



DEPARTMENT OF YOGA SCIENCE
University of Patanjali, Haridwar-249405

B.A. with Yoga Science (as per NEP)

Syllabus



2023-24

Dated: 07.02.2023

विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

BA with Yoga Science (NEP) 2023

SEMESTER I			
S.No.	Course Code	Course Title	Credit
1	BAYSMJ-101	Introduction of Yoga	4
2	BAYSMJ-102	Yoga Practicum I	2
3	BAYSMN-103	BAYSMN-103(A) Basic Psychological Processes Or BAYSMN-103(B) History of India (Early times to till the Mauryan Period) Or BAYSMN-103(C) Tourism Concepts and Principles Or BAYSMN-103(D) संस्कृतम्-I	4
4	BAYSID-104	Introduction to Shrimadbhagavad Gita	4
5	BAYSAE-105	Communicative English	2
6	BSYSSE-106	Methods of Teaching Yoga	3
7	BSYSVA-107	Yajna and Karmakand	3
Total Credits		22	
SEMESTER II			
S.No.	Course Code	Course Title	Credit
1	BAYSMJ-201	Hatha Yoga Parichay	4
2	BAYSMJ-201P	Hatha Yoga Practicum	2
3	BAYSMN-202	BAYSMN-202 (A) Social Psychology Or BAYSMN-202 (B) History of India (Sunga to 1206 AD) Or BAYSMN-202(C) Tourism Resources in India Or BAYSMN-202(D) संस्कृतम्-II	4
4	BAYSID-203	Indian Philosophy & Culture	4
5	BAYSAE-204	Basics of Sanskritam	2
6	BSYSSE-205	Yogasana Sports Evolution Teaching &Marking System	3
7	BAYSVA-206	Environment Science	3
Total Credits		22	


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SEMESTER III			
1	BAYSMJ-301	Patanjala Yog Sutra & Shastra Smaran	3+2=5
2	BAYSMJ-302	Yoga Practicum	4
3	BAYSMN-303	BAYSMN-303(A) Stress Management or BAYSMN-303(B) Ancient Indian Social Life and Institutions or BAYSMN-303(C) Transport in Travel & Tourism or BAYSMN-303(D) संस्कृतम्-III	6
4	BAYSID-304	Indian Knowledge System-I	2
5	BAYSAE-305	Sanskritam-II	2
6	BSYSSE-306	Anthropometric Assessments & Traditional Vedic Diagnostic Tools	3
Total Credits		22	

SEMESTER IV			
1	BAYSMJ-401	Gherand Samhita & Shastra Smaran	4+2=6
2	BAYSMJ-402	Various Meditation Techniques Meditation Practicum	4+2=6
3	BAYSMN-403	BAYSMN-403(A) STRENGTHS AND VIRTUES Or BAYSMN-403(B) Ancient Indian Art & Architecture Or BAYSMN-403(C) Travel Agency and Tour Operations Business Or BAYSMN-403(D) संस्कृतम्-I	4
4	BAYSMN-404	Upnishads Parichay	4
5	BAYSAE-405	Fundamentals of Computer Applications	2
Total Credits		22	


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SEMESTER V			
1	BAYSMJ-501	Various Hatha Yogic Texts-I: Shastra Smaran	4+2=6
2	BAYSMJ-502	Yoga Practicum Lesson Plan	4+2=6
3	BAYSMN-503	BAYSMN-503(A) Clinical Psychology or BAYSMN-503(B) History of India (1206 A.D. TO 1739A.D.) Or BAYSMN-503(C) Major Tourist Attractions of World Or BAYSMN-503(D) संस्कृतम्-V	6
4	BSYSSE-504	Internship	4
Total Credits		22	

SEMESTER VI			
1	BAYSMJ-601	Various Hatha Yogic Texts-II Shastra Smaran	4+2=6
2	BAYSMJ-602	Yoga Practicum Lesson Plan	4+2=6
3	BAYSMN-603	BAYSMN-603(A) Psychology of Personality or BAYSMN-603(B) History of India (1760 A.D. TO 1950A.D.) Or BAYSMN-603(C) International Travel Management or BAYSMN-603(D) Sanskritam&VI	4
4	BAYSMN-604	Research Methodology Case Study	4+2=6
Total Credits		22	


