

**3<sup>rd</sup> Semester (Yogic Science)**  
**(According to NEP2020 from Session 2023 - 24)**

**Core Course - 3**

<b>Part A - Introduction</b>			
Subject:	<b>Yogic Science.</b>		
Semester	<b>3<sup>rd</sup> Semester</b>		
Name of the Course	<b>Patanjali Yog Darsan</b>		
Course Code	<b>B23-Yog-301</b>		
Course Type	<b>Core Course - 3</b>		
Level of the Course	<b>200-299</b>		
Pre-requisite (if any)	12 <sup>th</sup> pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> <li>To Understand the meaning of Patanjali Yogdarshan, Chitt, Chitt Vritties.</li> <li>To Understand the meaning of Samadhi and their types.</li> <li>To Understand the kriya yoga and theory of Klesh.</li> <li>To Understand the result of Dharmmegh Samadhi</li> </ol>		
	<ol style="list-style-type: none"> <li>Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level</li> </ol>		
<b>Credits</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
<b>Max. Marks: 100</b> <b>Part I - Theory = 70</b> <b>(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)</b> <b>Part II - Practical = 30</b> <b>(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)</b>			<b>Time: 3 Hours</b>  <b>For End Term Exam</b>
<b>Part B- Content of the Course</b>			
<b><u>Instructions for Paper- Setter:</u></b> <ol style="list-style-type: none"> <li>There shall be Nine Questions in all.</li> <li>The Question paper will be divided into five units.</li> <li>Paper setter has to set 02 questions from each unit of syllabus given below (I<sup>st</sup> to IV<sup>th</sup>). A total of 08 questions from all 04 units.</li> <li>The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.</li> <li>All Questions carry equal marks (10 marks each).</li> <li>The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9<sup>th</sup> question (V<sup>th</sup> Unit) will be compulsory to attempt.</li> </ol>			
<b>Unit</b>	<b>Topics</b>		<b>Contact Hours</b>
I	<b>YOG DARSHAN:</b> <ul style="list-style-type: none"> <li>Introduction to Yogdarshan of Patanjali and Concept of Chitt, Chitt bhoomis</li> <li>Chitt Vritties, Chitt Vrities Nirodhopaya.</li> <li>Concept of Ishwar and Ishwar paridhan.</li> <li>Qualities of Ishwar</li> <li>Chitt Viksheps (Antarayas)</li> <li>Concept of Chitta Prasadnam, Relevance of Chitta Prasadnam in Yog Sadahana.</li> </ul>		12
II	<b>SAMADHIPADA:</b> <ul style="list-style-type: none"> <li>Meaning of Samadhi.</li> <li>Types of Samadhi (Samprajnatah and Asamprajnath)</li> <li>Types of Samprajnath, Samadhi (Vitarka Vichara, Anand and Ashmita)</li> <li>Concept of Samapatti and Kind of Sampatti (Savitraka and Nirvitaraka,</li> </ul>		12

	Savichara and Nirvichara) • Types of Asamprajnath Samadhi.	
III	<b>SADHANA PADH:</b> • Concept of Kriya Yoga of patanjali. • Theory of Kleshes (Avidya, Ashmita, Rag, Dewesh, Abhinevesh_ • Concept of Dukhavada (Heya, Hetu Hana) • Hanopaya, Yogantaraya & their associates. • Concept of Asana and Pranayama.	12
IV	<b>VIBHUTI AND KAIVALYA PAD:</b>  • Introduction to Dharna, Dhyana and Samadhi. • Five types of Siddhis • Four types of Karmas. • Introduction of Dharmmegh Samadhi • Results of Dharmmegh Samadhi.	12

### **Suggested Evaluation Methods:**

**Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)**

#### **Internal Assessment:**

Continuous Comprehensive Evaluation (CCE): 20 Marks

Class presentation = 5

Seminar/ Assignment/Quiz/class test, etc. = 5

Mid Term Test = 10

#### **End Term Exam: 50 Marks Time = 3 hrs**

One question of 10 marks from each Units I to IV = 40 Marks.

Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

### **Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Chandar Namaskar	5 - Marks	7
II	Five Meditative Asana in Sitting Position.	5 - Marks	8
III	Badhya Abhantara Vritti Stambha Vritti Pranayam.	5 - Marks	7
IV	Practical Files	5 - Marks	8
	<b>Internal Assessment: 10 Marks</b> Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)	<b>University Exam (UE): 20 Marks</b> Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)	

### **Part C-Learning Resources**

#### **Suggested Readings:**

- Yoga Sutra Vachaspati Mishra.
- Patanjali Yog Pradeep – Omaananda Tirtha Geeta Press Gorakhpur – 1994.
- Swami Digambara Ji and others glossary of the samkhakarika, kaivalyadham, lonavla 2012.
- James R. Ballantyre: The sankhya. Aphorisms of Kapila, Parimal Publications, New Delhi 2004.
- Patanjali Yog Sutra SMY Samiti Kaivalyapadham Lonavla by Karambalkar P.V.
- Four Chapters on Freedom (English\_ Swami Satyanda Sawaswati Yoga Publication Trust Munder, Bihar.

**4<sup>th</sup> Semester (Yogic Science)**  
(According to NEP2020 from Session 2023 - 24)

**Core Course - 4**

<b>Part A - Introduction</b>			
Subject:	<b>Yogic Science.</b>		
Semester	<b>4<sup>th</sup> Semester</b>		
Name of the Course	<b>Fundamentals of Hath Yoga</b>		
Course Code	<b>B23-Yog-401</b>		
Course Type	<b>Core Course - 4</b>		
Level of the Course	<b>200-299</b>		
Pre-requisite (if any)	12 <sup>th</sup> pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> <li>To Understand the origin, Aims and objectives of Hath Yoga.</li> <li>To Understand the types of Yam and Niyam, Kundalini Jagran and Nadanusanham.</li> <li>To Understand the Shatkarma Neti Dhauti.</li> <li>To Understand the Asanas, Pranayamas, Bandh according to Hath Pradipika.</li> </ol>		
<b>Credits</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
<b>Max. Marks: 100</b> <b>Part I - Theory = 70</b> (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) <b>Part II - Practical = 30</b> (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours  <b>For End Term Exam</b>
<b>Part B- Content of the Course</b>			
<b><u>Instructions for Paper- Setter:</u></b> <ol style="list-style-type: none"> <li>There shall be Nine Questions in all.</li> <li>The Question paper will be divided into five units.</li> <li>Paper setter has to set 02 questions from each unit of syllabus given below (I<sup>st</sup> to IV<sup>th</sup>). A total of 08 questions from all 04 units.</li> <li>The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.</li> <li>All Questions carry equal marks (10 marks each).</li> <li>The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9<sup>th</sup> question (V<sup>th</sup> Unit) will be compulsory to attempt.</li> </ol>			
<b>Unit</b>	<b>Topics</b>		<b>Contact Hours</b>
I	<b>HATHYOGA:</b> <ul style="list-style-type: none"> <li>Hath yoga: Its origin, Meaning, Definition, Aims and objectives importance in Modern Era.</li> <li>Sign and Symptoms of success in Hath Yoga.</li> <li>Contribution of Nath Tradition in Hath Yoga.</li> <li>Mitahara, Pathya and Apathya, do and don't in Hath yoga.</li> <li>Ghatashudhi, its importance and its relevance in Hatha Yoga Sadhana.</li> </ul>		12
II	<b>PRE-REQUISITES:</b> <ul style="list-style-type: none"> <li>Badhaka Tatva (obstacles) and Sadhaka Tatva (Facilitatory Factors) in Hath Yoga.</li> <li>Types of Dasha yama and Niyama and its relevance in Hath Yoga Sadhana.</li> <li>Hath Siddhi Lakhshanam</li> </ul>		12

