



KARNATAK UNIVERSITY, DHARWAD  
ACADEMIC (S&T) SECTION

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ  
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ



Tele: 0836-2215224  
e-mail: academic.st@kud.ac.in  
Pavate Nagar, Dharwad-580003  
ಪಾವಟೆ ನಗರ, ಧಾರವಾಡ - 580003

NAAC Accredited  
'A' Grade 2014

website: kud.ac.in

No. KU/Aca(S&T)/JS/MGJ(Gen)/2023-24/59

Date: 04/09/2023

ಅಧಿಸೂಚನೆ

ವಿಷಯ: 2023-24ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಎಲ್ಲ ಸ್ನಾತಕ ಪದವಿಗಳಿಗೆ 5 ಮತ್ತು 6ನೇ ಸೆಮಿಸ್ಟರ್  
NEP-2020 ಪಠ್ಯಕ್ರಮವನ್ನು ಅಳವಡಿಸಿರುವ ಕುರಿತು.

- ಉಲ್ಲೇಖ: 1. ಸರ್ಕಾರದ ಅಧೀನ ಕಾರ್ಯದರ್ಶಿಗಳು(ವಿಶ್ವವಿದ್ಯಾಲಯ 1) ಉನ್ನತ ಶಿಕ್ಷಣ ಇಲಾಖೆ ಇವರ  
ಆದೇಶ ಸಂಖ್ಯೆ: ಇಡಿ 104 ಯುಎನ್‌ಇ 2023, ದಿ: 20.07.2023.  
2. ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂಖ್ಯೆ: 2 ರಿಂದ 7, ದಿ: 31.08.2023.  
3. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ: 04/09/2023

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳನ್ವಯ ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶದ ಮೇರೆಗೆ, 2023-24ನೇ  
ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ, ಎಲ್ಲ B.A./ BPA (Music) /BVA / BTTM / BSW/ B.Sc./B.Sc. Pulp &  
Paper Science/ B.Sc. (H.M)/ BCA/ B.A.S.L.P./ B.Com/ B.Com (CS) / BBA & BA ILRD ಸ್ನಾತಕ ಪದವಿಗಳ 5  
ಮತ್ತು 6ನೇ ಸೆಮಿಸ್ಟರ್‌ಗಳಿಗೆ NEP-2020ರ ಮುಂದುವರಿದ ಭಾಗವಾಗಿ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಅನುಮೋದಿತ  
ಕೋರ್ಸಿನ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ [www.kud.ac.in](http://www.kud.ac.in) ದಲ್ಲಿ ಭಿತ್ತರಿಸಲಾಗಿದೆ. ಸದರ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ.  
ಅಂತರ್ಜಾಲದಿಂದ ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಳ್ಳಲು ಸೂಚಿಸುತ್ತ ವಿದ್ಯಾರ್ಥಿಗಳ ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಎಲ್ಲ ಬೋಧಕರ ಗಮನಕ್ಕೆ  
ತಂದು ಅದರಂತೆ ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗಲು ಕವಿವಿ ಅಧೀನದ/ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ  
ಸೂಚಿಸಲಾಗಿದೆ.

ಅಡಕ: ಮೇಲಿನಂತೆ

  
ಕುಲಸಚಿವರು.

ಗೆ,

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ  
ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ. (ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ ಹಾಗೂ ಮಿಂಚಂಚೆ ಮೂಲಕ ಬಿತ್ತರಿಸಲಾಗುವುದು)

ಪ್ರತಿ:

1. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಗೌಪ್ಯ / ಜಿ.ಎ.ಡಿ. / ವಿದ್ಯಾಂಡಳ (ಪಿ.ಜಿ.ಪಿ.ಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ  
ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.



