



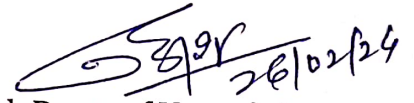
DEPARTMENT OF YOGA SCIENCE
University of Patanjali, Haridwar-249405

Letter No: DYS/Office /2023-24/BOS-02

Dated: 26.02.2024

Notice

As per the directions of Dean, Faculty of Yoga Science, Board of Studies (BOS) Meeting of Dept. of Yoga Science is proposed on 02nd March 2024. 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 28th Feb 2024 to prepare the agenda of the meeting.



Head, Dept. of Yoga Science
University of Patanjali, Haridwar

Copy to:

1. Dean, Faculty of Yoga Science

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पतंजलि विश्वविद्यालय, हरिद्वार

Letter No: DYS/Office /2023-24/BOS 03

Dated: 28.02.2024

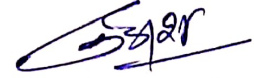
NOTE SHEET

Sub: Permission to conduct Board of Studies Meeting (BOS) and agenda for Department of Yoga Science

Syllabus for graduation in yoga science 3rd semester onwards has to be implemented and the syllabus has been prepared by the respective Coordinators of BA with Yoga & BSc Yoga Science in accordance with staff members. Therefore, a BOS meeting is required to be conducted with approved members for the same as per following agendas:

1. Submission of Action Taken Report of previous meeting.
2. Rectification & Approval of 1st & 2nd Sem syllabus for B.Sc. Yoga Science as per NEP
3. Approval of 3rd to 6th Sem syllabus for B.Sc. Yoga Science as per NEP
4. Rectification & Approval of 1st & 2nd Sem syllabus for B.A. with Yoga as per NEP.
5. Approval of 3rd to 6th Sem syllabus for B.A. with Yoga as per NEP.
6. Any other agenda item with due permission to Chairman.

Above agendas are submitted herewith for your kind consideration and approval please.



Dr. Nidheesh Yadav
Member Secretary, BOS
Dept of Yoga Science
University of Patanjali, Haridwar

Dean Faculty of Yoga Science

विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार



DEPARTMENT OF YOGA SCIENCE
University of Patanjali, Haridwar-249405

Letter No: DYS/Office /2023-24/56

DYS/office/2023-24/BOS-04

Dated: 26.02.2024

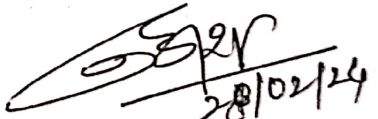
OFFICE ORDER

As per the directions of the higher officials today with respect to preparation of syllabus for undergraduate program in Yoga as well as to conduct BOS on 02nd of Mar 2024 at 10 Am in the morning, all the syllabus has to be prepared till 29th of Feb without fail. Accordingly, to catch up the target following two committees has been prepared to complete the task;

S. No	Committee Members	Allocation of Task	Remarks
01.	Dr. Rudra Bhandari Dr. Sandeep Singh Dr. Aarti Pal Sh. Pravesh Dr. Arti Yadav (Secretary)	1. Rectification 1 st & 2 nd Sem. 2. Preparation of 3 rd , 4 th , 5 th & 6 th Semester syllabus for B.Sc. Yoga Science as per NEP.	For improvement and finalization, please consult Prof. Omnarayan Tiwari the Dean, Faculty of Yoga Science.
02	Dr. Monika Sharma Dr. Ankit Kumar Sh. Subhash Sh. Prashant Dr. Bipin Dubey (Secretary)	1. Rectification 1 st & 2 nd Sem. 2. Preparation of 3 rd , 4 th , 5 th & 6 th Semester syllabus for B.A. with Yoga as per NEP.	

The draft format for syllabus provided by the office of IQAC is enclosed for your ready reference.

Please submit the allocated documents on time to the office of Dept. of Yoga Science.


28/02/24
Head, Dept. of Yoga Science
University of Patanjali, Haridwar

CC:

1. Dean, Faculty of Yoga Science for information.
2. All faculty members of the department.

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पतंजलि विश्वविद्यालय, हरिद्वार

Recd
Preethi
02-3-24

Letter No: DYS/Office/2023-24/BOS 05

Dated: 29.02.2024

NOTIFICATION-BOARD OF STUDIES MEETING


This is to inform that board of studies meeting for Department of Yoga Science has been scheduled as per directions of Hon'ble Pro Vice Chancellor on 02nd of March 2024 at 02.00 Pm with in Room No. UG 6, Department of Yoga Science, University of Patanjali, Haridwar.

