

**NATIONAL EDUCATION POLICY – 2020**  
**Skill Development Course/Vocational Course on UG Level**

**Course : Yoga Progressive**

*Program Specific Outcomes (PSOs)*

**Program Outcome (After Two Years of Study)**

- It will popularize Yoga among the masses.
- It will make people aware of the Hatha Yoga and Shatkarma.
- It will bring peace and harmony in the society at large by introducing the yogic way of life.
- It will promote health awareness towards holistic approach of health.
- It will encourage the students to live life with discipline, honesty, kindness and integrity in order to find their purpose and live it fully.
- It will help the students to practice teaching at various platforms.
- It will create chance of self employment.
- It will lead to holistic health of the student.
- It will help the students to prepare yoga program and events.

**List of all Papers in Four Semesters**

**Semester-wise Titles of the Papers in Yoga**

<b>Year</b>	<b>Sem.</b>	<b>Course Code</b>	<b>Paper Title</b>	<b>Theory/ Practical</b>	<b>Credits</b>
	I	MVP-Y101T	Introduction to Yoga	Theory	01
First		MVP-Y102P	Yoga Practicum/ Practice	Practical	02
Year	II	MVP-Y103T	Hatha Yoga & Shatkarma	Theory	01
		MVP-Y104P	Yoga Practicum/ Practice	Practical	02
	III	MVP-Y105T	Human Anatomy & Physiology	Theory	01
Second		MVP-Y106P	Practical	Practical	02
Year	IV	MVP-Y107T	Yoga & Holistic Health	Theory	01
		MVP-Y108P	Yoga Practicum/Practice	Practical	02

**B.A. 1<sup>st</sup> Year, Semester- I**  
**Course I**  
**(Theory)**

Programme/Class	Certificate	Year	B.A. 1	Sem.	I
Skill Development Course	Yoga				
Course Code	MVP-Y101T	Course Title	Introduction to Yoga		

**Course Outcomes :**

- Students will have an understanding of yoga.
- Students will have attained the knowledge of meditation and its types and relevance of yoga.

<b>Credit : 01</b>	<b>Maximum marks : 40</b>	<b>Minimum marks : 13</b>
Total No. of Lectures : 15		

Unit	Topic	No. of Lectures
Unit I	Introduction to Yoga Yoga: Historical background, origin, meaning, objective, types and importance. Misconceptions about yoga.	04
Unit II	Streams of Yoga Brief to Shrimadbhagavad Geeta, Maharshi Patanjali and Patanjali Yoga Sutra.	04
Unit III	Ashtanga Yoga Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Pranayama : Meaning, Objective and Importance.	04
Unit IV	Surya Namaskara with Mantras. Chandra Namaskara with Mantras.	03

**Suggested Readings :**

- Radha krishnan, S : Indian Philosophy.
- Singh, SP: History of Yoga.
- Singh, SP & Yogi, Mukesh: Foundation of Yoga.
- Joshi K.S.: Yoga in daily life.
- स्वामी रामदेव : योग साधना एवं योग चिकित्सा रहस्य
- डा० ईश्वर भारद्वाज : सरल योगासन

**B A 1st Year Sem. I**  
**Course II**  
**(Practicum)**

Programme	Certificate	Year B A 1	Semester I
Skill Development Course	Yoga		
Course Code	MVP-Y 102 P	Course Title	Yoga Practicum

**Course Outcomes :**

- Make the students aware of warm exercises before practicing asanas.
- Know and understand about breathing practices.