**KARNATAK UNIVERSITY, DHARWAD**

**B.A in Yoga Studies**  
**SYLLABUS**

**With Effect from 2023-24**

**DISCIPLINE SPECIFIC CORE COURSE (DSCC) FOR SEM V &VI,**  
**SKILL ENHANCEMENT COURSE (SEC) FOR SEM V SEM**

**AS PER NE P-2020**

## Karnatak University, Dharwad

B.A.in Yoga Studies

Effective from 2023-24

Sem.	Type of Course	Theory/ Practical	Course Code	Course Title	Instruction hour/week	Total hours / sem	Duration Of Exam	Marks			Credits
								Formative	Summative	Total	
V	DSCC-9	Theory	015YOG011	Yoga philosophy	04hrs	56	02hrs	40	60	100	04
	DSCC-10	Practical	015YOG012	Yoga practical	04hrs	56	03hrs	25	25	50	02
	DSCC-11	Theory	015YOG013	Yoga Therapy - I	04hrs	56	02hrs	40	60	100	04
	DSCC-12	Practical	015YOG014	Yoga practical	04hrs	56	03hrs	25	25	50	02
	Other subject										04
	Other subject										04
	Other subject										04
	SEC-3	Practical	015YOG061	Practical Teaching skills in yoga	04hrs	56	03hrs	25	25	50	02
<b>Total</b>											<b>26</b>
VI	DSCC-13	Theory	016YOG011	Yoga as spiritual Science	04hrs	56	02hrs	40	60	100	04
	DSCC-4	Practical	016YOG012	Yoga practical	04hrs	56	03hrs	25	25	50	02
	DSCC-15	Theory	016YOG013	Yoga Therapy - II	04hrs	56	02hrs	40	60	100	04
	DSCC-16	Practical	016YOG014	Yoga practical	04hrs	56	03hrs	25	25	50	02
	Other subject										04
	Other subject										04
	Other subject										04
	Internship-1		016YOG091	Project work				50	0	50	02
<b>Total</b>											<b>26</b>

**B.A. Semester-V**  
**Discipline Specific Course(DSC)-9**

**Course Title: Yoga Philosophy**

**Course Code: 015YOG011**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSCC-9	Theory	04	04	56hrs.	2hrs.	40	60	100

**Course Outcomes (COs):**At the end of the course students will be able to:

**CO1: get acquainted with the knowledge of Yoga Philosophy.**

**CO2: attain the knowledge of Yoga in various Philosophies.**

**CO3: get the knowledge of various conceptions of Yoga.**

**CO4: get the detailed knowledge of streams of Yoga**

Unit	Title: Yoga Philosophy	56.hrs/sem
<b>Unit I</b>	<b>Introduction to Yoga Philosophy</b> Chapter No.1 Yoga and Indian philosophy Chapter No. 2 Differences between Indian Philosophy and Western philosophy. Chapter No. 3. Yoga – Religion and Science	14 hrs.
<b>Unit II</b>	<b>History of Yoga Philosophy</b> Chapter No. 4 Yoga in Vedas, Upanishads and Bhagavadgeeta. Chapter No. 5 Yoga in shad-darshanas. Chapter No. 6 Yoga in Jainism and Buddhism	14 hrs.
<b>Unit III</b>	<b>Conceptions of Yoga</b> Chapter No. 7 Concept of Prakriti and purusha. Chapter No. 8 Trigunas. Chapter No. 9 Panchamahabhutas.	14 hrs.
<b>Unit IV</b>	<b>Streams of Yoga</b> Chapter No. 10 Jnana yoga Chapter No. 11 Bhakti yoga Chapter No. 12 Karma yoga	14 hrs.

**References:**

1. N. G. Mahadevappa – Yoga mattu Bharateeya Tatvashastra. (Kannada)
2. Swami Adidevanand- Patanjali Yoga Darshan (Kannada)
3. Swamy Jnanananda- Philosophy of Yoga
4. Swamy Atmananda- Four Yogas.
5. Blawyn and Jones- Chakras workout for body, mind and spirit.
6. K Werner- Yoga and Indian Philosophy

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Quiz/Assignment/Small Project	10
Seminar	10
<b>Total</b>	<b>40 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**B.A. Semester–V**  
**Discipline Specific Course(DSC)-10**

**Course Title: Yoga Practical**

**Course Code: 015YOG012**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSCC-10	Practical	02	04	56hrs.	3hrs.	25	25	50

**Course Outcomes (COs):**At the end of the course, students will be able to:

- CO1:** explain and demonstrate various Asanas.  
**CO2:** explain and demonstrate various Pranayamas.  
**CO3:** explain and demonstrate various Mudra  
**CO4:** explain and demonstrate Vamanudhauti & Tratakakriyas.  
**CO5:** develop good physical and mental health.