Following respected members of Board of Studies are hereby requested to attend the aforesaid meeting for valuable suggestions & comments.

- | | |
|---|------------------|
| 1. Dr. Om Narayan Tiwari, UOP Haridwar | Chairman |
| 2. Dr. Suresh Barnwal, DSVV, Haridwar | Member |
| 3. Dr. Kamakhya Kumar, USU, Haridwar | Member |
| 4. Dr. Ram Narayan Mishra, SRHU, Dehradun | Member |
| 5. Dr. Nidheesh Yadav, UOP Haridwar | Member Secretary |

Agenda of the BOS Meeting:

1. Submission of Action Taken Report of previous meeting.
2. Rectification & Approval of 1st & 2nd Sem syllabus for B.Sc. Yoga Science as per NEP
3. Approval of 3rd to 6th Sem syllabus for B.Sc. Yoga Science as per NEP
4. Rectification & Approval of 1st & 2nd Sem syllabus for B.A. with Yoga as per NEP
5. Approval of 3rd to 6th Sem syllabus for B.A. with Yoga as per NEP.
6. Any other agenda item with due permission to Chairman.


Dr. Nidheesh Yadav

Member Secretary, BOS

Dept of Yoga Science

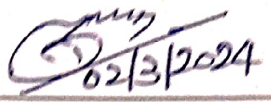
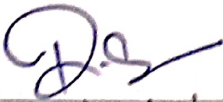

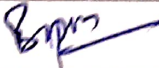

University of Patanjali, Haridwar


Copy:

1. Hon'ble Pro Vice Chancellor, UOP
2. Dean Academics, UOP
3. Registrar, UOP
4. Office of IQAC Cell

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पतंजलि विश्वविद्यालय, हरिद्वार

ATTENDANCE FOR BOARD OF STUDIES MEETING on 02nd March 2024

S. No	Name	Desination	Capacity	Signature
1	Prof. Om Narayan Tiwari	Dean Faculty of Yoga Science, UOP	Chairman	—
2	Prof. Suresh Lal Barnwal,	HOD Dept of Yoga Science, DSVV, Haridwar	Member	 02/3/2024
3	Dr Kamakhya Kumar	HOD Dept of Yoga Science, USU Haridwar	Member	ABSENT
4	Dr Ram Narayan Mishra	Asst Prof. Dept of Yoga Science, SRHU Dehradun	Member	
5	Dr. Arti Yadav	Coordinator BSc Yoga Science, UOP	Invitee	 02/3/24
6	Dr. Bipin Kumar Dubey	Coordinator BA with Yoga, UOP	Invitee	
7	Dr. Nidheesh Yadav	HOD Dept of Yoga Science, UOP	Member Secretary	 02/03/24


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Department of Yoga Science
University of Patanjali, Haridwar, Uttarakhand
NEP-2020 Programme for Bachelors/ Undergraduate Program in YOGA SCIENCE

Semester	Discipline Specific Courses Core Major (80)*			Minor Stream		Inter-disciplinary	Ability Enhancement Courses (AE)	Skill Enhancement Courses/ Internship/ Dissertation (SEC)	Common Value-Added Courses (VA)	Final Credits for the semester
	Major Core- I	Major Core- II	Major Core-III	Minor-I	Minor-II					
III	Patanjala Yog Sutra (Credits-5)	Yoga Practicum (Credit-4)	0	Essence of Shrimad Bhagwad Geeta (credit-4) Shastra Smaran (Credit 2)	0	A. Naturopathy & CAT OR B. Indian Knowledge System-I OR C. Marma Therapy (Credits-2)	Basics of Sanskritam -II (Credit-2)	Anthropometric Assessment & Traditional Vedic Diagnosis Tools (Credit-3)	0	22
IV	Gherand Samhita (Credits-6)	Various Meditation Techniques (Credit-6)	0	Essence of Shad- Darshan (Credit-4)	Upnishad Parichay (Credit-4)	0	Communicative English (Credit-2)	0	0	22
V	Various Yogic Texts- I: (Credit-6)	Yoga Practicum (Credit-6)	0	Understanding of Nadi, Pranas, Chakra & Kundalini (Credit 6)	0	0	0	Internship (Credit-4)	0	22
VI	Various Yogic Texts- II: (Credit-6)	Yoga Practicum (Credit-6)	0	Research Methodology (Credit-4)	Statistics (Credit-6)	0	0	0	0	22

NEP: New Education Policy, UGC: University Grants Commission, UG: Under Graduate, AEC: Ability Enhancement Courses, SEC: Skill Enhancement Courses, VA: Value Added Courses common for all UG