Credit : 02	Maximum marks : 60	Minimum marks : 20
Total No. of Lectures - Tutorials - Practical (in hours per week)		

Unit	Topic	No. of Hours
Unit 1	Beginning with Shloka (Hymn). Yogic Jogging with twelve steps.	10
Unit 2	Surya Namaskara with Mantras. Chandra Namaskara with Mantras.	10
Unit 3	Asanas ( Yogic Postures) – Standing Postures, Sitting Postures, Supine Postures, Prone Postures and Balancing Postures. Sinhasana, Hasyasana and Talivadana. Shavasana (Yoga Nidra).	20
Unit 4	Pranayama. Hasta Mudras. Sukshma Vyayama.	20

**Suggested Readings :**

- स्वामी रामदेव : योग साधना एवं योग चिकित्सा रहस्य
- स्वामी धीरेन्द्र ब्रह्मचारी : योगासन विज्ञान
- देवव्रत आचार्य : आसन एवं प्राणायाम
- डा० ईश्वर भारद्वाज : सरल योगासन
- उन्नति विश्नोई : योग शिक्षा

**B.A. 1<sup>st</sup> Year, Semester- II**  
**Course I**  
**(Theory)**

Programme/Class	Certificate	Year	B.A. 1	Sem.	II
Skill Development Course	Yoga Progressive				
Course Code	MVP-Y103T	Course Title	Hatha Yoga & Shatakarma		

**Course Outcomes :**

- Students will have an understanding of Hatha Yoga.
- Students will have attained the knowledge of Hatha Yoga Texts and Shatkarma.

<b>Credit 01</b>	<b>Maximum Marks : 40</b>	<b>Minimum Marks : 13</b>
Total No. of Lectures : 15		

Unit	Topic	No. of Lectures
Unit 1	Introduction to Hatha Yoga Hatha Yoga : Origin, Meaning, Definition, Objective & Importance of Hatha Yoga, Concepts of Pathya (Conducive) and Apathya (Non-conducive). Misconceptions about Hatha Yoga.	04
Unit 2	Hatha Yoga Texts : Brief to Hatha Yogic Texts : Their nature and Objectives with special reference to Shiva Samhita, Goraksha Samhita, Gherunda Samhita, Hatha Yoga Pradipika, & Hatha Yoga Ratnawali.	04
Unit 3	Hatha Yoga and Shatkarma: Hatha Yoga Pradipika: Practices of Asanas and Pranayamas. Shatkarma- Dhauti, Basti, Neti, Nauli, Trataka and Kapalbhathi. Tri Bandha, Mudra, Nadanusandhan and Kundalini.	04
Unit 4	Hatha Yoga Per Gherund Samhita: Methods, Benefits and Precautions of Shatakarma, Pranayamas, Asanas and Mudras.	03

**Suggested Readings:**

- डॉ० नवीन भट्ट एवं नेहा पाण्डेय : हठयोग के सिद्धान्त
- स्वात्माराम : हठयोग प्रदीपिका
- स्वामी रामदेव : योग साधना एवं योग चिकित्सा रहस्य
- कृष्णा पटेल : शारीरिक, स्वास्थ्य एवं योग शिक्षा

**B A 1st Year Sem II**  
**Course II**  
**(Practicum)**

<b>Programme</b>	<b>Certificate</b>	<b>Year B A 1</b>	<b>Semester II</b>
Skill Development Course	Yoga Progressive		
Course Code	MVP-Y 104 P	Course Title	Yoga Practicum

**Course Outcomes :**

- Students will have an understanding of Hatha yoga.
- Students will have attained the knowledge and practice of Shatakarma.

<b>Credits : 02</b>	<b>Maximum marks : 60</b>	<b>Minimum marks : 20</b>
Total No. of Lectures - Tutorials - Practical (in hours per week)		

<b>Unit</b>	<b>Topic</b>	<b>No. of Hours</b>
Unit 1	Practices of Shatakarma : Dhauti, Basti, Neti, Tratak, Nauli and Kapalbhati.	20
Unit 2	Practices of Pranayamas : Mukhya Pranayamas - Bhastrika, Kapalbhati , Vahya, Ujjai, Anuloma-Viloma, Bhramari and Pranava Dhyana. Sahyogi Pranayamas - Suryabhedi, Chandrabhedi, Sheetal, Sheetkari, Plavini, Kewali and Nadi Shodhana.	20
Unit 3	Tri bandha- Moola, Uddiyana & Jalandhara Bandha. Jihva Bandha & Maha Bandha.	10
Unit 4	Practices leading to Meditation Ajapa Dharana, Breath Meditation, Om Meditation, Vipasana Meditation and Preksha Meditation.	10