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Semester –Ist Sem

S.No.	Course Code	Course Title	Credit
1	BAYSMJ-101	Introduction of Yoga	4
2	BAYSMJ-102	Yoga Practicum I	2
3	BAYSMN-103	BAYSMN-103(A) Basic Psychological Processes Or BAYSMN-103(B) History of India (Early times to till the Mauryan Period) Or BAYSMN-103(C) Tourism Concepts and Principles Or BAYSMN-103(D) संस्कृतम्-I	4
4	BAYSID-104	Introduction to Shrimadbhagavad Gita	4
5	BAYSAE-105	Communicative English	2
6	BSYSSE-106	Methods of Teaching Yoga	3
7	BSYSVA-107	Yajna and Karmakand	3
Total Credits		22	



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Major-I

Paper Name: Foundation of Yoga

Paper Code: BAYSMJ-101

COURSE NAME: Foundation of Yoga

Course Code: BAYSMJ-101

Total Credit: 04 (3L+1T+0P)

Teaching Hours: 60 Hrs

Final Exam (SEE) 75 Marks

Internal Assessment: 25 Marks

Objectives:

The subject entitled 'Foundation of Yoga' has the following objectives:

- Students will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- Quote references of each practice as per traditional text

Unit-1: General Introduction of Yoga:

(10 hours)

Origin and Meaning of the Word Yoga, Definitions of Yoga(Darshan, Upanishads, Bhagavad Gita) And Importance, Tradition and History of Yoga- From Vedas to Yogrishi Swami Ramdev (Vedic Period, Darshan Period, Tika Period, Bhakti Yoga and Hatha Yoga Period, Modern Period)

Unit-2: Form of Yoga in Various Scriptures:

(20 hours)

Vedas-Yoga Related Mantras, Upanishad- Yoga Elements in Kathopanishad, Shvetashvatara Upanishad and Major Yogopanishad, Shrimad Bhagvadgita- Jnana, Karma, Bhakti, Dhyana Yoga, Jain-*Tiratna*, *Panchamahavrat*, And *TapaandDharma*, Buddhist - Ashtanga Marg, AanapanDhyana Sadhana, Brahmavihar- Four infinite minds, Four Nobel truth.

Aryurveda- Yoga Elements in Charaka Samhita (MumukshuUdayan-CharakaSharir5.12), AcharRasayana(Charaka Samhita –ChikitsaSthan 1.4.30-35)

Unit-3: Basic Requirements of Yoga Practices:

(10 Hours)

Suitable Place for Yoga Practice, Time (Season-Time), Diet, Pathya- Apathya, Sadhak & Badhak Elements in Yoga Practice.

Unit-4: Different Methods of Yoga:

(10 Hours)

Jnana Yoga, Karmayoga, Bhakti Yoga, Hatha Yoga, Raja Yoga, Mantrayoga.

Unit-5: Life Character of Major Yogis:

(10 hours)

Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Guru Gorakshanath, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Maharishi Raman, Yogrishi Swami Ramdev, Swami yogeshwara Nand, Yogi Matsyendra Nath.

Prescribed Text Book:

1. रामदेवस्वामी, उपनिषदसंदेश-दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार,।
2. दर्शन प्रवेश-दिव्य प्रकाशन,पतंजलि योगपीठ,हरिद्वार
3. बालकृष्ण, आचार्य: योगविश्वकोष-, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार।
4. रावत, अनुजाः. (2018).योगऔर योगी, सत्यमपब्लिसिंगहाऊस, नईदिल्ली, 2018

Reference Books:

5. सिंह, नरेन्द्रः. (2021). हठयोगसारसंग्रह, (हठ प्रदीपिकाऔर घेरण्डसंहिता के सन्दर्भ में), कॉसबिलपब्लिकेशन,नईदिल्ली
6. पंत, पूर्णचन्द्र. (2008). उपनिषदोंमें योगविज्ञान, आचार्यपूर्णचन्द्रपंत, नाहन, हिमाचलप्रदेश, द्वितीय संस्करण,
7. गृहस्थयोगसाधककेगुण- आचार्यबालकृष्णजी
8. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूणे, षष्टमप्रकाशन, 2017
9. Saraswati, S. N. (2012). Gheranda Samhita. Yoga Publication Trust, Munger, Bihar, India.

Major Practical

Paper Name: Yoga Practicum-I

Paper Code-BAYSMJ-102

COURSE NAME:	Yoga Practicum-I
Course Code:	BAYSMJ-107
Total Credit:	02 (2L+1T+0P)
Teaching Hours:	60 Hrs
Final Exam (SEE)	35 Marks
Internal Assessment:	15 Marks

Objectives: Following the completion of the course, students shall be able to

1. Understand the benefits, procedure and contraindications of all practices.
2. Demonstrate each practice with confidence and skill.
3. Explain the procedure and subtle points involved.

Unit-1: Eight Baithak by Yogrishi Swami Ramdev ji

Ardhbaithak, Purnabaithak, Rammurtibaithak, Pahalwani baithak-1, Pahalwanibaithak-II. Hanuman baithak -1, Hanuman baithak-11,

Unit-2: Twelve Dand by Yogrishi Swami Ramdev ji

Simple Dand, RammurtiDand, VakshvikasakDand, Hanuman Dand, VrishchikDand-I, VrishchikDand-II, Parshvadand, Chakradand, Palatdand, Sherdand, Sarpdand, Mishradand (mixed Dand)

Unit-3: Surya Namaskara&Yogasana (Supine lying postures)

Suryanamaskar, Naukasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasana, Chakkichalana, ArdhaHalasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

Unit-4: Pranayama

NadiShodhana (Technique 1: Same Nostril Breathing), NadiShodhana (Technique 2: Alternate Nostril Breathing), NadiShodhana (Technique 3: Alternate Nostril Breathing + Antarkumbhak); NadiShodhana (Puraka + AntarKumbhak + Rechaka + BahyaKumbhak) (1:4:2:2);

Unit-5: Mudra&Shatkarmas (Only One kriya)

Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh, Kamajayi, Shatkriya, Neti (Jalneti, Rubber Neti)

Continuous Evaluation by the Teachers

Prescribed text Books:

1. Balkrishna Acharya: (2015), DainikYogabhyasakram, DivyaPrakashan, Haridwar.
2. Randev Y.S. 2015: Dand-baithak, DivyaPrakashan, Haridwar
3. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

Minor Course

Paper Name: Basic Psychological Processes

Paper Code- BAYSMN-103(A)

COURSE NAME: Basic Psychological Processes

Course Code: BAYSMN-103(A)

Total Credit: 04 (3L+1T+0P)

Teaching Hours: 60 Hrs

Final Exam (SEE) 75 Marks

Internal Assessment: 25 Marks

Objectives:

- To familiarize students with the basic concepts of Indian and Western Psychology with an emphasis on application of Psychology in everyday life.
- To introduce the students to the general concepts of psychology.

Unit-1: Introduction

(12 hours)

Meaning and Definitions of Psychology, Psychological thoughts in some major, Eastern System: Bhagavad Gita and Buddhism, Concept of Psychology as per Upanishads, Goals and branches of Psychology, Approaches of Psychology: Biological and behavioural

Unit-2: Methods of Psychology

(12 hours)

Experimental Method: Meaning, definition, types, merits and demerits, Observation method: Meaning, definition, types, merits and demerits, Survey method: Meaning, definition, merits and demerits, Questionnaire method: meaning, definition, merits and demerits

Unit-3: Perception & Learning

(12 hours)

Meaning, definition and mechanism of perception, Factors influencing Perception, Laws of Perceptual organization, Perceptual constancy: shape and size. Learning: Meaning definitions and types of learning, Factors affecting learning, Methods of learning, Transfer of learning: positive, negative, zero and bilateral

Unit-4: Memory & Intelligence

(12 hours)

Meaning, definitions and types of Memory: sensory, short-term and long term, Components of memory: Encoding, storage & retrieval, Factors affecting memory, enhancement of memory, forgetting: Meaning and Definition, causes of forgetting. Intelligence: Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence).

Unit-5 Common Mental Disorders

(12 hours)

Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders; anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Prescribed Text Books:

1. Singh, A.K. (2009) Advanced General Psychology. Motilal Banarsidas.
2. Jain, S. (2014). *Introduction to Psychology*. ISBN-13: 9788127256432.

Reference Books:

3. Baron, R.A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.
4. Baron, R.A. (2001). Psychology: Fifth Edition. New York; Allyn & Bacon.
5. Zimbardo, P.O. & Weber, A.L. (1997). Psychology. New York, Harper Collins College.
6. Lefton, L.A. (1985). Psychology, Boston; Allyn & Baron.
7. Morgan, C. T. (2004). Introduction to Psychology. McGraw Hill

Paper Name- History of India**(From earliest times till the Mauryan period)****Paper Code-BAYSMN-103(B)****COURSE NAME: History of India (From earliest times till the Mauryan period)****Course Code: BAYSMJ-103(B)****Total Credit: 04 (3L+1T+0P)****Teaching Hours: 60 Hrs****Final Exam (SEE) 75 Marks****Internal Assessment: 25 Marks**

This course introduces to the students a gradual evolution of early civilization in Indian and polity from the age of Mahajanapadas to the age of foreign incursions during the Pre-Gupta period. Beginning with a general description of the political condition in the sixth century B.C., emergence of our early culture like Palaeolithic, Mesolithic, Neolithic, chalkolithic, Harappa and Vedic culture are described in the first two unit and political development of rising Magadha empire described in the third unit and Alexandra's invasion of Indian and the origin, development and decline of Mauryan empire are dealt with in last unit.

Unit-1: Historical Sources and Pre-Historic Culture (11 hours)

Sources: Sources for knowing Indian history, importance of sources, types of sources- literary sources, archaeological sources and accounts of foreign travellers. Introduction to Prehistoric Cultures of India: Palaeolithic- Sohan Culture and Madrasian Culture, Mesolithic, Neolithic- Development of agriculture, invention of fire, invention of wheel. Tools and techniques of Prehistoric Period: Palaeolithic, Mesolithic, Neolithic. Pre Harappa Culture and other Chalkolithic culture.

Unit-2: Vedic Culture (12 hours)

Harappa civilisation: Rise and development of urban civilization, economic, social, religious and cultural features, development of art, reason for change in the centre of culture. Gangetic Culture- Vedic period: Nature of Vedic literature; Political, Social, and Economic life in Rig-Veda and later Vedic period.

Unit-3: Vedic Religion (12 hours)

Origin of Religious Traditions and Diverse Dimensions of Religion in the Indus Valley Civilization, Development of religion in Vedic period, worship of nature, increasing importance of Indra, importance of Agni, Varun, Rit and development of worship of Mother Goddess. Development of religious practices in the later Vedic period such as religious rituals, primacy of Yagya.

Unit-4: Reform of Religious structure (11 hours)

Upanishad religion: The concept of the soul and the Supreme Brahma. Jainism: The early life and teachings of Mahavira. Buddhism: The early life and teachings of Gautam Buddha.

Unit-5: Political Condition of India from 6th Century B.C. to 2nd Century B.C. (14 hours)

Political Condition in the sixth century B.C. (Mahajanapadas and Republics), Rise of Magadha Empire: Haryaka dynasty: Bimbisara and Ajatshatru, Shishunag Vans, Nand Vans: Mahapadmananda and Ghanananda and Greek Invasion of Alexander, Mauryan Dynasty: Chandragupta Maurya: Early life and his Empire expansion, Bindusara, Asoka: Empire expansion, his edicts and Dharma, Decline of Mauryan Dynasty.

Text Book:

Singh, U., A History of Ancient and Early Medieval India, From the Stone Age to The 12th Century, Delhi 2016.

Recommended Readings:

Sharma, L.P.: History of Ancient India,

Majumdar, R.C.: Prachin Bharat, Motilal Banarasidas Delhi, 1962.

Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931.

Goyal, S. R., Magadh, Satavahan, Kushan Samrajyon ka Yug (Hindi), Jaipur

Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.

Srivastava, K. C., Prachin Bharat ka Itihas Tatha Sanskriti, Allahabad, 2019

Shastri, K. A. N., the Age of Nandas and Mauryas, Varanasi, 1967.

Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I –V (relevant chapters), Bombay, 1951-1957.

Jha D. N., Ancient India: In Historical Outline, 1997 & Early India: A Concise History, 2004

Paper Name- Tourism Concepts & Principles

Paper Code-BAYSMN-103(C)

COURSE NAME:	Tourism Concepts & Principles
Course Code:	BAYSMN-103(C)
Total Credit:	04 (3L+1T+0P)
Teaching Hours:	60 Hrs
Final Exam (SEE)	75 Marks
Internal Assessment:	25 Marks

Objective: This is an introductory module giving the basis of tourism studies. It will give an overview of tourism industry and various organizations.

Unit-1: Understanding Tourism (12 hours)

Tours, tourists, visitors, excursionists, travelers, resources, attractive, Tourism product concept. Tourism: Meaning, nature and scope, Tourism: Types, elements and components, Historical development of Tourism-Travel from ancient's time and in the middle age- the grand tour- Travel and tourism in the 19th century and after independence.

Unit-2: Determinants and motivators (12 hours)

Determinants and motivations in tourism, factors stimulating in the growth of tourism, (determinants) why the people wish to travel, (motivators) and influences of supply.

Unit-3: Major Tourism Services (12 hours)

Transportation: Types and relevance in tourism, Accommodation: Types and relevance in tourism, Travel Agencies and Tour-Operators: Overview and relevance in tourism

Unit-4: The tourist Industry (12 hours)

Definition, characteristics of tourism product & services, kind of goods and services, sector of the tourism Industry, illustrative examples and tourism industry in relation to the tourism system.

Unit-5: Tourism Organization (12 hours)

WTO / UNWTO, PATA, IATA, ITDC.

Prescribed Text Books:

1. Bhatia AK – Tourism Development Principles and practices sterline publication Ltd. 1995.
2. Burkat and Madlik- Tourism Past Present and Future, Heinmenn Publishers 1981
3. Cooper Flacher et al- Tourism Principles and practices Pitman1993.
4. Mill, R.C., (1990), Tourism: The International Business, Pretience Hall, NewJersey.
5. Mill and Morrison, (1992), the Tourism System: An Introductory Text, PrenticeHall.

संस्कृतम्-I

Paper Code-BAYSMN-103(D)

COURSE NAME:	संस्कृतम्-I
Course Code:	BAYSMN-103(D)
Total Credit:	04 (3L+1T+0P)
Teaching Hours:	60 Hrs
Final Exam (SEE)	75 Marks
Internal Assessment:	25 Marks

इकाई-१:	भाषापरिचयः	(10 hours)
	लिपिः, वर्णोच्चारणशिक्षा, भाषामूलतत्त्वानि	
इकाई-२:	शब्दरूपपरिचयः	(10 hours)
	अजन्ताः - राम, हरि, गुरु, पितृ, गो, रमा, मति, नदी, वधू, मातृ, पुस्तक, दधि, मधु	
	हलन्ताः - जगत्, भगवत्, राजन्, करिन्, पयस्, विद्वस्, वाच्, दिक्, गिर्, अहन्	
	सर्वनामानि - तद्, एतद्, यद्, किम्, इदम्, अस्मद्, युष्मद्	
इकाई-३:	अव्ययंतथासन्धिः	(10 hours)
	सामान्याव्ययानि, विसर्गसन्धिः, अच्-सन्धिः, हल्-सन्धिः	
इकाई-४:	क्रियापदपरिचयः (वाक्यरचनाअनुवादश्च)	(10 hours)
	भू, पठ्, लिख्, गम्, दृश्, स्था, पा, सेव्, वस्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ्मात्रम्)	
इकाई-५:	वृत्ति-समासपरिचयः	(10 hours)
	कृद्वृत्तिः - क्त, क्तवतु, शतृ, शानच्, क्तव्य, अनीयर्, तुमुन्, क्त्वा, ल्यप्	
	समासाः - तत्पुरुषः, बहुव्रीहिः, द्वन्द्वः, अव्ययीभावः	
इकाई-६:	मूलरामायणम् - १-५०	(10 hours)
	श्लोकपठनम्, पदच्छेदः, पदपरिचयः	
	पातञ्जलयोगसूत्रम् - समाधिपादः (१-२५सूत्राणि)	
	सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः	

