



KARNATAK UNIVERSITY, DHARWAD  
ACADEMIC (S&T) SECTION

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ  
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ



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'A' Grade 2014

website: kud.ac.in

No. KU/Aca(S&T)/JS/MGJ(Gen)/2024-25/436

Date: 11 NOV 2024

ಅಧಿಸೂಚನೆ

ವಿಷಯ: ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ನೀತಿಯನುಸಾರ 2024-25ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಎಲ್ಲ ಸ್ನಾತಕೋತ್ತರ ಪದವಿಗಳಿಗೆ / ಸ್ನಾತಕೋತ್ತರ ಡಿಪ್ಲೋಮಾಗಳಿಗೆ ಪಠ್ಯಕ್ರಮವನ್ನು ಪ್ರಕಟಣೆ ಕುರಿತು.

ಉಲ್ಲೇಖ: 1. ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂಖ್ಯೆ: 2 ರಿಂದ 9, ದಿ: 08.11.2024.

2. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಅನುಮೋದನೆ ದಿನಾಂಕ: 11.11.2024.

ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ನೀತಿಯನುಸಾರ 2024-25ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ, ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಎಲ್ಲ ಸ್ನಾತಕೋತ್ತರ ಪದವಿಗಳಾದ M.A./ M.Sc / M.Com / MBA / M.Ed 1 ರಿಂದ 4ನೇ ಸೆಮೆಸ್ಟರ್‌ಗಳಿಗೆ ಮತ್ತು 1 & 2ನೇ ಸೆಮೆಸ್ಟರ್‌ಗಳ ಸ್ನಾತಕೋತ್ತರ ಡಿಪ್ಲೋಮಾಗಳಿಗೆ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಅನುಮೋದನೆಯೊಂದಿಗೆ ಈ ಕೆಳಗಿನಂತೆ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲಾಗಿದೆ. ಕಾರಣ, ಸಂಬಂಧಪಟ್ಟ ಎಲ್ಲ ಸ್ನಾತಕೋತ್ತರ ವಿಭಾಗಗಳ ಅಧ್ಯಕ್ಷರು / ಸಂಯೋಜಕರು / ಆಡಳಿತಾಧಿಕಾರಿಗಳು / ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳು / ಶಿಕ್ಷಕರು ಸದರಿ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಅನುಸರಿಸುವುದು ಮತ್ತು ಸದರಿ ಪಠ್ಯಕ್ರಮವನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ [www.kud.ac.in](http://www.kud.ac.in) ದಲ್ಲಿ ಭಿತ್ತರಿಸಲಾಗಿದವನ್ನು ಸಂಬಂಧಪಟ್ಟ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸೂಚಿಸುವುದು.

Arts Faculty

Sl.No	Programmes	Sl.No	Programmes
1	Kannada	8	MVA in Applied Art
2	English	9	French
3	Folklore	10	Urdu
4	Linguistics	11	Persian
5	Hindi	12	Sanskrit
6	Marathi	13	MPA Music
7	MVA in Painting		

Faculty of Science & Technology

Sl.No	Programmes	Sl.No	Programmes
1	Geography	10	M.Sc (CS)
2	Chemistry	11	MCA
3	Statistics	12	Marine Biology
4	Applied Geology	13	Criminology & Forensic Science
5	Biochemistry	14	Mathematics
6	Biotechnology	15	Psychology
7	Microbiology	16	Applied Genetics
8	Zoology	17	Physics
9	Botany	18	Anthropology

**Faculty of Social Science**

Sl.No	Programmes	Sl.No	Programmes
1	Political Science	8	Journalism m & Mass Commn.
2	Public Administration	9	M.Lib. Information Science
3	History & Archaeology	10	Philosophy
4	A.I.History & Epigraphy	11	Yoga Studies
5	Economics	12	MTTM
6	Sociology	13	Women's Studies
7	MSW		

**Management Faculty**

Sl.No	Programmes	Sl.No	Programmes
1	MBA	2	MBA (Evening)

**Faculty of Commerce**

Sl.No	Programmes	Sl.No	Programmes
1	M.Com	2	M.Com (CS)

**Faculty of Education**

Sl.No	Programmes	Sl.No	Programmes
1	M.Ed	2	M.P.Ed

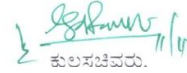
**OEC subject for PG**

Sl.No	Programmes	Sl.No	Programmes
1	Russian	5	Veman Peetha
2	Kanaka Studies	6	Ambedkar Studies
3	Jainology	7	Chatrapati Shahu Maharaj Studies
4	Babu Jagajivan Ram	8	Vivekanand Studies

**PG Diploma**

Sl.No	Programmes	Sl.No	Programmes
1	PG Diploma in Chatrapati Shahu Maharaj Studies	2	P.G. Diploma in Women's Studies
3	P.G. Diploma in Entrepreneurial Finance		

ಅಡಕ: ಮೇಲಿನಂತೆ

  
ಕುಲಸಚಿವರು.

ಗೆ,

1. ಕ.ವಿ.ವಿ. ಸ್ನಾತಕೋತ್ತರ ಅಧ್ಯಕ್ಷರುಗಳಿಗೆ / ಸಂಯೋಜಕರುಗಳಿಗೆ / ಅಡಳಿತಾಧಿಕಾರಿಗಳಿಗೆ / ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ
2. ಎಲ್ಲ ನಿಖಾಯದ ಡೀನರು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.

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/ ಸಿಸ್ಟಮ್ ಅನಾಲಿಸಿಸ್ಟ್ / ಸಂಬಂಧಿಸಿದ ಪದವಿಗಳ ವಿಭಾಗಗಳು, ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
6. ನಿರ್ದೇಶಕರು, ಐ.ಟಿ. ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ ಇವರಿಗೆ ಕ.ವಿ.ವಿ. ಅಂತರಜಾಲದಲ್ಲಿ ಪ್ರಕಟಿಸುವುದು.



**Faculty of Social Science**

**Two Years PG Programme**

**M.A. YOGA STUDIES**

**Programme Guidelines and Syllabus**

**As per NEP-2020**

**With Effect from 2024-25**

## GENERAL INSTRUCTIONS

### Preamble:

The Karnatak University has successfully adopted NEP-2020 from the academic year: 2021-22 for all its Under Graduate Programmes. The first batch under this scheme after completing 03 Years with 3<sup>rd</sup> year exit provision entering into Post Graduate programme from the academic Year: 2024-25. In view of this and the present global demand, it is necessary to revise the curriculum frame work for all its Post Graduate Programmes and syllabus accordingly.

As per the provisions in NEP-2020 scheme the Two- year Post Graduate Programme, the curriculum has a provision to study the open electives courses in 2<sup>nd</sup> and 3<sup>rd</sup> semesters, Discipline specific Electives for a deeper knowledge in focused area in 3<sup>rd</sup> and 4<sup>th</sup> semesters and Internship / dissertation / project work for field experience or hands on training to inculcate the skill and develop cognitive thinking / higher order thinking to analyze the information obtained from project work / internship in the 4<sup>th</sup> semester.