**Suggested Reading :**

- Joshi KS. : Yoga in Daily Life.
- डॉ० नवीन भट्ट एवं नेहा पाण्डेय : हठयोग के सिद्धान्त
- स्वात्माराम : हठयोग प्रदीपिका
- स्वामी रामदेव : योग साधना एवं योग चिकित्सा रहस्य
- उन्नति विश्नोई: योग शिक्षा

## B.A. 2nd Year, Semester- III

### Course I

### (Theory)

Programme/Class	Certificate	Year	B.A. 2	Sem.	III
Skill Development Course	Yoga Progressive				
Course Code	MVP-Y105T	Course Title	Human Anatomy & Physiology		

#### Course Outcomes :

- To make students familiar with the structure and function of human body.
- To give the brief idea about the diseases related to each system.
- To through light on anatomy so that students can experience the involvement of their body parts while practicing various postures of yoga.

<b>Credit 01</b>	<b>Maximum Marks : 40</b>	<b>Minimum Marks : 13</b>
Total No. of Lectures : 15		

Unit	Topic	No. of Lectures
Unit 1	Introduction Meaning, Definition and Importance of Anatomy and Physiology.	03
Unit 2	Brief Introduction to Cell, Tissue, Organ and Organ System.	03
Unit 3	Brief Introduction to Organ Systems of the Human Body Skeleton, Endocrine, Nervous, Respiratory, Circulatory, Digestive, Reproductive, Muscular, Integumentary and Excretory. Effect of Yoga on Human Body System.	05
Unit 4	Ashta Chakra - Mooladhar, Swadhisthan, Manipoor, Anahat, Vishuddhi, Manashcha, Ajya and Sahasrara. Pancha Prana, Pancha Upprana and Panchkosha in Human Body.	04

#### Suggested Readings :

- डा० एस० आर० वर्मा : शरीर रचना व क्रियाविज्ञान
- डा० नवीन भट्ट, देवेन्द्र सिंह विष्ट : मानव शरीर रचना, क्रिया विज्ञान एवं यौगिक अनुप्रयोग
- C Gyton : Anatomy & Physiology
- Ganesh Shankar Giri : Health for all through yoga.

**BA 2nd Year Sem III  
Course II  
(Practicum)**

Programme	Certificate	Year BA 2	Semester III
Skill Development Course	Yoga Progressive		
Course Code	MVP-Y 104 P	Course Title	Yoga Practicum

**Course Outcomes :**

- To make students familiar with system of the body.
- To give a hand on experience about human body using models, charts and pictures.
- To make students familiar with Ashtachakras, Pranas and Uppranas.

<b>Credits : 02</b>	<b>Maximum marks : 60</b>	<b>Minimum marks : 20</b>
Total No. of Lectures - Tutorials - Practical (in hours per week)		

Unit	Topic	Hours
Unit 1	Demonstration of Organs.	15
unit 2	Demonstration of Bones & Joints.	15
unit 3	Demonstration of Human Skeleton.	15
unit 4	Demonstration of Ashta chakras.	15

**Suggested Readings :**

- C Gyton : Anatomy & Physiology
- Ganesh Shankar Giri : Health for all through yoga.
- डा० एस० आर० वर्मा : शरीर रचना व क्रियाविज्ञान
- डा० नवीन भट्ट, देवेन्द्र सिंह विष्ट : मानव शरीर रचना, क्रिया विज्ञान एवं यौगिक अनुप्रयोग
- राजेन्द्र प्रताप मलिक : मानव शरीर संरचना एवं योगासन का प्रभाव
- डा० एच० के शर्मा : स्वास्थ्य शिक्षा एवं शरीर विज्ञान

**B.A. 2nd Year, Semester- IV**  
**Course I**  
**(Theory)**

Programme/Class	Certificate	Year	B.A. 2	Sem.	IV
Skill Development Course	Yoga Progressive				
Course Code	MVP-Y105T	Course Title	Yoga and Holistic Health		

**Course Outcomes :**

- To make students familiar with holistic approach of health.
- To make lead to holistic health of the students.