Chitresh Mishra
 Dr. Arti Yadav
 Invitee

R. S. Mishra
 Dr. Ram Narayan Mishra
 Member

Suresh Barnwal
 Dr. Suresh Barnwal
 Member

Nidhesh Yadav
 Dr. Nidhesh Yadav
 Member Secretary

Om Narayan Tiwari
 Dr. Omnarayan Tiwari
 Chairman

PERVIOUS APPROVED SYLLABUS FOR SEMESTER-I & SEMESTER -II

Department of Yoga Science University of Patanjali, Haridwar, Uttarakhand
NEP-2020 Programme for Bachelors/Undergraduate Program in Yoga Science (Session 2023-24)

1 Sem	2 Discipline Specific Courses-Core	3 Minor	4 Inter Disciplinary Courses	5 Ability Enhancement Courses (Language)	6 Skill Enhancement Courses/ Internship/Dissertation	7 Common Value- Added Courses	8 Total Credits
I	Credit-6	Credit-4	Credit-4	Credit-2	Credit-3	Credit-3	22
	Foundation of Yoga (Credits-4)	Anatomy & Physiology of Yogic Practices -I (Credits-4)	A. Introduction to AYUSH or, B. Indian Culture & Traditions or, C. General Psychology (Credits-4)	Environment Science (Credits-2)	1. Methods of Teaching Yoga or, 2. Entrepreneurship or, 3. Basic Nutrition (Credits-3)	Yajna and Karma Kand-I (Credits-3)	22
	Yoga Practicum-I (Credits-2)	Credit-4	Credit-4	Credit-2	Credit-3	Credit-3	22
II	Hatha Pradcepika (Credits-4)	Anatomy & Physiology of Yogic Practices -II (Credits-4)	A. Fundamentals of Ayurveda or, B. Ancient Indian Religion or, C. Personality Development (Credits-4)	Basic Sanskritam (Credits-2)	1. Yogasana Sports Evaluation Technique & Marking System or, 2. Public Health & Hygiene or, 3. Nutritional Therapy (Credits-3)	Yajna and Karma Kand-II (Credits-3)	22
	Yoga Practicum-II (Credits-2)	Credit-4	Credit-4	Credit-2	Credit-3	Credit-3	22

CHANGES IN PERVIOUS APPROVED SYLLABUS FOR SEMESTER-I & SEMESTER -II

1 Sem	2 Discipline Specific Courses-Core	3 Minor	4 Inter Disciplinary Courses	5 Ability Enhancement Courses (Language)	6 Skill Enhancement Courses/ Internship/Dissertation	7 Common Value- Added Courses	8 Total Credits
I	Credit-6	Credit-4	Credit-4	Credit-2	Credit-3	Credit-3	22
	Foundation of Yoga (Credits-4)	Anatomy & Physiology of Yogic Practices -I (Credits-4)	D. Introduction to AYUSH or, E. Indian Culture & Traditions or, F. General Psychology (Credits-4)	Fundamental of Computer Applications (Credits-2)	1. Methods of Teaching Yoga or, 2. Entrepreneurship or, 3. Basic Nutrition (Credits-3)	Environment Science (Credits-3)	22
	Yoga Practicum-I (Credits-2)	Credit-4	Credit-4	Credit-2	Credit-3	Credit-3	22
II	Hatha Pradcepika (Credits-4)	Anatomy & Physiology of Yogic Practices -II (Credits-4)	D. Fundamentals of Ayurveda or, E. Ancient Indian Religion or, F. Personality Development (Credits-4)	Basic Sanskritam-I (Credits-2)	1. Yogasana Sports Evaluation Technique & Marking System or, 2. Public Health & Hygiene or, 3. Nutritional Therapy (Credits-3)	Yajna and Karma Kand (Credits-3)	22
	Yoga Practicum-II (Credits-2)	Credit-4	Credit-4	Credit-2	Credit-3	Credit-3	22

DR. ARTI YADAV
INVITEE, BoS

DR. RAM NARAYAN WISHRA
MEMBER, BoS

DR. SURESH BARNWAL
MEMBER, BoS

DR. NIDHEESH KR. YADAV
MEMBER SECRETARY, BoS

PROF. OMNARAYAN TIWARI
CHAIRPERSON, BoS

Handwritten signature and date: 02/12/24

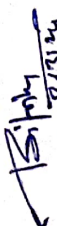
Department of Yoga Science


University of Patanjali, Haridwar, Uttarakhand

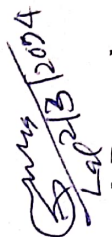
NEP-2020 Programme for BA with YOGA -3rd to 06th Semester