Expt. No,	Title:Yoga Practical	56.hrs/sem
<b>Unit I</b>	<b>A. Asanas</b>	
	<b>Standing:</b> Veerabhadrasana II, Parivarutta pashvakonasana, Vatayanasana.	
	<b>Sitting :</b> Bharadvajasana, Ardhabddhapadmapachimottanasana.	
	<b>Prone :</b> Parshva Dhanurasana.	
	<b>Supine:</b> Vistritapadahalasana, Ekapad Setubandha Sarvangasana <b>Advanced:</b> Ashtavakrasana, Yoganidrasana	
	<b>B. Mudras:</b> Linga mudra, Yoni mudra	
<b>Unit II</b>	<b>A. Pranayama:</b> Sadanta, Bhastrika	
	<b>B. Yogic Kriyas:</b> Vamana dhauti, Trataka	

**General Instructions: Journal/Wokshop/Seminar**

- Journal :** 1. The students have to write minimum ten assignments on different topics related to Yoga practical as given by Yoga teacher  
2. Journal I - For Formative assessment-5 topics.  
Journal II - For summative assessment-5 topics.  
3. The Journals have to be signed by the concerned practical teacher and the chairman of the department and shall be produced at the time of practical examination for evaluation.

Formative Assessment for Practical	
Assessment	Distribution of Marks
1. Asanas and Mudras	10
2. Pranayama	03
3.Yogic kriya	02
4. Journal	05
5. Viva-Voce	05
<b>Total</b>	<b>25Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**B.A. Semester-V**  
**Discipline Specific Course(DSC) -11**

**Course Title: Yoga Therapy-I**

**Course Code: 015YOG013**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSCC-11	<b>Theory</b>	<b>04</b>	<b>04</b>	<b>56hrs.</b>	<b>2hrs.</b>	<b>40</b>	<b>60</b>	<b>100</b>

**Course Outcomes (COs): At the end of the course students will be able to:**

**CO1: get acquainted with the knowledge of health concept in different therapy**

**CO2: gain the knowledge of Yogic concept of body.**

**CO3: attain the detailed knowledge of various diseases with Yogic treatment**

Unit	Title:Yoga Therapy-I	56.hrs/sem
<b>Unit I</b>	<b>Yoga and Health</b> Chapter No 1. Health concept in Ayurveda. Chapter No 2. Health concept in Naturopathy. Chapter No 3. Yoga therapy as promotion of positive Health.	10 hrs.
<b>Unit II</b>	<b>Yogic Concepts of Body</b> Chapter No 4. Tridoshas and Saptadhatees. Chapter No 5. Panchakoshas. Chapter No 6. Nadis and Chakras.	10 hrs.
<b>Unit III</b>	<b>Yoga for cardio –Respiratory and Digestive disorders</b> Chapter No 7. Cardio - Hypertension Chapter No 8. Respiratory – Bronchial Asthma Chapter No 9. Digestive – Hyperacidity, Constipation	18 hrs.
<b>Unit IV</b>	<b>Yoga for Skeletal, Mental and Neurological disorders</b> Chapter No 10. Skeletal - Arthritis. Chapter No 11. Mental – Depression, Insomnia Chapter No 12. Neurological – Paralysis, Migraine	18 hrs.

