain the structure and functions of major human body systems related to Yoga practices. - Describe anatomical and physiological responses associated with Yogic practices. - Analyze the effects of Asana, Pranayama, and relaxation techniques on body systems and functional balance. - Apply anatomical and physiological understanding for safe, scientific, and effective Yogic practices.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Human Anatomy and Physiology - Meaning, Nature, and Scope of Human Anatomy and Physiology - Structural Organization of Human Body - Introduction to Cells, Tissues, Organs, and Organ Systems - Basic Anatomical Terminology and Body Orientation		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, diagram-based teaching methods, conceptual demonstrations, ICT-enabled teaching, learner-centered approaches, anatomy-oriented discussions, scientific interpretation methods, group discussions, seminar presentations, analytical learning approaches, observation-based learning, and activity-oriented academic practices for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support scientific understanding, anatomical interpretation, physiological analysis, conceptual clarity, observational awareness, and applied Yogic learning related to human anatomy and physiology in Yoga practices.	
Unit II		Musculoskeletal and Respiratory Systems in Yoga - Structure and Functions of Skeletal System - Structure and Functions of Muscular System - Respiratory System and Mechanism of Breathing - Relevance of Yogic Practices in Musculoskeletal Flexibility and Respiratory Efficiency		7 Hrs	7 Marks		
Unit III		Circulatory and Nervous Systems in Yogic Practices - Structure and Functions of Circulatory System - Heart Functions and Blood Circulation - Structure and Functions of Nervous System - Influence of Yogic Practices on Nervous Coordination and		8 Hrs	8 Marks		

	Circulatory Balance			
Unit IV	Physiological Basis of Yogic Practices - Physiological Responses to Asana Practices - Physiological Basis of Pranayama and Breath Regulation - Physiological Importance of Relaxation Techniques - Role of Yoga in Functional Health and Physical Efficiency	7 Hrs	7 Marks	
References:	Text Books and Reference Books - Guyton, A.C. and Hall, J.E. Textbook of Medical Physiology. Elsevier Publications. - Tortora, G.J. and Derrickson, B. Principles of Anatomy and Physiology. Wiley Publications. - Chaurasia, B.D. Human Anatomy. CBS Publishers and Distributors. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. - Telles, Shirley. Research Studies on Yoga Physiology. Yoga Research Publications. Research Articles and Study Materials - Research articles related to Yoga Physiology and Applied Anatomy - UGC Care Listed Journal Publications related to Yoga Science and Physiology - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to Physiology of Yogic Practices and Functional Health Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions - Explain the meaning of anatomy and physiology. - Write a short note on structural organization of the human body. - Describe the functions of skeletal system. - Explain the mechanism of breathing. - Write a short note on circulatory system. - Explain the role of nervous system in body coordination. - Describe the physiological responses to Asana practices. - Explain the role of Yoga in functional health and physical efficiency. Long Answer Questions - Discuss the structure and functions of musculoskeletal system and its relevance in Yoga practices. - Explain the respiratory system and the effects of Yogic practices on breathing regulation. - Discuss the structure and functions of circulatory and nervous systems with reference to Yogic practices. - Explain the physiological basis of Asana, Pranayama, and relaxation techniques in Yoga. MCQs for Internal Assessment - Anatomy mainly deals with: - Body structure - Body functions - Nutrition - Psychology - Physiology is the study of: - Body functions - Body weight - Body language - Diet patterns - The respiratory system is mainly related to: - Blood circulation - Breathing			

	c) Digestion d) Excretion 4. Bones and muscles together form the: a) Nervous system b) Respiratory system c) Musculoskeletal system d) Digestive system 5. The heart is associated with: a) Nervous system b) Respiratory system c) Circulatory system d) Endocrine system 6. Pranayama mainly influences: a) Breathing regulation b) Digestion only c) Vision only d) Hearing only 7. The nervous system controls: a) Coordination and response b) Bone growth only c) Digestion only d) Blood clotting only 8. Yoga practices help in improving: a) Functional efficiency b) Physical inactivity c) Stress accumulation d) Fatigue only
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B.A. Yogashastra (NEP 2020)

Semester III

Major – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	III	673817	Hatha Yoga Practices and Techniques	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the traditional practical foundations, discipline, and procedural methods of Hatha Yoga practices. - To develop practical understanding regarding classical Asanas, Pranayama, Mudras, Bandhas, and selected Shatkarma techniques. - To familiarize students with body purification, breath regulation, internal awareness, postural stability, and energy-balancing Yogic practices. - To cultivate concentration, self-discipline, physical balance, and integrated Yogic awareness through systematic Hatha Yoga training.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate classical Hatha Yoga practices with proper procedural understanding, discipline, and coordination. - Perform selected Asanas, Pranayama, Mudras, Bandhas, and cleansing practices correctly and safely. - Apply Hatha Yoga techniques for flexibility, purification, breath control, concentration, and neuromuscular coordination. - Develop practical awareness regarding traditional Hatha Yoga discipline, self-regulation, and integrated Yogic living.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundational Hatha Yoga Conditioning Practices - Preparatory Hatha Yoga exercises and body-conditioning practices - Classical standing Asanas for stability, balance, and stamina - Sitting and meditative Asanas for postural steadiness - Synchronization of breath and movement during Hatha Yoga practice		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, supervised Hatha Yoga training sessions, learner-centered practical instruction, guided traditional practice approaches, observation-based learning, corrective teaching methods, peer learning activities, experiential learning methods, sequencing-oriented training practices, reflective learning approaches, traditional Guru-Shishya-oriented instruction methods, practice-based learning activities, and posture-analysis methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support procedural understanding, postural alignment, purification awareness, breath regulation, concentration development, neuromuscular coordination, internal awareness, traditional Hatha Yoga	
Module II		Classical Asana and Pranayama Practices - Forward bending, backward bending, and twisting Asanas - Balancing and flexibility-oriented Hatha Yoga practices - Nadi Shodhana, Ujjayi, and Bhastrika Pranayama practices - Relaxation and recovery practices after intensive Yogic sessions		15 Hrs	7 Marks		
Module III		Mudra, Bandha, and Shatkarma Practices - Introduction to Yogic Mudras and Hasta Mudra practices - Jalandhara Bandha, Uddiyana Bandha, and		15 Hrs	8 Marks		

	• Mula Bandha practices • Jal Neti and Kapalabhati cleansing practices • Practice precautions, contraindications, and safety measures in Hatha Yoga techniques			discipline, and applied practical competency among students.
Module IV	Integrated Hatha Yoga Practice and Traditional Discipline • Sequencing and structuring of Hatha Yoga practice sessions • Integration of Asana, Pranayama, Mudra, and awareness practices • Concentration, internal observation, and discipline-oriented Yogic practices • Daily Hatha Yoga routine for purification, balance, and holistic wellness	15 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Swatmarama. Hatha Yoga Pradipika. Kaivalyadhama Publications. 2. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 3. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 4. Gheranda. Gheranda Samhita. Traditional Yoga Publications. 5. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 6. Digambarji, Swami and Kokaje, S.R. Hatha Yoga Pradipika. Kaivalyadhama Publications. 7. Shiva Samhita. Various Traditional Editions. Research Articles and Study Materials 1. Research articles related to Hatha Yoga practices and traditional Yogic techniques 2. UGC Care Listed Journal Publications related to Hatha Yoga and Applied Yogic Sciences 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Mudra, Bandha, Shatkarma, and traditional Yogic practices Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity – 05 Marks 2. Practical Performance and Participation – 05 Marks 3. Practical Journal / Practice Record – 05 Marks 4. Viva-Voce / Internal Practical Test – 05 Marks External Practical Examination (30 Marks) 1. Demonstration of Hatha Yoga Practices – 15 Marks 2. Practical Skill, Alignment, and Coordination – 05 Marks 3. Viva-Voce – 05 Marks 4. Discipline, Sequencing, and Presentation – 05 Marks			

B.A. Yogashastra (NEP 2020)

Semester III

IKS Major Specific – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	III	673818	IKS – Yogic Tradition and Heritage	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the foundations, characteristics, and significance of Indian Knowledge System in relation to Yogic traditions. - To develop understanding regarding traditional systems of Yogic learning, knowledge transmission, and cultural heritage. - To familiarize students with classical Yogic literature, Guru-Shishya Parampara, and traditional Yogic lineages. - To cultivate awareness regarding the preservation, cultural relevance, and contemporary importance of Yogic heritage and Indian wisdom traditions.					
Course Outcomes:		After successful completion of the course, the students shall be able to: - Explain the concept, characteristics, and importance of Indian Knowledge System in Yoga. - Describe traditional systems of Yogic learning and knowledge transmission in Indian traditions. - Identify the contribution of classical Yogic literature, Gurus, and traditional Yogic lineages in preserving Yogic heritage. - Analyze the cultural, educational, and contemporary relevance of Yogic heritage and Indian wisdom traditions.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Indian Knowledge System and Yogic Heritage - Meaning, Nature, and Scope of Indian Knowledge System (IKS) - Fundamental Characteristics of Indian Knowledge Traditions - Place of Yoga in Indian Knowledge System - Relationship between Yoga, Culture, Spirituality, and Holistic Living		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, heritage-oriented discussions, textual interpretation methods, learner-centered teaching approaches, ICT-enabled teaching, interdisciplinary learning methods, guided textual learning, seminar presentations, reflective learning approaches, culture-based academic activities, group discussions, value-oriented learning approaches, and experiential learning methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support cultural understanding, heritage awareness, textual interpretation, value-based learning, analytical thinking, philosophical understanding, and awareness regarding Indian Knowledge traditions and Yogic heritage.	
Unit II		Traditional Yogic Learning and Knowledge Transmission - Guru-Shishya Parampara in Yogic Education - Gurukula and Ashram Systems of Learning - Oral Tradition and Preservation of Yogic Knowledge - Discipline, Values, and Ethical Learning in Yogic Traditions		7 Hrs	7 Marks		
Unit III		Classical Yogic Literature and Traditional Lineages - Yogic Knowledge in Vedas and Upanishads - Contribution of Bhagavad Gita to Yogic Thought - Introduction to Classical Yogic Literature and Scriptures		8 Hrs	8 Marks		

	Contribution of Yogic Saints, Gurus, and Traditional Lineages			
Unit IV	Preservation and Contemporary Relevance of Yogic Heritage - Preservation of Traditional Yogic Knowledge Systems - Yoga as Intangible Cultural Heritage of India - Global Recognition and Institutional Development of Yoga - Role of Yogic Heritage in Contemporary Education, Wellness, and Society	7 Hrs	7 Marks	
References:	Text Books and Reference Books - Radhakrishnan, S. Indian Philosophy. Oxford University Press. - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. - Taimini, I.K. The Science of Yoga. Theosophical Publishing House. - Kapur, S.C. Elements of Indian Knowledge System. D.K. Printworld. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Patanjali. Yoga Sutra. Various Editions. Research Articles and Study Materials - Research articles related to Indian Knowledge System and Yogic Heritage - UGC Care Listed Journal Publications related to Yoga Studies and Indian Traditions - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to Guru-Shishya Tradition, Yogic Heritage, and Indian Wisdom Traditions Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Indian Knowledge Systems Division, Ministry of Education - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions - Explain the meaning and scope of Indian Knowledge System. - Write a short note on Guru-Shishya Parampara. - Explain the role of Gurukula system in Yogic education. - Write a short note on Yogic heritage. - Explain the contribution of Bhagavad Gita to Yogic thought. - Describe the importance of oral tradition in preservation of Yogic knowledge. - Write a short note on classical Yogic literature. - Explain the relevance of Yogic heritage in contemporary society. Long Answer Questions - Discuss the meaning, nature, and significance of Indian Knowledge System in relation to Yoga. - Explain the traditional Yogic systems of learning and knowledge transmission in Indian traditions. - Discuss the contribution of classical Yogic literature and traditional lineages in preservation of Yogic heritage. - Explain the contemporary relevance and global importance of Yogic heritage and Indian wisdom traditions. MCQs for Internal Assessment - IKS stands for: - Indian Knowledge System - International Knowledge Science - Indian Kriya Studies - Integrated Knowledge Structure - Guru-Shishya tradition is related to: - Traditional learning system - Industrial development - Trade education			

	d) Political administration 3. Gurukula system mainly emphasized: a) Residential learning b) Industrial training c) Military science d) Commercial education 4. Bhagavad Gita mainly contributes to: a) Yogic philosophy b) Astronomy c) Political science d) Architecture 5. Oral tradition was important for: a) Knowledge transmission b) Trade development c) Agriculture only d) Warfare only 6. Yoga is considered part of: a) Indian cultural heritage b) Industrial heritage c) Political system d) Trade tradition 7. The Ministry associated with Yoga in India is: a) Ministry of AYUSH b) Ministry of Commerce c) Ministry of Transport d) Ministry of Industry 8. Yogic heritage mainly promotes: a) Holistic living and value-based learning b) Materialism only c) Competition only d) Industrialization only
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B.A. Yogashastra (NEP 2020)

Semester III

Minor – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	III	673819	Indian Philosophy and Yoga Darshan	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the basic concepts, nature, and scope of Indian Philosophy and Yoga Darshan. - To develop knowledge regarding major schools of Indian Philosophy and their contribution to Yogic thought. - To understand the philosophical foundations and essential principles of Yoga Darshan. - To cultivate ethical awareness, self-discipline, and reflective understanding through Yogic philosophy.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, nature, and importance of Indian Philosophy and Yoga Darshan. - Describe the major schools of Indian Philosophy and their relevance to Yoga. - Apply philosophical principles of Yoga for ethical conduct, self-discipline, and mental clarity. - Develop reflective understanding and positive attitude through Yogic philosophy.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Indian Philosophy - Meaning, Nature, and Scope of Indian Philosophy - Characteristics and Importance of Indian Philosophy - Concept of Purushartha: Dharma, Artha, Kama, and Moksha - Introduction to Astika and Nastika Schools of Indian Philosophy		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, interactive discussions, seminars, ICT-based teaching, textual study, reflective learning, learner-centred teaching methods, presentations, and group activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support philosophical understanding, ethical awareness, critical thinking, and philosophical understanding and reflective learning among students.	
Unit II		Major Schools of Indian Philosophy - Introduction to Samkhya Philosophy - Introduction to Yoga Philosophy - Basic Concepts of Vedanta Philosophy - Comparative Understanding of Samkhya, Yoga, and Vedanta		7 Hrs	7 Marks		
Unit III		Foundations of Yoga Darshan - Meaning and Importance of Yoga Darshan - Patanjali's Definition and Objectives of Yoga - Concept of Chitta, Chitta Vritti, and Chitta Vritti Nirodha - Introduction to Eight Limbs of Ashtanga Yoga		8 Hrs	8 Marks		
Unit IV		Ethical and Applied Aspects of Yoga Philosophy Yama and Niyama as Ethical Foundations of Yoga		7 Hrs	7 Marks		

	• Yogic Discipline and Self-Control • Relevance of Yoga Philosophy in Daily Life • Yoga Darshan for Mental Peace and Balanced Living			
References:	Text Books 1. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 2. Radhakrishnan, S. Indian Philosophy. Oxford University Press. 3. Hiriyanan, M. Outlines of Indian Philosophy. Motilal Banarsidass Publications. 4. Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 5. Saraswati, Swami Satyananda. Four Chapters on Freedom. Yoga Publications Trust. Reference Books 1. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 2. Dasgupta, Surendranath. A History of Indian Philosophy. Cambridge University Press. 3. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 4. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Indian Philosophy, Yoga Darshan, ethics, and Yogic philosophy and ethical studies published in peer-reviewed and UGC Care Listed journals. 2. Articles related to Patanjali Yoga, Samkhya philosophy, holistic health, and Yogic 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 Wellness Research			
Model Questions:	Short Answer Questions 1. Define Indian Philosophy. 2. Explain the concept of Purushartha. 3. Differentiate between Astika and Nastika schools. 4. Explain the importance of Samkhya Philosophy. 5. Define Yoga according to Patanjali. 6. What is Chitta Vritti? 7. Explain the importance of Yama and Niyama. 8. State the role of Yoga philosophy in daily life. Long Answer Questions 1. Explain the meaning, nature, and characteristics of Indian Philosophy. 2. Discuss the major schools of Indian Philosophy and their contribution to Yoga. 3. Explain Patanjali’s concept of Yoga and Chitta Vritti Nirodha. 4. Discuss the importance of Yama, Niyama, and Yogic discipline in daily life. MCQs for Internal Assessment 1. Indian Philosophy mainly aims at: a) Material success b) Spiritual development c) Political power d) Entertainment 2. The concept of Moksha is related to: a) Wealth b) Liberation c) Education d) Health 3. Samkhya Philosophy was propounded by: a) Patanjali b) Kapila c) Vyasa d) Buddha 4. “Yoga Chitta Vritti Nirodha” is defined by: a) Buddha			

	b) Vivekananda c) Patanjali d) Shankaracharya 5. Yama and Niyama are related to: a) Ethics and discipline b) Diet c) Exercise d) Medicine 6. Ashtanga Yoga consists of: a) Four limbs b) Six limbs c) Eight limbs d) Ten limbs 7. Vedanta Philosophy mainly discusses: a) Ultimate Reality b) Politics c) Trade d) Warfare 8. Yoga philosophy mainly promotes: a) Ethical living b) Self-discipline c) Mental clarity d) All of the above
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B.A. Yogashastra (NEP 2020)

Semester III

Minor – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	III	673820	Yogic Practices for Concentration and Awareness	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the importance of concentration-oriented Yogic practices and awareness training. - To develop practical skills in attention-centred postures, breath coordination, and concentration practices. - To practice coordination between posture, breathing, attention, and mental steadiness during Yogic practices. - To cultivate concentration, mental stability, practice discipline, and focused Yogic training habits through regular practice.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the importance of concentration and awareness practices in Yoga. - Demonstrate concentration-oriented Yogic practices with proper posture and breath coordination. - Perform attention-centred breathing and relaxation practices for mental steadiness and focus. - Develop concentration, attention control, mental stability, and disciplined Yogic practice habits.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Preparatory Practices for Concentration Training - Practice of Sitting Postures for Stability and Focus - Practice of Body Stillness and Postural Control - Training in Introductory Breath Coordination Practices - Practice Discipline and Mental Preparation Techniques		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, guided practical sessions, supervised Yogic training, experiential learning, activity-based learning, peer learning, learner-centred approaches, concentration training methods, regular practice sessions, and performance-based evaluation methods for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of concentration, attention control, breath coordination, mental steadiness, postural stability, and disciplined Yogic practice among students.	
Module II		Concentration-oriented Yogic Practices - Practice of Asanas for Attention and Stability - Training in Fixed-Gaze and Attention-centred Practices - Coordination of Breath with Movement and Concentration - Practice of Postural Stability and Controlled Movement		15 Hrs	7 Marks		
Module III		Breathing and Mental Focus Techniques - Practice of Deep and Rhythmic Breathing Techniques - Training in Breath Awareness and Attention Control - Practice of Relaxation Techniques for Mental		15 Hrs	8 Marks		

	Calmness • Guided Practices for Concentration and Mental Focus			
Module IV	Integrated Yogic Practices for Concentration • Integrated Practice of Concentration-oriented Yogic Sequences • Practice of Breath, Posture, and Attention Coordination • Introductory Quiet Sitting and Focused Awareness Practices • Practice of Regular Yogic Routine and Mental Discipline	15 Hrs	7 Marks	
References:	Text Books 1. Swami Satyananda Saraswati. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 2. Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. 3. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. A. G. Mohan. Yoga for Body, Breath and Mind. Shambhala Publications. 5. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. Reference Books 1. T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. 2. Georg Feuerstein. The Yoga Tradition. Hohm Press. 3. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. 4. Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. 5. Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. Research Articles and Journals 1. Research papers related to concentration practices, attention training, Yogic breathing, and mental steadiness published in peer-reviewed and UGC Care Listed journals. 2. Articles related to Yogic concentration techniques, breath coordination, mental focus, and relaxation 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			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity – 05 Marks 2. Practical Performance and Discipline – 05 Marks 3. Viva-Voce / Oral Assessment – 05 Marks 4. Practical Record / Journal – 05 Marks External Practical Examination (30 Marks) 1. Demonstration of Yogic Practices – 15 Marks 2. Performance of Prescribed Yogic Practices – 10 Marks 3. Viva-Voce – 05 Marks			

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Semester III
Vocational Skill Course (VSC) – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	III	673822	Instructional Methods and Teaching Skills in Yoga	2	60	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the principles and methods of Yoga instruction and teaching practices. 2. To develop communication, demonstration, and classroom management skills required for Yoga teaching. 3. To apply instructional techniques, teaching aids, and lesson planning methods in Yoga sessions. 4. To cultivate professional attitude, leadership qualities, and ethical behaviour in Yoga instruction and training.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the importance and principles of instructional methods in Yoga education. 2. Demonstrate effective teaching, communication, and demonstration skills in Yoga sessions. 3. Apply lesson planning methods, teaching aids, and classroom management techniques in Yoga instruction. 4. Develop confidence, leadership qualities, and professional ethics in Yoga teaching and training practices.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Introduction to Yoga Instruction - Meaning, Nature, and Importance of Yoga Instruction - Principles and Qualities of an Effective Yoga Instructor - Ethics and Professional Behaviour in Yoga Teaching - Communication Skills in Yoga Instruction		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, supervised teaching practice, workshops, presentations, peer learning, role play, group activities, audio-visual methods, interactive learning, and learner-centred activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of instructional, communication, and professional teaching skills among students.	
Module II		Teaching Methods and Demonstration Skills - Methods and Techniques of Teaching Yogic Practices - Demonstration and Explanation Techniques in Yoga - Voice Modulation, Body Language, and Classroom Interaction Skills - Safety Measures and Practice Guidelines during Yoga Sessions		15 Hrs	7 Marks		
Module III		Lesson Planning and Classroom Management - Preparation of Yoga Lesson Plans - Time Management and Organization of Yoga Session - Use of Teaching Aids and Audio-Visual Tools - Classroom Management		15 Hrs	8 Marks		

	and Group Coordination Skills			
Module IV	Applied Yoga Teaching Practice - Practice of Yoga Teaching and Demonstration - Conduct of Short Yoga Sessions and Group Activities - Observation, Feedback and Evaluation of Yoga Instruction - Development of Confidence and Leadership Skills in Yoga Teaching	15 Hrs	7 Marks	
References:	Text Books - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - 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. - Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. - Sharma, R. A. Teaching Methods and Educational Technology. Surya Publications. - Mangal, S. K. Principles of Teaching and Learning. PHI Learning Publications. Research Articles and Journals - Research papers related to Yoga teaching methods, instructional practices, communication skills, and Yoga education published in peer-reviewed and UGC Care Listed journals. - Articles related to Yoga training, classroom management, and teaching effectiveness 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 Regular Practice - 10 Marks - Teaching Demonstration and Instruction Skills - 10 Marks - Lesson Planning / Teaching Assignment - 10 Marks - Conduct of Practical Yoga Session and Group Activity - 10 Marks - Viva-Voce / Internal Practical Performance - 10 Marks			

B.A. Yogashastra (NEP 2020)

Semester III

Field Project / Community Engagement and Service (FP/CES) – Project

Level	Semester	Course Code	Course Name	Credits	Teaching / Field Hours	Exam Duration	Max Marks
5.0	III	673823	Yoga Awareness and Community Survey	2	90 Hrs	Viva-Voce	Internal Assessment– 50 Total – 50
Course Objectives:		- To understand the importance of Yoga awareness and community-based wellness education in society. - To develop skills in community survey, data collection, observation, and field interaction related to Yoga and health awareness. - To apply Yogic knowledge for organizing Yoga awareness activities and wellness-related community programmes. - To cultivate communication skills, social responsibility, teamwork, and professional attitude through field-based learning experiences.					
Course Outcomes:		After successful completion of this Field Project course, the students will be able to: - Explain the role and importance of Yoga awareness and community wellness activities in society. - Demonstrate skills in community survey, observation, interaction, and data collection related to Yoga and health awareness. - Apply Yogic knowledge in organizing awareness programmes, surveys, and community wellness activities. - Develop communication ability, social responsibility, teamwork, and practical exposure through field-based Yoga activities.					
Project Areas / Themes		The students may undertake Field Project activities in any of the following areas: - Yoga Awareness Survey in Schools, Colleges, Villages, or Urban Communities - Survey on Lifestyle, Stress, Physical Activity, and Yoga Awareness - Community Awareness Programmes on Yoga and Healthy Living - Observation of Yoga Participation and Wellness Practices in Society - Yoga Awareness Activities during Health Camps or Wellness Programmes - Survey related to Benefits and Perception of Yoga Practices among Different Age Groups					
Field Work Activities		The students shall perform the following field-based activities: - Conducting community survey related to Yoga awareness and wellness practices - Preparing survey questionnaires and collecting field data - Organizing Yoga awareness talks, demonstrations, or wellness interaction sessions - Observing lifestyle and wellness-related practices in community settings - Maintaining field notes, attendance, observation records, and survey reports - Preparing summary, interpretation, and analysis of survey findings under supervision					
Report / Record Preparation		Each student shall prepare and submit: - Field Project Diary / Daily Activity Record - Community Survey Report - Observation and Data Collection Record - Yoga Awareness Activity Report - Photographs / Attendance Record of Field Activities (if applicable) - Final Field Project Report with Findings and Learning Outcomes - The Field Project Report shall be certified by the concerned Mentor Faculty / Project Supervisor. - The students shall submit the Field Project Report and related records to the Department for evaluation and verification.					
Guidelines for Field Project		- The Field Project shall be related to the Major Subject of Yogashastra and shall be carried out under the supervision of the Mentor Faculty / Project Supervisor appointed by the Department. - The students shall participate in community engagement, field-based learning, survey, awareness, wellness, or Yoga-related service activities as prescribed by the Department. - Field Project activities may be conducted in schools, colleges, Yoga centres, wellness institutes, villages, NGOs, community organizations, or public health awareness programmes approved by the Department / Institution. - Students shall maintain discipline, punctuality, ethical behaviour, and proper documentation during field work activities. - Field Project activities and evaluation shall be conducted in accordance with the guidelines prescribed by the Department / Institution.					