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
3. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्

सन्दर्भग्रन्थाः

1. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि. कुलकर्णी

Inter-disciplinary

Paper Name- Introduction to Shrimadbhagavad Gita

Paper Code- BAYSID-104

COURSE NAME:	Introduction to Shrimadbhagavad Gita
Course Code:	BAYSID-104
Total Credit:	04 (3L+1T+0P)
Teaching Hours:	60 Hrs
Final Exam (SEE)	75 Marks
Internal Assessment:	25 Marks

Objectives: Following the completion of this course, students shall be able to

1. Understand the main teachings of Bhagavadgeeta
2. Become familiar with the nature of yoga in various chapters of Bhagavad Geeta.
3. Imbibe the essence of teachings of Bhagavad Geeta.

Unit-1: Shrimadbhagwad gita Introduction (12 Hours)

General Introduction of the Bhagavad Gita, The Great Significance of the Bhagavad Gita and Various Scholars' Views in Relation to It, Synthesis of Yoga in The Bhagavad Gita, The Major Definitions of Yoga, The Nature of Yoga, Yoga Sadhana in The Bhagavad Gita, Relevance of The Bhagavad Gita in the Current Era.

Unit-2: Gyan Yoga –Atman, Prakriti & Parmatman (12 Hours)

Sankhya Yoga or Jnana Yoga (Chapter-2,3,4,5,6,13), The Form of the Soul (Chapter-2), The Form of the Supreme Soul (Purushottama), (Chapter-4,8,10,11,13,15), Form of Prakriti (Chapter-9,13,14).

Unit-3: Karma Yoga and Meditation Yoga (12 Hours)

Concepts of Karmayoga (Chapter-2-6), Form Of Yajna, Yajnartha Karma, Nishkam Karma (Chapter-3,4), Lok Sangrah (Chapter-3), Jnana-Karma Coordination (Chapter-5), Forms Of Dhyana Yoga (Chapter-6).

Unit-4: Bhakti Yoga (12 Hours)

Concepts of Bhakti and Mahatmya (Chapters-7, 8, 9, 11, 12), The Necessity of Devotion in Divine Realization (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7, 12) Characteristics of The Devotee (Chapter-12, Verse-13-20)

Unit-5: Personality, Diet and Trigun Concept (12 Hours)

Role of Diet in Yoga Practice (Chapter-6), Introduction to Trigunas (Chapter-14), Concept of Trigun-Based Personality (Chapter-17), Elements of Personality Development, Ideal Personality- DaiveeSampda (Chapter-16).

Prescribed Text Book -

1. श्रीमद्भगवद्गीता- गीतामृत- योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ

Reference text book

1. गीतारहस्यलोकमान्यतिलक (चयनितपाठ्यांश)
2. Shrimadbhagvadgeeta- Tattvavivechini-JaidayalGoyandaka, Geeta Press Gorakhpur.