It is therefore, this is a revised CBCS as per NEP - 2020 having minimum 90 and maximum 100 credits in two years programme with provision of choice as above and hence, shall be called as NEP syllabus. In this context, the prevailing regulations (CBCS scheme adopted from 2009) needs some modifications and adopted herewith as Guidelines to execute all the PG Programmes unless otherwise stated.

However, the eligibility for admission to the concerned PG Programmes shall be decided by the respective Board of Studies.

### **I. CREDIT, WORKLOAD AND SYLLABUS EQUIVALENCE**

1. One credit is equal to 1 hour theory teaching per week.
2. One credit is equal to 2 hour practical teaching per week.
3. One credit is equal to 15 hours theory syllabus per semester ( 1 Unit is equal to 15 Hours)
4. One credit is equal to 30 hours practical syllabus per semester (1 credit practical is equal to 2 hours/ week)

#### **A. Workload for theory subjects**

1. There shall be 16 hrs/week workload for Assistant Professor

2. There shall be 14 hrs/week workload for Associate Professor/ Professor/Senior Professor.
3. There shall be 2hrs/week workload relaxation for Guiding Ph.D. students

**B. Workload for practical subjects**

1. There shall be 20 hrs/week workload for Assistant Professor
2. There shall be 18 hrs/week workload for Associate Professor/ Professor/Senior Professor.
3. There shall be 2hrs/week workload relaxation for Guiding Ph.D. students

**C. Workload for practical batches**

1. A batch of 10-12 students shall have 1 teacher

**D. Workload for Project**

1. Students for projects / internship shall be preferably guided by permanent faculty for atleast 10 students by sharing equally among the permanent faculty. If remained excess shall be allotted to other teacher's on roll on temporary basis.
2. If there are no permanent faculty, the students shall be distributed among the temporary teachers on roll.
3. There shall be maximum of 4 hrs/week workload for guiding the students for project work irrespective of number of students.

**II. ALLOTMENT OF SPECIALIZATION:** While allotting specialization in 3<sup>rd</sup> and 4<sup>th</sup> semester, minimum of 10 students shall have to select the specialization.

**III. ATTENDANCE:** 75% attendance is mandatory for every course (paper). No marks are reserved for attendance. If the candidates fail to fulfill 75% attendance in any one of the course (paper) in the given semester, such candidate is not eligible to appear for examination in all the papers and candidate has to get the readmission for such semester. However, up to 20% attendance may be condoned with the supportive documents for a student who represents University /State / National level sports, cultural and other events. Monthly attendance shall be displayed on notice board.

**IV. CREDIT AND MARKS EQUIVALENCE**

1. Generally, 25% weightage for Formative assessment and 75% weightage for Summative assessment.
2. Up to 2 credits equal to 50 marks (12 marks Formative assessment and 38 marks summative assessment).
3. 3-4 credits equal to 100 marks (25 marks Formative assessment and 75 marks summative assessment).
4. 5-6 credits equal to 150 marks (37 marks Formative assessment and 113 marks

summative assessment).

5. Example for 100 marks out of which 25 marks for Formative assessment i.e., Formative Assessment shall be 05 marks for assignment / seminar and two internal assessments i.e.: 10 marks I.A. for 8<sup>th</sup> week and 10 marks for 14<sup>th</sup> week of every semester.

#### V. **Conduct of Examination**

1. Formative assessment examination shall be conducted for 1hr. There shall not be any reexamination for improvement or the student remaining absent. However, a special Formative assessment examination shall be conducted for a student who represents University /State / National level sports, cultural and other events if a schedule is overlapping.
2. 75 marks summative theory examination shall be conducted for 3 hrs and 38 marks for 1.5 hrs.
3. 75/ 38 marks Formative / Summative Practical examination shall be conducted for 4 hrs.
4. There shall be a single examiner for both even and odd semesters' Formative Practical examination.
5. There shall be a single examiner for odd semester Summative Practical examination and two examiners for even semester Summative Practical examination; one from internal and other shall be external examiner.

#### VI. **Assessment**

1. **Theory papers:** There shall be a single valuation for odd semester theory papers preferably internal examiner and double valuation for even semesters; one from internal and other shall be external examiner.
2. **Project/Internship assessment**
  - A) **For 100 marks Project/Internship assessment (Wherever applicable)**
    - i. **Formative Assessment:** Project/Internship assessment carrying 25 marks out of 100 marks Candidate has to submit three Progress Reports; 8+8+9 Marks.
    - ii. **Summative Assessment:** Project/Internship assessment carrying 75 marks out of 100 marks
      - a. Project Report : 35
      - b. Presentation : 20
      - c. Viva-voce : 20
  - B) **For 150 marks Project/Internship assessment (Wherever applicable)**

- i. **Formative Assessment:** Project/Internship assessment carrying 37 marks out of 150 marks Candidate has to submit three Progress Reports : 12+12+13 marks.
- ii. **Summative Assessment:** Project/Internship assessment carrying 113 marks out of 150 marks
  - a. Project Report : 60
  - b. Presentation : 30
  - c. Viva-voce : 23

**VII. Passing criteria:**

1. There shall be no minimum passing marks for Formative assessment.
2. Candidate has to score minimum 40% in summative examination and fulfill 40% of the maximum marks including Formative assessment marks. For example: for 75 marks summative examination, candidate has to score minimum of 30 marks (40%) and should score cumulatively 40 marks including formative assessment in every course.

**VIII. DECLARATION OF RESULT**

1. Candidate has to score 40% as above in all the courses to pass the semester end examination to declare pass.
2. **Percentage and Grading:** Result shall be declared in terms of SGPA and at the end of four semesters as CGPA. The calculation of CGPA is as under
3. If P is the percentage of marks secured (IA + semester end score) by the candidate in a course which is rounded off to the nearest integer, the grade point (GP) earned by the candidate in that course will be given as below.

Percentage (%)	Grade(GP)	Percentage (%)	Grade(GP)
40	4.0	71-75	7.5
41-45	4.5	76-80	8.0
46-50	5.0	81-85	8.5
51-55	5.5	86-90	9.0
56-60	6.0	91-95	9.5
61-65	6.5	96-100	10.0
66-70	7.0		

Grade point of less than 4 shall be considered as fail in the course, hence, GP=0 and for the absent candidate also GP=0

4. A student's level of competence shall be categorized by grade point (GP), Semester

Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA) of the programme.

5. **Semester Grade Point Average (SGPA):** The SGPA is a ratio of sum of the number of Credit Grade Points scored from all the courses (subject) of given semester to the total credits of such semester in which the candidate studied. (Credit Grade Points of each course = Credits x GP).