	Note: Field Project activities, supervision, and evaluation shall be conducted in accordance with the guidelines prescribed by the Department / Institution.
Pedagogical & Supervisory Strategies	The Board of Studies recommends the use of field-based learning, community interaction, survey methods, observation techniques, experiential learning, project-based learning, group activities, Yoga awareness programmes, reflective learning, and learner-centred approaches for effective Teaching, Learning, and Evaluation (T, L & E) of the Field Project course. These strategies shall support the development of social awareness, practical learning, communication skills, and community-oriented Yoga learning and wellness education among students.
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. Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. 5. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. Reference Books 1. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 2. Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. 3. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 4. Kumar, Ranjit. Research Methodology: A Step-by-Step Guide for Beginners. Sage Publications. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga awareness, community wellness, lifestyle management, and Yoga education published in peer-reviewed and UGC Care Listed journals. 2. Articles related to community health, Yoga participation, wellness education, and public awareness programmes 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
Evaluation Pattern	Internal Evaluation (50 Marks) 1. Attendance and Field Participation - 10 Marks 2. Community Survey and Data Collection - 10 Marks 3. Field Project Report / Documentation - 10 Marks 4. Yoga Awareness Activity / Presentation - 10 Marks 5. Viva-Voce / Final Project Assessment - 10 Marks

B.A. Yogashastra (NEP 2020)

Semester IV

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673824	Shatkarma and Yogic Cleansing Techniques	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the theoretical foundations, classifications, and traditional significance of Shatkarma practices in Hatha Yoga. - To develop understanding regarding various Yogic cleansing techniques and their functional importance. - To familiarize students with the procedures, preparatory conditions, precautions, contraindications, and limitations associated with Shatkarma practices. - To cultivate awareness regarding purification, bodily regulation, respiratory cleansing, and preparatory Yogic discipline through cleansing techniques.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the concept, objectives, classifications, and importance of Shatkarma in Hatha Yoga traditions. - Describe the procedures and functional significance of major Yogic cleansing techniques. - Identify the preparatory requirements, precautions, contraindications, and limitations associated with Shatkarma practices. - Analyze the role of Yogic cleansing techniques in purification, bodily regulation, respiratory balance, and preparation for higher Yogic practices.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Shatkarma Practices - Meaning, Nature, and Objectives of Shatkarma - Historical Development of Shatkarma in Hatha Yoga Traditions - Classification and Importance of Yogic Cleansing Techniques - Role of Purification in Yogic Discipline and Sadhana		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, conceptual discussions, demonstration-oriented teaching approaches, learner-centered teaching methods, ICT-enabled teaching, diagrammatic presentations, procedural explanation methods, guided observational learning, analytical learning approaches, group discussions, seminar presentations, reflective learning methods, and experiential academic activities for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support procedural understanding, safety awareness, physiological interpretation, analytical thinking, observational learning, and applied Yogic understanding related to Shatkarma and Yogic cleansing practices.	
Unit II		Internal Cleansing Techniques in Hatha Yoga - Dhauti: Types, Procedures, and Functional Importance - Basti: Types and Applications in Yogic Cleansing - Preparatory Conditions and Contraindications in Internal Cleansing Practices - General Precautions and Safety Measures in Shatkarma Practices		7 Hrs	7 Marks		
Unit III		Respiratory, Sensory, and Abdominal Cleansing Practices - Neti: Types, Procedures, and Functional Significance - Kapalabhati as Cleansing and Respiratory Regulation Technique		8 Hrs	8 Marks		

	• Trataka as Visual Cleansing and Concentration Practice • Nauli for Abdominal Cleansing and Muscular Control			
Unit IV	Applied Dimensions of Yogic Cleansing Techniques • Shatkarma and Physical Purification • Cleansing Practices and Functional Body Regulation • Role of Shatkarma in Preparation for Asana, Pranayama, and Meditation • Contemporary Relevance of Yogic Cleansing Techniques in Health and Wellness	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Swatmarama. Hatha Yoga Pradipika. Kaivalyadhama Publications. 2. Gheranda. Gheranda Samhita. Traditional Yoga Publications. 3. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 4. Digambarji, Swami and Kokaje, S.R. Hatha Yoga Pradipika. Kaivalyadhama Publications. 5. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 6. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 7. Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials 1. Research articles related to Shatkarma and Hatha Yoga Practices 2. UGC Care Listed Journal Publications related to Yogic Cleansing Techniques and Yoga Science 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Yogic Purification, Respiratory Cleansing, and Functional Regulation Practices Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning and objectives of Shatkarma. 2. Write a short note on Dhauti practices. 3. Explain the concept and importance of Basti. 4. Describe the functional significance of Neti. 5. Write a short note on Kapalabhati as a cleansing technique. 6. Explain the importance of Trataka in Yogic practices. 7. Describe the role of Nauli in abdominal cleansing and muscular control. 8. Explain the importance of precautions and contraindications in Shatkarma practices. Long Answer Questions 1. Discuss the meaning, classification, and significance of Shatkarma in Hatha Yoga traditions. 2. Explain the procedures, applications, precautions, and contraindications of Dhauti and Basti practices. 3. Discuss the methods and applications of Neti, Kapalabhati, Trataka, and Nauli in Yogic cleansing. 4. Explain the applied dimensions and contemporary relevance of Yogic cleansing techniques in health and wellness. MCQs for Internal Assessment 1. Shatkarma practices are mainly associated with: a) Yogic cleansing techniques b) Martial arts			

	c) Music therapy d) Physical games 2. Dhauti is mainly related to: a) Internal cleansing b) Vocal exercises c) Hand gestures d) Meditation posture 3. Neti is associated with: a) Nasal cleansing b) Digestive regulation c) Eye strengthening d) Spinal flexibility 4. Kapalabhati is primarily related to: a) Respiratory cleansing b) Muscle strengthening c) Weight training d) Chanting practices 5. Trataka is practiced mainly for: a) Visual concentration and cleansing b) Physical endurance c) Running speed d) Joint flexibility 6. Nauli is mainly associated with: a) Abdominal cleansing and muscular control b) Vocal discipline c) Meditation chanting d) Hand mudras 7. Shatkarma practices are emphasized in: a) Hatha Yoga b) Political philosophy c) Architecture d) Economics 8. Yogic cleansing techniques help in: a) Purification and bodily regulation b) Stress accumulation c) Physical inactivity d) Social isolation
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B.A. Yogashastra (NEP 2020)**Semester IV****Major – Theory**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673825	Yoga Psychology and Mental Health	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the basic concepts, foundations, and scope of Yoga Psychology and mental health in Yogic traditions. - To develop understanding regarding Chitta, Vrittis, emotions, behaviour, concentration, and self-regulation from Yogic perspective. - To familiarize students with Yogic approaches related to stress management, mental balance, emotional regulation, and psychological well-being. - To cultivate awareness regarding positive mental health, self-discipline, personality development, and holistic psychological growth through Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the concepts and foundations of Yoga Psychology and mental health from Yogic perspective. - Describe the role of Chitta, Vrittis, emotions, behaviour, and concentration in Yogic psychology. - Analyze Yogic approaches related to stress regulation, emotional balance, self-awareness, and mental well-being. - Apply Yogic understanding for positive mental health, behavioural balance, and psychological development.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Yoga Psychology and Mental Health - Meaning, Nature, and Scope of Yoga Psychology - Concept of Mind in Yogic Traditions - Chitta and Its Functions in Yoga - Concept of Mental Health and Psychological Balance in Yoga		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, conceptual discussions, reflective learning methods, learner-centered teaching approaches, ICT-enabled teaching, case-based discussions, mindfulness-oriented academic activities, group interactions, analytical learning approaches, seminar presentations, experiential learning methods, guided self-observation practices, and observation-based learning approaches for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support psychological understanding, emotional awareness, analytical thinking, self-reflection, behavioural understanding, contemplative learning, and applied Yogic understanding related to Yoga Psychology and mental health.	
Unit II		Chitta, Vrittis, and Psychological Processes - Meaning and Types of Chitta Vrittis - Mental Distractions and Psychological Disturbances in Yoga - Emotions, Behaviour, and Self-awareness from Yogic Perspective - Concept of Self-regulation and Discipline in Yoga		7 Hrs	7 Marks		
Unit III		Yoga and Mental Well-being - Stress and Mental Imbalance in Modern Lifestyle - Yogic Approaches for Mental Calmness and Emotional Stability - Role of Concentration, Awareness, and Mindfulness in Yoga - Emotional Balance and		8 Hrs	8 Marks		

	Positive Thinking through Yogic Practices			
Unit IV	Applied Dimensions of Yoga Psychology - Yoga and Personality Development - Positive Mental Health through Yogic Lifestyle - Yogic Perspective of Behavioural Balance and Self-discipline - Contemporary Relevance of Yoga Psychology and Mental Wellness	7 Hrs	7 Marks	
References:	Text Books and Reference Books - Patanjali. Yoga Sutra. Various Editions. - Taimini, I.K. The Science of Yoga. Theosophical Publishing House. - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Mangal, S.K. General Psychology. Sterling Publishers. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials - Research articles related to Yoga Psychology and Mental Health - UGC Care Listed Journal Publications related to Yogic Psychology and Mental Wellness - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to Stress Management, Emotional Balance, and Yogic Mental Health Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions - Explain the meaning and scope of Yoga Psychology. - Write a short note on Chitta in Yogic traditions. - Explain the concept of mental health in Yoga. - Describe the types of Chitta Vrittis. - Write a short note on emotional balance through Yoga. - Explain the role of concentration and mindfulness in mental well-being. - Describe Yogic approaches for stress regulation and mental calmness. - Explain the importance of self-regulation in Yoga Psychology. Long Answer Questions - Discuss the meaning, nature, and scope of Yoga Psychology. - Explain the concepts of Chitta, Vrittis, emotions, and mental processes from Yogic perspective. - Discuss the role of Yoga in stress management, emotional balance, and mental well-being. - Explain the applied dimensions and contemporary relevance of Yoga Psychology and mental wellness. MCQs for Internal Assessment - Yoga Psychology mainly deals with: - Mind and behaviour - Architecture - Political systems - Industrial management - Chitta is mainly associated with: - Mental processes - Digestive system - Respiratory system - Skeletal system - Vrittis are related to: - Mental modifications			

	b) Physical exercise c) Blood circulation d) Vocal training 4. Mental health in Yoga emphasizes: a) Balance and well-being b) Competition only c) Material gain only d) Social isolation 5. Stress regulation through Yoga supports: a) Mental calmness b) Physical inactivity c) Emotional imbalance d) Fatigue only 6. Concentration in Yoga is related to: a) Mental focus b) Bone development c) Digestive process d) Muscle growth 7. Emotional balance is important for: a) Psychological well-being b) Industrial growth c) Trade management d) Political activities 8. Yoga promotes: a) Positive mental health b) Stress accumulation c) Behavioural imbalance d) Mental distraction
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B.A. Yogashastra (NEP 2020)

Semester IV

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673826	Pranayama and Advanced Breathing Techniques	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the theoretical foundations, principles, and significance of Pranayama in Yogic traditions. - To develop understanding regarding Yogic breathing mechanisms, respiratory regulation, and stages of Pranayama practices. - To familiarize students with classical and advanced Pranayama techniques along with their procedures, precautions, and applications. - To cultivate awareness regarding respiratory balance, mental calmness, concentration, self-regulation, and Yogic discipline through Pranayama practices.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, principles, stages, and importance of Pranayama in Yoga. - Describe Yogic breathing mechanisms and respiratory regulation processes associated with Pranayama practices. - Identify various classical and advanced Pranayama techniques along with their procedures, benefits, precautions, and applications. - Analyze the role of Pranayama in respiratory efficiency, mental balance, concentration, emotional regulation, and Yogic discipline.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Pranayama and Breath Regulation - Meaning, Nature, and Objectives of Pranayama - Concept of Prana in Yogic Traditions - Importance of Breath Regulation in Yoga - Preparatory Conditions and Guidelines for Pranayama Practices		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, conceptual discussions, demonstration-oriented explanations, learner-centered teaching approaches, ICT-enabled teaching, diagrammatic presentations, guided breathing observation methods, analytical learning approaches, group discussions, seminar presentations, reflective learning approaches, observation-based learning, and experiential academic activities for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support procedural understanding, respiratory awareness, physiological interpretation, analytical thinking, concentration development, self-observation, and applied Yogic understanding related to Pranayama and advanced breathing techniques.	
Unit II		Yogic Breathing Mechanisms and Stages of Pranayama - Anatomy and Physiology of Breathing - Yogic Breathing and Respiratory Regulation - Stages of Pranayama: Puraka, Kumbhaka, and Rechaka - Role of Meditative Sitting Postures in Pranayama Practices		7 Hrs	7 Marks		
Unit III		Classical Pranayama Practices and Techniques - Nadi Shodhana, Ujjayi, and Bhastrika Pranayama - Bhramari, Sheetali, and Sheetkari Pranayama - Surya Bhedana and Chandra Bhedana Pranayama - Procedures, Benefits, Contraindications, and Precautions of Classical		8 Hrs	8 Marks		

	Pranayama Practices			
Unit IV	Advanced and Applied Dimensions of Pranayama • Concept and Importance of Murcha Pranayama • Concept and Importance of Plavini Pranayama • Pranayama for Mental Balance, Concentration, and Emotional Regulation • Contemporary Relevance of Advanced Breathing Techniques in Health and Wellness	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 2. Swatmarama. Hatha Yoga Pradipika. Kaivalyadhama Publications. 3. Iyengar, B.K.S. Light on Pranayama. HarperCollins Publications. 4. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 5. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 6. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 7. Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials 1. Research articles related to Pranayama and Respiratory Physiology 2. UGC Care Listed Journal Publications related to Yogic Breathing Practices and Yoga Science 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Advanced Pranayama Practices, Breath Regulation, and Respiratory Wellness Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning and objectives of Pranayama. 2. Write a short note on Prana in Yogic traditions. 3. Explain the stages of Pranayama practices. 4. Describe the importance of breath regulation in Yoga. 5. Write a short note on Nadi Shodhana Pranayama. 6. Explain the benefits of Bhramari Pranayama. 7. Write a short note on Murcha Pranayama. 8. Explain the concept and significance of Plavini Pranayama. Long Answer Questions 1. Discuss the meaning, principles, and importance of Pranayama in Yogic traditions. 2. Explain the anatomy and physiology of breathing with reference to Yogic respiratory regulation. 3. Discuss the procedures, applications, precautions, and contraindications of classical and advanced Pranayama techniques. 4. Explain the applied dimensions and contemporary relevance of advanced breathing techniques in Yoga and wellness. MCQs for Internal Assessment 1. Pranayama is mainly associated with: a) Breath regulation b) Muscle strengthening c) Running exercises d) Weight training 2. “Prana” in Yoga refers to: a) Vital energy b) Bone structure c) Digestive process d) Blood circulation			

	3. Puraka in Pranayama means: a) Inhalationb) Exhalationc) Retentiond) Relaxation 4. Nadi Shodhana is mainly related to: a) Alternate nostril breathingb) Eye cleansingc) Abdominal cleansingd) Joint flexibility 5. Bhramari Pranayama produces: a) Humming soundb) Loud chantingc) Fast movementd) Silence only 6. Sheetal Pranayama is associated with: a) Cooling effectb) Heating effectc) Muscle contractiond) Visual concentration 7. Murcha Pranayama is considered as: a) Advanced breathing techniqueb) Cleansing practicec) Standing postured) Relaxation posture 8. Plavini Pranayama is traditionally associated with: a) Breath retention and floating abilityb) Nasal cleansingc) Visual concentrationd) Hand gestures
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B.A. Yogashastra (NEP 2020)

Semester IV

Major – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673827	Pranayama and Meditation Practices	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the practical foundations, discipline, and advanced techniques of Pranayama and meditation in Yogic traditions. - To develop practical understanding regarding breath regulation, concentration, awareness, mental discipline, and meditative practices. - To familiarize students with classical and advanced Pranayama techniques along with mindfulness and meditation methods. - To cultivate emotional balance, self-regulation, mental calmness, concentration, and inner awareness through systematic Yogic practice.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate classical and advanced Pranayama and meditation practices with procedural accuracy and discipline. - Perform breathing regulation, concentration, relaxation, and meditation techniques correctly and safely. - Apply Pranayama and meditation practices for stress management, emotional regulation, concentration, and mental well-being. - Develop regular meditative practice habits promoting self-awareness, emotional stability, and balanced Yogic living.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundational Pranayama and Breathing Regulation Practices - Sectional breathing and Yogic deep breathing practices - Puraka, Kumbhaka, and Rechaka training practices - Nadi Shodhana and Anulom Vilom Pranayama practices - Breath-awareness and respiratory coordination techniques		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, guided Pranayama and meditation sessions, supervised practical training, learner-centered practical instruction, observation-based learning, reflective learning approaches, mindfulness-oriented activities, experiential learning methods, concentration-development practices, contemplative learning methods, peer learning activities, guided relaxation practices, self-observation techniques, and practice-oriented Yogic instruction for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support respiratory awareness, breath regulation, concentration development, meditative discipline, emotional regulation, mental calmness, internal awareness, mindfulness, self-observation, and applied Yogic competency related to	
Module II		Classical and Advanced Pranayama Techniques - Ujjayi and Bhastrika Pranayama practices - Bhramari, Sheetal, and Sheetkari Pranayama practices - Surya Bhedana and Chandra Bhedana practices - Practice precautions, contraindications, and safety measures in Pranayama		15 Hrs	7 Marks		
Module III		Meditation, Dharana, and Awareness Practices - Dharana and concentration-development practices - Om meditation and mantra meditation techniques - Breath-awareness meditation and mindfulness		15 Hrs	8 Marks		

	practices • Antar Mouna and internal observation practices			Pranayama and meditation practices.
Module IV	Integrated Applications of Pranayama and Meditation • Shavasana and Yoga Nidra relaxation practices • Meditation practices for emotional balance and mental calmness • Integration of breath, concentration, awareness, and relaxation • Daily Yogic routine for stress management and holistic wellness	15 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 2. Iyengar, B.K.S. Light on Pranayama. HarperCollins Publications. 3. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 4. Swatmarama. Hatha Yoga Pradipika. Kaivalyadhama Publications. 5. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 6. Saraswati, Swami Satyananda. Meditation from the Tantras. Yoga Publications Trust. 7. Taimini, I.K. The Science of Yoga. Theosophical Publishing House. Reference Books 1. Research articles related to Pranayama, meditation, and Yogic breathing practices 2. UGC Care Listed Journal Publications related to Yogic breathing, mindfulness, and meditation studies 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to relaxation, concentration, mindfulness, and emotional regulation practices Research Articles and Journals 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity – 05 Marks 2. Practical Performance and Participation – 05 Marks 3. Practical Journal / Practice Record – 05 Marks 4. Viva-Voce / Internal Practical Test – 05 Marks External Practical Examination (30 Marks) 1. Demonstration of Pranayama and Meditation Practices – 15 Marks 2. Practical Skill and Procedural Accuracy – 05 Marks 3. Viva-Voce – 05 Marks 4. Discipline, Concentration, and Presentation – 05 Marks			

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Semester IV

Minor – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673828	Introduction to Classical Yoga Texts	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the importance and contribution of Classical Yoga Texts in Yogic knowledge and tradition. - To develop introductory knowledge regarding major Yoga texts and their philosophical foundations. - To understand the essential concepts, principles, and teachings of classical Yogic literature. - To cultivate ethical awareness, self-discipline, and reflective understanding through the study of Classical Yoga Texts.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the importance and contribution of Classical Yoga Texts in Yogic tradition. - Describe the essential concepts and teachings of major Yoga texts. - Apply the principles of classical Yogic literature in discipline, self-awareness, and daily conduct. - Develop ethical understanding and reflective attitude through Yogic textual study.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Classical Yoga Literature - Meaning, Nature, and Importance of Classical Yoga Texts - Historical Background of Yogic Literature - Classification of Classical Yoga Texts - Contribution of Classical Yoga Literature to Yogic Tradition		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, textual study, interactive discussions, seminars, ICT-based teaching, presentations, reflective learning, learner-centred methods, and group activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support conceptual understanding, textual interpretation, ethical awareness, and textual understanding and reflective learning among students.	
Unit II		Introduction to Patanjali Yoga Sutras - Introduction to Patanjali and Yoga Sutras - Definition and Objectives of Yoga according to Patanjali - Concept of Chitta and Chitta Vritti - Introduction to Eight Limbs of Ashtanga Yoga		7 Hrs	7 Marks		
Unit III		Introduction to Hatha Yoga Texts - Introduction to Hatha Yoga Tradition - Basic Concepts of Hatha Yoga Pradipika - Introduction to Gheranda Samhita and Shiva Samhita - Importance of Asana, Pranayama, and Shatkarma in Hatha Yoga Tradition		8 Hrs	8 Marks		
Unit IV		Applied Understanding of Classical Yoga Texts - Ethical Values and Discipline in Classical Yoga Literature - Yogic Practices and Self-		7 Hrs	7 Marks		

	discipline according to Classical Texts • Relevance of Classical Yoga Teachings in Daily Life • Application of Yogic Principles for Mental Clarity and Balanced Living			
References:	Text Books 1. Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. 2. Swami Satyananda Saraswati. Four Chapters on Freedom. Yoga Publications Trust. 3. Swami Muktibodhananda. Hatha Yoga Pradipika. Yoga Publications Trust. 4. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 5. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. Reference Books 1. Georg Feuerstein. The Yoga Tradition. Hohm Press. 2. T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. 3. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. 4. James Mallinson. The Khecarividya of Adinatha. Routledge Publications. 5. Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Classical Yoga Texts, Yoga philosophy, Hatha Yoga, and Yogic lifestyle published in peer-reviewed and UGC Care Listed journals. 2. Articles related to Patanjali Yoga Sutras, Hatha Yoga literature, and Yogic philosophy and classical Yoga literature 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. Explain the importance of Classical Yoga Texts. 2. What is Yogic literature? 3. Define Yoga according to Patanjali. 4. Explain the concept of Chitta Vritti. 5. What is Hatha Yoga? 6. Write the importance of Ashtanga Yoga. 7. Explain the role of Pranayama in Hatha Yoga. 8. State the relevance of Classical Yoga Texts in modern life. Long Answer Questions 1. Explain the meaning, nature, and importance of Classical Yoga Texts. 2. Discuss the major teachings of Patanjali Yoga Sutras. 3. Explain the importance of Hatha Yoga Pradipika and Hatha Yoga tradition. 4. Discuss the relevance of Classical Yoga teachings in discipline, self-awareness, and daily life. MCQs for Internal Assessment 1. Yoga Sutras were written by: a) Kapila b) Patanjali c) Vyasa d) Gorakhnath 2. Hatha Yoga Pradipika is related to: a) Vedanta b) Hatha Yoga c) Ayurveda d) Buddhism 3. Chitta Vritti Nirodha is associated with: a) Patanjali Yoga b) Vedanta c) Nyaya d) Mimamsa 4. Ashtanga Yoga consists of:			

	a) Four limbs b) Six limbs c) Eight limbs d) Ten limbs 5. Gheranda Samhita is a: a) Medical text b) Hatha Yoga text c) Grammar text d) Vedantic text 6. Shatkarma practices are mainly related to: a) Purification b) Music c) Warfare d) Business 7. Classical Yoga Texts mainly promote: a) Materialism b) Ethical and spiritual living c) Political development d) Entertainment 8. Classical Yoga Texts mainly promote: a) Discipline b) Self-awareness c) Ethical living d) All of the above
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B.A. Yogashastra (NEP 2020)

Semester IV

Minor – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673829	Introductory Meditation and Awareness Practices	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the basic principles and importance of meditation-oriented Yogic practices. - To develop practical skills in quiet sitting, breath coordination, and introductory meditation techniques. - To practice coordination between posture, breathing, concentration, and meditative steadiness. - To cultivate mental calmness, concentration, inner stability, and disciplined meditation practice habits through regular Yogic training.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the importance of meditation and awareness practices in Yoga. - Demonstrate introductory meditation practices with proper posture and breath coordination. - Perform meditation-oriented breathing and concentration practices for mental calmness and steadiness. - Develop concentration, meditative stability, inner calmness, and disciplined meditation practice habits.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Preparatory Practices for Meditation Training - Practice of Sitting Postures for Meditation Stability - Practice of Body Stillness and Postural Control - Training in Introductory Breath Coordination Practices - Practice Discipline and Mental Preparation Techniques		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, guided meditation sessions, supervised Yogic training, experiential learning, activity-based learning, peer learning, learner-centred approaches, regular practice sessions, and performance-based evaluation methods for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of meditation skills, concentration, breath coordination, mental calmness, meditative steadiness, and disciplined Yogic practice among students.	
Module II		Breath-centred and Relaxation Practices - Practice of Rhythmic Breathing and Breath Coordination Techniques - Training in Natural Breathing and Breath Awareness Practices - Practice of Relaxation Techniques for Mental Calmness - Guided Practices for Physical and Mental Relaxation		15 Hrs	7 Marks		
Module III		Introductory Meditation Techniques - Practice of Quiet Sitting and Attention-centred Techniques - Training in Introductory Concentration Practices - Guided Meditation Practices for Mental		15 Hrs	8 Marks		

	Steadiness Practice of Internal Awareness and Calmness Techniques			
Module IV	Integrated Meditation Practice - Integrated Practice of Meditation-oriented Yogic Sequences - Coordination of Posture, Breath, and Concentration during Meditation - Training in Daily Meditation Practice Routine - Practice of Mental Discipline and Meditative Stability	15 Hrs	7 Marks	
References:	Text Books - Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. - Swami Satyananda Saraswati. Asana Pranayama Mudra Bandha. Yoga Publications Trust. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. A. G. Mohan. Yoga for Body, Breath and Mind. Shambhala Publications. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. Reference Books T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. - Georg Feuerstein. The Yoga Tradition. Hohm Press. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. - Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. - Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. Research Articles and Journals - Research papers related to meditation practices, concentration training, Yogic relaxation, and mental steadiness published in peer-reviewed and UGC Care Listed journals. - Articles related to guided meditation, breath coordination, concentration practices, and meditative calmness 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			
Practical Examination Pattern:	Internal Assessment (20 Marks) - Attendance and Regularity – 05 Marks - Practical Performance and Discipline – 05 Marks - Viva-Voce / Oral Assessment – 05 Marks - Practical Record / Journal – 05 Marks External Practical Examination (30 Marks) - Demonstration of Yogic Practices – 15 Marks - Performance of Prescribed Yogic Practices – 10 Marks - Viva-Voce – 05 Marks			

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Semester IV
Vocational Skill Course (VSC) – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673831	Therapeutic Applications of Yoga	2	60	2 Hrs	Internal – 50 Total – 50
Course Objectives:		1. To understand the concept and importance of Yoga therapy in health promotion and wellness management. 2. To develop practical knowledge regarding therapeutic applications of Yogic practices for common physical and mental health conditions. 3. To apply Yogic techniques for stress management, relaxation, lifestyle modification, and holistic well-being. 4. To cultivate professional attitude, therapeutic awareness, and ethical practices in Yoga therapy and wellness services.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the concept, scope, and importance of therapeutic applications of Yoga. 2. Demonstrate Yogic practices useful for health promotion, relaxation, and stress management. 3. Apply Yogic techniques for relaxation, lifestyle improvement, and wellness management in common health conditions. 4. Develop therapeutic awareness, professional ethics, and positive attitude towards Yoga therapy practices.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Introduction to Yoga Therapy and Wellness - Meaning, Nature, and Scope of Yoga Therapy - Principles of Therapeutic Applications of Yoga - Role of Yoga in Holistic Health and Wellness - Ethics and Precautions in Yoga Therapy Practices		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, supervised Yogic practices, workshops, case-based learning, group activities, peer learning, audio-visual methods, interactive learning, and learner-centred activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of therapeutic understanding, practical Yogic skills, and professional wellness training among students.	
Module II		Yogic Practices for Physical Wellness - Yogic Practices for Flexibility, Postural Improvement, and Muscular Relaxation - Yoga for Postural Balance and Physical Fitness - Breathing and Relaxation Practices for Respiratory Wellness - Relaxation Techniques for Physical and Mental Calmness		15 Hrs	7 Marks		
Module III		Yogic Applications for Stress and Lifestyle Management - Yoga for Stress Management and Emotional Balance - Yogic Lifestyle for Healthy Living and Wellness - Role of Meditation and Breath Awareness in Mental Health - Yogic Approaches for Lifestyle-related Health		15 Hrs	8 Marks		

	Problems			
Module IV	Applied Therapeutic Yoga Practice - Practice of Therapeutic Yogic Techniques - Preparation of Simple Wellness-oriented Yoga Sessions - Observation, Precautions, and Practice Guidelines in Yoga Therapy - Communication and Professional Skills in Therapeutic Yoga Practice	15 Hrs	7 Marks	
References:	Text Books - Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. Reference Books - Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. - Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. - Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals - Research papers related to Yoga therapy, stress management, wellness practices, and lifestyle management published in peer-reviewed and UGC Care Listed journals. - Articles related to therapeutic Yoga applications and holistic wellness 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 Regular Practice - 10 Marks - Practical Demonstration of Therapeutic Techniques - 10 Marks - Wellness Session Planning / Assignment - 10 Marks - Case-based Activity and Practice Record - 10 Marks - Viva-Voce / Internal Practical Performance - 10 Marks			

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Semester IV

Field Project / Community Engagement and Service (FP/CES) – Project

Level	Semester	Course Code	Course Name	Credits	Teaching / Field Hours	Exam Duration	Max Marks
5.0	IV	673832	Applied Yogic Practices for Community Wellness	2	90 Hrs	Viva-Voce	Internal Assessment– 50 Total – 50
Course Objectives:		- To understand the practical applications of Yogic practices in community health and wellness promotion. - To develop skills in planning, organizing, and conducting Yoga-based community activities and wellness programmes. - To apply Yogic techniques for physical fitness, stress management, relaxation, and healthy lifestyle promotion in community settings. - To cultivate leadership qualities, communication skills, teamwork, and social responsibility through field-based Yogic practices.					
Course Outcomes:		After successful completion of this Field Project course, the students will be able to: - Explain the importance of applied Yogic practices in community wellness and healthy lifestyle promotion. - Demonstrate skills in conducting Yoga awareness programmes, practical sessions, and wellness activities in community settings. - Apply Yogic practices for relaxation, stress management, fitness, and wellness-oriented community programmes. - Develop leadership ability, communication skills, teamwork, and field-based experience through community-based Yoga activities.					
Project Areas / Themes		The students may undertake Field Project activities in any of the following areas: - Community-based Yoga Practice Programmes - Yoga Sessions for Schools, Colleges, or Local Communities - Yoga Awareness Activities for Health and Wellness Promotion - Yogic Practices for Stress Management and Relaxation - Community Wellness and Lifestyle Improvement Programmes - Observation and Participation in Yoga Camps and Wellness Activities					
Field Work Activities		The students shall perform the following field-based activities: - Organizing and conducting Yoga practice sessions under supervision - Demonstrating basic Asanas, Pranayama, relaxation, and wellness practices - Conducting Yoga awareness and healthy lifestyle interaction programmes - Assisting in community wellness camps and Yoga-related activities - Maintaining attendance, observation records, and activity reports - Preparing summary and reflection report of field-based Yogic practices - Preparation of simple wellness-oriented Yoga schedules for community groups					
Report / Record Preparation		Each student shall prepare and submit: - Field Project Diary / Daily Activity Record - Community Yoga Activity Report - Yoga Session Plans and Practice Records - Observation and Participation Report - Photographs / Attendance Record of Field Activities (if applicable) - Final Field Project Report with Findings and Learning Outcomes - The Field Project Report shall be certified by the concerned Mentor Faculty / Project Supervisor. - The student shall submit participation / activity certificate, if issued by the concerned organization or institution.					
Guidelines for Field Project		- The Field Project shall be related to the Major Subject of Yogashastra and shall be carried out under the supervision of the Mentor Faculty / Project Supervisor appointed by the Department. - The students shall participate in community engagement, field-based learning, Yoga awareness, wellness promotion, and Yogic practice activities as prescribed by the Department. - Field Project activities may be conducted in schools, colleges, Yoga centres, wellness institutes, villages, NGOs, community organizations, or public wellness programmes approved by the Department / Institution. - Students shall maintain discipline, punctuality, ethical conduct, and proper documentation during field work activities.					

	Field Project activities and evaluation shall be conducted in accordance with the guidelines prescribed by the Department / Institution.
Pedagogical & Supervisory Strategies	The Board of Studies recommends the use of field-based learning, supervised Yogic practice, experiential learning, community interaction, project-based learning, demonstration methods, wellness activities, observation techniques, reflective learning, and learner-centred approaches for effective Teaching, Learning, and Evaluation (T, L & E) of the Field Project course. These strategies shall support the development of practical Yogic skills, wellness education, community participation, and professional competencies among students.
References:	Text Books - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. - Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. Reference Books - Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. - Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. - Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals - Research papers related to Yogic practices, community wellness, Yoga education, and lifestyle management published in peer-reviewed and UGC Care Listed journals. - Articles related to Yoga awareness, stress management, community health, and wellness promotion 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
Evaluation Pattern	Internal Evaluation (50 Marks) - Attendance and Field Participation - 10 Marks - Conduct of Yoga Activities / Demonstration - 10 Marks - Field Project Report / Documentation - 10 Marks - Community Wellness Activity / Presentation - 10 Marks - Viva-Voce / Final Project Assessment - 10 Marks

B.A. Yogashastra (NEP 2020)
Semester III & IV
Co-Curricular Courses (CC) – Activity

Level	Semester	Course Name	Credits	Activity / Engagement Hours	Exam Duration	Max Marks
4.5	III & IV	Co-Curricular Courses (CC)	2 Credits per Semester	60 Hrs per Semester	Activity / Viva-Voce	Internal Assessment– 50 Total – 50 per Semester
Course Objectives:		- To understand the importance of co-curricular activities in holistic development, health, discipline, and wellness education. - To develop physical fitness, teamwork, communication skills, leadership qualities, and social responsibility through activity-based learning. - To apply Yogic values, wellness practices, and community-oriented behaviour in day-to-day life. - To cultivate confidence, ethical behaviour, creativity, and active participation through co-curricular engagement.				
Course Outcomes:		After successful completion of the Co-Curricular Courses (CC), the students will be able to: - Explain the importance of co-curricular activities in personality development, wellness, and social awareness. - Demonstrate discipline, teamwork, leadership qualities, and active participation in co-curricular activities. - Apply health, fitness, wellness values, and community-oriented practices in daily life and institutional activities. - Develop communication skills, confidence, ethical behaviour, and positive attitude through experiential learning.				
Co-Curricular Activity Areas		The students may participate in any of the following Co-Curricular activities as prescribed by the Institution / University: - Yoga Education and Wellness Activities - Health and Fitness Programmes - Sports and Physical Activities - NSS / NCC Activities - Cultural and Creative Activities - Community Engagement and Awareness Programmes - Environmental and Social Responsibility Activities - Fine Arts / Performing Arts Activities				
Participation and Activity Components		The students shall participate in the following activities wherever applicable: - Yoga and Wellness Sessions - Fitness and Health Awareness Activities - Group Activities and Team-based Participation - Community Service and Awareness Programmes - Sports, Cultural, and Creative Events - Institutional Activities and Workshops - Environmental and Social Awareness Activities - Discipline, Leadership, and Personality Development Activities				
Record / Documentation		Each student shall maintain and submit: - Activity Participation Record - Attendance Record - Event / Programme Participation Details - Reflection / Activity Report (if applicable) - Certificates of Participation (wherever applicable) - The activity records shall be verified by the concerned Mentor Faculty / Coordinator.				
Guidelines for Co-Curricular Courses		- The Co-Curricular Courses (CC) shall be conducted in accordance with the NEP 2020 guidelines and the Teaching Learning Scheme prescribed by the University. - The Co-Curricular Courses (CC) shall be offered from the University-approved basket of co-curricular activities/courses as prescribed under the NEP 2020 framework and Teaching Learning Scheme. The students shall complete the prescribed activities, participation, engagement, and evaluation requirements through the approved co-curricular platforms made available by the Institution / University. - The activities may include Yoga Education, Health and Wellness, Sports and Fitness, NSS/NCC, Cultural Activities, Community Engagement, Fine Arts, or other approved co-curricular programmes offered by the Institution / University from time to time. - Students shall maintain discipline, punctuality, ethical conduct, and regular				

	participation during co-curricular activities. • The participation, attendance, and activity performance of students shall be monitored by the concerned Mentor Faculty / Coordinator. • The assessment and evaluation of Co-Curricular Courses shall be conducted as per the guidelines prescribed by the University / Institution.
Pedagogical & Supervisory Strategies	The Board of Studies recommends the use of activity-based learning, experiential learning, community engagement, wellness programmes, group participation, workshops, field-based activities, cultural participation, sports participation, reflective learning, and learner-centred approaches for effective Teaching, Learning, and Evaluation (T, L & E) of the Co-Curricular Courses. These strategies shall support the development of personality, wellness awareness, leadership qualities, communication ability, social responsibility, and holistic education among students.
Evaluation Pattern	Internal Evaluation (50 Marks) 1. Attendance and Active Participation - 10 Marks 2. Activity Performance / Participation - 10 Marks 3. Community / Institutional Engagement - 10 Marks 4. Record / Documentation / Reflection Report - 10 Marks 5. Viva-Voce / Overall Performance - 10 Marks
General Note	The Co-Curricular Courses (CC) shall be completed by the students under the guidance and supervision of the concerned Mentor Faculty / Coordinator as per the Teaching Learning Scheme and University guidelines prescribed from time to time.

Appendix: List Of Abbreviations

Abbreviation	Meaning
ABC	Academic Bank of Credit
AEC	Ability Enhancement Courses
CC	Co-curricular Courses
CAT	Continuous Assessment Test
CES	Community Engagement and service
DSC	Department Specific Core
DSE	Department Specific Elective
ES	Environment Studies
FSE	Faculty Specific Elective
FP	Field projects
GE	Generic Electives
HEI	Higher Educational Institute
IFSC	Inter Faculty Specific Core
IKS	Indian Knowledge System
Lab	Laboratory
MIL	Modern Indian Languages
MOOC	Massive Online Open Course
NCrF	National Credit Framework
NEP	National Education Policy
OE	Open Electives
OJT	On Job Training
Pr	Practical/Practicum
Prq	Pre-requisite Course
RM	Research Methodology
RP	Research Project
SEC	Skill Enhancement Courses
Th	Theory
UGC	University Grants Commission
VEC	Value Education Courses
VEC	Vocational Enhancement Courses
VSC	Vocational Skill Courses
VSEC	Vocational and Skill Enhancement Courses

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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

Third Year

Semester V & VI

Academic Session: 2026–2027

Board of Studies in Yogashastra

Faculty of Interdisciplinary Studies

Sant Gadge Baba Amravati University, Amravati

BOARD OF STUDIES IN YOGASHASTRA
Faculty of Interdisciplinary Studies
Sant Gadge Baba Amravati University, Amravati

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Note:

The syllabus was prepared and recommended by the Board of Studies in Yogashastra, Faculty of Interdisciplinary Studies, Sant Gadge Baba Amravati University, Amravati, in accordance with NEP 2020 guidelines and university regulations.



Chairman
Board of Studies in Yogashastra
Faculty of Humanities
SGBAU, Amravati

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Introduction of the B.A. Yogashastra Programme

The Bachelor of Arts (B.A.) in Yogashastra is a multidisciplinary undergraduate programme designed in accordance with the National Education Policy (NEP) 2020 with the objective of promoting holistic education, Indian Knowledge Systems, value-based learning, skill development, and professional competency in the field of Yoga.

The programme integrates traditional Yogic wisdom with modern scientific understanding of health, wellness, psychology, anatomy, physiology, meditation, therapeutic applications, and lifestyle management. It provides systematic theoretical and practical training in Yogic practices such as Asana, Pranayama, Meditation, Shatkarma, Yoga Therapy, Teaching Methodology, Community Engagement, and Wellness Education.

The programme aims to develop physically fit, mentally balanced, emotionally stable, ethically responsible, and professionally competent Yoga graduates capable of contributing to individual and social well-being. It also emphasizes communication skills, leadership qualities, experiential learning, professional training, and research orientation required for contemporary Yoga education and wellness sectors.

The curriculum includes Major, Minor, Vocational Skill Courses (VSC), Skill Enhancement Courses (SEC), Internship/OJT, FP/CES, Co-Curricular Courses (CC), Indian Knowledge Systems (IKS), and interdisciplinary learning components to prepare students for higher education, self-employment, entrepreneurship, Yoga instruction, wellness consultancy, therapeutic applications, and community health services.

The programme promotes holistic health, discipline, self-awareness, social responsibility, preventive healthcare, stress management, and healthy lifestyle practices through integrated Yogic education and experiential learning.

Vision

To develop competent, disciplined, value-oriented, and socially responsible Yoga professionals through quality education rooted in Yogic traditions, Indian Knowledge Systems, scientific understanding, holistic wellness, and professional practice.

Mission

1. To provide systematic theoretical and practical education in Yogashastra in accordance with NEP 2020 and contemporary academic standards.
2. To promote physical, mental, emotional, and spiritual well-being through Yogic practices and healthy lifestyle education.
3. To preserve, promote, and disseminate the traditional knowledge and philosophical heritage of Yoga and Indian Knowledge Systems.
4. To develop skilled Yoga professionals, instructors, wellness trainers, and community health educators through experiential and practice-oriented learning.
5. To encourage ethical conduct, discipline, leadership qualities, communication skills, and professional competency in Yoga education.
6. To promote research orientation, critical thinking, community engagement, and holistic wellness awareness through Yoga.

Program Objectives

1. To impart fundamental and advanced knowledge of Yogashastra, Yogic philosophy, and classical Yoga traditions.
2. To develop practical proficiency in Asana, Pranayama, Meditation, Shatkarma, relaxation techniques, and therapeutic Yogic practices.
3. To provide scientific understanding of Anatomy, Physiology, Psychology, Mental Health, and Yoga Therapy in relation to Yogic practices.
4. To develop communication skills, teaching competency, leadership qualities, and professional ethics required in Yoga education and wellness sectors.

5. To promote holistic health, emotional balance, stress management, self-discipline, and healthy lifestyle practices through Yoga.
6. To develop awareness regarding Indian Knowledge Systems, community wellness, preventive healthcare, and social responsibility.
7. To encourage experiential learning, field work, documentation skills, research orientation, and professional training through Internship/OJT, FP/CES, and related academic activities.
8. To prepare students for higher education, research, self-employment, entrepreneurship, and professional careers in Yoga, Wellness, and allied health sectors.

Program Outcomes (POs)

After successful completion of the B.A. Yogashastra programme, the students shall be able to:

1. Demonstrate comprehensive knowledge of Yogashastra, Yogic philosophy, and classical Yoga traditions.
2. Perform and teach Yogic practices including Asana, Pranayama, Meditation, Shatkarma, and relaxation techniques effectively.
3. Apply principles of Anatomy, Physiology, Psychology, and Yoga Therapy in health, wellness, and lifestyle management.
4. Develop healthy lifestyle habits, emotional balance, stress management ability, and holistic wellness awareness through Yogic practices.
5. Demonstrate professional competency in Yoga teaching, communication, presentation, and instructional methods.
6. Apply Yoga-based interventions for fitness, mental health, lifestyle disorders, rehabilitation, and community wellness.
7. Demonstrate critical thinking, observation, documentation, analytical ability, and research orientation in Yoga-related activities and practices.
8. Exhibit ethical conduct, discipline, leadership qualities, teamwork, and social responsibility in professional and personal life.
9. Integrate Indian Knowledge Systems, value education, and interdisciplinary understanding in Yoga education and wellness practices.
10. Utilize professional, digital, communication, and practical skills required in Yoga and wellness sectors.

Program Specific Outcomes (PSOs)

After successful completion of the B.A. Yogashastra programme, the students shall be able to:

1. Explain the theoretical foundations, historical development, and philosophical principles of Yoga and Yogashastra.
2. Demonstrate proficiency in Yogic practices including Asana, Pranayama, Meditation, Shatkarma, relaxation techniques, and therapeutic applications of Yoga.
3. Apply Yogic principles for physical fitness, mental well-being, emotional regulation, stress management, and healthy lifestyle practices.
4. Conduct Yoga classes, demonstrations, wellness sessions, and community-based Yoga awareness programmes effectively.
5. Apply principles of Yoga Therapy and rehabilitation for preventive, promotive, and holistic healthcare practices.
6. Demonstrate competency in Yoga teaching methodology, instructional skills, documentation, case study writing, and wellness coaching.
7. Integrate traditional Yogic knowledge with scientific and contemporary approaches to health, fitness, and wellness.
8. Pursue higher education, research, entrepreneurship, and professional career opportunities in Yoga, Wellness, and allied health sectors.

Graduate Attributes

The graduates of the B.A. Yogashastra programme shall possess:

1. Comprehensive knowledge of Yogashastra, Yogic philosophy, and holistic wellness.

2. Practical competency in Asana, Pranayama, Meditation, relaxation techniques, and Yogic lifestyle practices.
3. Ethical values, self-discipline, professional responsibility, and positive attitude.
4. Communication, presentation, teaching, and leadership skills required in Yoga education and wellness sectors.
5. Emotional balance, stress management ability, self-awareness, and healthy lifestyle orientation.
6. Critical thinking, analytical ability, observation skills, and research orientation in Yoga studies.
7. Professional competency, employability skills, and entrepreneurial ability in Yoga and wellness-related fields.
8. Social responsibility, community engagement, and awareness regarding preventive healthcare and holistic living.
9. Understanding of Indian Knowledge Systems, cultural heritage, and value-based education.
10. Ability to integrate traditional Yogic wisdom with modern scientific and professional practices.

Career / Employability Opportunities

The graduates of the B.A. Yogashastra programme may pursue career and employability opportunities in the following areas:

1. Yoga Instructor / Yoga Trainer
2. Yoga Therapist and Wellness Consultant
3. Meditation and Stress Management Trainer
4. Health and Lifestyle Coach
5. Yoga Demonstrator and Yoga Educator
6. School, College, and Community Yoga Instructor
7. Corporate Yoga and Wellness Trainer
8. Fitness and Holistic Wellness Professional
9. Yoga Studio and Wellness Centre Professional
10. Research Assistant in Yoga and Wellness Studies
11. Community Health and Wellness Coordinator
12. Freelance Yoga Professional and Entrepreneur
13. Content Developer and Documentation Assistant in Yoga Education
14. Opportunities for Higher Education and Research in Yogashastra, Yoga Therapy, Wellness, Physical Education, Psychology, and allied disciplines.

Teaching–Learning Scheme

Table 1: Semester V

Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)
a.	Major	Theory-8	673833	Applied Physiology of Yoga	2	2
		Theory-9	673834	Yoga Therapy for Lifestyle Disorders	2	2
		Theory-10	673835	Yoga Training Methods and Applications	2	2
		Practical-14	673836	Yoga Therapy and Clinical Practice	2	4
	Major (Elective)	Theory-1	673837	Advanced Asana and Integrated Yogic Practices	2	2
		Practical-15	673838	Advanced Asana Practice and Sequencing Techniques	2	4
		Theory-2	673839	Yoga for Stress Management	2	2
		Practical-16	673840	Stress Management and Mental Health Practices in Yoga	2	4
b.	Minor	Theory-5	673841	Foundations of Yoga Psychology	2	2
		Practical-17	673842	Yogic Practices for Emotional Regulation	2	4
c.	GOEC	-	-	-	-	-
d.	VSC	Practical-18	673843	Advanced Yogic Practices and Applied Techniques	2	4
	SEC	Practical-19	673844	Health and Wellness Coaching and Counseling	2	4
e.	VEC	-	-	-	-	-
f.	FP/CES	Project	673845	Yoga Intervention and Case Study Analysis	2	4
	CC	-	-	-	-	-
				Foundation of Artificial Intelligence		Grade
	TOTAL				22	34

Table 2: Semester VI

Vertical No.	The Vertical	Type of Course	Course Code	Course Name	Credits	Workload (Hrs/Week)
a.	Major	Theory-11	673846	Patanjali Yoga Sutra: Theory and Practice	2	2
		Theory-12	673847	Meditation and Yogic Discipline	2	2
		Theory-13	673848	Yoga Teaching Methodology and Practice	2	2
		Practical-20	673849	Teaching Practice and Professional Demonstration in Yoga	2	4
	Major (Elective)	Theory-3	673850	Yoga Therapy and Rehabilitation	2	2
		Practical-21	673851	Advanced Clinical Yoga Practice and Rehabilitation Techniques	2	4
		Theory-4	673852	Applied Yoga in Fitness and Wellness Industry	2	2
		Practical-22	673853	Yoga for Fitness Training and Performance Enhancement	2	4
b.	Minor	Theory-6	673854	Principles of Yogic Diet and Lifestyle	2	2
		Practical-23	673855	Applied Yogic Lifestyle and Diet Practices	2	4
c.	GOEC	-	-	-	-	-
d.	VSC	Practical-24	673856	Yoga Professional Skills and Training	2	4
e.	VEC	-	-	-	-	-
f.	Internship/ Apprenticeship	OJT	673857	Yoga Teaching Internship and Wellness Field Training	4	8
	FP/CES	-	-	-	-	-
	CC	-	-	-	-	-
	TOTAL				22	34

Credit Structure and Evaluation Pattern

The Credit Structure, Teaching–Learning Workload, Examination, Evaluation, and Assessment pattern of the B.A. Yogashastra programme shall be implemented in accordance with NEP 2020 and the guidelines prescribed by Sant Gadge Baba Amravati University, Amravati from time to time.

Table 3: Credit and Workload Pattern

Sr. No.	The Vertical		Workload	
			Theory	Practical
a	Major		1Credit =1 Hr/week	1Credit=2 Hrs/ week
b	Minor		1Credit =1 Hr/week	1Credit=2 Hrs/ week
c	Generic/ Open Elective		1Credit =1 Hr/week	1Credit=2Hrs/ week
d	(i)VSC		1Credit =1 Hr/week	1Credit=2 Hrs/ week
	(ii) SEC		1Credit=1Hr/week	1Credit=2 Hrs/ week
e	(i) AEC	English		1Credit=2Hr/week 1Credit=2Hr/week
		MIL		
	(ii)IKS-Generic	English	1Credit =1 Hr/week	
		MIL	1Credit =1 Hr/week	
	(iii)VEC	English	1Credit=1Hr/week	
		MIL	1Credit=1Hr/week	
f	(i) Internship /Apprenticeship (OJT)			1 Credit = 2 Hrs/ week (30 Hrs.of engaged time)
	(ii)FP/CEP	FP		1Credit=2 Hrs/week (A minimum of 45Hrs. of learning activities per Credit in a semester)
		CE&S		1Credit=2 Hrs/Week (Cumulative 30 Hrs. of contact time per Credit)
	(iii)CC	English	1Credit=1Hr/week	1Credit=2Hrs/week (A minimum of 30 Hrs. of learning activities per Credit in a semester)
		MIL		

Table 4: Examination, Evaluation and Assessment Pattern

The Vertical	Mode of Examination, Evaluation & Assessment	Theory				Theory (Total)		Practical				Practical (Total)	
		External		Internal				External		Internal			
		Max. Marks	Min Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks	Max. Marks	Min. Marks
Major	External &Internal	30/60	9/18	20/40	6/12	50/100	20/40	25/50	10/20	25/50	10/20	25/50	10/20
Minor		30/60	9/18	20/40	6/12	50/100	20/40	25/50	10/20	25/50	10/20	25/50	10/20
Generic/ Open Elective	Internal			50	20	50	20	--	--	50	20	50	20
VSC	Internal			50	20	50	20			50	20	50	20
SEC	Internal	--	--	50	20	50	20			50	20	50	20
AEC (Eng.& One MIL Composite)	Internal			50	20	50	20						
IKS(Generic)	Internal			50	20	50	20						
VEC	Internal			50	20	50	20						
Internship / Apprenticeship	Internal	Assessment of these verticals shall be based on various activities/practices. The evaluation/assessment shall be done by appointing external examiner by principal from Industry/Organization/Academia. The mentor faculty shall be the internal examiner. It shall be evaluated by giving maximum 50 marks per 2 Credit Course with separate activity weightages/levels. A detailed SOP for this assessment process shall be prescribed separately.											
FP/CEP													
CC													

Note:

- “Foundation of Artificial Intelligence” shall be a compulsory Grade Course in Semester V for all undergraduate programmes as per University guidelines.
- The above Credit Structure, Workload, Examination, Evaluation, and Assessment pattern shall be applicable to all semesters of the B.A. Yogashastra programme

DETAILED SYLLABUS
B.A. Yogashastra (NEP 2020)
Semester V
Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673833	Applied Physiology of Yoga	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		1. To develop advanced understanding regarding physiological regulation and functional adaptations associated with Yogic practices. 2. To introduce the role of Yoga in neurophysiological, endocrine, and stress-related functional balance. 3. To familiarize students with physiological responses related to Pranayama, relaxation, meditation, and therapeutic Yogic practices. 4. To cultivate scientific understanding regarding the application of Yoga for functional efficiency, stress adaptation, recovery, and health regulation.					
Course Outcomes:		After successful completion of this course, the students will be able to: 1. Explain the principles of applied physiology in relation to Yogic practices and functional regulation. 2. Describe the role of Yoga in neurophysiological, endocrine, and psychophysiological adaptations. 3. Analyze the effects of Yogic practices on stress regulation, functional efficiency, recovery, and mind-body balance. 4. Apply physiological understanding for therapeutic, health-oriented, and scientifically informed Yogic practices.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Applied Yoga Physiology - Meaning, Nature, and Scope of Applied Physiology of Yoga - Concept of Functional Regulation and Homeostasis - Physiological Adaptations Associated with Yogic Practices - Mind-Body Relationship in Yoga Physiology		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, analytical discussions, learner-centered teaching approaches, ICT-enabled teaching, physiology-based conceptual explanations, diagrammatic presentations, case-based learning methods, scientific interpretation approaches, seminar presentations, group discussions, reflective learning methods, observation-based learning, and experiential academic activities for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support scientific understanding, analytical interpretation, physiological awareness, neuro-endocrine understanding, stress-related functional analysis, and applied Yogic learning related to Yoga physiology and health regulation.	
Unit II		Neurophysiological and Endocrine Regulation through Yoga - Autonomic Nervous System and Yogic Regulation - Yoga and Neurophysiological Balance - Endocrine Responses to Yogic Practices - Hormonal Regulation and Functional Stability through Yoga		7 Hrs	7 Marks		
Unit III		Yoga, Stress Adaptation, and Functional Efficiency - Stress Physiology and Psychophysiological Responses - Yogic Approaches for Stress Adaptation and		8 Hrs	8 Marks		

	Recovery - Yoga and Functional Efficiency of Body Systems - Fatigue Management and Recovery through Yogic Practices			
Unit IV	Applied and Therapeutic Dimensions of Yoga Physiology - Applied Physiology of Relaxation and Meditation - Yoga and Psycho-physiological Regulation - Therapeutic Applications of Applied Yoga Physiology - Contemporary Relevance of Yoga Physiology in Health and Wellness	7 Hrs	7 Marks	
References:	Text Books and Reference Books - Guyton, A.C. and Hall, J.E. Textbook of Medical Physiology. Elsevier Publications. - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. - Telles, Shirley and Naveen, K.V. Yoga and Physiology Research Studies. Yoga Research Publications. - Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. - Tortora, G.J. and Derrickson, B. Principles of Anatomy and Physiology. Wiley Publications. Research Articles and Study Materials - Research articles related to Applied Physiology of Yoga - UGC Care Listed Journal Publications related to Yoga Physiology and Neurophysiology - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to Stress Physiology, Psychophysiology, and Yogic Regulation Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions - Explain the meaning and scope of Applied Physiology of Yoga. - Write a short note on homeostasis. - Explain autonomic nervous regulation in Yoga. - Describe endocrine responses associated with Yogic practices. - Write a short note on stress physiology. - Explain the role of Yoga in fatigue recovery and adaptation. - Describe psycho-physiological regulation through Yoga. - Explain the importance of functional efficiency in Yoga physiology. Long Answer Questions - Discuss the meaning, scope, and importance of Applied Physiology of Yoga. - Explain the role of Yoga in neurophysiological and endocrine regulation. - Discuss stress physiology and the role of Yogic practices in stress adaptation and recovery. - Explain the applied and therapeutic dimensions of Yoga physiology in health and wellness. MCQs for Internal Assessment - Applied Physiology of Yoga mainly deals with: - Functional regulation and adaptation - Political administration - Trade management - Architecture			

	2. Homeostasis refers to: a) Functional balance of the body b) Bone injury c) Physical weakness d) Emotional instability 3. The autonomic nervous system is related to: a) Involuntary body regulation b) Bone development c) Digestive storage d) Vocal training 4. Endocrine glands mainly regulate: a) Hormonal functions b) Bone length c) Joint flexibility d) Physical exercise only 5. Stress physiology is associated with: a) Psychophysiological responses b) Vocal training c) Industrial growth d) Political systems 6. Yogic practices help in: a) Functional recovery and adaptation b) Physical inactivity c) Emotional imbalance d) Stress accumulation 7. Meditation practices support: a) Psycho-physiological balance b) Muscle fatigue c) Bone weakness d) Physical aggression 8. Applied Yoga Physiology is important for: a) Therapeutic and health applications b) Competitive sports only c) Commercial activities d) Political campaigns
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B.A. Yogashastra (NEP 2020)

Semester V

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673834	Yoga Therapy for Lifestyle Disorders	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the concept, principles, and scope of Yoga Therapy in the management of lifestyle disorders. - To develop understanding regarding the causes, risk factors, and Yogic management of common lifestyle-related health conditions. - To familiarize students with Yogic therapeutic approaches including Asana, Pranayama, relaxation, meditation, and lifestyle regulation. - To cultivate awareness regarding preventive healthcare, self-regulation, holistic well-being, and health promotion through Yoga Therapy.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, principles, and therapeutic importance of Yoga Therapy for lifestyle disorders. - Describe the causes, characteristics, and risk factors associated with common lifestyle-related health conditions. - Analyze the therapeutic role of Yogic practices in stress management, lifestyle regulation, preventive healthcare, and holistic wellness. - Apply basic Yogic therapeutic principles for health promotion, self-management, and lifestyle improvement.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Yoga Therapy and Lifestyle Disorders - Meaning, Nature, and Scope of Yoga Therapy - Concept, Causes, and Characteristics of Lifestyle Disorders - Risk Factors and Preventive Approaches in Lifestyle-related Diseases - Principles of Yogic Therapeutic Management		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, case-based discussions, learner-centered teaching approaches, ICT-enabled teaching, therapeutic explanation methods, analytical learning approaches, group discussions, seminar presentations, reflective learning methods, problem-solving approaches, wellness-oriented learning activities, observation-based learning, and experiential academic practices for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support therapeutic understanding, preventive awareness, analytical thinking, health-oriented learning, stress management awareness, lifestyle regulation understanding, and applied Yogic knowledge related to Yoga Therapy and lifestyle disorder management.	
Unit II		Yoga Therapy for Metabolic and Cardiovascular Disorders - Yogic Management of Obesity - Yoga Therapy for Diabetes Mellitus - Yogic Approaches for Hypertension and Cardiovascular Regulation - Role of Yoga in Metabolic Balance and Heart Health		7 Hrs	7 Marks		
Unit III		Yoga Therapy for Stress-related and Musculoskeletal Disorders - Yogic Management of Stress, Anxiety, and Mental Fatigue - Yoga Therapy for Sleep Disturbances and Functional Recovery - Yogic Practices for Back Pain, Postural Imbalance,		8 Hrs	8 Marks		

	and Musculoskeletal Health • Relaxation and Meditation Techniques in Lifestyle Disorder Management			
Unit IV	Applied and Preventive Dimensions of Yoga Therapy • Role of Yogic Lifestyle in Preventive Healthcare • Diet, Daily Routine, and Behavioural Regulation in Yoga Therapy • Holistic Health and Self-management through Yogic Practices • Contemporary Relevance of Yoga Therapy in Modern Healthcare and Wellness	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 2. Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. 3. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 4. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 5. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 6. Telles, Shirley. Research-Based Yoga Therapy Studies. Yoga Research Publications. 7. Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials 1. Research articles related to Yoga Therapy and Lifestyle Disorders 2. UGC Care Listed Journal Publications related to Therapeutic Yoga and Preventive Healthcare 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Lifestyle Management, Stress Regulation, and Holistic Healthcare through Yoga Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning and scope of Yoga Therapy. 2. Write a short note on lifestyle disorders. 3. Explain the Yogic management of obesity. 4. Describe the role of Yoga in diabetes management. 5. Write a short note on Yoga Therapy for hypertension. 6. Explain relaxation and meditation techniques used in Yoga Therapy. 7. Describe the role of Yogic lifestyle in preventive healthcare. 8. Explain the importance of holistic health in Yoga Therapy. Long Answer Questions 1. Discuss the meaning, principles, and scope of Yoga Therapy for lifestyle disorders. 2. Explain the Yogic management of obesity, diabetes mellitus, and hypertension. 3. Discuss the role of Yoga Therapy in stress management, sleep regulation, fatigue reduction, and musculoskeletal health. 4. Explain the applied and preventive dimensions of Yoga Therapy in modern healthcare and wellness. MCQs for Internal Assessment 1. Yoga Therapy mainly emphasizes: a) Holistic health management b) Competitive sports c) Political administration d) Industrial development 2. Lifestyle disorders are commonly associated with: a) Unhealthy habits and stress			

	b) Natural disasters c) Seasonal changes only d) Genetic factors only 3. Obesity is considered a: a) Lifestyle disorder b) Infectious disease c) Skin disease d) Genetic disorder only 4. Yoga Therapy for hypertension mainly supports: a) Relaxation and regulation b) Aggressive activity c) Physical inactivity d) Stress accumulation 5. Diabetes mellitus is related to: a) Metabolic imbalance b) Bone fracture c) Vocal disorder d) Eye injury 6. Relaxation techniques in Yoga help in: a) Stress reduction b) Emotional disturbance c) Physical imbalance d) Fatigue increase 7. Preventive healthcare in Yoga emphasizes: a) Healthy lifestyle regulation b) Social isolation c) Physical inactivity d) Competition only 8. Holistic health includes: a) Physical, mental, and emotional well-being b) Physical fitness only c) Mental health only d) Social status only
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Semester V

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673835	Yoga Training Methods and Applications	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the principles, methods, and systematic approaches of Yoga training and instruction. - To develop understanding regarding instructional planning, class organization, and training applications in Yoga education. - To familiarize students with communication skills, demonstration methods, observation techniques, and safety considerations in Yoga training. - To cultivate professional and practical understanding regarding Yoga instruction and training applications for different age groups, wellness settings, and community programmes.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the principles, methods, and objectives of Yoga training and instruction. - Describe the components of class organization, demonstration methods, session planning, and safety management in Yoga training. - Analyze the applications of Yoga training for different age groups, educational settings, and wellness needs. - Apply basic instructional, communication, observation, and organizational skills for effective Yoga training practices.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Yoga Training and Instruction - Meaning, Nature, and Scope of Yoga Training - Principles and Objectives of Yoga Instruction - Components and Structure of Yoga Training Programmes - Qualities, Responsibilities, and Professional Ethics of a Yoga Trainer		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, demonstration-oriented teaching methods, learner-centered approaches, ICT-enabled teaching, activity-based discussions, case-based learning methods, communication-oriented academic activities, group discussions, seminar presentations, reflective learning approaches, observation-based learning, guided instructional practices, and experiential learning methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support instructional understanding, communication abilities, professional awareness, organizational skills, leadership qualities, observational learning, and applied Yogic understanding related to Yoga training methods and instructional applications.	
Unit II		Methods and Organization of Yoga Training - Demonstration and Explanation Methods in Yoga Teaching - Class Organization and Session Planning in Yoga Training - Sequencing and Integration of Yogic Practices in Training Sessions - Safety Measures, Contraindications, and Precautions in Yoga Training		7 Hrs	7 Marks		
Unit III		Communication and Instructional Skills in Yoga - Communication Skills and Teaching Behaviour in Yoga Instruction - Voice Modulation, Observation, and Correction Techniques		8 Hrs	8 Marks		

	• Motivational and Participatory Approaches in Yoga Training • Yoga Training Applications for Different Age Groups and Wellness Needs			
Unit IV	Applied and Professional Dimensions of Yoga Training • Yoga Training Applications in Educational Institutions and Wellness Centres • Yoga Training for Health Promotion and Community Wellness • Group Training, Leadership, and Community-oriented Yoga Programmes • Contemporary Trends and Professional Opportunities in Yoga Training	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 2. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 3. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 4. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 5. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 6. Tiwari, O.P. Yoga Teaching and Training Methods. Kaivalyadhama Publications. 7. Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials 1. Research articles related to Yoga Education and Training Methods 2. UGC Care Listed Journal Publications related to Yoga Instruction and Teaching Applications 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Yoga Training, Wellness Education, and Community Health Promotion Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning and scope of Yoga training. 2. Write a short note on principles of Yoga instruction. 3. Explain the importance of class organization in Yoga training. 4. Describe the role of demonstration method in Yoga teaching. 5. Write a short note on communication skills in Yoga instruction. 6. Explain safety measures and precautions in Yoga training sessions. 7. Describe Yoga training applications for different age groups and wellness needs. 8. Explain the role of Yoga training in wellness promotion and community health. Long Answer Questions 1. Discuss the meaning, scope, principles, and objectives of Yoga training and instruction. 2. Explain the methods and organizational aspects of Yoga training programmes and session planning. 3. Discuss the importance of communication, observation, correction techniques, and motivational approaches in Yoga instruction. 4. Explain the applied and professional dimensions of Yoga training and wellness-oriented instructional applications. MCQs for Internal Assessment 1. Yoga training mainly emphasizes: a) Systematic Yogic instruction			

	b) Industrial production c) Political administration d) Commercial trade 2. Demonstration method is important in: a) Yoga teaching and instruction b) Agricultural work c) Architecture d) Financial management 3. Session planning in Yoga training helps in: a) Systematic organization b) Physical inactivity c) Emotional imbalance d) Stress accumulation 4. Communication skills are essential for: a) Effective Yoga instruction b) Muscle building only c) Competitive sports only d) Industrial management 5. Observation and correction techniques are related to: a) Instructional improvement b) Political campaigning c) Commercial activities d) Social isolation 6. Yoga training applications include: a) Health and wellness promotion b) Warfare techniques c) Industrial operations d) Trade systems 7. Safety measures in Yoga training are important for: a) Proper practice and prevention of injury b) Increasing physical strain c) Emotional instability d) Competition only 8. Community-oriented Yoga programmes mainly promote: a) Wellness awareness b) Physical inactivity c) Social conflict d) Stress accumulation
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Semester V