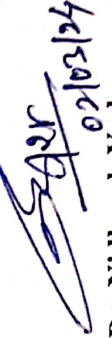
Semester	Discipline Specific Courses Core Major (80)*		Minor Stream		Inter- disciplinary	Ability Enhancement Courses (AEC)	Skill Enhancement Courses/ Internship/ Dissertation (SEC)	Common Value- Added Courses (VA)	
	Major Core-I	Major Core-II	Minor-I	Minor-II					
III	Patanjala Yog Sutra (Credits-5)	Yoga Practicum (Credit-4)	Stress Management Or Ancient Indian Social Life and Institutions Or Transport and Hotel Management Or Sanskrit-III (credit-6)	0	Indian Knowledge System (Credit-2)	Basics of Sanskritam-II (Credit-2)	Anthropometric Assessment & Traditional Vedic Diagnosis Tools (Credit-3)	0	22
IV	Gherand Samhita (Credits-6)	Various Meditation Techniques (Credit-4) Meditation Practicum (Credit-2)	Strengths and Virtues Or Ancient Indian Art & Architecture Or Travel Agency and Tour Operations Business Or Sanskrit-IV (Credit-4)	0	0	Fundamentals of Computer Applications (Credit-2)		0	22
V	Various Yogic Texts-I: (Credit-6)	Yoga Practicum (Credit-4) Lesson Plan (Credit-2)	Clinical Psychology Or History of India (1206 A.D. TO 1739A.D.) Or Major Tourist Attractions of World Or Sanskrit- V (Credit-6)	0	0	0	Internship (Credit-4)	0	22
VI	Various Hatha Yogic Texts-II: (Credit-6)	Yoga Practicum (Credit-4) Lesson Plan (Credit-2)	Psychology of Personality or History of India (1760 A.D. TO 1950A.D.) Or International Travel Management or Sanskrit-VI(Credit-4)	0	0	0		0	22

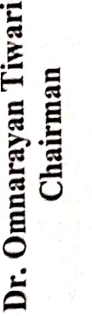
NEP: New Education Policy, UGC: University Grants Commission, UG: Under Graduate, AEC: Ability Enhancement Courses, SEC: Skill Enhancement Courses, VA: Value Added Courses common for all UG


Dr. Bipin Dubey
Invitee


Dr. Ram Narayan Mishra
Member


Dr. Suresh Barnwal
Member


Dr. Nidheesh Yadav
Member Secretary


Dr. Omnarayan Tiwari
Chairman

REVISION IN SEM 1 & 2 OF BA WITH YOGA FROM ACADEMIC SESSION 2024-25

Previously approved Syllabus for BA Yoga Science for 1st & 2nd Semester BA with Yoga

Semester	Discipline Specific Courses Core Major		Minor Stream		Inter-disciplinary	(AEC)	(SEC)	(VA)
	I	II	I	II				
I	Introduction of Yoga (Credit-4)	Yoga Practicum (Credit-2)	Introduction to Shrimadbhagavad Gita (Credits-4)	0	Basic Psychological Processes Or History of India (Early times to till the Mauryan Period) Or Tourism Concepts and Principles Or Sanskrit-I (Credits-4)	Communicative English-I (Credit-2)	Methods of Teaching Yoga OR Enter-Prenureship OR Yogic Diet & Nutrition (Credit-3)	Yajna &Karmakand-I (Credit-3)
II	Hatha Yog Parichaya (Credits-4)	Yogic Practicum (Credit-2)	Indian Philosophy & Culture (Credits-4)	0	Social Psychology Or History of India(Sunga to 1206 AD)Or Tourism Resources in India Or Sanskrit-II (Credits-4)	Basics of Sanskritam-I or Basics of Hindi (Credit-2)	Yogasana Sports Evolution Teaching & Marking System OR Public Health & Hygiene OR Nutritional Therapy (Credit-3)	Yajna &Karmakand-II (Credit-3)

Revised Syllabus for BA Yoga Science for 1st & 2nd Semester BA with Yoga

Semester	Discipline Specific Courses Core Major		Minor Stream		Inter-disciplinary	(AEC)	(SEC)	(VA)
	I	II	Minor-I	Minor-II				
I	Foundation of Yoga (Credit-4)	Yoga Practicum (Credit-2)	Basic Psychological Processes Or History of India (Early times to till the Mauryan Period) Or Tourism Concepts and Principles Or Sanskrit-I (Credits-4)	0	Introduction to Shrimadbhagavad Gita (Credits-4)	Communicative English-I (Credit-2)	Methods of Teaching Yoga (Credit-3)	Yajna & its Basic Principles (Credit-3) Syllabus Merge
II	Hatha Pradeepika (Credits-4)	Yogic Practicum (Credit-2)	Social Psychology Or History of India(Sunga to 1206 AD) Or Tourism Resources in India Or Sanskrit-II (Credits-4)	0	Indian Philosophy & Culture (Credits-4)	Basics of Sanskritam-I (Credit-2)	Yogasana Sports Evolution Teaching & Marking System (Credit-3)	Environmental Science (Credit 3) New introduce for BA with Yoga