6. **Cumulative Grade Point Average (CGPA):** It is calculated as below for 4 semester programme.

$$\text{CGPA} = (\text{Credit}_1 \times \text{SGPA}_1) + (\text{Credit}_2 \times \text{SGPA}_2) + (\text{Credit}_3 \times \text{SGPA}_3) + (\text{Credit}_4 \times \text{SGPA}_4) / \text{Total credits of programme (sum of credits of 4 semesters)}$$

7. After studying and passing, all the credits prescribed for the programme the degree shall be awarded with CGPA score after rounding off to second decimal and class distinguishing as second class, first class, and distinction along with grade letter as under:

<b>CGPA of the programme(Degree)</b>	<b>Class obtained</b>	<b>Grade Letter</b>
9.5 to 10.00	Outstanding	A <sup>++</sup>
7.00 to 9.49	Distinction	A <sup>+</sup>
6.00 to 6.99	First Class	A
5.50 to 5.99	Second class	B <sup>+</sup>
5.00 to 5.49		B
4.00 to 4.99	Pass	C
Less than 4.0	Fail/ Reappear	D

8. Each semester Grade Card shall have marks and SGPA and final Grade Card shall have semester wise marks obtained in all semesters, CGPA and % of cumulative marks obtained from all semesters.

9. There shall be Revaluation / Challenge valuations provisions as per the prevailing rules and regulations.

10. Marks obtained from the OEC shall not be considered for award of CASH PRIZE / RANK / GOLD MEDAL.

**i. MAXIMUM DURATION FOR COMPLETION OF THE PROGRAMME**

A candidate admitted to any P.G. Programme shall complete it within a period, which is double the duration of the programme from the date of admission.

**X. ANY OTHER TERMS AND CONDITIONS**

Apart from the above, the prevailing rules(CBCS) and regulation are valid for any other matters which are not addressed in this regard.





**KARNATAK UNIVERSITY, DHARWAD**

**PG Programme**

**M.A. IN YOGA STUDIES**

**Curriculum Structure**

**With Effect from 2024-25**

## GENERAL INSTRUCTIONS

5. One credit is equal to 1 hour theory teaching per week.
6. One credit is equal to 2 hour practical teaching per week.
7. One credit is equal to 15 hours theory syllabus per semester ( 1 Unit is equal to 15 Hours)
8. One credit is equal to 30 hours practical syllabus per semester (1 credit practical is equal to 2 hours per week)

### **E. Workload for theory subjects**

4. There shall be 16 hrs/week workload for Assistant Professor
5. There shall be 14 hrs/week workload for Associate Professor/ Professor/Senior Professor.
6. There shall be 2hrs/week workload relaxation for Guiding Ph.D. students

### **F. Workload for practical subjects**

4. There shall be 20 hrs/week workload for Assistant Professor
5. There shall be 18 hrs/week workload for Associate Professor/ Professor/Senior Professor.
6. There shall be 2hrs/week workload relaxation for Guiding Ph.D. students

### **G. Workload for practical batches**

2. A batch of 10-12 students shall have 1 teacher

### **H. Workload for Project**

4. Students for projects shall be preferably guided by permanent faculty for atleast 10 students by sharing equally among the permanent faculty. If remained excess shall be allotted to other teacher's onroll on temporary basis.
5. If there are no permanent faculty, the students shall be distributed among the temporary teachers onroll.
6. There shall be maximum of 4 hrs/week workload for guiding the students for project work irrespective of number of students.

### **I. Allotment of Specialization**

While allotting specialization in 3<sup>rd</sup> and 4<sup>th</sup> semester, minimum of 10 students shall have to select the specialization.

### **J. Marks and Conduct of Examination**

6. Generally, 25% weightage for Formative assessment and 75% weightage for Summative assessment
7. Up to 2 credits equal to 50 marks (10 marks Formative assessment and 40 marks summative assessment)
8. 3-4 credits equal to 100 marks(25 marks Formative assessment and 75 marks summative assessment)
9. 5-6 credits equal to 150 marks(30 marks Formative assessment and 120 marks summative assessment)
10. Example for 100 marks out of which 25 marks for Formative assessment i.e., Formative Assessment shall be in two internal assessments i.e. : 10 marks I.A. for 8<sup>th</sup> week and 10 marks for 14<sup>th</sup> week of every semester and 05 Marks for Assignment / Tutorial / Book review / Seminars.

11. 75% attendance is mandatory for every course(paper). No marks are reserved for attendance. If the candidates fails to fulfils 75% attendance in any one of the course (paper) in the given semester, such candidate is not eligible to appear for examination in all the papers and candidate has to get the readmission for such semester.
12. Passing criteria: Candidate has to score minimum 40% in summative examination and fulfill 40% of the maximum marks including Formative assessment marks. For example : for 75 marks summative examination, candidate has to score minimum of 30 marks(40%) and should score cumulatively 40 marks including formative assessment.
13. Candidate has to score 40% as above in all the courses to pass the semester end examination.
14. Marks obtained from the OEC shall not be considered for award of CASH PRIZE / RANK / GOLD MEDAL.

**K. Project/Internship assessment**

2. Formative Assessment : Project/Internship assessment carrying 25 marks out of 100 marks  
Interaction with the project supervisor carries 10 Marks and submission of three progress reports (once in a month candidate has to submit one Progress Report which carries 05 Marks. i.e. 5 x 3= 15 marks
3. Summative Assessment : Project/Internship assessment carrying 80 marks out of 100 marks
  - a. Project Report : 35
  - b. Presentation : 20
  - c. Viva-voce : 20



Sem.	Type of Course	Theory/ Practical	Course Code	Course Title	Instru ction hour/ week	Total hours / sem	Duration Of Exam	Marks			Credits
								Formative	Summative	Total	
III	DSC-12	Theory	B3YOG001T	Research Methodology in Yoga	04	60hrs	03hrs	25	75	100	04
	DSC-13	Theory	B3YOG002T	Yoga Therapy-1	04	60hrs	03hrs	25	75	100	04
	DSE-1a	Theory	B3YOG101T	ShivaSamhita	04	60hrs	03hrs	25	75	100	04
	DSE-1b	Theory	B3YOG102T	Yoga in Buddhism	04	60hrs	03hrs	25	75	100	04
	DSE-1c	Theory	B3YOG103T	Yoga Psychology	04	60hrs	03hrs	25	75	100	04
	DSC-14	Practical	B3YOG003P	Yoga Practicals-5	08	120 hrs	04hrs	25	75	100	04
	DSC-15	Practical	B3YOG004P	Yoga Practicals-6	08	120 hrs	04hrs	25	75	100	04
	OEC - 2	Theory	B3YOG201T	Yoga and Ethics	04	60hrs	03hrs	25	75	100	04
								150	450	600	24
IV	DSC-16	Theory	B04YOG001T	Yoga in Bhagavadgeeta	04	60hrs	03hrs	25	75	100	04
	DSC-17	Theory	B04YOG002T	Yoga Therapy-2	04	60hrs	03hrs	25	75	100	04
	DSC-18	Theory	B04YOG003T	Yoga and World Peace	04	60hrs	03hrs	25	75	100	04
	DSE-2a	Theory	B4YOG101T	Teaching Methods for Yogic Practices	04	60hrs	03hrs	25	75	100	04
	DSE- 2b	Theory	B4YOG102T	Gheranda Samhita	04	60hrs	03hrs	25	75	100	04
	DSE-2 c	Theory	B4YOG103T	Yoga and Spiritualism	04	60hrs	03hrs	25	75	100	04
	DSC-19	Practical	B04YOG004P	Yoga Practicals-7	08	120 hrs	04hrs	25	75	100	04
	Project	Practical	B4YOG005P	Project Dissertation	04	60hrs	03hrs	25	75	100	04
								150	450	600	24
								<b>600</b>	<b>1800</b>	<b>2400</b>	<b>96</b>

\*Each DSE theory shall have minimum two and maximum 3 papers and student shall select any one DSE each in 3<sup>rd</sup> and 4<sup>th</sup> semester.