**References:**

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1. Bihar Schools of Yoga –       | Yoga for common disorders            |
| 2. Vaghata-                      | Ashtanga Hridaya                     |
| 3. Nagarathna R &Nagendra H. R.- | Samagra Yoga Chikitse (Kannada)      |
| 4. Ajitkumar-                    | Yoga Pravesha (Kannada)              |
| 5. Swami StyanandSaraswati-      | Yogic management of common diseases. |
| 6. Shivanand saraswati -         | Yoga Therapy (Hindi and English)     |

Formative Assessment for Theory	
Assessment Occasion/type	Marks
InternalAssessmentTest1	10
InternalAssessmentTest2	10
Quiz/Assignment/Small Project	10
Seminar	10
<b>Total</b>	<b>40Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**B.A. Semester-V**  
**Discipline Specific Course(DSC)-12**

**Course Title: Yoga Practical**  
**Course Code: 015YOG014**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSCC-12	Practical	02	04	56hrs.	3hrs.	25	25	50

**Course Outcomes (COs):At the end of the course, students will be able to:**

- CO1: explain and demonstrate various Asanas**  
**CO2: explain and demonstrate various Pranayamaswith ratio.**  
**CO3: explain and demonstrate various Mudras.**  
**CO4: explain and demonstrate Vastradhouti and Nouli.**  
**CO5: develop good physical and mental health.**

Expt. No,	Title: Yoga Practical	56.hrs/sem
	<b>Unit I .A. Asanas</b>	
	<b>Standing:</b> Veerabhadrasana III, Natrajasana.	
	<b>Sitting :</b> Garakshasana, Veerasana.	
	<b>Hand Balancing:</b> Bakasana, Mayurasana.	
	<b>Leg Balancing:</b> Trivikramasana, EkapadaUtkatasana.	
	<b>B. Mudras:</b> Panchamahabhuta mudras.	
	<b>Unit II. A. Pranayama</b>	
	Samavritti and Vishamavritti Pranayama.	
	<b>B. Yogic Kriyas - Vastradhouti and Nouli</b>	

**General Instructions: Journal/Wokshop/Seminar.**

- Journal 1. The students have to write minimum ten assignments on different topics related to Yoga practical as given by Yoga teacher  
2. Journal I\_ For Formative assessment-5 topics.  
Journal II\_ For summative assessment-5 topics.  
3.The Journals have to be signed by the concerned practical teacher and the chairman of the department and shall be produced at the time of practical examination for evaluation.

Formative Assessment for Practical	
Assessment	Distribution of Marks
1. Asanas	08
2. Pranayama	04
3. Mudras and Kriya	03
4. Journal	05
5. Viva-Voce	05
<b>Total</b>	<b>25Marks</b>
<i>Formative Assessment as per guidelines.</i>	

# B.A. Semester–V

Skill Enhancement Course: SEC-3

**Course Title: Practical Teaching Skills in Yoga**

**Course Code:015YOG061**

Type of Course	Theory /Practical	Credits	Instruction hour/week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
SEC-3	Practical	02	04	56hrs.	3hrs.	25	25	50

**Course Outcomes (COs): At the end of the course students will be able to:**

- CO1: demonstrate and practice various cultural asanas, Suryanamaskara Pranayamas and omkara meditation.**
- CO2: get acquainted with the knowledge of teaching techniques in yoga.**

Expt. No	Title: <b>Practical Teaching Skills in Yoga</b>	56.hrs/sem
1	<b>Unit – I – Practicing of cultural asanas and Suryanamaskara.</b>	14 Hours
2	<b>Unit – II – Pranayama</b> Nadishodhana with kumbhaka, Suryabhedana & Chandrabhedana Shitali, Sitkari, Bhramari.	14 Hours
3	<b>Unit – III – Meditation</b> Omkara meditation	10 Hours
4	<b>Unit-IV – Teaching techniques</b> i. Class management ii. Preparing lesson plan iii. Teaching techniques and its use	18 Hours

**References:**

1. Swami Rama – Lecturer on Yoga – The Himalaya International Institute, Pennsylvania, 1979.
2. Ajitkumar – Yoga Pravesha (kannada) – Rashtrottthanasahitya Bangalore, 1990
3. Iyengar. B.K.S – Light on Yoga

**General Instructions : Journal/Workshop/Seminar.**

01. Each student should write minimum two lesson plans regarding yoga practices ( one asana and one pranayama ).
02. The journal should be evaluated and signed by concerned yoga teacher and chairman of the department.
03. The journals have to be produced at the time of practical examination for evaluation.

6.