<b>Credit 01</b>	<b>Maximum Marks : 40</b>	<b>Minimum Marks : 13</b>
Total No. of Lectures : 15		

Unit	Topic	No. of Lectures
Unit 1	Yoga and Its Application : Yoga and Mental Health, Yoga and Value Education, Yoga and Physical Education. Yogic Diet and Nutrition. Health and Yogic Hygiene.	04
Unit 2	Roganusar Asanas & Pranayamas.	03
Unit 3	Naturopathy : Meaning, Objectives and Importance. Methods of Naturopathy – Water Therapy, Mud Therapy, Solar Therapy and Acupressure.	03
Unit 4	Yoga for all.	05

**Suggested Readings :**

- Ganesh Shankar Giri : Health for all Through Yoga.
- Ravindranath Bodhe : Yoga and Value Education.
- उन्नति विश्नोई: योग शिक्षा
- स्वामी रामदेव : योग साधना एवं योग चिकित्सा रहस्य
- स्वामी रामदेव : रोगानुसार आसन व प्राणायाम
- कृष्णा पटेल : शारीरिक, स्वास्थ्य एवं योग शिक्षा



**BA 2nd Year Sem IV**  
**Course II**  
**(Practicum)**

<b>Programme</b>	<b>Certificate</b>	<b>Year BA 2</b>	<b>Semester IV</b>
Skill Development Course	Yoga Progressive		
Course Code	MVP-Y 104 P	Course Title	Yoga Practicum

**Outcomes :**

- To make students familiar with Roganusar Asanas.
- To make students familiar with Roganusar Pranayamas.

<b>Credits : 02</b>	<b>Maximum marks : 60</b>	<b>Minimum marks : 20</b>
Total No. of Lectures - Tutorials - Practical (in hours per week)		

<b>Unit</b>	<b>Topic</b>	<b>No. of Hours</b>
unit 1	Yoga for Thyroid Cure : Sarvangasana, Halasana, Matsyasana, Ushtrasana and Sinhasana. Bhastrika, Kapalbhathi, Ujjai and Bhramari Pranayama.	10
unit 2	Yoga for Obesity Cure : Tiryaka Tadasana, Trikonasana, Konasana, Padhastasana, Chakki Asana, Pashchimottanasana, Bhujangasana, Shalabhasana, Ardhalasana, Padvittasana, Dvichakrikasana and Markatasana. Kapalbhathi Pranayama.	15
Unit 3	Yoga for Backpain, Survical Spondilitis, Slipdisc Cure : Sukshma Vyayama for hand and neck. Markatasana, Setubandhasana, Ardhpavanmuktasana, Makarasana, Bhujangasana, and Shalabhasana. Mukhya Pranayama with Slow Motion.	15
Unit 4	Yoga for Stomach Deseases : Mandookasana, Shashakasana, Vakrasana, Gomukhasana, Ardhmatsyendrasana, Pavanmukasana, Uttanpadasana, Naukasana and Setubhandhasana . Kapalbhathi Pranayama.	10
Unit 5	Yoga for Students : Shirshasana, Sarvangasana, Halasana, Chakrasana ,Tadasana, Vrikshasana and Garunasana. Yogic Jogging. Surya Namaskara.	10

	Anuloma- Viloma, Bhramari Pranayamas & Om Nad.	
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**Suggested Readings :**

- उन्नति विश्नोई: योग शिक्षा
- स्वामी रामदेव : योग साधना एवं योग चिकित्सा रहस्य
- स्वामी रामदेव : रोगानुसार आसन व प्राणायाम
- कृष्णा पटेल : शारीरिक, स्वास्थ्य एवं योग शिक्षा