# M.A. in Yoga Semester-I

Discipline Specific Course (DSC)-1

COURSE TITLE: DSC-1 PHILOSOPHY OF YOGA

Course Code: B1YOG001T

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
DSC-1	Theory	04	04	60hrs.	3hrs.	25	75	100

**Course Outcomes (COs):**

*After Completion of the course students will be able to:*

1. Get the knowledge of Bhakti Yoga, Karma Yoga, Jnana Yoga and other methods of Yoga.
2. Get the Knowledge of Super Consciousness.
3. Get the Detailed knowledge of Yogic Philosophy
4. Get the Detailed knowledge of Moksha and Samadhi

**Course Objectives:**

1. To impart Yoga education and promotion of positive health and perfect personality of an individual in particular and entire humankind in general.
2. To train the student, to create Yogic culture for shaping a holistic personality so as to become global and noble citizens. And to shape future mankind which enjoy peace and tranquillity.

Unit	Title: Philosophy of Yoga	60 hrs/sem
<b>Unit I</b>	<b>Introduction to Yoga</b> 1. Meaning, Definitions, Objectives and Scope of Yoga 2. Definition , Nature, Scope, Objectives of Philosophy 3. Yoga and Philosophy 4. Yoga and Religion 5. Yoga and Science	15 hrs
<b>Unit II</b>	<b>History and Development of Yoga</b> 1. Concept of Yoga in Ancient Period. 2. Yoga and Mysticism 3. Hatha and Tantra Yoga 4. Shiva Yoga 5. The Doctrine oo Karma and Rebirth.	15 hrs
<b>Unit III</b>	<b>Paths of Yoga</b> 1. Karm Yoga 2. Bhakti Yoga 3. Jnana Yoga 4. Raja Yoga 5. Kundalini Yoga	15 hrs
<b>Unit IV</b>	<b>Metaphysics of Yoga</b> 1. Nature of World 2. Nature of Jiva 3. Concept of God 4. Concept of Moksha 5. Concept of Samadhi	15hrs

**Recommended books:**

Dasgupta S.N.	Yoga Philosophy in Relation to other Systems of Indian thought.	Kegan Pub, London, 1924.
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Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
Dasgupta S.N.	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.
Fenerstein George	The Yoga Tradition: Its History, Literature, Philosophy and Practice,	Bhavana Books and Prints, 2002
Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.	Advaita Ashrama, Calcutta, 2000:
R.D.Ranade	Vedanta the Culmination of Indian Thought	Bharatiya Vidya Bhavan, Bombay-7
Dr. G.Srinivasan	Essentials of Vedanta	Bopco Publication Bangalore
R.D.Ranade	A Constrictive Survey of Upanishadic Philosophy	Bharatiya Vidya Bhavan Mumbai-7
Gopi Krishna	Kundalini- The Secret of Yoga	U.B.S. Publisher's Nw Delhi
Swami Krishnananda	The Philosophy of Life	The Divine life Society P.O.Shivanand Nagar, U.P-India..
Dr. N. G. Mahadevappa	Yoga Mattu Bharatiya Tatvashashtra (Kannada)	Suyoga Prakashana Dharwad- 2008
Swami Adidevanand	योगशास्त्र की दार्शनिक व्याख्या	श्री अरवि प्रकाश, दिल्ली, 2006

<b>Formative Assessment for Theory</b>	
<b>Assessment Occasion/type</b>	<b>Marks</b>
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**Discipline Specific Course (DSC)-2**

**COURSE TITLE: DSC-2 INTRODUCTION TO HUMAN BIOLOGY**

**Course Code: B1YOG002T**

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
<b>DSC-2</b>	<b>Theory</b>	<b>04</b>	<b>04</b>	<b>60hrs.</b>	<b>3hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**After Completion of the course students will be able to:**

1. Acquire the knowledge of Body and its functions.
2. Acquire the detailed knowledge of supportive systems of the body.
3. Acquire the knowledge of Sensory Organs and its functions.
4. Acquire the knowledge of different Glands in the Body.

**Course Objectives:**

1. For Yoga practices gives awareness of body and its functions.
2. For Yoga Practices gives awareness of Relaxation of Nerves System.

Unit	Title: Introduction to Human Biology	60 hrs/sem
<b>Unit I</b>	<b>Fundamentals of Human Body.</b> 1. Structure and functions of cell. 2. Definition of Tissue- Epithelial tissue 3. Connective tissue 4. Muscular Tissue 5. Nervous Tissue	15 hrs
<b>Unit II</b>	<b>System of Human Body</b> 1. Skeletal System 2. Muscular System 3. Circulatory System 4. Digestive System 5. Respiratory System	15 hrs
<b>Unit III</b>	<b>Other systems of the Body</b> 1. Urinary System 2. Re-Productive System 3. Nervous System 4. Pituitary gland, Adrenal gland 5. Thyroid and Parathyroid gland	15 hrs
<b>Unit IV</b>	<b>Structure and Functions of Special Senses.</b> 1. Eye- Vision 2. Ear- Hearing 3. Nose- Smell 4. Tongue- Test 5. Skin- Touch	15hrs

**Recommended books:**

Dr.Anand Nadgir	Sharrera Rachana Shastra Mattu Shareera Shastra	Mallasajjan Prakashan.MVAS Shri K.G.Nadgir College of Education, Dharwad-580008.
Tony Smith	The Human body	Dorling Kindersley Limited-1995.
K.G.Nadagir	Arogya & Arogya Shikshana	Mallasajjan Prakashan, Dharwad.