<b>Formative Assessment for Practical</b>	
<b>Assessment</b>	<b>Distribution of Marks</b>
Asanas	04
Pranayama	04
Meditation	02
Journal / Lesson plan	10
Viva - Voce	05
<b>Total</b>	<b>25Marks</b>
<i>Formative Assessment as per guidelines.</i>	

The same shall be used for semester end Examination

**B.A. IN YOGA STUDIES**

**VI Semester**

**W. e. f.: 2023-24**

# B.A Semester–VI

## Discipline Specific Course(DSC)-13

**Course Title: Yoga as Spiritual Science**

**Course Code:016YOG011**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSCC-13	<b>Theory</b>	<b>04</b>	<b>04</b>	<b>56hrs.</b>	<b>2hrs.</b>	<b>40</b>	<b>60</b>	<b>100</b>

**Course Outcomes (COs): At the end of the course students will be able to:**

- CO1: get acquainted with the knowledge of concepts of Spiritualism.**
- CO2: gain the knowledge of soul and liberation in various philosophies.**
- CO3: know the importance of Yoga globalization.**
- CO4: know the impact of Yoga Spiritualism on global peace.**

Unit	Title: <b>Yoga as Spiritual Science</b>	56.hrs/sem
<b>Unit I</b>	<b>Introduction to Spiritualism</b> Chapter No. 01. Spiritualism meaning, definition and objectives Chapter No.02. Relationship between Yoga and Spiritualism Chapter No.03. Mutual dependence of Philosophy, Religion, Spiritualism and Yoga.	14 Hours
<b>Unit II</b>	<b>Concept of Soul and Liberation.</b> Chapter No.04. Indian Philosophy Chapter No.05. Jainism and Buddhism Chapter No.06. Veerashaivism	14 Hours
<b>Unit III</b>	<b>Yoga globalization and future mankind</b> Chapter No. 07. Comparative religious approach (Hindu, Islam, christian) Chapter No. 08.Siganificance of unity in diversity. Chapter No.09. Non –violence and universal brotherhood.	14 Hours
<b>Unit IV</b>	<b>Yoga Spiritualism and global peace</b> Chapter No. 10. Peace – definitions, aims and objectives Chapter No. 11. Concept of Renunciation as a Spiritio - Yogic solace to mankind. Chapter No. 12. Impact of Yoga on global peace.	14 Hours



**B.A. Semester–VI**  
**Discipline Specific Course(DSC)-14**

**Course Title: Yoga Practical**

**Course Code: 016YOG012**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSCC-14	Practical	02	04	56 hrs.	3hrs.	25	25	50

**Course Outcomes (COs): At the end of the course, students will be able to:**

**CO1: explain and demonstrate various advanced asanas and Mudras.**

**CO2: explain and demonstrate cooling pranayama with Kumbhaka**

**CO3: explain and demonstrate Agnisarakriya and vishayadhyana.**

**CO4: develop good physical and mental health.**

Expt. No,	Title: <b>Yoga Practical</b>	56.hrs/sem
<b>1</b>	<b>Unit – I A. Asana</b>  Sitting : Marichyasana, Upavishtakonasana, Balancing :Shirshasana, Padmashirshasana, Garbhapindasana, Kukkutasana.  B. <b>Mudra</b> , Simhamudra	30 Hours
<b>2</b>	<b>Unit –II A. Pranayama</b>  Shithali , Sitkari- with kumbhaka  B. <b>Yogickriya</b> – Agnisara.  C. <b>Meditation</b> - VishayaDhyana. ( Panchamahabhuta)	

**General Instructions : Journal/Workshop/Seminar.**

01. Students have to write minimum to ten assignments on different topics related to Yoga practical as given by the Yoga teacher.  
Journal I – 5 topics for Formative assessment.  
Journal II \_ 5 topics for Summative assessment.
02. The journals have to be signed by the concerned practical teacher and the chairman of the department
03. The journals shall be produced at the time of practical examination for evaluation.

<b>Formative Assessment for Practical</b>	
<b>Assessment</b>	<b>Distribution of Marks</b>
Asana and Mudra	10
Pranayama	03
Kriya and Dhyana	02
Journal	05
Viva - voce	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

The same shall be used for semester end Examination

**B.A. Semester–VI**  
**Discipline Specific Course(DSC)-15**

**Course Title: Yoga Therapy - II**

**Course Code:016YOG013**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSCC-15	Theory	04	04	56hrs.	2hrs.	40	60	100

**Course Outcomes (COs): At the end of the course, students will be able to:**

- CO1: get the knowledge of relationship between Yoga and Ayurveda.**
- CO2: get acquainted with knowledge of Yogic effect on different systems of body.**
- CO3: gain the knowledge of endocrine and menstrual diseases with Yoga treatment.**

Unit	Title:Yoga Therapy - II	56.hrs/sem
<b>Unit I</b>	<b>Yoga and Ayurveda</b> Chapter . No. 01. Dinacharya and Rutucharya Chapter . No. 02. Sadvrita. Chapter . No. 03. Shamana and ShodhanaChikitsa.	14 Hours
<b>Unit II</b>	<b>Effect of Yoga on Human body</b> Chapter . No.04. Musculo– Skeletal System. Chapter . No. 05. Digestive System. Chapter . No. 06. Cardio – Respiratory System.	14 Hours
<b>Unit III</b>	<b>Yoga for Endocrine disorders.</b> Chapter . No. 07. Diabetes Mellitus Chapter . No. 08. Obesity Chapter . No. 09. Hyper and Hypothyroidism	14 Hours
<b>Unit IV</b>	<b>Yoga for Menstrual disorders.</b> Chapter . No. 10. Menorrhagia Chapter . No. 11. Dysmenorrhea Chapter . No. 12. Premenstrual Syndrome and Menopause.	14 Hours

**References:**

1. ShivanandSaraswati – Yoga Therapy ( Hindi and English)
2. Dr. PhulgendraSinha – Yogic cure for common diseases
3. Shushruta -SushrutaSamhita – Kaivalyadhama, Lonavale
4. Vagbhata - AshtangaHridaya - Kaivalyadhama, Lonavale
5. Bihar Schools of Yoga – Yoga for Common disease.
6. Chaubay – Abnormal Psychology.

<b>Formative Assessment for Theory</b>	
<b>Assessment Occasion/type</b>	<b>Marks</b>
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Quiz/Assignment/Small Project	10
Seminar	10
<b>Total</b>	<b>40Marks</b>
<i>Formative Assessment as per guidelines.</i>	

The same shall be used for semester end Examination

**B.A. Semester–VI**  
**Discipline Specific Course(DSC)-16**

**Course Title: Yoga Practical**

**Course Code:016YOG014**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSCC-16	Practical	02	04	56hrs.	3hrs.	25	25	50

**Course Outcomes (COs): At the end of the course, students will be able to:**

- CO1: explain and demonstrate various advanced asanas and Bandhas.**
- CO2: explain and demonstrate pranayama practice with Kumbhaka**
- CO3: explain and demonstratedandadhautikriya and vastu- dhyana.**
- CO4: develop good physical and mental health.**

Expt. No,	Title: Yoga Practical	56.hrs/sem
	<b>Unit –I. A. Asanas</b>	30 Hours
	Sitting : Ekapada Shirasana, Hanumanasana., Urdhwamukhapaschimottansana	
	Advance asanas :Vasishtasana, Niralambasarvangasana, Setubandha Sarvangasana.	
	<b>B. Bandhas:</b> Jiwhabandha, Mahabandha	
	<b>Unit - II A. Pranayama:</b> Ujjiayi and Bhramari – with kumbhaka	26 Hours
	<b>B. Yogic Kriya – Dandadhauti</b>	
	<b>C. Meditation – Vastu – dhyana.</b>	

**General Instructions : Journal/Workshop/Seminar.**

01. Students have to write minimum to ten assignments on different topics related to Yoga practical as given by the Yoga teacher.  
Journal I – 5 topics for Formative assessment.  
Journal II \_ 5 topics for Summative assessment.
02. The journals have to be signed by the concerned practical teacher and the chairman of the department
03. The journals shall be produced at the time of practical examination for evaluation.