Major – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673836	Yoga Therapy and Clinical Practice	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce practical applications of Yoga Therapy and clinical Yogic practices for preventive healthcare, rehabilitation, and wellness management. - To develop practical understanding regarding therapeutic Asanas, Pranayama, relaxation, and meditation practices for lifestyle-related and stress-induced disorders. - To familiarize students with therapeutic sequencing, clinical observation, case-oriented Yogic applications, and safety precautions in Yoga Therapy. - To cultivate therapeutic awareness, professional ethics, observational skills, and holistic healthcare understanding through applied clinical Yoga practices.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate therapeutic Yogic practices for common lifestyle-related and stress-associated conditions with proper precautions. - Perform therapeutic Asanas, Pranayama, relaxation, and meditation practices using appropriate sequencing and modifications. - Apply basic clinical observation and Yoga Therapy principles for wellness-oriented and preventive healthcare practices. - Develop professional competency regarding therapeutic Yoga applications, rehabilitation support, and holistic healthcare management.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundations of Yoga Therapy and Clinical Observation - Preparatory Yogic practices for therapeutic applications - Therapeutic warm-up, loosening, and relaxation practices - Basic clinical observation and case-awareness training - Contraindications, modifications, and safety measures in Yoga Therapy		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, supervised therapeutic Yoga sessions, learner-centered clinical instruction, guided Yoga Therapy practices, case-based practical learning methods, observation-based learning, corrective teaching approaches, experiential learning methods, rehabilitation-oriented training practices, reflective learning approaches, peer learning activities, wellness-oriented practical instruction, clinical demonstration methods, and practice-based therapeutic Yogic training for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support therapeutic understanding, clinical observation skills, rehabilitation awareness, practical application abilities, sequencing competency, safety consciousness, wellness-oriented learning, professional discipline,	
Module II		Therapeutic Asana Practices for Lifestyle-related Disorders - Therapeutic Asanas for spinal flexibility and posture correction - Yogic practices for obesity, diabetes, and metabolic regulation - Therapeutic Yoga practices for hypertension and stress reduction - Restorative and relaxation-oriented Asanas for fatigue recovery		15 Hrs	7 Marks		
Module III		Therapeutic Pranayama, Relaxation, and Meditation Practices Nadi Shodhana and Bhramari for emotional balance and mental calmness		15 Hrs	8 Marks		

	• Sheetal and Sheetskari practices for relaxation and cooling regulation • Yoga Nidra and guided relaxation techniques for stress management • Meditation, mindfulness, and breath-awareness practices for therapeutic			communication abilities, and applied Yogic competency related to Yoga Therapy and clinical practice.
Module IV	Integrated Clinical Yoga Applications and Wellness Management • Therapeutic sequencing for lifestyle and wellness management • Integrated Yoga practices for preventive healthcare and rehabilitation support • Yogic routine planning for holistic wellness and recovery management • Professional ethics, therapeutic discipline, and communication skills in clinical Yoga practice	15 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. 2. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 3. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 5. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 6. Telles, Shirley. Yoga Therapy Research Studies. Yoga Research Publications. 7. Kuvalayananda, Swami. Yoga Therapy and Scientific Studies of Yoga. Kaivalyadhama Publications. Research Articles and Study Materials 1. Research articles related to Yoga Therapy, rehabilitation, and clinical Yogic practices 2. UGC Care Listed Journal Publications related to Therapeutic Yoga and Integrative Healthcare 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to lifestyle disorders, stress management, and therapeutic Yogic applications Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity - 05 Marks 2. Practical Performance and Participation - 05 Marks 3. Practical Journal / Clinical Record - 05 Marks 4. Viva-Voce / Internal Practical Test - 05 Marks External Practical Examination (30 Marks) 1. Demonstration of Therapeutic Yogic Practices - 15 Marks 2. Practical Skill and Therapeutic Application - 05 Marks 3. Viva-Voce - 05 Marks 4. Sequencing, Safety Awareness, and Professional Presentation – 05 Marks			

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Semester V

Major Elective – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673837	Advanced Asana and Integrated Yogic Practices	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the principles, classifications, and foundations of advanced Yogic Asana practices. - To develop understanding regarding body alignment, flexibility, balance, stability, endurance, and postural discipline through advanced Asanas. - To familiarize students with advanced Asanas, sequencing methods, relaxation techniques, and integrated Yogic awareness in practice. - To cultivate awareness regarding physical fitness, concentration, body-mind coordination, postural efficiency, and holistic wellness through advanced Yogic practices.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the principles, classifications, and importance of advanced Asana practices in Yoga. - Describe the role of alignment, sequencing, flexibility, stability, and balance in advanced Yogic practices. - Analyze the integrated relationship between Asana, breath awareness, relaxation, mindfulness, and concentration. - Apply theoretical understanding of advanced Yogic practices for postural improvement, physical fitness, body-mind coordination, and holistic well-being.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Advanced Asana Practices - Meaning, Nature, and Scope of Advanced Yogic Asanas - Principles and Classifications of Advanced Asana Practices - Preparatory Conditions, Contraindications, and Safety Measures in Advanced Asanas - Importance of Alignment, Stability, Flexibility, and Breath Synchronization in Asana Practice		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, demonstration-oriented teaching methods, learner-centered instructional approaches, ICT-enabled teaching, diagrammatic presentations, posture-analysis methods, reflective learning approaches, participatory learning methods, group discussions, seminar presentations, experiential learning methods, observation-based learning, practice-oriented academic activities, alignment analysis methods, and wellness-centered learning approaches for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support conceptual understanding, postural awareness, alignment analysis, analytical thinking, body-mind coordination, self-observation, concentration development, and applied Yogic learning related to	
Unit II		Advanced Asanas and Postural Applications - Standing and Balancing Asanas for Stability and Coordination - Forward Bending and Backward Bending Asanas - Twisting and Inverted Asanas: Functional and Postural Importance - Meditative Asanas and Practices for Postural Awareness and Steadiness		7 Hrs	7 Marks		
Unit III		Integrated Dimensions of Yogic Practices - Integration of Asana and Breath Awareness - Role of Relaxation		8 Hrs	8 Marks		

	Techniques after Advanced Asana Practices - Sequencing, Transitioning, and Structuring of Yogic Asana Sessions - Concentration, Mindfulness, and Internal Awareness in Asana Practice			advanced Asana and integrated Yogic practices.
Unit IV	Applied and Contemporary Dimensions of Advanced Asanas - Advanced Asanas for Flexibility, Endurance, Functional Fitness, and Coordination - Asana Practices for Postural Improvement and Neuromuscular Regulation - Role of Advanced Asanas in Stress Management and Lifestyle Regulation - Contemporary Relevance of Advanced Yogic Practices in Wellness, Fitness, and Health Promotion	7 Hrs	7 Marks	
References:	Text Books and Reference Books - Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Swatmarama. Hatha Yoga Pradipika. Kaivalyadhama Publications. - Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Crown Publications. - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. - Kuvalayananda, Swami. Asanas. Kaivalyadhama Publications. Research Articles and Study Materials - Research articles related to Advanced Asana Practices and Yogic Fitness - UGC Care Listed Journal Publications related to Asana Research and Applied Yoga - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to Postural Alignment, Flexibility, Neuromuscular Coordination, and Yogic Awareness Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions - Explain the meaning and scope of advanced Yogic Asanas. - Write a short note on body alignment in Asana practices. - Explain the importance of balancing Asanas. - Describe the functional importance of inverted Asanas. - Write a short note on meditative Asanas. - Explain the role of breath synchronization in Asana practices. - Describe the importance of sequencing in Yogic Asana sessions. - Explain the role of advanced Asanas in postural improvement and wellness. Long Answer Questions - Discuss the meaning, principles, and classifications of advanced Yogic Asana practices. - Explain the role of standing, balancing, twisting, inverted, and meditative Asanas in Yogic discipline. - Discuss the integrated relationship between Asana, breath awareness, relaxation, mindfulness, and concentration practices. - Explain the applied and contemporary dimensions of advanced Asanas in fitness, posture			

	correction, neuromuscular coordination, and holistic wellness. MCQs for Internal Assessment - Advanced Asana practices mainly emphasize: - Stability and body-mind coordination - Commercial activities - Political administration - Industrial production - Balancing Asanas mainly help in: - Stability and concentration - Physical inactivity - Emotional imbalance - Stress accumulation - Inverted Asanas are mainly associated with: - Advanced Yogic postures - Vocal exercises - Running techniques - Financial management - Breath synchronization in Yoga supports: - Integrated body-mind awareness - Muscle fatigue - Emotional disturbance - Physical imbalance - Meditative Asanas mainly develop: - Postural steadiness and awareness - Competitive aggression - Physical strain - Social isolation - Sequencing in Yogic practices helps in: - Systematic Asana practice - Emotional instability - Physical inactivity - Stress enhancement - Advanced Asanas improve: - Flexibility and neuromuscular coordination - Emotional disturbance - Social conflict - Behavioural imbalance - Contemporary Asana practices are widely used for: - Fitness, wellness, and postural health - Political activities - Commercial advertising - Industrial production
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Semester V

Major Elective – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673838	Advanced Asana Practice and Sequencing Techniques	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To develop advanced practical understanding regarding Yogic Asanas, postural alignment, flexibility, stability, and body coordination. - To familiarize students with advanced Asana practices, sequencing methods, transition techniques, and balance-oriented Yogic applications. - To cultivate awareness regarding endurance, concentration, breath synchronization, and internal awareness during advanced Yogic practices. - To prepare students for professional demonstration, sequencing, and applied practice of advanced Yogic Asanas in wellness, fitness, and instructional settings.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate advanced Yogic Asanas with proper alignment, stability, flexibility, and coordination. - Perform systematic sequencing and transition techniques during advanced Yogic practice sessions. - Apply breath synchronization, concentration, and internal awareness during advanced Asana practices. - Develop professional competency in advanced Asana demonstration, sequencing, and wellness-oriented Yogic instruction.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundations of Advanced Asana Practices - Preparatory stretching, loosening, and flexibility-enhancing practices - Advanced standing and balancing Asanas for stability and coordination - Alignment, postural correction, and body-awareness techniques - Breath synchronization and concentration during advanced Asana practices		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, supervised advanced Asana practice sessions, learner-centered practical instruction, posture-analysis methods, sequencing-oriented training approaches, corrective teaching techniques, observation-based learning, experiential learning methods, guided transition practices, reflective learning approaches, peer learning activities, alignment-based instruction, wellness-oriented practice sessions, and practice-based Yogic training methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support postural awareness, advanced practice competency, sequencing skills, flexibility development, body coordination, concentration, instructional confidence, professional demonstration	
Module II		Advanced Asana Demonstration and Practice Techniques - Advanced forward bending and backward bending Asanas - Twisting, inverted, and balancing Asana practices - Arm-balancing and core-strengthening Yogic practices - Practice precautions, contraindications, and safety measures in advanced Asanas		15 Hrs	7 Marks		
Module III		Sequencing and Transition Techniques in Yogic Practice Principles and methods of sequencing in advanced Yoga sessions		15 Hrs	8 Marks		

	• Smooth transition techniques between different categories of Asanas • Integration of relaxation and recovery practices within sequencing • Development of concentration, mindfulness, and internal awareness during practice flow			abilities, and applied Yogic learning related to advanced Asana practices and sequencing techniques.
Module IV	Applied Dimensions of Advanced Asana Practices • Advanced Asanas for flexibility, endurance, coordination, and functional fitness • Sequencing practices for wellness-oriented and fitness-based Yoga sessions • Demonstration skills, presentation methods, and instructional practices • Integrated body-breath-mind coordination practices for holistic wellness	15 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 2. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 3. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Crown Publications. 4. Swatmarama. Hatha Yoga Pradipika. Kaivalyadhama Publications. 5. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 6. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 7. Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials 1. Research articles related to advanced Asana practices and sequencing techniques 2. UGC Care Listed Journal Publications related to Yogic fitness and applied Yoga 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to posture alignment, flexibility, sequencing, and body coordination Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity - 05 Marks 2. Practical Performance and Participation - 05 Marks 3. Practical Journal / Sequencing Record - 05 Marks 4. Viva-Voce / Internal Practical Test - 05 Marks External Practical Examination (30 Marks) 1. Demonstration of Advanced Asanas - 15 Marks 2. Sequencing Skill and Postural Accuracy - 05 Marks 3. Viva-Voce - 05 Marks 4. Presentation, Balance, and Coordination – 05 Marks			

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Semester V

Major Elective – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673839	Yoga for Stress Management	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the concept, causes, types, and dimensions of stress from Yogic and psychological perspectives. - To develop understanding regarding physiological, emotional, cognitive, and behavioural responses associated with stress. - To familiarize students with Yogic practices and lifestyle approaches useful for stress management, emotional regulation, and mental well-being. - To cultivate awareness regarding self-regulation, mindfulness, emotional balance, resilience, and healthy living through Yoga.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, causes, types, and dimensions of stress in modern lifestyle. - Describe physiological, psychological, emotional, and behavioural responses associated with stress. - Analyze the role of Yogic practices in stress management, emotional balance, resilience, and mental well-being. - Apply Yogic principles and stress management techniques for healthy, balanced, and disciplined living.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Stress and Stress Management - Meaning, Nature, Types, and Sources of Stress - Causes and Symptoms of Stress in Modern Lifestyle - Physiological, Psychological, and Behavioural Responses to Stress - Concept, Scope, and Importance of Stress Management through Yoga		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, reflective learning approaches, conceptual discussions, learner-centered teaching methods, ICT-enabled teaching, mindfulness-oriented academic activities, group discussions, seminar presentations, experiential learning methods, guided observation practices, case-based discussions, stress-awareness activities, self-reflection-based learning approaches, contemplative learning methods, and wellness-oriented academic activities for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support emotional awareness, analytical thinking, behavioural understanding, self-regulation, contemplative learning, emotional resilience, and applied Yogic understanding related to stress management and mental wellness.	
Unit II		Yogic Practices for Stress Management - Role of Asanas in Relaxation and Stress Reduction - Pranayama Practices for Emotional Regulation and Mental Calmness - Relaxation Techniques: Shavasana, Yoga Nidra, and Guided Relaxation Practices - Meditation, Mindfulness, and Breath Awareness Practices for Stress Management		7 Hrs	7 Marks		
Unit III		Mental Wellness and Behavioural Regulation through Yoga - Yoga and Emotional Balance - Self-awareness, Thought Regulation, and Positive		8 Hrs	8 Marks		

	Attitude in Yogic Practices • Yogic Lifestyle, Discipline, and Mental Hygiene for Stress-free Living • Behavioural Management, Resilience, and Positive Mental Health through Yoga			
Unit IV	Applied and Contemporary Dimensions of Yoga for Stress Management • Yoga for Academic, Occupational, and Social Stress Management • Yogic Approaches for Anxiety, Fatigue, Burnout, and Mental Tension • Community-based and Wellness-oriented Stress Management Programmes • Contemporary Relevance of Yoga for Mental Health, Emotional Wellness, and Holistic Living	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 2. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 3. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 4. Taimini, I.K. The Science of Yoga. Theosophical Publishing House. 5. Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. 6. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 7. Selye, Hans. The Stress of Life. McGraw-Hill Publications. 8. Benson, Herbert. The Relaxation Response. HarperCollins Publications. Research Articles and Study Materials 1. Research articles related to Yoga and Stress Management 2. UGC Care Listed Journal Publications related to Yoga Psychology and Mental Health 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Meditation, Relaxation, Mindfulness, and Stress Reduction Practices 6. Research studies related to Yogic Lifestyle, Emotional Regulation, and Mental Well-being Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning and nature of stress. 2. Write a short note on physiological responses to stress. 3. Explain the role of Asanas in stress management. 4. Describe the importance of Pranayama for emotional balance. 5. Write a short note on Yoga Nidra. 6. Explain the role of meditation in stress reduction. 7. Describe Yogic lifestyle for stress-free living. 8. Explain the contemporary relevance of Yoga for mental wellness. Long Answer Questions 1. Discuss the meaning, causes, types, and dimensions of stress in modern lifestyle. 2. Explain the role of Asana, Pranayama, relaxation, meditation, and mindfulness practices in stress management. 3. Discuss the importance of Yogic lifestyle, self-regulation, emotional balance, and behavioural discipline in stress-free living. 4. Explain the applied and contemporary dimensions of Yoga for stress management,			

	emotional wellness, and holistic living. MCQs for Internal Assessment 1. Stress mainly affects: a) Physical and mental well-being b) Trade systems c) Industrial production d) Political administration 2. Yoga for stress management mainly emphasizes: a) Relaxation and emotional balance b) Competitive aggression c) Physical inactivity d) Commercial activities 3. Shavasana is mainly used for: a) Relaxation b) Running exercises c) Muscle strengthening d) Competitive sports 4. Yoga Nidra is associated with: a) Deep relaxation b) Weight training c) Joint movement d) Vocal exercises 5. Meditation practices mainly support: a) Mental calmness and awareness b) Stress accumulation c) Emotional instability d) Physical fatigue 6. Pranayama practices help in: a) Emotional regulation b) Physical aggression c) Behavioural imbalance d) Stress enhancement 7. Yogic lifestyle mainly promotes: a) Balanced and healthy living b) Social isolation c) Emotional disturbance d) Physical inactivity 8. Contemporary Yoga practices are widely used for: a) Stress reduction and mental wellness b) Political campaigning c) Industrial competition d) Commercial advertising
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B.A. Yogashastra (NEP 2020)

Semester V

Major Elective – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673840	Stress Management and Mental Health Practices in Yoga	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To develop practical understanding regarding Yogic practices for stress management, emotional balance, and mental well-being. - To familiarize students with relaxation techniques, Pranayama practices, meditation methods, and mindfulness-oriented Yogic practices. - To cultivate awareness regarding self-regulation, concentration, behavioural balance, and mental calmness through Yoga practices. - To prepare students for wellness-oriented Yogic applications related to stress reduction, emotional wellness, and positive mental health promotion.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate Yogic practices useful for stress management, relaxation, and mental wellness. - Perform Pranayama, relaxation, meditation, and mindfulness practices correctly and systematically. - Apply Yogic techniques for emotional balance, concentration, self-regulation, and mental well-being. - Develop wellness-oriented Yogic practice habits for healthy, balanced, and stress-free living.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundations of Stress Management Practices - Preparatory Yogic relaxation and loosening practices - Stretching and flexibility exercises for stress reduction - Breath awareness and calming Yogic practices - Yogic daily routine practices for balanced living and mental wellness		15 Hrs	8 Marks	The Board of Studies recommends the use of guided meditation sessions, demonstration method, supervised Yogic relaxation practices, learner-centered practical instruction, mindfulness-oriented learning approaches, experiential learning methods, reflective practice approaches, observation-based learning, concentration-oriented training methods, group wellness activities, peer learning approaches, stress-awareness activities, contemplative learning methods, and practice-based Yogic instruction for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support emotional awareness, concentration development, mental calmness, self-regulation, reflective understanding, relaxation competency, behavioural balance, mindfulness development, and applied Yogic learning related to	
Module II		Pranayama and Relaxation Practices - Nadi Shodhana and Bhramari practices for mental calmness - Sheetali and Sheetkari practices for emotional regulation - Shavasana and Yoga Nidra practices for deep relaxation - Guided relaxation methods and relaxation sequencing practices		15 Hrs	7 Marks		
Module III		Meditation and Mindfulness Practices - Om meditation and mantra meditation practices - Antar Mouna and mindfulness-based Yogic practices - Dharana and concentration		15 Hrs	8 Marks		

	development practices Internal awareness and thought-observation techniques			stress management and mental wellness practices.
Module IV	Applied Mental Wellness Practices in Yoga - Yogic practices for emotional balance and behavioural regulation - Stress management practices for students, teachers, and professionals - Integrated body-breath-mind coordination practices - Wellness-oriented Yogic routine for mental health promotion and healthy living	15 Hrs	7 Marks	
References:	Text Books and Reference Books - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Saraswati, Swami Satyananda. Yoga Nidra. Yoga Publications Trust. - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. - Taimini, I.K. The Science of Yoga. Theosophical Publishing House. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials - Research articles related to Yoga and stress management - UGC Care Listed Journal Publications related to Yoga Psychology and mental health - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to meditation, relaxation, mindfulness, and emotional wellness practices Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) - Attendance and Regularity - 05 Marks - Practical Performance and Participation - 05 Marks - Practical Journal / Wellness Record - 05 Marks - Viva-Voce / Internal Practical Test - 05 Marks External Practical Examination (30 Marks) - Demonstration of Stress Management and Meditation Practices - 15 Marks - Practical Skill and Procedural Accuracy - 05 Marks - Viva-Voce - 05 Marks - Concentration, Discipline, and Presentation – 05 Marks			

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Semester V

Minor – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673841	Foundations of Yoga Psychology	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the basic concepts, nature, and scope of Yoga Psychology. - To develop knowledge regarding mind, emotions, behaviour, and personality from Yogic perspective. - To understand the role of Yoga in stress regulation, concentration, and mental functioning. - To cultivate self-awareness, positive attitude, and psychological understanding through Yogic principles.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, nature, and importance of Yoga Psychology. - Describe Yogic concepts related to mind, emotions, behaviour, and personality. - Apply Yogic principles for stress regulation, concentration, and emotional control. - Develop self-awareness, positive attitude, and balanced psychological understanding through Yoga.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Yoga Psychology - Meaning, Nature, and Scope of Yoga Psychology - Relationship between Yoga and Psychology - Concept of Mind in Yogic Perspective - Relevance of Yoga Psychology in Modern Life		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, interactive discussions, seminars, reflective learning, ICT-based teaching, experiential learning, presentations, learner-centred teaching methods, case-based discussion, and group activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support conceptual understanding, psychological awareness, stress management, and psychological understanding and reflective learning among students.	
Unit II		Mind, Emotions, and Behaviour - Nature and Functions of Mind - Emotions and Emotional Regulation - Personality and Behaviour in Yogic Perspective - Positive Thinking and Self-awareness through Yoga		7 Hrs	7 Marks		
Unit III		Stress and Mental Processes in Yoga - Meaning and Causes of Stress - Yoga for Stress Regulation and Relaxation - Attention, Concentration, and Mental Discipline - Role of Meditation and Breath Awareness in Mental Calmness		8 Hrs	8 Marks		
Unit IV		Applied Yoga Psychology - Yogic Lifestyle and Psychological Discipline - Role of Yoga in Personality Development - Yoga Psychology in Education and Daily Life - Application of Yogic		7 Hrs	7 Marks		

	Principles for Balanced Behaviour and Mental Clarity			
References:	Text Books - Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Swami Satyananda Saraswati. Four Chapters on Freedom. Yoga Publications Trust. A. G. Mohan. Yoga for Body, Breath and Mind. Shambhala Publications. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. Reference Books - Georg Feuerstein. The Yoga Tradition. Hohm Press. T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. - Cornelissen, Matthijs. Foundations and Applications of Indian Psychology. Pearson Publications. - Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals - Research papers related to Yoga Psychology, stress management, mental health, and emotional well-being published in peer-reviewed and UGC Care Listed journals. - Articles related to Yogic lifestyle, meditation, concentration, and Yoga Psychology and mental functioning 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			
Model Questions:	Short Answer Questions - Define Yoga Psychology. - Explain the relationship between Yoga and Psychology. - What is the concept of mind in Yoga? - Explain emotional balance in Yogic perspective. - What are the causes of stress? - Explain the role of meditation in mental health. - Write the importance of concentration in Yoga. - Explain the role of Yoga in personality development. Long Answer Questions - Explain the meaning, nature, and scope of Yoga Psychology. - Discuss the Yogic concepts related to mind, emotions, and behaviour. - Explain the role of Yoga in stress regulation, concentration, and mental calmness. - Discuss the importance of Yoga Psychology in personality development and daily life. MCQs for Internal Assessment - Yoga Psychology mainly deals with: - Physical fitness only - Mind and behaviour - Politics - Economics - Stress mainly affects: - Mental balance - Hair growth - Height - Skin colour - Meditation mainly improves: - Attention - Concentration - Mental calmness - All of the above - Positive thinking is related to: - Emotional well-being - Stress increase - Laziness - None of the above			