Yadav	Human Anatomy and Physiology	Nirali Publication
Chatterjee	Human Physiology	Medical Aliened Agency Calcutta-1985
Guyton	Text book of Medical Physiology	Philadelphia- Saccades-1969
Chaurasia	Human Anatomy Vol-1 -3	Delhi CBS
Pearce	Anatomy & Physiology for Nurses including clinical application	Calcutta, OUP-1982
Shambhuling	Human Physiology	Madras
R.L.Bijlani	The Human Machine	The Director National Book Trust. India A-5 Green Park, New-Delhi-110016
Swamy Satyananda Saraswati	Common Diseases	Sri G.K.Kejriwal, Honorary Secretary, Bihar School of Yoga.
Shirley Telles	A Glipse of the Human Body	V/S Yogas Banalore 1995

<b>Formative Assessment for Theory</b>	
<b>Assessment Occasion/type</b>	<b>Marks</b>
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**Discipline Specific Course (DSC)-3**

**COURSE TITLE: DSC-3 PATANJALI YOGA SUTRA**

**Course Code: B1YOG003T**

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
<b>DSC-3</b>	<b>Theory</b>	<b>04</b>	<b>04</b>	<b>60hrs.</b>	<b>3hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**At the end of the course students will be able to:**

1. Acquire the knowledge of Chitta, Ishwara, and Pancha Vrittis, and Samadhi.
2. Acquire the knowledge of Kriyayoga, Panchakleshas and its eradication.
3. Acquire the knowledge of Astanga Yoga which helps to attain Ultimate goal of Yoga.
4. Acquire the knowledge of Kaivalya and Patanjali Yoga Sutra

**Course Objectives:**

1. Yoga Sutra constitutes astanga Yoga which helps to attain Ultimate goal of Yoga
2. Yoga Sutra constitutes Highest state of Concentration.
3. Yoga Sutra constitutes Personality Development.

Unit	Title: Patanjali Yoga Sutra	60 hrs/sem
<b>Unit I</b>	<b>Samadhi Pada</b> 1. Nature of Patanjali Yoga Sutra 2. Pancha Vrittis 3. Abhyas and Vairogyia 4. Nature and Qualities of Iswara 5. Yogantarayas	15 hrs
<b>Unit II</b>	<b>Sadhana Pada</b> 1. Concept of Kriyayoga 2. Panchakleshas 3. Yama and Niyamas 4. Aasana and Pranayama 5. Pratyahara	15 hrs
<b>Unit III</b>	<b>Vibhuti Pada</b> 1. Concept of Dharana 2. Concept of Dhyana 3. Concept of Samadhies 4. Concept of Samyama 5. Ashtasiddhies	15 hrs
<b>Unit IV</b>	<b>Kaivaly Pada</b> 1. Types of Karmas 2. Nature of Purusha 3. Nature of Citta 4. The Concept of God 5. Nature of Kaivalya	15hrs

**Recommended books:**

Dr. Veena Londhe	Inter Printing Patanjalis Yoga Dharshana (Theory and Practice)	Publisher Dr. Londhe anand Shripad tilak Mumbai400015-Ist adition 2018
¥MAd° ¢A°M DUMA	A1EUAJ MEv-nPA µA WTAAP1	ZERA^A _A_µVA^1j Ad, ¢AgUA^1, 1972
¥MAd° ¢A°M DUMA	¥AVAd® A1EUAUZEDEP^1	ZERA^A _A_µVA^1j Ad ¢AgUA^1, 1970.

Swami Vivekananda	Raj-Yoga (Kannada-English)	Ramkrishna Aashram, Bangalore.
R.M. Umesh	Science of Mind Control	Shri. Sharada Trust Bharathi Street Sringeri.
ಶ್ರೀಮದ್ ರಾಜಯೋಗಿ	ಫಲಗುಣೋಪಾಯೋಗ	ಶ್ರೀಶರದಾತ್ರಿಕುಟುಂಬ, ಶ್ರೀಶರದಾ
ಶ್ರೀಮದ್ ರಾಜಯೋಗಿ	ಫಲಗುಣೋಪಾಯೋಗ	ಗ್ರಂಥಮಾಲಾ, ಬೆಂಗಳೂರು 2020
M. Hiriyanna	Outlines of Indian Philosophy	Motilal Banarsidass Publishers pvt. Ltd. Delhi-41UABungalow road Jawahar Nagar Delhi-110007 Vth edition 2014
Dr. Naikar C. S	Patanjal Yoga Sutra	Medha Prakashana Kalyan Nagar Dharwad-3
Swami Adidevanand	Patanjal Dharshan (Kannada)	Sri Ramakrishna Math Bangalore-2014
Shyam Ranganathan	Pantanjal Yoga Sutra (English)	

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**Discipline Specific Course (DSC)-4**

**COURSE TITLE: DSC-4 YOGA AND UPANISHADS**

**Course Code: B1YOG004T**

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
<b>DSC-4</b>	<b>Theory</b>	<b>04</b>	<b>04</b>	<b>60hrs.</b>	<b>3hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**After Completion of the course students will be able to:**

1. Acquire the knowledge of All Upanishads.
2. Acquire the knowledge of the jeeva- atma- Bramhan.

**Course Objectives:**

1. Acquire the knowledge of Realization of soul and its liberation.
2. Know the ultimate goal of Self.

Unit	Title: Yoga and Upanishads	60 hrs/sem
<b>Unit I</b>	<b>Fundamentals of Upanishads</b> 1. Definition and Meaning of Upanishads 2. Katopanishads 3. Definition of Yoga 4. Nature of Nadies 5. Importance of Self Relization	15 hrs
<b>Unit II</b>	<b>Ishavashyopanishad and Mandukyopanishads</b> 1. Concept of Karmanista (IU) 2. Vidya and Avidya (IU) 3. Knowledge of Alma and Brahman (IU) 4. Stories of Consciouness (MU) 5. Concept of Omkar (MU)	15 hrs
<b>Unit III</b>	<b>Kenopanishads</b> 1. Indriya and Anthakarna 2. Self and Mind 3. Infutive realization of the truth 4. Transidental Truth 5. Moral of Yakhsay- Upakhyana	15 hrs
<b>Unit IV</b>	<b>Taittiriya Prashna Brihadaryanaka and Chandogya Upanishads.</b> 1. Concept of Panchakosha (TU) 2. Concept of Pancha Prana (PU) 3. Concept of Atman and JnanaYoga 4. Union of Atma and Parmatma 5. Shandilya Vidya (CU)	15hrs

**Recommended books:**

		2nd Edition, 1995
Anubhav Rai	Techniques and there Scientific evaluation	Gurgaon-1999
Sarashwati chennakeshavan	The Concept of mind and Indian Philosophy	Motilal Banarasidas Publication Delhi 2 <sup>nd</sup> Adn 1996
Glen Peter Kezwar	Mediation, Oneness and	Sterling Paperbacks, An Imprint of L-

	Physics	10 Green Park, Extension, New Delhi
Swami Aadi Devananda Janneswar Ghosh	Goudapad Karika A Study of Yoga	Ramkrishnashrama, Mysore. Motilal Banarsidas, Delhi.

<b>Formative Assessment for Theory</b>	
<b>Assessment Occasion/type</b>	<b>Marks</b>
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**Discipline Specific Course (DSC)-5**

**COURSE TITLE: DSC-5 YOGA PRACTICAL - 1**

**Course Code: B1YOG005P**

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
<b>DSC-5</b>	<b>Practical</b>	<b>04</b>	<b>08</b>	<b>120hrs.</b>	<b>4hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**After Completion of the course students will be able to:**

1. Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
2. Helps to develop immunity.
3. Integration of body Prana and Mind
4. stability of body, mind helps to Spiritual enlightenment

**Course Objectives:**

1. Acquire the knowledge of Practical Fluency.
2. Acquire the knowledge of Lecture Com-Demonstration.
3. Acquire the knowledge of Health and Personality.

**List of the Yogic practices - 120hrs/semester**

Unit	Title: Yoga Practical-1	120 hrs/sem
<b>Unit I</b>	<b>Introduction to Techniques, Benefits, Salient features and Precautions of</b> 1. Asana 2. Pranayama 3. Bhadas and Mudras 4. Yogic Kriyas 5. Meditation	30 hrs
<b>Unit II</b>	<b>Sheetalikaran Vayam-I</b> 1. Neck front and back bending 2. Neck Right and Left Bending 3. Neck Right and Left Rotating 4. Neck Right and Left full Rotating 5. Shoulder Stretching	30 hrs
<b>Unit III</b>	<b>Asanas Practices</b> Sukhasana, Padmasana, Tadasana, Ardhakati Chakrasana, Urdhwa hasta uttahana asana, Trikonasana, Parvatasana, yogamudrasana, Vishramasana, Matsyasana, Bhadrasana, Baddhakonasana, Navasana, Makarasana, Shavasana.	30 hrs
<b>Unit IV</b>	<b>Pranayama Practices</b> Mechanishm of correct breathing, concept of Puraka, Rechaka, Kumbhaka and Deep breathing.	30 hrs

**Books recommended :**

Swami Kuvalyananda	Asanas	Kaivalyadhama, Lonavala,1982.
O.P Tiwari,	Asana: Why and How	Kaivalyadhama, Lonavala,1991.
Swami Satyananda Saraswati	Asana,Pranayama,Mudra,Bandha	Bihar Schools of Yoga, Manger, 1989.



**Discipline Specific Course (DSC)-6**

**COURSE TITLE: DSC-6 YOGA PRACTICAL - 2**

**Course Code: B1YOG006P**

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
<b>DSC-6</b>	<b>Practical</b>	<b>04</b>	<b>08</b>	<b>120hrs.</b>	<b>4hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

*After Completion of the course students will be able to:*

1. Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
2. Helps to develop immunity.
3. Integration of body prana and mind
4. stability of body, mind helps to spiritual enlightenment

**Course Objectives:**

1. Acquire the knowledge of Practical Fluency.
2. Acquire the knowledge of Lecture Com-Demonstration.
3. Acquire the knowledge of Health and Personality.

**List of the Yogic practices - 120hrs/semester**

Unit	Title: Yoga Practical-2	120 hrs/sem
<b>Unit I</b>	<b>Shithilikarana Vyayama-2</b> 1. Shoulder Rotation 2. Left and Right trunk twisting 3. Shoulders Up and Dwon 4. Knee Movement Rotation 5. Ankle Movement, Left and Right Rotation	30 hrs
<b>Unit II</b>	<b>Asanas Practices</b> 1. Vajrasana, Swastikasana 2. Ardha Chakrasana, Padahastasana 3. Parivarata trikonasana. 4. Janushirasana, Paschimothanasana 5. Ushtrasana, Bhujangasana, Shavasana	30 hrs
<b>Unit III</b>	1. Suryanuloma Viloma 2. Chandrabhedana 3. Suryabhedana 4. Chandranuloma Viloma 5. Yogic Deep Breathing	30 hrs
<b>Unit IV</b>	<b>Yogic Kriyas</b> 1. Kapalabhati Meaning, 2. Precautions, 3. Procedure 4. Uses 5. Pranavajapa.	30 hrs

**Books recommended :**

Swami Kuvulyananda	Asanas	Kaivalyadhama, Lonavala,1982.
Tiwari, O.P	Asana: Why and How	Kaivalyadhama, Lonavala,1991.





**Discipline Specific Course (DSC)-7**

**COURSE TITLE: DSC-7 LEVELS OF CONSCIOUSNESS**

**Course Code: B2YOG001T**

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
<b>DSC-7</b>	<b>Theory</b>	<b>04</b>	<b>04</b>	<b>60hrs.</b>	<b>3hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**After Completion of the course students will be able to:**

1. To impart the knowledge of the self consciousness
2. To impart realization

**Course Objectives:**

1. To impart the knowledge of the self Observation.
2. To impart knowledge of Inner awareness.

<b>Unit</b>	<b>Title: Levels of Consciousness</b>	<b>60 hrs/sem</b>
<b>Unit I</b>	<b>Introduction</b> 1. Concept of Soul and Consciousness 2. Concept of Bramhan and Consciousness 3. Stages of liberation videhamukti and Jeevanmukti 4. Panchakoshas and consciousness 5. Jagrat, Swapna and Sushupti	15 hrs
<b>Unit II</b>	<b>Relational theory of Consciousness</b> 1. Advaita and Consciousness 2. Vishistadvaita and Consciousness 3. Dwaita and Consciousness 4. State of Turiya and Consciousness 5. State of Turiyateeta and Consciousness	15 hrs
<b>Unit III</b>	<b>Consciousness as Quality</b> 1. Anatmavada and Consciousness 2. Nirvana and Consciousness 3. Madhyamika's concept of Consciousness 4. Nagarjuna and infinity 5. Upanishadic Concept of Sat-cit-Ananda	15 hrs
<b>Unit IV</b>	<b>Self Consciousness</b> 1. Aparoksha and Swaprakasha 2. Deep sleep and Samadhi 3. Sakshi and Kutastha 4. Concept of pratyagtma 5. Charvaka's concept of Consciousness	15hrs

**Recommended books:**

S. N. Dasgupta	Yoga Philosophy in Relation to other Systems of Indian thought.	Kegan Pub, London, 1924.
Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
S. N. Dasgupta	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.
Fenerstein George	The Yoga Tradition: Its History, Literature, Philosophy and Practice,	Bhavana Books and Prints, 2002

Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.	Advaita Ashrama, Culcutta, 2000:
R. D. Ranade	Vedanta the Culmination of Indian Thought	Bharatiya Vidya Bhavan, Bombay
Dr. G. Srinivasan	Essentials of Vedanta	Bopco Publication, Bangalore
R. D. Ranade	A Constrictive Survey of Upanishadic Philosophy	Bharatiya Vidya Bhavan Mumbai-7
Gopi Krishna	Kundalini- The Secret of Yoga	U.B.S. Publisher's New Delhi
Swami Krishnananda	The Philosophy of life	The Divine life Society, P.O.Shivanand Nagar, U.P-India..
Swami Adidevand	योगशास्त्रम्	योगशास्त्रम्, 2006
Dr. N. G. Mahadevappa	Yoga Mattu Bharatiya Tatvashashtra	Suyoga Prakashana Dharwad- 2008

<b>Formative Assessment for Theory</b>	
<b>Assessment Occasion/type</b>	<b>Marks</b>
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**Discipline Specific Course (DSC)-8**

**Course Title: DSC-8 YOGA VASISHTA**

**Course Code: B2YOG002T**

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
<b>DSC-8</b>	<b>Theory</b>	<b>04</b>	<b>04</b>	<b>60hrs.</b>	<b>3hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**After Completion of the course students will be able to:**

1. It imparts Mononigraha
2. Helpful for Yoga Sadhaka

**Course Objectives:**

1. It imparts realization of soul
2. It imparts Concentration of Mind

Unit	Title: Yoga Vasishtha	60 hrs/sem
<b>Unit I</b>	<b>Introduction</b> 1. Significance of Vairagy Prakarana 2. Dialogues between Valmiki and Bharadwaj 3. Thirtha Yatra of Sri Rama 4. Negation of desires 5. Negation of Material Life	15 hrs
<b>Unit II</b>	<b>Mumukshu Vevahar and Utpatti Prakarana</b> 1. Elimination of Asubhavasana through Subhavasanas 2. Four Sentries for the gate to liberation 3. Nature of Knowledge 4. The state of Mind 5. The Nature of Jeevmukta Lakshana	15 hrs
<b>Unit III</b>	<b>Stiti and Upashama Prakarana</b> 1. Stories Bhargava 2. The concept of Ahankara 3. King of Janaka 4. Self Realization of Rajabali 5. The story of Udhalaka Muni	15 hrs
<b>Unit IV</b>	<b>Nirvana (Purvarda and Uttarda) Prakarana</b> 1. Nature of Pranayama 2. Real Worship of God 3. Concept of CittaSuddi 4. Yoga Saptabhumikas 5. Concept of Tapassa	15hrs

**Recommended books:**

Motilal Banarashids Lagha	Yoga Visishta Upanishads	Geeta press Gorakhpur 2022
Srimad Valmiki	Yoga Visishta Upanishads	Geeta press Gorakhpur 2022
B. L. Atreya	Philosophy of Yoga Vasishtha	Theosophical Publishing House Madrass-1936
B. L. Atreya	Vasishta Dharsanam	Sampurnanand Sanskrit University, Bihar 2002
Nagesh	Yoga Vasishtha	Samaja Pustakalaya Shivaji Bidi Dharwad-580001

Prof. A Satyanarayana Shastry	Talks on Yoga Vasistha	Followers of Shastriji Bengaluru, First Edition 2017
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<b>Formative Assessment for Theory</b>	
<b>Assessment Occasion/type</b>	<b>Marks</b>
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**Discipline Specific Course (DSC)-9**

**Course Title: DSC-9 HATAYOGA PRADIPIKA**

**Course Code: B2YOG003T**

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
<b>DSC-9</b>	<b>Theory</b>	<b>04</b>	<b>04</b>	<b>60hrs.</b>	<b>3hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**After Completion of the course students will be able to:**

1. It imparts deep knowledge of yoga practice to teacher and Practitioner
2. Individual will get basic knowledge of Yoga

**Course Objectives**

1. It imparts deep knowledge of Nadanusandhana.
2. Person will have the positive thinking and Spiritual enlightenment.

Unit	Title: Hatayoga Pradipika	60 hrs/sem
<b>Unit I</b>	<b>Introduction and Pratam Updesh</b> 1. Meaning and Purpose of Hathayoga 2. Hathayoga Parampara 3. Concept of Matha 4. Importance of Asana Practices 5. Mita ahara, Patya and Apatya	15 hrs
<b>Unit II</b>	<b>Dvitiya Upadesh</b> 1. Meaning and Introduction to Pranayama 2. Shatkriyas 3. Ashtakumbaks 4. Uses and Procedur 5. Hathasiddhi laxanas	15 hrs
<b>Unit III</b>	<b>Tritiya Upadesha</b> 1. Meaning and introduction to Mudras 2. Mudra, Mahabhandha and Mahaveda 3. Khechari, Uddiyana and Mulabandha 4. Jalandhar, Vipareetakarani, Vajroli and Shaktichalana 5. Benefits of Dashamudras	15 hrs
<b>Unit IV</b>	<b>Chaturth Upadesh</b> 1. Meaning and introduction to Nadanusandhana 2. Arabhavastha 3. Ghatavastha 4. Parichayavastha 5. Nishpatyavastha	15 hrs

**Recommended books:**

Shree Sahajananda	Hatha Yoga Manjari	Kaivalyadhama S.M.Y.M.Samiti, Lonavala
Swami Muktibodhananda Saraswati	Hatha Yoga Pradipika	Dr. G.K.Keiriwal, Bihar School of Yoga, Manger
Kunhan Raj	Hatha Yoga Pradipika	The Adyar library Publctions Chennai, 2000.
Burnier Radha	Hatha Yoga Pradipika of Svatmaarama	The Adyar library Publctions Chennai, 2000.

Dr. C.S.Naikar	Ghatastha Yoga	Medha Pub. Kalyan Nagar, Dharwad 580007. 1997
Dr. C.S.Naikar	Hatha Pradipika (Kan. & Eng)	Medha Pub. Kalyan Nagar, Dharwad 580007. 2021.

<b>Formative Assessment for Theory</b>	
<b>Assessment Occasion/type</b>	<b>Marks</b>
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**Discipline Specific Course (DSC)-10**

**COURSE TITLE: DSC-10 YOGA PRACTICAL - 3**

**Course Code: B2YOG004P**

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
<b>DSC-10</b>	<b>Practical</b>	<b>04</b>	<b>08</b>	<b>120hrs.</b>	<b>4hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**After Completion of the course students will be able to:**

1. Practice of Yoga helps to prevent diseases promotes health and in case of diseases helps to cure
2. helps to develop immunity

**Course Objective:**

1. Integration of body prana and mind
2. stability of body, mind helps to spiritual enlightenment

**List of the Yogic practices - 120hrs/semester**

Unit	Title: Yoga Practical-3	120 hrs/sem
<b>Unit I</b>	<b>Asana Practices</b> 1. Previous Practice 2. Siddhasana, Utkatasana, Vrikshasana, Bujangasana 3. Uttanapadasana 4. Ardhalasana, Viparita Karni, Naukasana, Halasana, Shavasana 5. Baddhakonasana, Mandukasana, Vakrasana, Vatayanasana, Ugrasana.	30 hrs
<b>Unit II</b>	<b>Pranayamas</b> 1. Previous Practice 2. Nadishodhana 3. Nadishodhana Three Rounds 4. Nadishodhana Three Rounds 5. Nadishodhana Three Rounds	30 hrs
<b>Unit III</b>	<b>Yogic Kriyas</b> 1. Jalaneti 2. Meaning 3. Procedures 4. Precautions 5. Uses	30 hrs
<b>Unit IV</b>	<b>Bandhas and Mudras</b> 1. Moolabandha 2. Chinmudra 3. Jnanamudra 4. Dhyanamudra 5. Meaning, procedure, Percolations, Advantages,	30 hrs

**Books recommended :**

Yogiraj Behramji	Yogasana for Health	Himalayan Yoga Institute, 1989.
Dhirendra Brahmachari	Yogasana Vijnana	Dhirendra Yoga Publications, New Delhi, 1989.
Tiruka	Yogasanagalu (Kannada)	Ananthashevarashrama, Malladihalli, 1989





**Discipline Specific Course (DSC)-11**

**COURSE TITLE: DSC-11 YOGA PRACTICALS - 4**

**Course Code: B2YOG005P**

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
<b>DSC-11</b>	<b>Practical</b>	<b>04</b>	<b>08</b>	<b>120hrs.</b>	<b>4hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

**Course Outcomes (COs):**

**After Completion of the course students will be able to:**

1. Practice of Yoga helps to prevent diseases promotes health and in case of diseases helps to cure.
2. Helps to develop immunity.

**Course Objective:**

1. Integration of body prana and mind
2. Stability of body, mind helps to spiritual enlightenment

**List of the Yogic practices - 120hrs/semester**

Unit	Title: Yoga Practical-4	120 hrs/sem
<b>Unit I</b>	<b>Asanas</b> 1. Previous Practices 2. Suryanamaskara 3. Natarajasana, Sarvangasana, Shavasana 4. Uttanamandukasana, Suptavajrasana, Ardhamatsyenasana 5. Gomukhasana, Kurmasana	30 hrs
<b>Unit II</b>	<b>Pranayamas</b> 1. Nadishodhan- 5 Rounds 2. Sheetal, Shitkari 3. Ujjae- 5 Rounds 4. Bhashtrika Rounds	30 hrs
<b>Unit III</b>	<b>Yogic Kriyas</b> 1. Previous Practices 2. Meaning of Dhouti 3. Meaning of Bhasti 4. Meaning of Nouli 5. Sutraneti- Meaning, procedure, Precautions, advantages.	30 hrs
<b>Unit IV</b>	<b>Bandhas and Mudras</b> 1. Previous Practices 2. Uddiyana Bhanda 3. Jalandar Bhanda 4. Shimha Mudra and Meditation (Vipassana) 5. Meaning, Procedure, Percolations and advantages	30 hrs

**Books recommended :**

Yogiraj Behramji	Yogasana for Health	Himalayan Yoga Institute, 1989.
Dhirendra Brahmachari	Yogasana Vijnana	Dhirendra Yoga Publications, New Delhi, 1989.



## Open Elective Course- 1

### COURSE TITLE: YOGA AND HOLISTIC HEALTH

Course Code: B2YOG201T

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
<b>OEC-1</b>	<b>Theory</b>	<b>03</b>	<b>04</b>	<b>45hrs.</b>	<b>3hrs.</b>	<b>25</b>	<b>75</b>	<b>100</b>

#### Course Outcomes (COs):

*After Completion of the course students will be able to:*

1. To impart the importance of nutrients in health and disease.
2. Yoga sutra constitutes Astanga Yoga which helps attain ultimate goal of Yoga.

#### Course Objectives:

1. To impart the Personality Development and Good Human being.
2. To impart Good Yogic Life style.

Unit	Title: Yoga and Holistic Health	45 hrs/sem
<b>Unit-I</b>	<b>Introduction</b> 1. Health its Meaning and definition 2. Yoga and Holistic Health 3. Yogic Practices for Healthy living 4. Concept of disease, Definition and types of disease 5. Prevent, promotive and curative aspect of Yoga	15 hrs
<b>Unit-II</b>	<b>Nutrition and Health</b> 1. Classifications of food, carbohydrates, Proteins, and fats 2. Vitamins 3. Minerals 4. Role of Food in health living 5. Yogic diet, Pathya, Apathya and Mitahara.	15 hrs
<b>Unit-III</b>	<b>Yogic treatment for common diseases</b> 1. Obesity 2. Diabetes Mellitus 3. Insomnia and Depression 4. Menstrual Disorders 5. Hypertension	15 hrs
<b>Unit-IV</b>	<b>Yoga and Social Health</b> 1. Ashtanga Yoga 2. Karma Yoga 3. Jnana Yoga 4. Bhakti Yoga 5. Yoga and Personality Development.	15 hrs

#### Recommended books:

Dr.Anand Nadger	Sharrera Rachana Shastra Mattu Shareera Shastra	Mallasajjan Prakashan- 2007, MVAS Shri K.G.Nadgir College of Education, Dharwad-580008.
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K.G.Nadagir	Arogya & Arogya Shikshana	Mallasajjan Prakashan, Dharwad.
Chatterjee	Human Physiology	Medical Aliened Agency Calcutta-1985
Pearce	Anatomy & Physiology for Nurses including clinical application	Calcutta, OUP-1982
Swamy Satyananda Saraswati	Common Diseases	Sri G.K.Kejriwal, Honorary Secretary, Bihar School of Yoga
Swami Vivekanada	Raj-Yoga (Kannada-English)	Ramkrishna Aashram, Bangalore.
Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.	Advaita Ashrama, Culcutta, 2000
Swami Adidevananda	The Yoga Psychology	Pub.Ramkrishna Vedanta Math Calcutta
Swami Rama & Swami Ajaya	Creative use of Emotion	Himalayan International Institute Malviya Nagar New Delhi-110017
Swami Rama & Swami Ajaya	Yoga and Psychotherapy-the Evolution of Consciousness	Himalayan International Institute Malviya Nagar New Delhi-110017
Dharanendraiah A.S	Samanya Mano Vijnana (Kannada)	Pub. Mys.Uni.Mysore
Yogiraj Behramji	Yogasana for Health	Himalayan International Institute, Malviya Nagar, New Delhi-110017
Dr. Ganesh Shankar	Health for all through Yoga	Department of Yogic Studies, Dr. harisihgh Gour University, Sagar-470003 (MP)

<b>Formative Assessment for Theory</b>	
<b>Assessment Occasion/type</b>	<b>Marks</b>
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
<b>Total</b>	<b>25 Marks</b>
<i>Formative Assessment as per guidelines.</i>	

**GENERAL PATTERN OF THEORY QUESTION COURSE FOR DSC/ DSE/VOC**

**(75 marks for semester end Examination with 3hrs duration)**

**Part-A**

1. Question number 1-05 carries 4×5 marks each. : 20 marks

**Part-B**

2. Question number 06- 11 carries 4×10Marks each. Answer any 04 questions : 40 marks

**Part-C**

3. Question number 12 carries 1×15 Marks each. Answer any 01 questions : 15 marks  
questions for 1+5 or 6+11 or 12 if necessary)

**Total: 75 Marks**

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