Bipin
Dr. Bipin Dubey
Invitee

Ram Narayan Mishra
Dr. Ram Narayan Mishra
Member

Suresh
Dr. Suresh Barnawal
Member

Nidheesh Yadav
Dr. Nidheesh Yadav
Member Secretary

Om Narayan Tiwari
Dr. Om Narayan Tiwari
Chairman

Letter No: DYS/Office/2023-24/BOS 06

Dated: 02.03.2024

MINUTES OF MEETING

The New Education Policy has been implemented in the department from the academic year 2023 onwards with 1st & 2nd Semester undergraduate program. Now being the need of syllabus in accordance for 3rd, 4th, 5th & 6th semester is also required to be finalized and implemented from coming academic year.

Accordingly, the staff members of the department have been allocated the task and they proposed the syllabus for BSc Yoga Science and BA with Yoga. A meeting of Board of Studies (BoS) for the same has been scheduled as per the directions of Hon'ble Pro Vice Chancellor on 02nd of March 2024 with some other agendas.

A notice has been issued to all the respective faculty members on 26 Feb 2024 to put up the proposed syllabus till 29th Feb 2024 to convene the BOS Meeting on 02nd March 2024. The syllabus has been prepared by the class coordinators of BA with Yoga & BSc Yoga Science as per the format provided by the IQAC cell of the University.

Meeting of Board of Studies of the Dept. of Yoga Science for has been convened on 02nd of Mar 2024 at 02.00 PM.

Following Members were present in the meeting:

- | | |
|---|-------------------------|
| 1. Prof. Om Narayan Tiwari, Dean Faculty of Yoga Science, UOP | Chairman |
| 2. Prof. Suresh Barnwal, HOD Dept of Yoga Science, DSVV, Haridwar | Member |
| 3. Dr. Ram Narayan Mishra, Asst Prof. Dept of Yoga Science, SRHU Dehradun | Member |
| 4. Dr. Nidheesh Yadav, HOD 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.	Submission of Action Taken Report of previous meeting	<p>All agendas of previous meeting has been implemented except following under process agendas:</p> <p>a. To initiate new programs/Courses in the Department.</p> <p>b. To establish Continuous Internal Assessment (CIA).</p> <p>c. D. Lit and D. Sc. in the Dept. has to be initiated.</p> <p>d. Students App is required for fulfilment of New Education Policy.</p> <p>e. Diploma in Yoga & Ayurveda coordinated by faculty of Science has to be shifted to Dept. of Yoga Science</p>	<p>a. MSc Yoga Therapy has been proposed.</p> <p>b. To be proposed to Board of Faculty</p> <p>c. To be proposed to Board of Faculty</p> <p>d. To be proposed to Board of Faculty</p> <p>e. To be proposed to Board of Faculty</p>

2.	Rectification & Approval of 1 st & 2 nd Sem syllabus for B.Sc. Yoga Science as per NEP	The rectification was approved.	
3.	Approval of 3 rd to 6 th Sem syllabus for B.Sc. Yoga Science as per NEP	The Syllabus was approved with after some recommended modifications	
4.	Rectification & Approval of 1 st & 2 nd Sem syllabus for B.A. with Yoga as per NEP	The rectification was approved.	
5.	Approval of 3 rd to 6 th Sem syllabus for B.A. with Yoga as per NEP	The Syllabus was approved with after some recommended modifications	
6.	Any other Members proposed that syllabus under NEP should be prepared at University level not at Dept. level.	a. Dr Suresh detailed that Dept. can only prepare the Major Courses and propose some minor courses other courses for Interdisciplinary, Ability enhancement, Skill enhancement and Common value added has to be prepared for the department on demand by respective other departments at university level.	To be proposed to Board of Faculty



Dr. Nidheesh Yadav
Member Secretary, BOS
Dept. of Yoga Science
University of Patanjali, Haridwar

Copy to:

1. Dean Faculty of Yoga Science.
2. IQAC Cell, UOP
3. All faculty members.

विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार