

Approval of Agenda proposed by Dean Faculty of Yoga Science and approved by
Hon'ble Pro-Vice Chancellor.



UNIVERSITY of PATANJALI
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

दिनांक:-28.07.2023

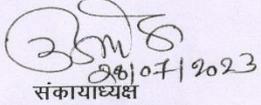
नोट शीट

विषय: अध्ययन मण्डल की बैठक आहूत किये जाने के संबंध में।

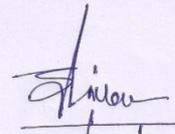
विषयांतर्गत पतंजलि विश्वविद्यालय के योग विज्ञान विभाग के सत्र 2023-24 हेतु अध्ययन मण्डल की बैठक किया जाना को प्रस्तावित है। बैठक की कार्यावली अधोलिखित है।

पद क्र० 1. संचालित पाठ्यक्रमों की समीक्षा।
पद क्र० 2 लघु शोध प्रबंध संचालन प्रक्रिया पर विचार।
पद क्र० 3. यू०जी०सी० के पत्रानुसार IKS को विश्वविद्यालय के पाठ्यक्रमों में समाहित करने पर विचार।
पद क्र० 4. नये पाठ्यक्रमों की योजना बनाना।
पद क्र० 5. वर्तमान में संचालित पाठ्यक्रमों के संबंध में विचार विमर्श।
पद क्र० 6. सत्र 2022-2023 में, विषय विशेषज्ञों की सूची तैयार करना।
पद क्र० 7. प्रायोगिक कक्षाओं और प्रायोगिक परीक्षाओं के संबंध में विचार विमर्श करना।
पद क्र० 8. विद्या परिषद् की दसवीं बैठक में लिये गये निर्णयों के संबंध में विचार विमर्श करना।
पद क्र० 9. योग विज्ञान विभाग में आयोजित की जाने वाली कार्यशाला हेतु विषय की समीक्षा एवं क्षेत्र निर्धारण।
पद क्र० 10. अध्यक्ष महोदय की अनुमति से अन्य प्रश्न।

उपरोक्त कार्य सूची के विषयों के संबंध में निर्णय हेतु अध्ययन मण्डल की बैठक बुला जाना आवश्यक स्वीकृतार्थ एवं आदेशानार्थ प्रस्तुत।


28/07/2023
संकायाध्यक्ष
(योग विज्ञान संकाय)

(माननीय प्रति-कुलपति)


28/07/23


विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार



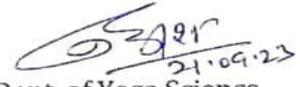
UNIVERSITY OF PATANJALI, HARIDWAR
Department of Yoga Science

Letter No: DYS/Office /2023-24/17

Dated: 21.09.2023

Notice

As per the directions of Dean, Faculty of Yoga Science, Board of Studies (BOS) Meeting of Dept. of Yoga Science is proposed on 25th Sept 2023. Accordingly, all the faculty members of Dept. of Yoga Science are hereby requested to submit their suggestions, if any, for the academic development of the department by 22nd Sept 2023 to prepare the agenda of the meeting.


21.09.23
Head, Dept. of Yoga Science
University of Patanjali, Haridwar
विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

Copy to:

1. Dean, Faculty of Yoga Science

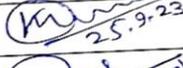
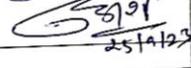
1. Dr. Bipin Dubey *Bipin*
 2. Dr. Arti Pal
 3. Dr. Sandeep Kumar *Sandeep Kumar*
 4. Dr. Monika Sharma *Monika*
 5. Sh. Sushash *S*
 6. Dr. Arti Yadav *Artiyadav*
- 22/9/23*
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PRESENCE SHEET

Second Meeting of Board of Studies of the Dept. of Yoga Science for the academic Year 2023-24 has been convened today on 25th of Sept 2023 at 02.00 PM in the office of Dean, Faculty of Yoga Science.

Attendance Sheet

Name	Designation	Membership	Signature
Prof. Om Narayan Tiwari	Dean Faculty of Yoga Science, UOP Haridwar	Chairman	
Prof. Suresh barnwal	HOD Dept of Yoga Science, DSVV, Haridwar	Member	ABSENT
Dr Kamakhya Kumar	HOD Dept of Yoga Science, USU Haridwar	Member	 25.9.23
Dr Ram Narayan Mishra	Dept of Yoga Science, SRHU, Jollygrant	Member	 25/9/23
Dr. Nidheesh Yadav	HOD Dept of Yoga Science, UOP, Haridwar	Member Secretary	 25/9/23



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BOARD OF STUDIES, DEPARTMENT OF YOGA SCIENCE UNIVERSITY OF
PATANJALI, HARIDWAR

2023-24

BOARD OF STUDIES MINUTES OF MEETING

Few agenda for the academic up gradation and as per the suggestions of the students and staff of Dept. of Yoga Science was proposed by the Dean, Faculty of Yoga Science, UOP on 28.07.2023, the same was approved by the Pro- Vice Chancellor on 29.07.2023 with directions to convene the meeting.

Accordingly, a notice has been issued to all the faculty members on 21 Sept 2023 to put up the suggestions as per the agenda item to convene the BOS Meeting on 25. Sept 2023. Few suggestions were also received.

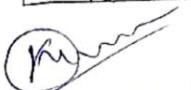
Meeting of Board of Studies of the Dept. of Yoga Science for academic year 2023-24 has been convened today on 25th of Sept 2023 at 02.00 PM in the office of Dean, Faculty of Yoga Science.

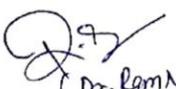
Following Members were present in the meeting:

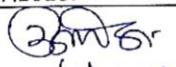
1. Prof. Om Narayan Tiwari, Dean Faculty of Yoga Science, UOP-Offline **Chairman**
2. Prof. Suresh Barnwal, HOD Dept of Yoga Science, DSVV, Haridwar-Online **Member (Absent)**
3. Dr Kamakhya Kumar, HOD Dept of Yoga Science, USU Haridwar-Offline **Member**
4. Dr Ram Narayan Mishra, Asst Prof. Dept of Yoga Science, SRHU, Jollygrant **Member**
5. Dr. Nidheesh Yadav, Asst Prof, Dept of Yoga Science, UOP **Member Secretary**

Meeting started with the welcome note of the Dean, Faculty of Yoga Science and detailed the agenda to the member. Agenda were then discussed in length.

S.No	AGENDA ITEM	DISCUSSION	ALLOCATION OF RESPONSIBILITY
1	To review the running syllabus of Department	<ul style="list-style-type: none"> • To incorporate Paper Course Indian Knowledge System as MSY AECT-C- 305. • To incorporate Yogic & Ayurvedic therapeutic techniques as MSY-AECT-C-405. • Partial rectification the Research Methodology & Statistics (MS-CT 205) 	HOD. Dept of Yoga Science to incorporate the papers with current semester. Dr. Nidheesh Yadav
2	Regulations of Dissertation/Project Work/field Work	Members suggested for constructing a Committee for formulation of respective policy.	Dr. Rudra Bhandari-Member. Dr. Sandip Singh-Member Dr. Ram Narayan Mishra- BoS Member
3	Accommodation of Indian Knowledge System (IKS) in all syllabus as per UGC guideline	Applied in the syllabus of MSc Yoga Science as per the direction of 10 th Academic Council Meeting dt. 06.07.2023.	-


(Dr. Kamakhya)


(Dr. Ram Narayan)


(Chairman)


(Member Secretary)

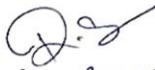
BOARD OF STUDIES, DEPARTMENT OF YOGA SCIENCE UNIVERSITY OF
PATANJALI, HARIDWAR

2023-24

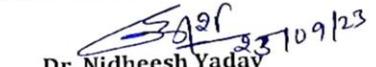
4	To initiate new programs/Courses.	As University has adapted Yoga Manual for accreditation accordingly, Dr. Kamakhya Kumar Ji suggested to establish different allied department of Yoga as per the norms of Yoga Manual	Dean, Faculty of Yoga Science to initiate.
5	Review Current Syllabus	Department has initiated Sem 1 and Sem 2 of BA with Yoga & BA Yoga Science	Time table has to be implemented as per N.E.P. guidelines.
6	Preparation of Subject Experts List/ Examiners for academic session 2023-24	List has been submitted among the board members to finalize through the Dean Dept of Yoga Science.	Dean, Faculty of Yoga Science
7	Discussion in relation to Practical sessions & Practical Examinations	Suggested to change the internal examiner other than the subject teacher/Yoga Instructor. To establish CIA (Continue Internal Assessment)	Dean Faculty of Yoga Science/
8	To conclude the outcomes of 10 th Academic Council.	<ul style="list-style-type: none"> The entire syllabus has to be approved by the Board of Faculty. Brij Course, Certificate, Diploma & Graduation program in Yoga has been proposed through distance learning. 	
9	To discuss the area & topics for workshops & seminars under the department.	The organizers of National Workshop on India Meditation System for Holistic Health have been appreciated by the committee.	
10	Any other issue with due permission to Chairman	<ul style="list-style-type: none"> D. Lit and D. Sc. in the Dept has to be initiated. Departmental procedural guidelines for PhD scholars of the department. Students App is required for fulfilment of New Education Policy. Diploma in Yoga & Ayurveda coordinated by faculty of Science has to be shifted to Dept of Yoga Science 	Dean, Faculty of Yoga Science.

Meeting was concluded with approval of the amended syllabus, Vote of thanks to all the members and Shantipath.


(Dr. Kamakhya)


(Dr. Ram Narayan)


(Chairman)


Dr. Nidheesh Yadav
Member Secretary, BOS



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Course Name: Indian Knowledge System
Course Code: In Place of MSY-AECT-C-305
Course Objective: To Understand the basic concepts of Indian Knowledge System

Total Number of Hrs: 60	Theory	Tutorial	Practical
Credits	3	1	0
Hrs/Week	3	1	0
SCHEME OF EXAMINATION			
Total Marks: 100	Theory : 100		Practical:
Final Exam (SSE)	Internal Assessment (CT+TA)	Final Exam (SSE)	Internal Assessment (CT+TA/PR)
70	30		

UNIT 1:- Indian Philosophical Systems-Part (a)

Four Vedas-s- Rigveda, Yajurveda, Samaveda and Atharvaveda; introductory information on them. Six vedanga-s: (Siksa, Vyakarana, Nirukta, Chanda, Jyotisa, Kalpa). Vedic Vangmaya: Caturdasa vidyasthanas: 14 branches of learning in ancient India-Purana, Nyaya, Mimamsa, Dharmasastra.

18 puranas-s, their names and five general characteristics of purana-s-sarga, pratisarga, vamsa, manvantara and vamsanucarita.

UNIT 2:- Indian Philosophical Systems-Part (b)

Introduction and Contribution of Ancient Indian gurukula System: nalanda, taksasila, vikramasila, valabhi, odantapuri, mithila, kanci, nadiya, puspagiri, nagarjunakomda, saradapitha (kasmira), ujain, jagaddala aura somapura.

Dharma, artha and Society: Four purusartha-dharma, artha, kama and moksa. Definitions of each of the purusarth-s and meaning of dharma- Root and derivation of the word dharma. dharma: Definitions and Meanings from various texts (mahabharata, manusmrti, vaisika sutra). kama, nitya, nisiddha, naimittika, prayascita & upasana. Meaning of the word artha-purusartha; Root and derivation and meaning. Social outlook for tirthayatra, festivals, saptapuri, 12 jyotirlinga-s and unity of India.

UNIT 3:- Health and Well-being

Scope: 1. Folk and Tribal Medicines and Siddha. 2. Ayurveda. 3. Siddha.

Folk and classical streams of medical knowledge in India: folk and tribal medicine-8000 plants, home remedies, primary health care, bone setting, traditional birth attendants, poison healers.

Ayurveda.: Foundational concepts of ayurveda- Dosadhatumalasiddhanta. Definition of health (svastha), daily routine (dinacarya), seasonal routine (rtucarya).

Siddha: Historical development and milestones, personalities, textual sources. Foundational concepts- Tridosa. pulse diagnosis. Varma treatment. Herbo-mineral formulations. Concepts of health and disease, Preventive Medicine. Approaches to management of diseases. Current status of the siddha system of medicine in India and the world.









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UNIT 4:- Contribution of Indian Yogi's in Yoga Promotion & Research
The impact of yoga on the World: philosophers who left an impact on the West-Swami Vivekananda, Paramahansa Yogananda, Sri Aurobindo, Maharishi Mahesh Yogi, Acharya Rajneesh, J. Krishnamurti, Swami Sivananda, BKS Iyengar, Sri Krishnamachari.

The impact of yoga on diverse fields: influence on Western art, culture and film from the 18th century, influence on Western literature.

Reference books:

1. An Introduction to Indian Knowledge Systems: Concepts and Applications, B Mahadevan, V R Bhat, and Nagendra Pavana R N; 2022 (Prentice Hall of India).
2. Indian Knowledge Systems: Vol I and II, Kapil Kapoor and A K Singh; 2005 (D.K. Print World Ltd).
3. Baladev Upadhyaya, Samskrita Śāstrom ka Itihās, Chowkhambha, Varanasi, 2010.
- 4 The Beautiful Tree: Indigenous India Education in the Eighteenth Century, Dharampal, Biblia Impex, New Delhi, 1983. Reprinted by Keerthi Publishing House Pvt Ltd., Coimbatore, 1995.
- 5 Indian Science and Technology in the Eighteenth Century, Dharampal. Delhi: Impex India, 1971. The British Journal for the History of Science.
6. D. M. Bose, S. N. Sen and B. V. Subbarayappa, Eds., A Concise History of Science in India, 2nd Ed., Universities Press, Hyderabad, 2010.
7. Dharampal, Some Aspects of Earlier Indian Society and Polity and Their Relevance Today, New Quest Publications, Pune, 1987.





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Course Name: Yogic and Ayurvedic Therapeutic Techniques
Course Code: In Place of MSY-AECT-C-405
Course Objective: To Understand the concepts of Yogic and Ayurvedic therapeutic technique.

Total Number of Hrs: 60		Theory	Tutorial	Practical	
Credits		3	1	0	
Hrs/Week		3	1	0	
SCHEME OF EXAMINATION					
Total Marks: 100					
Theory : 100			Practical:		
Final Exam (SSE)	Internal Assessment (CT+TA)	Final Exam (SSE)	Internal Assessment (CT+TA/PR)		
70	30				

UNIT 1: Purification Techniques in Hath Predipika, Gherand Samhita and Hath Ratnavali

Shatkarma- Dhauti, Basti, Neti, Trataka, Nauli and Kapalbhata, Yama and Niyama, Pathya and Apathya, Mitahara, health benefits of Mudra and Bandha.

UNIT 2: Acupressure and Hydrotherapy

Acupressure (origin, meaning, definitions, principles) five elements theory, disease specific acupoints (low back pain, hyper-hypotension, migration, insomnia, anxiety), sujok therapy. Hydrotherapy (Colon Hydrotherapy) - Types and health benefits of Hydrotherapy.

UNIT 3: Basic Principles of Ayurvedic Treatment

Raktamokshan: 1. Leech therapy 2. Shringi therapy 3. Cupping (dry, wet, fire), Nasya, Nadisvedan, Role of mud therapy in disease prevention.

UNIT 4: Marma therapy and Massage

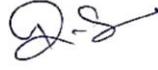
Fundamentals and history of Marma therapy, Classification of Marma points, Technique of activation of Marma points, Correlation marma through yogic activities like Asanas, Pranayama and Shatchakra. Massage: Definition, scope, history, its principles and manipulative technique, different types of massages and their role in disease prevention and health promotion.

Reference books:

1. Gheranda Samhita: Kaivalyadhama
2. Asana, Pranayama, Mudra, Bandha - Swami Satyanand Saraswati, yoga publication trust, Munger 2006
3. Swami Kuvalyananda and Shukla, S.A Gorakshasatkam, Kaivalyadhama
4. Sharma, S. (2013) Chikitsa upchar ke vividh ayam



- 5.Hathratnavalli: Kaivalyadhama (Publication)
- 6.Goyal, B.B. (2013). Secrets of Naturopathy and Yoga (UK Ed)
- 7.M.K.Gandhi : My Nature Cure
- 8.Dr.Jitendra Arya; Nature Cure, Pune
9. Patanjali Wellness: Upchaar paddhati
- 10.Marma Chikitsavijnana- Prof.Sunil Kumar Joshi, Mrityunjaya Mission, Aadi arts, Haridwar



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Name of the Course: Research Methodology and Statistics

Course Code: **MSY-CT-205**

Course Objectives:

Following the completion of the course students will:

1. Recognize theoretical concepts of conducting scientific research apply them to pursue higher research.
2. Use Research methodology and knowledge of various statistical procedures
3. Identify and operate research tools/software to conduct research on contemporary issues/needs.

Course Outcomes: Study of this course will enable learners to

1. Recognize qualitative and quantitative research process and ethics and its regulatory system/mechanism.
2. Design and carry out mini research projects.
3. Analyze and interpret data by using software.
4. Draft dissertation and research paper.

Structure of the Credits and its distribution of the Marks				
Total Number of Hours: 60		Theory	Tutorial	Practical
Credits		3	1	0
Hours/ week		3	1	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100		Practical		
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)	
70	30			

UNIT 1: Research Methodology Concepts –I

[15Hrs]

Introduction to research methodology: definition, types, need for Yoga research; The research process; Literature review: Purpose, Process; Digital sources: Google Scholar, PubMed, Science Direct, Springer, Wiley, Cochrane Library; Formation of Literature Review Table: Synthesis of information from Research Review Table, Presentation of Literature Review; Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests, and archives; Scales of measurement: nominal, ordinal, interval, ratio; Ethics of research: Laboratory ethics, Publication ethics; Ethical bodies, IEC, IRB and guidelines for good clinical practice; Issues of bias and confounding; Selection bias, Recall bias, Observer bias, measurement bias, Publication bias.