	5. Yoga helps in development of: a) Self-awareness b) Discipline c) Confidence d) All of the above 6. Breath awareness practices mainly help in: a) Emotional balance b) Mental calmness c) Relaxation d) All of the above 7. The Yogic concept of mind is related to: a) Chitta b) Prana c) Asana d) Kriya 8. Yoga Psychology is useful for: a) Mental health b) Stress management c) Personality development d) All of the above
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Semester V

Minor – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673842	Yogic Practices for Emotional Regulation	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the importance of Yogic practices for emotional balance, relaxation, and mental steadiness. - To develop practical skills in breath regulation, relaxation techniques, and calming Yogic practices. - To practice coordination between breathing, concentration, relaxation, and emotional stability during Yogic training. - To cultivate emotional control, mental calmness, self-regulation, and disciplined Yogic practice habits through regular practical training.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the importance of Yogic practices for emotional regulation and mental balance. - Demonstrate relaxation-oriented Yogic practices with proper breath coordination and concentration. - Perform breathing and relaxation techniques for emotional stability, calmness, and stress reduction. - Develop emotional control, mental steadiness, self-regulation, and disciplined Yogic practice habits.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Preparatory Practices for Emotional Balance - Practice of Sitting Postures for Calmness and Stability - Practice of Body Relaxation and Muscular Release Techniques - Training in Introductory Breath Regulation Practices - Practice Discipline and Mental Preparation Techniques		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, guided practical sessions, supervised Yogic training, experiential learning, activity-based learning, peer learning, learner-centred approaches, relaxation training methods, regular practice sessions, and performance-based evaluation methods for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of emotional regulation, breath control, concentration, relaxation ability, mental steadiness, and disciplined Yogic practice among students.	
Module II		Breathing and Relaxation Techniques - Practice of Deep and Rhythmic Breathing Techniques - Training in Breath Regulation for Emotional Calmness - Practice of Guided Relaxation Techniques - Coordination of Breath, Relaxation, and Mental Calmness Practices		15 Hrs	7 Marks		
Module III		Concentration and Emotional Stability Practices - Practice of Quiet Sitting and Attention-centred Techniques - Training in Introductory Concentration Practices - Practice of Relaxation Techniques for Emotional Stability - Guided Practices for		15 Hrs	8 Marks		

	Mental Calmness and Self-control			
Module IV	Integrated Yogic Practices for Emotional Regulation - Integrated Practice of Relaxation-oriented Yogic Sequences - Coordination of Breath, Concentration, and Relaxation during Practices - Training in Daily Yogic Routine for Emotional Stability - Practice of Mental Discipline and Self-regulation Techniques	15 Hrs	7 Marks	
References:	Text Books - Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. - Swami Satyananda Saraswati. Asana Pranayama Mudra Bandha. Yoga Publications Trust. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. A. G. Mohan. Yoga for Body, Breath and Mind. Shambhala Publications. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. Reference Books T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. - Georg Feuerstein. The Yoga Tradition. Hohm Press. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. - Cornelissen, Matthijs. Foundations and Applications of Indian Psychology. Pearson Publications. - Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals - Research papers related to Yogic relaxation, emotional regulation, stress management, and mental steadiness published in peer-reviewed and UGC Care Listed journals. - Articles related to breath regulation, concentration techniques, emotional balance, and relaxation practices 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			
Practical Examination Pattern:	Internal Assessment (20 Marks) - Attendance and Regularity - 05 Marks - Practical Performance and Discipline - 05 Marks - Viva-Voce / Oral Assessment - 05 Marks - Practical Record / Journal - 05 Marks External Practical Examination (30 Marks) - Demonstration of Yogic Practices - 15 Marks - Performance of Prescribed Yogic Practices - 10 Marks - Viva-Voce - 05 Marks			

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Semester V
Vocational Skill Course (VSC) – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	V	673843	Advanced Yogic Practices and Applied Techniques	2	60	2 Hrs	Internal – 50 Total – 50
Course Objectives:		- To understand the significance and applications of advanced Yogic practices in health, wellness, and lifestyle management. - To develop practical skills in performing advanced Asanas, Pranayama, relaxation, and concentration techniques with proper safety measures and discipline. - To apply integrated Yogic techniques for flexibility, stress management, emotional balance, and holistic well-being. - To cultivate confidence, professional attitude, self-discipline, and applied training skills in advanced Yogic wellness practices.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the importance and applications of advanced Yogic practices in holistic health and wellness. - Demonstrate advanced Yogic practices with proper alignment, breath coordination, and safety awareness. - Apply Yogic practices for stress management, concentration, emotional balance, and healthy lifestyle management. - Develop professional skills, confidence, discipline, and positive attitude towards advanced Yogic training and wellness activities.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundations of Advanced Yogic Practices - Meaning, Nature, and Scope of Advanced Yogic Practices - Principles, Precautions, and Safety Measures in Advanced Yoga - Preparatory Practices and Breath Awareness Techniques - Yogic Discipline and Lifestyle for Advanced Training		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, supervised Yogic training, guided practice sessions, workshops, peer learning, experiential learning, audio-visual methods, interactive learning, and learner-centred activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of advanced Yogic skills, practical training ability, and professional wellness competencies among students.	
Module II		Advanced Asana and Flexibility Practices - Advanced Standing and Balancing Postures - Forward Bending and Backward Bending Practices - Twisting, Meditative, and Balancing Postures - Relaxation and Recovery Practices after Advanced Asanas		15 Hrs	7 Marks		
Module III		Advanced Pranayama and Mental Relaxation Techniques - Advanced Breathing and Pranayama Practices - Practice of Anulom-Vilom, Bhramari, Ujjayi, and Sheetal Pranayama		15 Hrs	8 Marks		

	- Concentration, Breath Awareness, and Mental Relaxation Practices - Deep Relaxation and Yogic Stress Management Techniques			
Module IV	Applied Yogic Training and Wellness Techniques - Conduct of Integrated Yogic Practice Sessions - Yogic Techniques for Stress Reduction and Lifestyle Balance - Demonstration, Observation, and Supervision Skills in Yogic Practice - Application of Yogic Practices for Holistic Wellness and Fitness	15 Hrs	7 Marks	
References:	Text Books - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. - Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. - Mohan, A. G. Yoga for Body, Breath and Mind. Shambhala Publications. Reference Books - Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. - Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. - Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. - Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals - Research papers related to advanced Yogic practices, wellness training, stress management, and applied Yoga techniques published in peer-reviewed and UGC Care Listed journals. - Articles related to Yogic training methods and holistic wellness 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 Regular Practice - 10 Marks - Practical Demonstration of Advanced Techniques - 10 Marks - Skill Performance and Integrated Yogic Session - 10 Marks - Practice Record / Assignment - 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) 1. Attendance and Active Participation - 10 Marks 2. Assignment / Wellness Report Preparation - 10 Marks 3. Counselling Demonstration / Role Play Activity - 10 Marks 4. Presentation / Case-based Activity - 10 Marks 5. Viva-Voce / Internal Practical Performance - 10 Marks			

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Semester V

Field Project / Community Engagement and Service (FP/CES) – Project

Level	Semester	Course Code	Course Name	Credits	Teaching / Field Hours	Exam Duration	Max Marks
5.5	V	673845	Yoga Intervention and Case Study Analysis	2	90 Hrs	Viva-Voce	Internal Assessment– 50 Total – 50
Course Objectives:		- To understand the importance of Yoga intervention and case study analysis in health, wellness, and lifestyle management. - To develop skills in observation, assessment, documentation, and analysis related to Yogic practices and wellness-oriented case studies. - To apply Yogic techniques and wellness approaches for stress management, relaxation, fitness, and healthy lifestyle improvement. - To cultivate analytical ability, communication skills, professional ethics, and field-based experience through Yoga intervention activities.					
Course Outcomes:		After successful completion of this Field Project course, the students will be able to: - Explain the role and significance of Yoga intervention and case study analysis in wellness and lifestyle management. - Demonstrate skills in observation, assessment, documentation, and reporting of Yoga-related case studies and intervention activities. - Apply Yogic practices and wellness approaches for stress reduction, relaxation, lifestyle awareness, and health promotion. - Develop analytical thinking, communication ability, professional ethics, and field-based experience through Yoga intervention and field-based case study activities.					
Project Areas / Themes		The students may undertake Field Project activities in any of the following areas: - Yoga Intervention for Stress Management and Relaxation - Observation and Analysis of Yogic Lifestyle Practices - Case Studies related to Fitness, Wellness, and Healthy Lifestyle Practices - Yoga-based Awareness and Wellness Activities in Community Settings - Observation of Yoga Participation and Behavioural Changes - Study of Yogic Practices for Lifestyle Improvement and Mental Well-being					
Field Work Activities		The students shall perform the following field-based activities: - Conducting observation and interaction related to Yoga and wellness practices - Assisting in Yoga intervention and wellness-oriented activities under supervision - Collecting and maintaining case-related information and field observations - Preparing case summaries, activity records, and observation notes - Conducting awareness interaction sessions related to Yoga and healthy lifestyle - Preparing analysis and reflection report based on field activities and observations - Preparation of simple analytical observations based on Yoga intervention outcomes					
Report / Record Preparation		Each student shall prepare and submit: - Field Project Diary / Daily Activity Record - Case Study Observation Record - Yoga Intervention Activity Report - Survey, Interaction and Observation Notes - Attendance Record and Field Documentation - Final Field Project Report with Analysis, Findings, and Learning Outcomes - The Field Project Report shall be certified by the concerned Mentor Faculty / Project Supervisor. - The student shall submit participation / activity certificate, if issued by the concerned organization or institution.					
Guidelines for Field Project		- The Field Project shall be related to the Major Subject of Yogashastra and shall be carried out under the supervision of the Mentor Faculty / Project Supervisor appointed by the Department. - The students shall participate in Yoga intervention, field-based observation, case study analysis, wellness interaction, and community-oriented Yoga activities as prescribed by the Department. - Field Project activities may be conducted in Yoga centres, wellness institutes, educational institutions, community organizations, health awareness programmes, NGOs, or other approved field settings. - Students shall maintain discipline, confidentiality, ethical behaviour, and proper documentation during field work and case study activities. - Field Project activities and evaluation shall be conducted in accordance with the					

	guidelines prescribed by the Department / Institution.
Pedagogical & Supervisory Strategies	The Board of Studies recommends the use of field-based learning, case study methods, observation techniques, experiential learning, supervised Yoga intervention activities, reflective learning, community interaction, project-based learning, activity-based learning, and learner-centred approaches for effective Teaching, Learning, and Evaluation (T, L & E) of the Field Project course. These strategies shall support the development of analytical ability, practical Yogic application, wellness awareness, and professional competencies among students.
Evaluation Pattern	Internal Evaluation (50 Marks) 1. Attendance and Field Participation - 10 Marks 2. Case Study Observation and Documentation - 10 Marks 3. Yoga Intervention Activity / Demonstration - 10 Marks 4. Field Project Report / Analysis Presentation - 10 Marks 5. Viva-Voce / Final Project Assessment - 10 Marks
References:	Text Books 1. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 2. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 3. Nagendra, H. R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. Kavalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. 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. Iyengar, B. K. S. Light on Yoga. HarperCollins Publications. 4. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yoga intervention, case study analysis, wellness practices, and lifestyle management published in peer-reviewed and UGC Care Listed journals. 2. Articles related to Yoga therapy, stress management, holistic wellness, and community health 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

B.A. Yogashastra (NEP 2020)

Semester VI

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673846	Patanjali Yoga Sutra: Theory and Practice	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the philosophical structure, conceptual foundations, and fundamental teachings of Patanjali Yoga Sutra. - To develop understanding regarding Chitta, Vrittis, Kleshas, Antarayas, and mental discipline in Yoga philosophy. - To familiarize students with the practical dimensions and stages of Ashtanga Yoga and meditative discipline. - To cultivate interpretative, contemplative, and analytical understanding regarding the relevance of Patanjali Yoga philosophy in self-development and Yogic life.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the philosophical foundations, structure, and importance of Patanjali Yoga Sutra. - Describe the concepts of Chitta, Vrittis, Kleshas, Antarayas, and mental regulation in Yoga philosophy. - Analyze the principles, stages, and practical dimensions of Ashtanga Yoga and meditative discipline. - Apply Yogic principles related to self-awareness, concentration, ethical discipline, and behavioural balance in daily life.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Philosophical Foundations of Patanjali Yoga Sutra - Historical Background and Importance of Patanjali Yoga Sutra - Structure and Divisions of Yoga Sutra - Definition of Yoga: “Yoga Chitta Vritti Nirodha” - Concepts of Purusha and Prakriti in Yoga Philosophy		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, textual interpretation methods, conceptual discussions, learner-centered teaching approaches, ICT-enabled teaching, analytical learning methods, reflective learning approaches, contemplative academic activities, group discussions, seminar presentations, Sanskrit terminology-oriented learning, guided textual analysis, and experiential learning methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support philosophical understanding, textual interpretation, contemplative awareness, analytical thinking, meditative understanding, behavioural reflection, and applied Yogic learning related to Patanjali Yoga Sutra and Yogic discipline.	
Unit II		Chitta, Vrittis, Kleshas, and Obstacles in Yoga - Nature and Functions of Chitta - Types and Regulation of Chitta Vrittis - Concept of Kleshas in Yoga Sutra - Antarayas (Obstacles) and Mental Disturbances in Yogic Practices		7 Hrs	7 Marks		
Unit III		Ashtanga Yoga and Meditative Discipline - Yama and Niyama as Ethical Foundations of Yoga - Asana, Pranayama, and Pratyahara in Yoga Sutra - Dharana and Dhyana as Stages of Concentration and Meditation - Samadhi and Higher States of Yogic Awareness		8 Hrs	8 Marks		

Unit IV	Applied Dimensions of Patanjali Yoga Philosophy • Patanjali Yoga and Mental Discipline • Self-awareness, Behavioural Regulation, and Inner Balance through Yoga • Relevance of Yoga Sutra in Modern Lifestyle and Stress Management • Contemporary Applications of Patanjali Yoga Philosophy in Holistic Development	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Patanjali. Yoga Sutra. Various Editions. 2. Taimini, I.K. The Science of Yoga. Theosophical Publishing House. 3. Iyengar, B.K.S. Light on the Yoga Sutras of Patanjali. HarperCollins Publications. 4. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 5. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 6. Saraswati, Swami Satyananda. Four Chapters on Freedom. Yoga Publications Trust. 7. Bryant, Edwin F. The Yoga Sutras of Patanjali. North Point Press. Research Articles and Journals 1. Research articles related to Patanjali Yoga Sutra and Yoga Philosophy 2. UGC Care Listed Journal Publications related to Yogic Philosophy and Meditation Studies 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Chitta, Kleshas, Ashtanga Yoga, and Meditative Discipline Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning of “Yoga Chitta Vritti Nirodha.” 2. Write a short note on the structure of Patanjali Yoga Sutra. 3. Explain the concepts of Purusha and Prakriti in Yoga philosophy. 4. Describe the nature and functions of Chitta. 5. Write a short note on Kleshas in Yoga Sutra. 6. Explain the concept of Antarayas in Yogic practices. 7. Describe the importance of Dharana and Dhyana in Yoga. 8. Explain the contemporary relevance of Patanjali Yoga philosophy. Long Answer Questions 1. Discuss the philosophical foundations and structure of Patanjali Yoga Sutra. 2. Explain the concepts of Chitta, Vrittis, Kleshas, and Antarayas in Yoga philosophy. 3. Discuss the principles, stages, and practical dimensions of Ashtanga Yoga. 4. Explain the applied dimensions and modern relevance of Patanjali Yoga philosophy in daily life and holistic development. MCQs for Internal Assessment 1. “Yoga Chitta Vritti Nirodha” is defined in: a) Yoga Sutra b) Gheranda Samhita c) Bhagavad Gita d) Shiva Samhita 2. Chitta Vrittis are related to: a) Mental modifications b) Physical movements c) Respiratory exercises d) Digestive functions 3. Kleshas are mainly associated with: a) Mental afflictions b) Bone disorders c) Vocal practices			

	d) Joint movements 4. Antarayās in Yoga Sūtra refer to: a) Obstacles in Yoga practice b) Cleansing techniques c) Yogic postures d) Dietary methods 5. Yama and Niyama are related to: a) Ethical discipline b) Physical endurance c) Vocal training d) Competitive activities 6. Dharana refers to: a) Concentration b) Relaxation posture c) Cleansing technique d) Muscle control 7. Samādhi is associated with: a) Higher Yogic awareness b) Physical exercise c) Respiratory cleansing d) Body flexibility 8. Patañjali Yoga philosophy mainly promotes: a) Mental discipline and self-awareness b) Physical inactivity c) Emotional imbalance d) Stress accumulation
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Semester VI

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673847	Meditation and Yogic Discipline	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the concepts, principles, and philosophical foundations of meditation in Yogic traditions. - To develop understanding regarding concentration, awareness, contemplation, inner observation, and stages of meditative discipline in Yoga. - To familiarize students with various meditation methods, mindfulness practices, and Yogic disciplinary principles. - To cultivate awareness regarding self-regulation, emotional balance, mental calmness, behavioural refinement, and disciplined living through meditation practices.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, principles, and philosophical foundations of meditation in Yogic traditions. - Describe the stages of concentration, awareness, contemplation, and meditative discipline in Yoga. - Identify various meditation methods, mindfulness practices, and Yogic disciplinary approaches. - Analyze the role of meditation in self-regulation, emotional balance, behavioural refinement, mental well-being, and holistic development.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Meditation and Yogic Discipline - Meaning, Nature, and Objectives of Meditation - Historical Development of Meditation in Yogic Traditions - Concept of Yogic Discipline and Self-regulation - Importance of Meditation in Yogic Life and Higher Consciousness		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, contemplative learning methods, conceptual discussions, learner-centered teaching approaches, ICT-enabled teaching, reflective learning approaches, guided observation methods, meditative awareness activities, group discussions, seminar presentations, mindfulness-oriented academic practices, experiential learning methods, self-awareness-based learning approaches, and contemplative textual interpretation methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support contemplative understanding, concentration development, reflective awareness, emotional regulation, behavioural understanding, analytical thinking, meditative discipline, and applied Yogic learning related to meditation and	
Unit II		Concentration, Awareness, and Meditative Processes - Concept of Dharana and Dhyana in Yoga - Stages of Concentration and Meditative Awareness - Internal Observation, Thought Regulation, and Witness Consciousness - Obstacles in Meditation Practices and Their Management		7 Hrs	7 Marks		
Unit III		Meditation Methods and Contemplative Practices - Breath Awareness and Observation-based Meditation Practices - Mantra Meditation and Om Meditation - Mindfulness and Antar Mouna Practices - Discipline, Silence, Ethical		8 Hrs	8 Marks		

	Conduct, and Daily Routine in Meditation Practices			disciplined Yogic living.
Unit IV	Applied Dimensions of Meditation and Yogic Discipline • Meditation and Mental Calmness • Meditation for Emotional Stability and Self-awareness • Role of Meditation in Behavioural and Personality Refinement • Contemporary Relevance of Meditation in Education, Wellness, Professional Life, and Modern Lifestyle	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Patanjali. Yoga Sutra. Various Editions. 2. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 3. Saraswati, Swami Satyananda. Meditation from the Tantras. Yoga Publications Trust. 4. Taimini, I.K. The Science of Yoga. Theosophical Publishing House. 5. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 6. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 7. Osho. Meditation: The First and Last Freedom. St. Martin’s Press. 8. Bryant, Edwin F. The Yoga Sutras of Patanjali. North Point Press. Research Articles and Journals 1. Research articles related to Meditation, Mindfulness, and Yogic Discipline 2. UGC Care Listed Journal Publications related to Meditation Studies and Yoga Psychology 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Mindfulness, Emotional Regulation, and Contemplative Yogic Practices Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning and objectives of meditation. 2. Write a short note on Yogic discipline. 3. Explain the concept of Dharana in Yoga. 4. Describe the stages of meditative awareness. 5. Write a short note on Antar Mouna practice. 6. Explain the importance of mindfulness practices in Yoga. 7. Describe the obstacles in meditation practices and their management. 8. Explain the role of meditation in emotional balance and self-regulation. Long Answer Questions 1. Discuss the meaning, principles, and importance of meditation in Yogic traditions. 2. Explain the stages of concentration, awareness, and meditative processes in Yoga. 3. Discuss various meditation methods and contemplative practices in Yogic discipline. 4. Explain the applied dimensions and contemporary relevance of meditation in education, wellness, professional life, and modern lifestyle. MCQs for Internal Assessment 1. Meditation in Yoga mainly emphasizes: a) Awareness and inner balance b) Competitive activity c) Physical aggression d) Industrial management 2. Dharana refers to: a) Concentration b) Cleansing c) Joint movement			

	d) Vocal training 3. Dhyana is mainly associated with: a) Meditation b) Running exercises c) Physical endurance d) Weight lifting 4. Antar Mouna is related to: a) Internal observation and awareness b) Physical flexibility c) Competitive training d) Muscle strengthening 5. Mindfulness practices mainly support: a) Internal awareness b) Emotional imbalance c) Stress accumulation d) Physical inactivity 6. Yogic discipline promotes: a) Self-regulation and balanced living b) Social isolation c) Emotional instability d) Physical strain 7. Meditation practices help in: a) Mental calmness and emotional stability b) Fatigue increase c) Behavioural imbalance d) Stress enhancement 8. Contemporary meditation practices are widely used for: a) Mental well-being and self-awareness b) Industrial production c) Political campaigning d) Commercial trading
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B.A. Yogashastra (NEP 2020)

Semester VI

Major – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673848	Yoga Teaching Methodology and Practice	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the principles, foundations, and systematic approaches of Yoga teaching methodology and instructional practice. - To develop understanding regarding class organization, communication skills, demonstration methods, sequencing, and learner-centered Yoga instruction. - To familiarize students with observation, correction, assessment methods, teaching aids, and professional ethics in Yoga education. - To cultivate professional competency, leadership qualities, instructional discipline, organizational abilities, and practical teaching confidence in Yoga instruction.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the principles, methods, and foundations of Yoga teaching methodology and instructional organization. - Describe the importance of communication, demonstration, sequencing, correction techniques, and assessment methods in Yoga instruction. - Analyze teaching applications, learner management, evaluation techniques, and professional responsibilities in Yoga education. - Apply instructional skills, leadership qualities, professional ethics, and practical teaching methods in Yoga sessions and wellness programmes.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Yoga Teaching Methodology - Meaning, Nature, and Scope of Yoga Teaching Methodology - Philosophical Foundations of Yoga Education - Principles and Objectives of Yoga Instruction - Qualities, Responsibilities, and Professional Ethics of a Yoga Teacher		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, demonstration-oriented teaching methods, learner-centered instructional approaches, ICT-enabled teaching, participatory learning methods, communication-based academic activities, seminar presentations, group discussions, reflective learning approaches, observation-based learning, micro-teaching practices, peer teaching activities, case-based discussions, experiential learning methods, and practice-oriented instructional activities for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support instructional understanding, professional competency, leadership qualities, communication skills, teaching confidence, organizational abilities, observational awareness, evaluative understanding, and applied Yogic learning	
Unit II		Organization and Methods of Yoga Teaching - Demonstration, Explanation, and Guided Instruction Methods - Class Organization and Session Planning in Yoga Teaching - Sequencing and Structuring of Asana, Pranayama, Relaxation, and Meditation Practices - Use of Teaching Aids, ICT, and Educational Technology in Yoga Education		7 Hrs	7 Marks		
Unit III		Communication, Observation, and Evaluation Techniques - Communication Skills and Voice Modulation in Yoga Instruction - Observation, Alignment,		8 Hrs	8 Marks		

	and Correction Techniques in Yogic Practices • Motivational, Participatory, and Learner-centered Teaching Approaches • Assessment, Evaluation, Feedback, and Reflective Practices in Yoga Teaching			related to Yoga teaching methodology and instructional practice.
Unit IV	Applied and Professional Dimensions of Yoga Teaching • Yoga Teaching for Children, Adults, Elderly, and Special Groups • Professional Discipline, Leadership, and Teaching Behaviour in Yoga Instruction • Community-based, Institutional, Therapeutic, and Wellness-oriented Yoga Teaching Applications • Contemporary Trends, Entrepreneurship, and Career Opportunities in Yoga Education	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Tiwari, O.P. Yoga Teaching and Training Methods. Kaivalyadhama Publications. 2. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 3. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 4. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 5. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 6. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 7. Sharma, R.A. Fundamentals of Educational Psychology. Educational Publishers. 8. Kochar, S.K. Methods and Techniques of Teaching. Sterling Publishers. Research Articles and Journals 1. Research articles related to Yoga Education and Teaching Methodology 2. UGC Care Listed Journal Publications related to Yoga Instruction and Pedagogy 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Yoga Teaching Competency and Wellness Education 6. Research studies related to learner-centered Yoga instruction and educational applications Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning and scope of Yoga teaching methodology. 2. Write a short note on principles of Yoga instruction. 3. Explain the importance of session planning in Yoga teaching. 4. Describe the role of demonstration method in Yoga instruction. 5. Write a short note on communication skills in Yoga teaching. 6. Explain observation and correction techniques in Yogic practices. 7. Describe the role of ICT and teaching aids in Yoga education. 8. Explain professional ethics and leadership qualities of a Yoga teacher. Long Answer Questions 1. Discuss the meaning, nature, scope, and philosophical foundations of Yoga teaching methodology. 2. Explain the methods, organizational principles, and sequencing techniques used in Yoga instruction. 3. Discuss the role of communication, observation, correction, assessment, and learner-centered approaches in Yoga teaching. 4. Explain the applied, professional, and contemporary dimensions of Yoga teaching			

methodology and practice.

MCQs for Internal Assessment

1. Yoga teaching methodology mainly emphasizes:
 - a) Systematic Yogic instruction
 - b) Industrial production
 - c) Political administration
 - d) Commercial trade
2. Demonstration method is important in:
 - a) Yoga instruction
 - b) Agricultural work
 - c) Architecture
 - d) Financial management
3. Session planning mainly helps in:
 - a) Systematic organization of Yoga classes
 - b) Emotional imbalance
 - c) Stress accumulation
 - d) Physical inactivity
4. Observation and correction techniques are related to:
 - a) Instructional improvement
 - b) Political campaigning
 - c) Commercial activities
 - d) Social isolation
5. Communication skills are essential for:
 - a) Effective Yoga teaching
 - b) Muscle building only
 - c) Competitive sports only
 - d) Industrial management
6. Learner-centered teaching approaches mainly promote:
 - a) Active student participation
 - b) Physical inactivity
 - c) Emotional disturbance
 - d) Competitive aggression
7. Professional ethics are important for:
 - a) Responsible Yoga instruction
 - b) Commercial profit only
 - c) Social conflict
 - d) Political activities
8. Community-based Yoga teaching programmes mainly support:
 - a) Wellness awareness and public health
 - b) Industrial production
 - c) Trade management
 - d) Political campaigning

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Semester VI

Major – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673849	Teaching Practice and Professional Demonstration in Yoga	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To develop professional teaching competency, instructional confidence, and practical communication skills in Yoga education. - To familiarize students with lesson planning, class organization, sequencing methods, demonstration techniques, and learner-centered Yoga instruction. - To cultivate observation skills, correction techniques, leadership qualities, and professional ethics required for Yoga teaching and wellness training. - To prepare students for professional Yoga instruction in educational institutions, wellness centres, community programmes, and health-oriented settings.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate effective Yoga teaching skills using proper instructional methods, sequencing, and class management techniques. - Conduct professional demonstration of Asana, Pranayama, relaxation, and meditation practices accurately and confidently. - Apply communication skills, observation methods, correction techniques, and learner-centered approaches in Yoga instruction. - Develop professional confidence, leadership qualities, ethical teaching behaviour, and practical competency in Yoga education and wellness programmes.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundations of Yoga Teaching Practice and Instruction - Prayer, class discipline, and opening procedures in Yoga sessions - Preparation of Yoga lesson plans and practical session structuring - Demonstration techniques for Asana, Pranayama, and relaxation practices - Guided verbal instruction and cueing techniques in Yoga teaching		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, supervised teaching practice, learner-centered instructional approaches, micro-teaching methods, peer teaching activities, observation-based learning, communication-oriented training methods, guided instructional practice, experiential learning methods, reflective teaching approaches, practice-oriented academic activities, class-management training methods, group teaching practices, ICT-enabled instructional methods, and professional skill-based Yoga training for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support teaching competency, instructional confidence, communication skills, leadership qualities, professional discipline, observational awareness, class-management abilities,	
Module II		Practical Teaching and Demonstration Techniques - Teaching practice of standing, sitting, prone, and supine Asanas - Demonstration of Pranayama, relaxation, and meditation techniques - Sequencing, transition, and time-management practices in Yoga sessions - Observation, alignment correction, and safety management during practice		15 Hrs	7 Marks		
Module III		Communication, Leadership, and Instructional Applications Voice modulation,		15 Hrs	8 Marks		

	communication skills, and instructional clarity • Micro-teaching and learner-centered Yoga teaching practices • Motivational techniques and participatory instructional methods • Use of teaching aids, charts, audiovisual tools, and ICT in Yoga education			sequencing skills, learner engagement, and applied Yogic competency related to Yoga teaching practice and professional demonstration.
Module IV	Professional Applications and Teaching Competency Development • Yoga teaching for children, adults, elderly, and special groups • Conducting wellness-oriented, institutional, and community Yoga sessions • Professional ethics, leadership qualities, and discipline in Yoga instruction • Practice teaching assessment, peer evaluation, and self-reflection methods	15 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Tiwari, O.P. Yoga Teaching and Training Methods. Kaivalyadhama Publications. 2. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 3. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 4. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 5. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 6. Kochar, S.K. Methods and Techniques of Teaching. Sterling Publishers. 7. Sharma, R.A. Fundamentals of Educational Psychology. Educational Publishers. 8. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. Research Articles and Study Materials • Research articles related to Yoga teaching methodology and instructional practices • UGC Care Listed Journal Publications related to Yoga Education and Wellness Instruction • CCRYN Research Publications • MDNIY Educational Study Materials • Research resources related to Yoga teaching competency, instructional communication, and learner-centered Yoga education Digital Resources and Weblinks • Ministry of AYUSH, Government of India • Morarji Desai National Institute of Yoga (MDNIY) • Central Council for Research in Yoga and Naturopathy (CCRYN) • S-VYASA Digital Learning Resources • SWAYAM and UGC Online Educational Platforms • National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity - 05 Marks 2. Teaching Performance and Participation - 05 Marks 3. Practical Journal / Lesson Plan Record - 05 Marks 4. Viva-Voce / Internal Teaching Assessment - 05 Marks External Practical Examination (30 Marks) 1. Practical Teaching Demonstration - 15 Marks 2. Instructional Skill and Class Management - 05 Marks 3. Viva-Voce - 05 Marks 4. Professional Presentation, Sequencing, and Communication – 05 Marks			

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Semester VI

Major Elective – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673850	Yoga Therapy and Rehabilitation	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the concepts, principles, and scope of Yoga Therapy and rehabilitation in Yogic healthcare. - To develop understanding regarding rehabilitative and restorative applications of Yogic practices for physical, mental, and functional well-being. - To familiarize students with Yogic therapeutic approaches related to recovery, stress reduction, functional regulation, and supportive wellness care. - To cultivate awareness regarding holistic rehabilitation, self-management, behavioural discipline, and wellness-oriented Yogic living.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, principles, and scope of Yoga Therapy and rehabilitation. - Describe rehabilitative and restorative applications of Yogic practices in wellness management and recovery processes. - Analyze the role of Asana, Pranayama, relaxation, meditation, and Yogic lifestyle in functional recovery and rehabilitation. - Apply theoretical understanding of Yoga Therapy for supportive healthcare, rehabilitation, wellness promotion, and holistic well-being.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Yoga Therapy and Rehabilitation - Meaning, Nature, and Scope of Yoga Therapy - Concept, Principles, and Objectives of Rehabilitation - Therapeutic and Restorative Dimensions of Yogic Practices - Importance of Holistic Health, Functional Recovery, and Wellness through Yoga		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, therapeutic discussions, learner-centered teaching approaches, ICT-enabled teaching, case-based learning methods, reflective learning approaches, group discussions, seminar presentations, wellness-oriented academic activities, experiential learning methods, guided observation practices, rehabilitation-oriented learning approaches, self-awareness-based learning methods, and problem-solving approaches for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support therapeutic understanding, rehabilitative awareness, analytical thinking, wellness-oriented learning, emotional understanding, self-management, and applied Yogic knowledge related to Yoga Therapy and rehabilitation practices.	
Unit II		Yogic Practices in Rehabilitation and Recovery - Role of Asanas in Functional Improvement, Flexibility, and Rehabilitation - Pranayama Practices for Respiratory Regulation and Emotional Balance - Relaxation Techniques in Recovery and Rehabilitation Processes - Meditation Practices for Mental Stability, Positive Recovery, and Self-awareness		7 Hrs	7 Marks		
Unit III		Yoga Therapy for Supportive Wellness Care - Yogic Approaches for Musculoskeletal and Postural Problems - Yoga Therapy for Stress,		8 Hrs	8 Marks		

	Fatigue, Anxiety, and Emotional Imbalance • Role of Yogic Lifestyle, Discipline, and Routine in Rehabilitation and Recovery • Self-management, Behavioural Regulation, and Wellness Promotion through Yoga			
Unit IV	Applied and Contemporary Dimensions of Yoga Rehabilitation • Yoga Rehabilitation in Educational, Community, and Wellness Settings • Wellness-oriented Rehabilitation Programmes through Yoga • Professional Applications of Yoga Therapy and Integrative Healthcare Support • Contemporary Relevance of Yoga Rehabilitation in Modern Healthcare and Holistic Wellness	7 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 2. Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. 3. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 4. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 5. Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. 6. Telles, Shirley. Yoga Therapy Research Studies. Yoga Research Publications. 7. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 8. Kuvalayananda, Swami. Yoga Therapy in Modern Health Care. Kaivalyadhama Publications. Research Articles and Journals 1. Research articles related to Yoga Therapy and Rehabilitation 2. UGC Care Listed Journal Publications related to Therapeutic Yoga and Wellness Rehabilitation 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to Recovery, Relaxation, Rehabilitation, and Functional Wellness through Yoga 6. Research studies related to supportive healthcare and Yogic wellness management Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions 1. Explain the meaning and scope of Yoga Therapy. 2. Write a short note on rehabilitation in Yoga. 3. Explain the role of Asanas in functional recovery. 4. Describe the importance of Pranayama in rehabilitation practices. 5. Write a short note on relaxation techniques in Yoga Therapy. 6. Explain the role of meditation in emotional rehabilitation. 7. Describe Yogic lifestyle for recovery and wellness management. 8. Explain the contemporary relevance of Yoga rehabilitation in healthcare. Long Answer Questions 1. Discuss the meaning, principles, and scope of Yoga Therapy and rehabilitation. 2. Explain the role of Asana, Pranayama, relaxation, and meditation practices in			

	rehabilitation and recovery processes. 3. Discuss the importance of Yogic lifestyle, self-management, behavioural regulation, and wellness promotion in Yoga rehabilitation. 4. Explain the applied and contemporary dimensions of Yoga Therapy and rehabilitation in modern healthcare and holistic wellness management. MCQs for Internal Assessment 1. Yoga Therapy mainly emphasizes: a) Holistic health and recovery b) Competitive sports c) Political administration d) Industrial production 2. Rehabilitation mainly focuses on: a) Functional recovery and wellness b) Commercial trade c) Social conflict d) Industrial management 3. Asanas in rehabilitation mainly support: a) Functional improvement b) Emotional imbalance c) Physical inactivity d) Stress enhancement 4. Relaxation techniques in Yoga Therapy help in: a) Recovery and calmness b) Physical aggression c) Emotional disturbance d) Competitive activity 5. Meditation practices mainly support: a) Mental balance and recovery b) Industrial production c) Trade systems d) Political campaigning 6. Yogic lifestyle mainly promotes: a) Healthy and disciplined living b) Social isolation c) Emotional instability d) Physical strain 7. Yoga rehabilitation programmes are useful for: a) Wellness and supportive healthcare b) Commercial advertising c) Industrial competition d) Political administration 8. Contemporary Yoga Therapy is widely used for: a) Holistic wellness and rehabilitation b) Trade management c) Industrial production d) Commercial marketing
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B.A. Yogashastra (NEP 2020)

Semester VI

Major Elective – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673851	Advanced Clinical Yoga Practice and Rehabilitation Techniques	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To develop advanced practical understanding regarding clinical Yoga applications and rehabilitation-oriented Yogic techniques. - To familiarize students with therapeutic sequencing, restorative Yogic practices, supportive rehabilitation methods, and safety measures in clinical Yoga practice. - To cultivate awareness regarding functional recovery, posture correction, stress reduction, emotional balance, and wellness-oriented rehabilitation through Yoga. - To prepare students for professional applications of Yoga rehabilitation in healthcare institutions, wellness centres, rehabilitation units, and community-based therapeutic settings.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate advanced clinical Yoga practices and rehabilitation-oriented Yogic techniques systematically and safely. - Perform therapeutic Asanas, Pranayama, relaxation, and restorative Yogic practices with appropriate precautions, modifications, and sequencing. - Apply rehabilitation-oriented Yoga practices for functional recovery, posture correction, stress management, and wellness support. - Develop professional competency in clinical observation, therapeutic awareness, communication skills, and rehabilitation-oriented Yoga applications.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundations of Clinical Yoga and Rehabilitation Practices - Preparatory Yogic practices for rehabilitation and functional recovery - Clinical observation and basic functional assessment practices - Gentle mobility exercises and restorative Yogic movements - Practice precautions, contraindications, and safety awareness in rehabilitation-oriented Yoga practices		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, supervised clinical Yoga practice sessions, learner-centered therapeutic instruction, guided rehabilitation-oriented Yogic training, observation-based learning, case-based practical learning approaches, corrective teaching methods, experiential learning methods, reflective practice approaches, wellness-oriented activities, peer learning methods, restorative Yoga training practices, communication-oriented instruction, and rehabilitation-focused practical teaching methods for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support therapeutic understanding, rehabilitation awareness, restorative practice competency, clinical observation skills, wellness-	
Module II		Therapeutic and Restorative Yogic Practices - Therapeutic Asanas for spinal flexibility and postural correction - Restorative Yogic practices for fatigue management and recovery support - Supported Asana practices using props, modifications, and adaptive techniques - Relaxation-oriented Yogic practices for rehabilitation and wellness support		15 Hrs	7 Marks		
Module III		Pranayama, Relaxation, and Meditation Practices in Rehabilitation		15 Hrs	8 Marks		

	- Nadi Shodhana and Bhramari practices for emotional balance and recovery - Sectional breathing and respiratory rehabilitation practices - Yoga Nidra and guided relaxation techniques for stress reduction - Meditation and mindfulness practices for mental rehabilitation and self-regulation			oriented learning, functional recovery awareness, communication abilities, professional discipline, and applied Yogic learning related to advanced clinical Yoga and rehabilitation techniques.
Module IV	Applied Clinical Yoga and Rehabilitation Techniques - Therapeutic sequencing for lifestyle-related and stress-related conditions - Yoga rehabilitation practices for musculoskeletal discomfort and postural imbalance - Wellness-oriented rehabilitation modules for community and clinical settings - Professional ethics, communication skills, and discipline in rehabilitation-oriented Yoga practice	15 Hrs	7 Marks	
References:	Text Books and Reference Books - Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. - Telles, Shirley. Yoga Therapy Research Studies. Yoga Research Publications. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials - Research articles related to clinical Yoga and rehabilitation practices - UGC Care Listed Journal Publications related to Yoga Therapy and rehabilitation - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to restorative Yoga, functional recovery, rehabilitation, and therapeutic Yogic applications Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) - Attendance and Regularity - 05 Marks - Practical Performance and Participation - 05 Marks - Practical Journal / Rehabilitation Record - 05 Marks - Viva-Voce / Internal Practical Test - 05 Marks External Practical Examination (30 Marks) - Demonstration of Clinical Yoga and Rehabilitation Practices - 15 Marks - Therapeutic Application and Procedural Accuracy - 05 Marks - Viva-Voce - 05 Marks - Sequencing, Safety Awareness, and Professional Presentation – 05 Marks			

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Semester VI

Major Elective – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673852	Applied Yoga in Fitness and Wellness Industry	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To introduce the concept, scope, and professional applications of Yoga in the fitness and wellness industry. - To develop understanding regarding fitness-oriented Yogic practices, wellness management, preventive healthcare, and lifestyle regulation through Yoga. - To familiarize students with professional wellness services, digital wellness applications, and entrepreneurship opportunities in Yoga and wellness sectors. - To cultivate awareness regarding holistic health, stress management, wellness promotion, employability skills, and industry-oriented Yogic applications.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the concept, scope, and professional applications of Yoga in the fitness and wellness industry. - Describe the role of Yogic practices in physical fitness, wellness management, stress reduction, and healthy lifestyle regulation. - Analyze professional opportunities, wellness services, digital wellness applications, and entrepreneurial dimensions in Yoga and wellness sectors. - Apply theoretical understanding of Yoga for fitness promotion, wellness awareness, preventive health practices, and industry-oriented wellness applications.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Foundations of Yoga in Fitness and Wellness Industry - Meaning, Nature, and Scope of Fitness and Wellness Industry - Concept and Importance of Applied Yoga in Modern Wellness - Yoga as a Preventive, Promotive, and Holistic Health Approach - Emerging Trends in Yoga-based Fitness and Wellness Services		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, industry-oriented discussions, learner-centered teaching approaches, ICT-enabled teaching, wellness-based case studies, seminar presentations, participatory learning methods, reflective learning approaches, group discussions, experiential learning methods, observation-based learning, wellness project activities, entrepreneurship-oriented academic practices, professional interaction-based learning approaches, and wellness planning activities for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support professional understanding, wellness awareness, industry orientation, analytical thinking, entrepreneurial skills, communication abilities, employability awareness, and applied Yogic learning related to fitness and wellness industry practices.	
Unit II		Fitness-oriented Yogic Practices and Wellness Applications - Role of Asanas in Physical Fitness, Flexibility, and Functional Efficiency - Pranayama Practices for Wellness, Vitality, and Functional Balance - Relaxation and Meditation Practices in Wellness Management - Yogic Lifestyle, Discipline, and Holistic Health Promotion		7 Hrs	7 Marks		
Unit III		Professional Applications and Wellness Services in Yoga - Yoga in Gyms, Fitness Centres, Wellness Studios, and Health Clubs - Corporate Yoga and		8 Hrs	8 Marks		

	Workplace Wellness Programmes - Yoga-based Wellness Tourism, Retreats, and Lifestyle Programmes - Digital Yoga Platforms, Online Wellness Services, and Virtual Yoga Training			
Unit IV	Entrepreneurship and Contemporary Dimensions of Yoga Industry - Career Opportunities in Yoga and Wellness Industry - Professional Ethics and Responsibilities in Wellness Services - Entrepreneurship, Startup Opportunities, and Wellness Consultancy in Yoga Sector - Contemporary Relevance of Applied Yoga in Global Fitness and Wellness Industry	7 Hrs	7 Marks	
References:	Text Books and Reference Books - Nagendra, H.R. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. - Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. - Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. - Iyengar, B.K.S. Light on Yoga. HarperCollins Publications. - Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. - Feuerstein, Georg. The Yoga Tradition. Hohm Press. - Schiffman, Erich. Yoga: The Spirit and Practice of Moving into Stillness. Pocket Books. - Desikachar, T.K.V. The Heart of Yoga. Inner Traditions Publications. Research Articles and Journals - Research articles related to Yoga, Fitness, and Wellness Industry - UGC Care Listed Journal Publications related to Wellness Management and Applied Yoga - CCRYN Research Publications - MDNIY Educational Study Materials - Research resources related to Yoga-based Wellness Programmes, Lifestyle Management, and Preventive Health - Research studies related to Corporate Wellness, Wellness Tourism, Digital Yoga Services, and Fitness-oriented Yogic Practices Digital Resources and Weblinks - Ministry of AYUSH, Government of India - Morarji Desai National Institute of Yoga (MDNIY) - Central Council for Research in Yoga and Naturopathy (CCRYN) - S-VYASA Digital Learning Resources - SWAYAM and UGC Online Educational Platforms - National Digital Library of India (NDLI)			
Model Questions:	Short Answer Questions - Explain the meaning and scope of fitness and wellness industry. - Write a short note on Applied Yoga in wellness management. - Explain the role of Asanas in physical fitness and flexibility. - Describe the importance of Pranayama in wellness practices. - Write a short note on corporate Yoga programmes. - Explain the concept of wellness tourism in Yoga. - Describe entrepreneurship opportunities in Yoga industry. - Explain the contemporary relevance of Yoga in global wellness industry. Long Answer Questions - Discuss the meaning, scope, and importance of Applied Yoga in fitness and wellness industry. - Explain the role of Asana, Pranayama, relaxation, and meditation practices in fitness and wellness management.			

	3. Discuss professional applications, wellness services, and digital opportunities in Yoga industry. 4. Explain the entrepreneurial and contemporary dimensions of Yoga in the global wellness sector. MCQs for Internal Assessment 1. Applied Yoga in wellness industry mainly emphasizes: a) Holistic fitness and wellness b) Political administration c) Industrial production d) Commercial trade 2. Asanas mainly help in: a) Physical fitness and flexibility b) Emotional imbalance c) Stress accumulation d) Physical inactivity 3. Corporate Yoga programmes are mainly designed for: a) Workplace wellness b) Industrial production c) Political campaigns d) Trade management 4. Wellness tourism is associated with: a) Health and wellness travel programmes b) Commercial marketing only c) Competitive sports d) Political activities 5. Digital Yoga platforms mainly provide: a) Online wellness services b) Industrial management c) Agricultural activities d) Financial trading 6. Pranayama practices mainly support: a) Functional balance and wellness b) Physical aggression c) Emotional disturbance d) Behavioural imbalance 7. Entrepreneurship in Yoga industry includes: a) Wellness and Yoga-based startup opportunities b) Political administration c) Industrial conflict d) Social isolation 8. Modern Yoga industry mainly promotes: a) Holistic wellness and healthy lifestyle b) Stress enhancement c) Physical inactivity d) Emotional instability
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Semester VI

Major Elective – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673853	Yoga for Fitness Training and Performance Enhancement Techniques	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To develop practical understanding regarding fitness-oriented Yogic practices and performance enhancement techniques. - To familiarize students with advanced Asanas, flexibility training, endurance practices, body-conditioning methods, and integrated Yogic fitness applications. - To cultivate awareness regarding strength, balance, stamina, coordination, concentration, and functional fitness through Yoga practices. - To prepare students for professional fitness training, wellness coaching, group Yoga instruction, and performance-oriented Yogic applications.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Demonstrate fitness-oriented Yogic practices and performance enhancement techniques systematically and safely. - Perform advanced Asanas, flexibility practices, balancing techniques, and endurance-oriented Yogic training with proper alignment and coordination. - Apply Yogic fitness techniques for body conditioning, stamina development, concentration, and wellness promotion. - Develop professional competency in Yoga-based fitness instruction, sequencing, and performance-oriented wellness practices.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundations of Yogic Fitness Training - Preparatory stretching, loosening, and warm-up Yogic practices - Flexibility and mobility enhancement exercises - Standing and balancing Asanas for body coordination and stability - Breath synchronization during fitness-oriented Yoga practices		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstration method, supervised fitness-oriented Yoga practice sessions, learner-centered practical instruction, guided Yogic conditioning practices, observation-based learning, corrective teaching methods, experiential learning methods, sequencing-oriented training approaches, reflective practice methods, group fitness activities, peer learning approaches, performance-based Yogic training methods, wellness-oriented instructional practices, and practice-based fitness learning approaches for effective Teaching, Learning, and Evaluation (TLE) of the course. These pedagogical approaches shall support fitness awareness, flexibility development, endurance training, body coordination, concentration, performance enhancement, wellness understanding, professional	
Module II		Strength, Flexibility, and Endurance Practices - Advanced Asanas for muscular strength and flexibility development - Core-strengthening and stability-oriented Yogic practices - Dynamic Yogic sequences for endurance and stamina development - Postural alignment, balance, and body-conditioning practices		15 Hrs	7 Marks		
Module III		Performance Enhancement and Recovery Practices - Pranayama practices for stamina and respiratory efficiency - Relaxation techniques for		15 Hrs	8 Marks		

	fatigue management and recovery • Concentration and focus-enhancing Yogic practices • Integrated body-breath-mind coordination techniques for performance enhancement			competency, instructional confidence, and applied Yogic learning related to fitness training and performance enhancement practices.
Module IV	Applied Dimensions of Yogic Fitness and Wellness • Fitness-oriented Yoga session planning and sequencing techniques • Yogic practices for functional fitness and wellness promotion • Group fitness training and performance-oriented Yoga modules • Professional discipline, safety measures, and instructional techniques in Yogic fitness training	15 Hrs	7 Marks	
References:	Text Books and Reference Books 1. Iyengar, B.K.S. Light on Yoga. HarperCollins 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. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Crown Publications. 5. Gharote, M.L. Applied Yoga. Lonavla Yoga Institute. 6. Nagarathna, R. and Nagendra, H.R. Integrated Approach of Yoga Therapy for Positive Health. Swami Vivekananda Yoga Prakashana. 7. Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Study Materials 1. Research articles related to Yogic fitness training and performance enhancement 2. UGC Care Listed Journal Publications related to Yoga, fitness, and wellness studies 3. CCRYN Research Publications 4. MDNIY Educational Study Materials 5. Research resources related to flexibility, endurance, body conditioning, and Yogic fitness applications Digital Resources and Weblinks 1. Ministry of AYUSH, Government of India 2. Morarji Desai National Institute of Yoga (MDNIY) 3. Central Council for Research in Yoga and Naturopathy (CCRYN) 4. S-VYASA Digital Learning Resources 5. SWAYAM and UGC Online Educational Platforms 6. National Digital Library of India (NDLI)			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity - 05 Marks 2. Practical Performance and Participation - 05 Marks 3. Practical Journal / Fitness Training Record - 05 Marks 4. Viva-Voce / Internal Practical Test - 05 Marks External Practical Examination (30 Marks) 1. Demonstration of Yogic Fitness and Performance Enhancement Practices - 15 Marks 2. Practical Skill and Postural Accuracy - 05 Marks 3. Viva-Voce - 05 Marks 4. Sequencing, Coordination, and Professional Presentation – 05 Marks			

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Semester VI

Minor – Theory

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673854	Principles of Yogic Diet and Lifestyle	2	30	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the principles and importance of Yogic diet and lifestyle in relation to health and discipline. - To develop knowledge regarding balanced diet, nutrition, food habits, and lifestyle practices from Yogic perspective. - To understand the relationship between food, behaviour, daily routine, and Yogic living. - To cultivate healthy food habits, self-discipline, and positive lifestyle practices through Yogic understanding.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the meaning, principles, and importance of Yogic diet and lifestyle. - Describe the role of balanced diet, nutrition, and lifestyle practices in health and body functioning. - Apply Yogic principles related to food habits, discipline, and daily routine in practical life. - Develop awareness regarding nutrition, self-care, and positive lifestyle habits through Yogic practices.					
Unit System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Unit I		Introduction to Yogic Diet and Lifestyle - Meaning, Nature, and Importance of Yogic Diet - Concept of Yogic Lifestyle and Daily Discipline - Relationship between Food, Mind, and Behaviour - Importance of Daily Routine in Yoga		8 Hrs	8 Marks	The Board of Studies recommends the use of lectures, interactive discussions, seminars, ICT-based teaching, experiential learning, reflective learning, learner-centred teaching methods, presentations, case-based discussions, and group activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support conceptual understanding, wellness awareness, healthy lifestyle practices, and healthy lifestyle awareness and practical understanding among students.	
Unit II		Principles of Balanced Diet and Nutrition - Meaning and Components of Balanced Diet - Essential Nutrients and their Functions - Satvic, Rajasic, and Tamasic Food Concepts - Food Habits and Dietary Discipline in Yoga		7 Hrs	7 Marks		
Unit III		Yogic Lifestyle and Daily Practices - Yogic Daily Routine and Personal Discipline - Sleep, Rest, and Relaxation Practices - Role of Yoga in Physical Fitness and Mental Calmness - Positive Habits and Stress Regulation through Yoga		8 Hrs	8 Marks		
Unit IV		Applied Yogic Diet and Lifestyle Practices - Yogic Approaches for Healthy Food Habits - Diet and Lifestyle for		7 Hrs	7 Marks		

	Balanced Living • Role of Meditation and Breath Awareness in Daily Life • Relevance of Yogic Diet and Lifestyle in Modern Society			
References:	Text Books 1. Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. 2. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 3. Swami Satyananda Saraswati. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 4. A. G. Mohan. Yoga for Body, Breath and Mind. Shambhala Publications. 5. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. Reference Books 1. T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. 2. Georg Feuerstein. The Yoga Tradition. Hohm Press. 3. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. 4. Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. 5. Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yogic diet, nutrition, lifestyle management, nutrition, Yogic lifestyle, and healthy living published in peer-reviewed and UGC Care Listed journals. 2. Articles related to balanced diet, Yogic lifestyle, stress management, 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 Yogic diet. 2. Explain the importance of balanced diet. 3. What is Yogic lifestyle? 4. Explain Satvic food. 5. Write the functions of essential nutrients. 6. Explain the relationship between food and mind. 7. State the importance of daily routine in Yoga. 8. Explain the role of Yoga in healthy living. Long Answer Questions 1. Explain the meaning, nature, and importance of Yogic diet and lifestyle. 2. Discuss the principles of balanced diet and nutrition in Yogic perspective. 3. Explain the importance of Yogic lifestyle in daily discipline, physical fitness, and mental calmness. 4. Discuss the relevance of Yogic diet and healthy lifestyle in modern society. MCQs for Internal Assessment 1. Yogic diet mainly promotes: a) Laziness b) Holistic health c) Stress d) Illness 2. Satvic food is associated with: a) Purity and calmness b) Aggression c) Inactivity d) Excitement 3. Balanced diet contains: a) Nutrients in proper proportion b) Only carbohydrates c) Only proteins d) Only fats			

	4. Yogic lifestyle mainly promotes: a) Discipline b) Healthy habits c) Physical fitness d) All of the above 5. Rajasic food mainly increases: a) Calmness b) Activity and excitement c) Sleep d) Laziness 6. Yogic lifestyle emphasizes: a) Discipline b) Wellness c) Positive habits d) All of the above 7. Essential nutrients are important for: a) Growth and health b) Entertainment c) Business d) Politics 8. Meditation and breath awareness practices help in: a) Emotional balance b) Relaxation c) Mental calmness d) All of the above
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Semester VI

Minor – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673855	Applied Yogic Lifestyle and Diet Practices	2	60	2 Hrs	Internal 20 + External 30 Total 50
Course Objectives:		- To understand the practical importance of Yogic lifestyle and dietary practices for healthy and disciplined living. - To develop practical skills related to Yogic daily routine, healthy food habits, relaxation practices, and self-regulation techniques. - To practice coordination between diet, breathing, lifestyle habits, relaxation, and physical-mental balance. - To cultivate healthy lifestyle habits, dietary discipline, physical-mental wellness, and regular Yogic living practices through practical training.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the practical importance of Yogic lifestyle and dietary practices in daily life. - Demonstrate Yogic daily routine practices, relaxation techniques, and healthy dietary discipline practices. - Perform Yogic practices related to healthy living, breath coordination, relaxation, and lifestyle management. - Develop healthy habits, self-regulation, lifestyle discipline, and practical Yogic living skills through regular practice.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Foundational Yogic Lifestyle Practices - Practice of Yogic Daily Routine and Personal Discipline Techniques - Training in Healthy Lifestyle and Wellness Practices - Practice of Relaxation Techniques for Daily Routine Management - Training in Physical and Mental Discipline Practices		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, guided practical sessions, supervised Yogic training, experiential learning, activity-based learning, peer learning, learner-centred approaches, lifestyle training methods, regular practice sessions, and performance-based evaluation methods for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of healthy lifestyle habits, dietary discipline, relaxation ability, self-regulation, physical-mental wellness, and practical Yogic living among students.	
Module II		Yogic Diet and Healthy Living Practices - Practice of Healthy Food Habit Planning - Training in Satvic Dietary Discipline Practices - Practice of Balanced Dietary Routine and Meal Discipline - Preparation and Maintenance of Simple Yogic Diet Records		15 Hrs	7 Marks		
Module III		Breathing and Relaxation Techniques for Lifestyle Balance - Practice of Deep and Rhythmic Breathing Techniques - Training in Breath Coordination during Daily Activities - Practice of Relaxation Techniques for Physical		15 Hrs	8 Marks		

	and Mental Calmness • Coordination of Breathing, Relaxation, and Lifestyle Management Practices			
Module IV	Applied Yogic Lifestyle Training • Integrated Practice of Yogic Lifestyle Sequences • Training in Daily Yogic Routine and Healthy Living Practices • Practice of Relaxation, Breath Coordination, and Lifestyle Discipline • Application of Yogic Lifestyle Principles for Physical and Mental Wellness	15 Hrs	7 Marks	
References:	Text Books 1. Swami Vivekananda. Raja Yoga. Advaita Ashrama Publications. 2. Swami Satyananda Saraswati. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 3. H. R. Nagendra. Yoga for Positive Health. Swami Vivekananda Yoga Prakashana. 4. A. G. Mohan. Yoga for Body, Breath and Mind. Shambhala Publications. 5. B. K. S. Iyengar. Light on Yoga. HarperCollins Publications. Reference Books 1. T. K. V. Desikachar. The Heart of Yoga. Inner Traditions. 2. Georg Feuerstein. The Yoga Tradition. Hohm Press. 3. M. L. Gharote. Applied Yoga. Lonavla Yoga Institute. 4. Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. 5. Swami Vishnudevananda. The Complete Illustrated Book of Yoga. Harmony Books. Research Articles and Journals 1. Research papers related to Yogic lifestyle, diet practices, relaxation, and healthy living published in peer-reviewed and UGC Care Listed journals. 2. Articles related to food habits, lifestyle discipline, breath awareness, and Yogic health 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			
Practical Examination Pattern:	Internal Assessment (20 Marks) 1. Attendance and Regularity - 05 Marks 2. Practical Performance and Discipline - 05 Marks 3. Viva-Voce / Oral Assessment - 05 Marks 4. Practical Record / Journal - 05 Marks External Practical Examination (30 Marks) 1. Demonstration of Yogic Practices - 15 Marks 2. Performance of Prescribed Yogic Practices - 10 Marks 3. Viva-Voce - 05 Marks			

B.A. Yogashastra (NEP 2020)
Semester VI
Vocational Skill Course (VSC) – Practical

Level	Semester	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.5	VI	673856	Yoga Professional Skills and Training	2	60	2 Hrs	Internal – 50 Total – 50
Course Objectives:		- To understand the importance of professional skills and training in the field of Yoga and wellness services. - To develop instructional, communication, leadership, and organizational competencies required for Yoga professionals. - To apply Yogic principles and practical training methods in Yoga teaching, wellness programmes, and community activities. - To cultivate professional ethics, confidence, discipline, and entrepreneurial awareness in Yoga-related professions.					
Course Outcomes:		After successful completion of this course, the students will be able to: - Explain the importance of professional skills and training in Yoga and wellness professions. - Demonstrate effective instructional, communication, and organizational skills in Yoga-related activities. - Apply Yogic practices and training methods in wellness programmes, Yoga instruction, and community outreach activities. - Develop professional ethics, leadership qualities, confidence, and entrepreneurial attitude in the field of Yoga.					
Module System		Contents		Workload Allotted	Weightage of Marks Allotted	Incorporation of Pedagogical Strategies	
Module I		Introduction to Professional Skills in Yoga - Meaning, Nature, and Scope of Yoga Professional Skills - Professional Ethics and Responsibilities in the Field of Yoga - Communication and Leadership Skills for Yoga Professionals - Self-Discipline, Personality Development, and Professional Behaviour		15 Hrs	8 Marks	The Board of Studies recommends the use of demonstrations, supervised training, workshops, presentations, role play, peer learning, field-based activities, audio-visual methods, experiential learning, interactive learning, and learner-centred activities for effective Teaching, Learning, and Evaluation (T, L & E) of the course. These strategies shall support the development of professional, instructional, organizational, and leadership skills among students.	
Module II		Yoga Training and Instructional Practices - Planning and Organization of Professional Yoga Sessions - Demonstration and Instructional Techniques in Yoga - Group Management and Participant Coordination Techniques - Safety Measures and Practice Guidelines in Yoga Training		15 Hrs	7 Marks		
Module III		Wellness Programme Management and Outreach - Organization of Yoga Camps and Wellness Activities - Yoga for Community Health and Awareness Programmes		15 Hrs	8 Marks		

	• Use of Audio-Visual Aids and Digital Tools in Yoga Training • Professional Interaction and Public Relations Skills in Yoga Services			
Module IV	Applied Professional Training in Yoga • Conduct of Yoga Sessions and Wellness Demonstrations • Preparation of Yoga Training Plans and Practice Records • Observation, Evaluation, and Feedback Techniques in Yoga Training • Career Opportunities and Entrepreneurial Skills in the Yoga Profession	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. 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. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 3. Feuerstein, Georg. The Yoga Tradition. Hohm Press. 4. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. 5. Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. Research Articles and Journals 1. Research papers related to Yoga training, professional development, wellness education, and Yoga instruction published in peer-reviewed and UGC Care Listed journals. 2. Articles related to Yoga entrepreneurship, professional wellness services, and Yoga education 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) 1. Attendance and Regular Participation - 10 Marks 2. Practical Demonstration and Training Skills - 10 Marks 3. Yoga Session Planning / Assignment - 10 Marks 4. Wellness Activity and Practice Record - 10 Marks 5. Viva-Voce / Internal Practical Performance - 10 Marks			

B.A. Yogashastra (NEP 2020)

Semester VI

Internship / Apprenticeship – OJT

Level	Semester	Course Code	Course Name	Credits	Teaching / Field Hours	Exam Duration	Max Marks
5.5	VI	673857	Yoga Teaching Internship and Wellness Field Training	4	120 Hrs	Viva-Voce	Internal Assessment – 50 Total – 50
Course Objectives:		- To understand the practical and professional applications of Yoga and wellness training in institutional and community settings. - To develop instructional, communication, organizational, and leadership skills through field-based Yoga training experiences. - To apply Yogic knowledge and wellness practices in Yoga camps, educational institutions, wellness centres, community outreach programmes, and wellness service activities. - To cultivate professional ethics, discipline, confidence, and practical exposure required for Yoga and wellness professions.					
Course Outcomes:		After successful completion of this Internship / OJT course, the students will be able to: - Explain the practical importance of Yoga teaching internship and wellness field training in professional development. - Demonstrate effective Yoga teaching, communication, and group management skills during field training activities. - Apply Yogic practices and wellness approaches in community programmes, Yoga sessions, institutional activities, and wellness service programmes. - Develop professional attitude, leadership qualities, organizational skills, and practical experience in Yoga and wellness services.					
Internship Areas / Training Components		The students shall undergo Internship / OJT training in any of the following areas: - Yoga Teaching Practice in Schools, Colleges, Yoga Centres / Wellness Centres - Conduct of Yoga Sessions and Group Practices - Participation in Yoga Camps, Workshops, and Wellness Programmes - Community-based Health and Yoga Awareness Activities - Observation and Assistance in Yoga Therapy and Wellness Sessions - Practice of Communication, Leadership, and Organizational Skills in Yoga-related Activities - Community Engagement and Wellness Service Activities related to Yoga and Holistic Health					
Field Work Activities		The students shall perform the following field-based activities during Internship / OJT: - Assisting in Yoga classes and practical demonstrations - Conducting short Yoga sessions under supervision - Organizing Yoga awareness programmes and wellness activities - Preparing Yoga practice schedules and session plans - Maintaining attendance, observation, activity and practice records - Interaction with participants and preparation of feedback reports - Participation in community outreach programmes, Yoga awareness campaigns, and wellness service activities					
Report / Record Preparation		Each student shall prepare and submit: - Internship Diary / Daily Practice Record - Field Work Observation Report - Yoga Session Plans and Activity Records - Report on Yoga Camps / Wellness Activities attended - Final Internship Report with including Summary and Learning Outcomes and Field Experience - The Internship Report shall be certified by the concerned Supervisor / Institution Authority. - Each student shall submit an Internship Completion Certificate issued by the concerned Institution / Organization as proof of successful completion of Internship / OJT training. - The Internship Completion Certificate shall bear the signature and seal of the concerned Supervisor / Head of the Institution.					
Institutional / Field Training Guidelines		- Internship training shall be conducted in recognized Yoga institutions, wellness centres, educational institutions, hospitals, NGOs, fitness and Wellness centres, community health centres, or recognized Yoga organizations approved by the Department / College. - Each student shall complete a minimum of 120 Hours of Internship / OJT training in					

	accordance with the guidelines prescribed by the Department / Institution and University. • Students shall maintain discipline, punctuality, and professional ethics during field training. • Attendance in Internship / OJT activities shall be compulsory. • Students shall work under the guidance of the Mentor Faculty / Internship Supervisor appointed by the Department / Institution. • The Department shall monitor and evaluate the Internship performance through records, field activities, reports, and viva-voce. • Students shall submit the Internship Completion Certificate, Internship Report, and related field records to the Department for evaluation and verification. • The Internship / OJT may be completed either during the Semester or during vacation period as decided by the Department / Institution. • The Internship / OJT shall be conducted in accordance with the Teaching Learning Scheme and guidelines prescribed by the University from time to time.
Pedagogical & Supervisory Strategies	The Board of Studies recommends the use of supervised field training, experiential learning, Yoga teaching practice, community engagement, workshops, observation methods, peer learning, reflective learning, activity-based learning, interactive learning, and learner-centred approaches for effective Training, Learning, and Evaluation (T, L & E) of the Internship / OJT course. These strategies shall support the development of practical teaching abilities, organizational competencies, professional ethics, leadership qualities, and wellness service skills among students.
Evaluation Pattern	Internal Evaluation (50 Marks) 1. Attendance and Field Participation - 10 Marks 2. Internship Diary / Practice Record - 10 Marks 3. Yoga Teaching Demonstration - 10 Marks 4. Field Work Report and Internship Performance - 10 Marks 5. Viva-Voce / Final Internship Assessment - 10 Marks Note: Internship allotment, supervision, and evaluation shall be conducted in accordance with the guidelines prescribed by the Department / Institution.
References:	Text Books 1. Saraswati, Swami Satyananda. Asana Pranayama Mudra Bandha. Yoga Publications Trust. 2. Vivekananda, Swami. Raja Yoga. Advaita Ashrama Publications. 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. Desikachar, T. K. V. The Heart of Yoga. Inner Traditions. 2. Gharote, M. L. Applied Yoga. Lonavla Yoga Institute. 3. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. Harmony Books. 4. Kuvalayananda, Swami. Yoga Therapy. Kaivalyadhama Publications. 5. Feuerstein, Georg. The Yoga Tradition. Hohm Press. Research Articles and Journals 1. Research papers related to Yoga teaching, Yoga training, wellness education, community health, and Yoga therapy published in peer-reviewed and UGC Care Listed journals. 2. Articles related to Yoga internship training, professional wellness services, and holistic health 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

Appendix: List Of Abbreviations

Abbreviation	Meaning
ABC	Academic Bank of Credit
AEC	Ability Enhancement Courses
CC	Co-curricular Courses
CAT	Continuous Assessment Test
CES	Community Engagement and service
DSC	Department Specific Core
DSE	Department Specific Elective
ES	Environment Studies
FSE	Faculty Specific Elective
FP	Field projects
GE	Generic Electives
HEI	Higher Educational Institute
IFSC	Inter Faculty Specific Core
IKS	Indian Knowledge System
Lab	Laboratory
MIL	Modern Indian Languages
MOOC	Massive Online Open Course
NCrF	National Credit Framework
NEP	National Education Policy
OE	Open Electives
OJT	On Job Training
Pr	Practical/Practicum
Prq	Pre-requisite Course
RM	Research Methodology
RP	Research Project
SEC	Skill Enhancement Courses
Th	Theory
UGC	University Grants Commission
VEC	Value Education Courses
VEC	Vocational Enhancement Courses
VSC	Vocational Skill Courses
VSEC	Vocational and Skill Enhancement Courses

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2. University Grants Commission (UGC), New Delhi. Curriculum and Credit Framework for Undergraduate Programmes (CCFUGP). December 2022.
3. Government Resolution, Government of Maharashtra State, Higher and Technical Education Department, related to implementation of NEP 2020 and multidisciplinary undergraduate programmes.
4. Sant Gadge Baba Amravati University, Amravati. NEP 2020 Guidelines, Ordinances, Directions, Gazette Notifications, and Academic Regulations issued from time to time.
5. University Grants Commission (UGC), New Delhi. Learning Outcomes-based Curriculum Framework (LOCF). January 2020.
6. Patanjali. Yoga Sutras. Various Editions.
7. Swatmarama. Hatha Yoga Pradipika. Various Editions.
8. Gheranda Samhita. Various Editions.
9. Shiva Samhita. Various Editions.
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