	<ul style="list-style-type: none"> <li>Swara Importance of Svarodaya-jnana in Hath Yoga Sadhana.</li> <li>Kundalini Jagran and Nadanusandhan.</li> </ul>	
III	<b>SHATKARMAS:</b> <ul style="list-style-type: none"> <li>Meaning and types of Shatkarmas in Hath Yoga.</li> <li>Dhauti: Its techniques benefits, precautions and classification ( Dandadhauti, Vamandhauti, Vastradhauti).</li> <li>Neti-its techniques, benefits precautions and classifications.</li> <li>Nauli- its techniques, benefits precautions and classifications.</li> <li>Trataka, Kapalbhathi – its techniques and benefits.</li> </ul>	12
IV	<b>ASANAS &amp; PRANAYAMAS:</b> <ul style="list-style-type: none"> <li>Asana: meaning and definitions. Classification, their techniques and benefits.</li> <li>Principles of Asana.</li> <li>Pranayam: meaning, definitions, types , techniques , benefits and contradictions according to hath pradipika.</li> <li>Principles of Pranayama</li> <li>Bandh: meaning, definitions, types , techniques , benefits and contradictions according to hath pradipika.</li> </ul>	12

### Suggested Evaluation Methods:

**Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)**

#### Internal Assessment:

Continuous Comprehensive Evaluation (CCE): 20 Marks  
 Class presentation = 5  
 Seminar/ Assignment/Quiz/class test, etc. = 5  
 Mid Term Test = 10

#### End Term Exam: 50 Marks Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.  
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

### Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Surya Namaskar in 12 Count	5 - Marks	7
II	5 Cultural Asanas according to Hathpradipika.	5 - Marks	8
III	05 Meditative Asanas.	5 - Marks	7
IV	02 Relaxative Asanas.	5 - Marks	8
	<b>Internal Assessment: 10 Marks</b> Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)	<b>University Exam (UE): 20 Marks</b> Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)	

### Part C-Learning Resources

#### Suggested Readings:

- Hathyog Pradipika of Swatmaram. The Adyar Library publications Chennai 2000.
- Hathpradeepika of swatmarama. Kaivalyadham SMYM samiti lonavla 1998.
- Asana Pranayama & Mudra Bandha. Bihar school of yoga munger 1969.
- Nath Sampradaya of Hath Yoga. Dvivedi publications Hindustani academy, allahbadh, UP 1950
- The Serpent power, Ganesh & company madras 2000.

**5<sup>th</sup> Semester (Yogic Science)**  
**(According to NEP2020 from Session 2023 - 24)**

**Core Course - 5**

<b>Part A - Introduction</b>			
Subject:	<b>Yogic Science.</b>		
Semester	<b>5<sup>th</sup> Semester</b>		
Name of the Course	<b>Fundamentals of Naturopathy</b>		
Course Code	<b>B23-Yog-501</b>		
Course Type	<b>Core Course - 5</b>		
Level of the Course	<b>300-399</b>		
Pre-requisite (if any)	12 <sup>th</sup> pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> <li>To Understand the importance, principles of Naturopathy.</li> <li>To Understand the different Naturopath, Mahatma Gandhi. Father Sebastian kenp.</li> <li>To Understand the types of Mud, Mudbath, Therapeutic use of Mud.</li> <li>To Understand the principles of Hydrotherapy.</li> </ol>		
	<ol style="list-style-type: none"> <li>Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level</li> </ol>		
<b>Credits</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
<b>Max. Marks: 100</b> <b>Part I - Theory = 70</b> (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) <b>Part II - Practical = 30</b> (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours  <b>For End Term Exam</b>
<b>Part B- Content of the Course</b>			
<b><u>Instructions for Paper- Setter:</u></b> <ol style="list-style-type: none"> <li>There shall be Nine Questions in all.</li> <li>The Question paper will be divided into five units.</li> <li>Paper setter has to set 02 questions from each unit of syllabus given below (I<sup>st</sup> to IV<sup>th</sup>). A total of 08 questions from all 04 units.</li> <li>The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.</li> <li>All Questions carry equal marks (10 marks each).</li> <li>The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9<sup>th</sup> question (V<sup>th</sup> Unit) will be compulsory to attempt.</li> </ol>			
<b>Unit</b>	<b>Topics</b>		<b>Contact Hours</b>
I	<b>BASIC OF NATUROPATHY:</b> <ul style="list-style-type: none"> <li>Meaning, Objectives and Importance of Naturopathy.</li> <li>Definitions and Fundamental Principles of Naturopathy.</li> <li>Laws of Nature- Panch Mahabhuta.</li> <li>History of Naturopathy in India.</li> <li>History of Naturopathy in Foreign Countries.</li> </ul>		12
II	<b>CONTRIBUTION IN NATUROPATHY:</b> <ul style="list-style-type: none"> <li>Father Sebastian Kenp.</li> <li>Mahatma Gandhi</li> <li>Vinoba Bhave.</li> <li>National Institute of Naturopathy (NIN)</li> <li>Moraji Desai National Institute of Yoga (MDNIY) Delhi.</li> </ul>		12

III	<b>MUD THERAPY:</b> <ul style="list-style-type: none"> <li>General Principles of Mud-Therapy.</li> <li>Types of Mud.</li> <li>Mud Bath: dry and wet bath</li> <li>Mud Bandages.</li> <li>Therapeutic action and use of Mud.</li> </ul>	12
IV	<b>HYDROTHERAPY:</b> <ul style="list-style-type: none"> <li>Importance of Water.</li> <li>Properties of Water.</li> <li>Principles of Hydrotherapy.</li> <li>Methods of Using Water in Hydrotherapy.</li> <li>Different Bath and Bandages using in Hydrotherapy.</li> </ul>	12

### **Suggested Evaluation Methods:**

**Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)**

#### **Internal Assessment:**

Continuous Comprehensive Evaluation (CCE): 20 Marks

Class presentation = 5

Seminar/ Assignment/Quiz/class test, etc. = 5

Mid Term Test = 10

#### **End Term Exam: 50 Marks Time = 3 hrs**

One question of 10 marks from each Units I to IV = 40 Marks.

Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

### **Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Prazya Yoga	5 - Marks	7
II	Steam Bath, Sauna Bath	5 - Marks	8
III	Hot and Cold Water Bath (waterpack – cold and hot)	5 - Marks	7
IV	Practical File	5 - Marks	8
	<b>Internal Assessment: 10 Marks</b> Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)	<b>University Exam (UE): 20 Marks</b> Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)	

### **Part C-Learning Resources**

#### **Suggested Readings:**

- Various dimensions of medical treatment Pt. Shriram sharma Acharya. Sampurn vandgamay volume – 40
- Swasthavrutam- Shiv Kumar Gaur.
- Ayurvedic Naturopathy – Rakesh Jindal. Diet and Nutrition – Dr. Rudolf.
- Health Sciences – Prof. Ramharsh Singh
- Nature Cure – Dr. H.K. Bakhru . The Practice of Nature cure – Dr. Henry Lindihar.

**6<sup>th</sup> Semester (Yogic Science)**  
**(According to NEP2020 from Session 2023 - 24)**  
**Core Course - 6**

<b>Part A - Introduction</b>			
Subject:	<b>Yogic Science.</b>		
Semester	<b>6<sup>th</sup> Semester</b>		
Name of the Course	<b>Principal Upanishads and Bhagavad Gita.</b>		
Course Code	<b>B23-Yog-601</b>		
Course Type	<b>Core Course - 6</b>		
Level of the Course	<b>300-399</b>		
Pre-requisite (if any)	12 <sup>th</sup> pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> <li>To Understand the Impotance of Karma and Upasana.</li> <li>To Understand the Prashnopanishad, Details of Prana.</li> <li>To Understand the Shrimad Bhagavad Gita</li> <li>To Understand the concept of Karma and Karmyoga in Bhagavad Gita.</li> </ol>		
	<ol style="list-style-type: none"> <li>Able to calculate and analyze Blood pressure, BMI, Peak Expiratory Flow and Oxygen saturation level</li> </ol>		
<b>Credits</b>	<b>Theory</b>	<b>Practical</b>	<b>Total</b>
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
<b>Max. Marks: 100</b> <b>Part I - Theory = 70</b> <b>(Internal Assessment - 20 Marks + End Term Exam – 50 Marks)</b> <b>Part II - Practical = 30</b> <b>(Internal Assessment - 10 Marks + End Term Exam – 20 Marks)</b>			<b>Time: 3 Hours</b>  <b>For End Term Exam</b>
<b>Part B- Content of the Course</b>			
<b><u>Instructions for Paper- Setter:</u></b> <ol style="list-style-type: none"> <li>There shall be Nine Questions in all.</li> <li>The Question paper will be divided into five units.</li> <li>Paper setter has to set 02 questions from each unit of syllabus given below (I<sup>st</sup> to IV<sup>th</sup>). A total of 08 questions from all 04 units.</li> <li>The Question no. nine (Unit – V) will be compulsory and cover the whole syllabus, it contains 05 short answer type questions of two marks each.</li> <li>All Questions carry equal marks (10 marks each).</li> <li>The candidates shall be required to attempt five questions in all, selecting one question from first four units and 9<sup>th</sup> question (V<sup>th</sup> Unit) will be compulsory to attempt.</li> </ol>			
<b>Unit</b>	<b>Topics</b>		<b>Contact Hours</b>
I	<b>ISHAVASYOPANISHAD:</b> <ul style="list-style-type: none"> <li>Ishavashya concept of all pervasiveness.</li> <li>Importance of Karma and Upasana.</li> <li>Nature of Atma in Detail.</li> <li>Upasana of Vidya and Avidya- SAMbhuti and Asambhuti.</li> <li>Surya Upasana – Agni Upasana.</li> </ul>		12
II	<b>PRASHNOPANISHAD:</b> <ul style="list-style-type: none"> <li>Introduction to Prashnopanishad.</li> <li>Importance of Questionning Temperament,</li> <li>Importance of Sadhana.</li> <li>06 questions posed by rach.</li> <li>The Son of Bharadwaja, Sukesha</li> <li>Details of Prana in all six questions.</li> </ul>		12

III	<b>Shrimad bhagavad gita:</b> <ul style="list-style-type: none"> <li>General Introduction to Shrimad Bhagavad Gita.</li> <li>Significance of Bhagavadgita in Yoga.</li> <li>Different types of definitions of yoga in Shrimad Bhagavad Gita.</li> <li>Importance of Shrimad Bhagavad gita in Modern times and its relevance in yoga sadhana.</li> <li>Different types of yoga mentioned in Shrimad bhagavad gita.</li> </ul>	12
IV	<b>KARMA YOGA AND BHAKTI YOGA:</b> <ul style="list-style-type: none"> <li>Concept of Karma and Karmayoga in Shrimad Bhagavad gita</li> <li>Concept of Bhakti and Bhaktiyoga, Concept of Shraddha and its relevance described in Shrimad Bhagavad gita</li> <li>Dhyana Yoga and Nature of Dhyana in Shrimad Bhagavad gita</li> <li>Concept of Triguna and the qualities of sattva, Rajas and Tamas.</li> <li>Concept and classification of ahara.</li> </ul>	12

### **Suggested Evaluation Methods:**

**Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)**

#### **Internal Assessment:**

Continuous Comprehensive Evaluation (CCE): 20 Marks  
 Class presentation = 5  
 Seminar/ Assignment/Quiz/class test, etc. = 5  
 Mid Term Test = 10

#### **End Term Exam: 50 Marks Time = 3 hrs**

One question of 10 marks from each Units I to IV = 40 Marks.  
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

### **Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)**

Unit	Topics	Marks distribution	Contact Hours
I	Surya Namaskar with Mantra	5 - Marks	7
II	10 Advance Asanas of any position	5 - Marks	8
III	Pranayam – Suryabhedan	5 - Marks	7
IV	Kriya : Tratak and Kapalbhathi	5 - Marks	8
	<b>Internal Assessment: 10 Marks</b> Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File (2.5 Marks for Each Unit)	<b>University Exam (UE): 20 Marks</b> Evaluation through Skill of handling the instrument / Demonstration/ Viva Voce/ Practical Record File (5 Marks for Each Unit)	

### **Part C-Learning Resources**

#### **Suggested Readings:**

- Upanishad spiritual science – Dr. Iswar bhardwaj.
- Upanishad collection publisher motilal banarsidas Indian Philosophy acharya. Baldev upadhyay.
- Kalyan (yogank) – Geeta press Gorakhpur Introduction to Upanishad – The Osophical society of India.
- Swami Ram sukhadas, Shrimad Bhagvad gita(sadhaka sanjivani) Gita press Gorakhpur.
- Swami gambhiranand: Shrimad Bhagvad gita (with gudharth dipika) Sri ramkrishna maha madras.