UNIT 2: Research Methodology Concepts –II

[15Hrs]

Sampling Methods: Concept, Types: Probability and Non-Probability Sampling, Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling, Convenience Sampling, Quota Sampling, Snow-Ball Sampling; Methods of controlling biases: Randomization, Matching, Cross over design, Restriction/ Blocking, Stratification, Factorial design; Types of variables: Independent, Dependent, Confounding; Types of research design: Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed, Cross-Sectional, Case Study, Survey; Reliability: Test- Retest Reliability, Internal Consistency, Inter rater Reliability; Validity: Construct Validity, Face Validity, Content Validity, Criterion; Validity, Convergent and Discriminate Validity. Interrater reliability.

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UNIT 3: Statistical Concepts – I

[15Hrs]

Statistics: Concept and Significance; Types: Descriptive statistics, Inferential statistics; Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph); Measures of Central Tendency: (Arithmetic Mean, Median and Mode): Concept and Computation for grouped and ungrouped data; Measure of Dispersion: Concept and computation of Range, Quartiles, Standard Deviation, and Mean Deviations; Normal Distribution: Concept, Proportions, and Applications of Normal Distribution; Statistic and Parameter: Sample and Population, Generalization, Hypothesis: null hypothesis; Concept: Type I and Type II Errors; One tailed, two tailed hypothesis, Types of Errors and its control, Central Limit Theorem.

UNIT 4: Statistical Concepts - II

[15Hrs]

Point estimate and interval estimate, Power analysis: Effect size, sample size, p-value, Confidence interval; Statistical tests and design, Assumptions of tests, Statistical tests for Various designs: Correlation: computation of correlation coefficient by product moment method, coefficient of Determination; Regression: Concept and Computation, Interpretation; Parametric and Non-Parametric Tests; proportions, paired sample, and independent sample t-tests, Chi- Square, ANOVA, Repeated Measures ANOVA, ANCOVA. Using SPSS.

TEXT BOOK

Kothari, C. R. (2011). *Research Methodology: Methods and Techniques (2nd ed.)*. New Delhi, India: New Age International Private Limited Publishers.

Suleman, M. (1997). *Sankhyiki ke mool tatwa*. Patna: Shukla Book Depot. Varanasi, India: Motilal Banarasi Das.

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R. L. Bijlani. (2008). *Medical Research: All You Wanted to Know But Did Not Know Who to Ask*. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi

Breakwell, G.M., Hammon, S., Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology (3rd ed.)*. London: Sage.

Bryman, A. (2008). *Social Research Method (3rd ed.)*. Oxford: Oxford University Press.

Garrett, H.E. (1993). *Shiksha evam manovigyan mein sankhyiki*. New Delhi, India: Kalyani Publishers.

Garrett, H.E. (1988). *Statistics in Psychology and Education*. Bombay, India: Vikils, Feiffer & Semen's Ltd.

Guilford, J. P. & Fruchter, B. (1988). *Fundamental Statistics in Psychology and Education*. New Delhi, India: McGraw Hill. Unit-I

Guilford, J. P., & Fruchter, B. (1973). *Fundamentals of statistics in psychology and education*. Tokyo, Japan: Kogakusha.

Gupta, S. P. (2004). *Statistical Methods (3rd ed.)*. New Delhi, India: Sultan Chand & Sons.

Haslam, S. A., & McGarty, C. (2003). *Research methods and statistics in psychology*. London: Sage.

Kapil, H. K. (1980). *Sankhyiki ke mool tatwa*. Agra, India: Vinod Pustak Mandir.

Kerlinger, F.N. (1978). *Foundation of Behaviour Research*. Delhi, India: Surjeet Publications.

Kumar, R. (2011). *Research Methodology (2nd ed.)*. Noida, India: Dorling Kindersley Pvt. Ltd, licensces of Pearson Education in South Asia.

Lloyd, D. F. & Gerald, V. B. (1993). *Biostatistics: A Methodology for the Health Science*. John Wiley & sons. Inc. Longman.

Maylor, H. & Blackmon, K. (2005). *Researching Business and Management*. New York, NY: Palgrave Macmillan.

Minium, E. W., King, B. M., & Bear, G. (1993). *Statistical reasoning in psychology and education (3rd ed.)*. New York: John Willey.

Mohsin, S.M. (1981). *Research Methods in Behavioral Sciences*. Calcutta, India: Orient

Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for LifeScience*. Oxford University Press.

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