<b>Formative Assessment for Practical</b>	
<b>Assessment</b>	<b>Distribution of Marks</b>
Asana	08
Pranayama and bandha	04
Kriya	03
Journal	05
Viva - Voce	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

The same shall be used for semester end Examination

## B.A. Semester–VI INTERNSHIP

**Course Title: Project Work**

**Course Code:016YOG091**

Type of Course	Theory /Practical	Credits	Instruction hour/week	Total No.of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
<b>INTERNSHIP</b>	<b>Practical</b>	<b>02</b>	<b>04</b>	<b>56hrs.</b>	<b>3hrs.</b>	<b>50</b>	<b>0</b>	<b>50</b>

**Course Outcomes (COs): At the end of the course, students will be able to:**

**CO1: get acquainted with detailed knowledge of practical training in Yoga**

**CO2: organize the Yoga training camp independently.**

**CO3: become an efficient Yoga instructor.**

Expt. No	Title: <b>Project Work</b>	56.hrs/sem
1	Each Student should organize at least one Yoga training camp of minimum two weeks duration under the supervision of Yoga teacher. The Yoga camp should be critically observed and assessed by the Yoga teacher. Students should submit the Yoga camp report and it should be evaluated and signed by the Yoga teacher and head of the department.	

**References:**

1. CAIÉÁUÁÁ©. PÉ , i. - AiÉÁUÁÁ ; PÁ
2. CfvíPÁ Ági - AiÉÁUÁÁ ÷ ÁÉÁ
3. Swami Rama - Lecturer on yoga
4. Yogiraj Behramji - Yoga for Health
5. Osho - Meditation

**General Instructions**

1. Each student should organize at least one yoga training camp of minimum two weeks.
2. Students should submit the Yoga camp report and it should be evaluated and signed by concerned Yoga teacher and chairman of the department.

<b>Formative Assessment for Practical</b>	
<b>Assessment</b>	<b>Distribution of Marks</b>
Camp arrangement & performance	25
Camp report	25
<b>Total</b>	<b>50Marks</b>
<i>Formative Assessment as per guidelines.</i>	

The same shall be used for semester end Examination

**Internship:**

A course requiring students to participate in a professional activity or work experience, or cooperative education activity with an entity external to the education institution, normally under the supervision of an expert of the given external entity. A key aspect of the internship is induction into actual work situations for 2 credits. Internships involve working with local industry, local governments (such as panchayats, municipalities) or private organizations, business organizations, artists, crafts persons, and similar entities to provide opportunities for students to actively engage in on-site experiential learning.

**Note;**

1. 1 credit internship is equal to 30hrs on field experience.
2. Internship shall be Discipline Specific of 45-60 hours (2 credits) with duration 1-2 weeks.
3. Internship may be full-time/part-time (full-time during last 1-2 weeks before closure of the semester or weekly 4 hrs in the academic session for 13-14 weeks). College shall decide the suitable method for programme wise but not subject wise.
4. Internship mentor/supervisor shall avail work allotment during 6<sup>th</sup> semester for a maximum of 20 hours.
5. The student should submit the final internship report (45-60 hours of Internship) to the mentor for completion of the internship.
6. Method of evaluation: Presentations/Report submission/Activity etc.

# UG Programme: 2023-24

## GENERAL PATTERN OF THEORY QUESTION COURSE FOR DSCC/ OEC

**(60 marks for semester end Examination with 2 hrs duration)**

### **Part-A**

1. Question number 1-06 carries 2 marks each. Answer any 05 questions : 10 marks

### **Part-B**

2. Question number 07- 11 carries 05Marks each. Answer any 04 questions : 20 marks

### **Part-C**

3. Question number 12-15 carries 10 Marks each. Answer any 03 questions : 30 marks  
(Minimum 1 question from each unit and 10 marks question may have sub questions for 7+3 or 6+4 or 5+5 if necessary)

**Total: 60 Marks**

**Note: Proportionate weight age shall be given to each unit based on number of hours  
Prescribed**