AECC (Ability Enhancement Compulsory Course)

Paper Name: Communicative English

Paper Code-BAYSAE-105

COURSE NAME: Communicative English

Course Code: BAYSAE-105

Total Credit: 02 (2L+1T+0P)

Teaching Hours: 30 Hrs

Final Exam (SEE) 37 Marks

Internal Assessment: 13 Marks

Objectives:

1. Improve pronunciation and Use English Grammar worksheets and exercises to improve grammatical knowledge for competitive exams
2. Enhance reading, understanding and writing abilities in English
3. Develop the ability to read, understand and improve English vocabulary
4. Demonstrate conversational skills, Asking Questions

Method of Teaching & Assessment- Videos, Audio clippings, discussion, written and oral exercises

Unit-1: Syllables (stress in simple words) **(8 hours)**

Rhythm, Intonation & Revision of Basic Grammar, Tenses, Prepositions, Articles, Conjunctions, Modals, Direct and indirect Speech

Unit-2: Reading & Writing **(7 hours)**

Vocabulary- Homophones, Homonyms, Analytical Skills, Editing Skills- Error Correction, Article Writing, Reading Comprehension

Unit-3: Listening **(8 hours)**

Audio books, Podcasts, Speeches of various renowned Yoga Masters, Ted Talks

Unit-4: - Spoken English **(7 hours)**

Accents and dialects, Extempore, Oral Report, Debates and GDs, Public Speaking Skills, Leadership, Team Work

Text books:

English Grammar in Use, 4th Edition, Cambridge by Raymond Murphy

Suggested Sources:

Britishcouncil.org

Skill Enhancement Course
Methods of Teaching Yoga
Paper Code-BSYSSE-106

COURSE NAME:	Methods of Teaching Yoga
Course Code:	BSYSSE-106
Total Credit:	03
Teaching Hours:	45 Hrs (2L+1T+0P)
Final Exam (SEE)	75 Marks
Internal Assessment:	25 Marks

Objectives:

Following the completion of this course, students shall be able to

- Understand the principles and practices of teaching methods of Yoga.
- Have an indepth understanding about session and lesson planning and class room arrangements.
- Have an idea about the different tools used in Yoga teaching.

UNIT-1: PRINCIPLES AND METHODS OF TEACHING YOGA (12 hours)

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching Principles and types of learning, Qualities of a Yoga Teacher, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Importance of Teacher training.

UNIT-2: BASICS OF YOGA CLASS MANAGEMENT (11 hours)

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of mass instructions; Techniques of individualised teaching; Techniques of group teaching; Organisation of teaching (Time Management, Discipline etc.).

UNIT-3: LESSON PLANNING IN YOGA (10 hours)

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research in Yoga: Meaning, Roles, Steps in Action Research in Yoga Teaching; Effective use of Library and other resources.

UNIT-4: EDUCATIONAL TOOLS OF YOGA TEACHING (12 hours)

Yoga classroom: Essential features, Area, sitting arrangement in Yoga class etc.; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology; Role of Educational Technology in Yoga.

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

BOOKS FOR REFERENCE

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Common Value-Added Courses
Paper Name: Yajna and Karmakand
Paper Code: BSYSVA-107

COURSE NAME:	Yajna and Karma Kand-I
Course Code:	BSYSVA-107
Total Credit:	03 (2L+1T+0P)
Teaching Hours:	45 Hrs
Final Exam (SEE)	75 Marks
Internal Assessment:	25 Marks

पाठ्यक्रम के उद्देश्य:-

- यज्ञ के शास्त्रीय अर्थ से परिचय कराना तथा यज्ञों के प्रकार पर प्रकाश डालना।
- ऋषि परम्परा से चले आ रहे इस वैज्ञानिक यज्ञ चिकित्सा का बोध कराना।
- सृष्टि चक्र के संतुलन के परिपेक्ष्य में यज्ञीय विधान का परिचय।
- आत्मिक, शारीरिक, मानसिक, आध्यात्मिक, सामाजिक, वैश्विक समस्याओं/रोगों के समाधान पर्यावरण संरक्षण एवं सुख शांति हेतु।

ईकाई प्रथम-

1. वैदिक धर्म एवं वैदिक देवताओं का परिचय एवं इतिहास।
2. यज्ञ संस्था का परिचय एवं विवेचन।
3. यज्ञ के प्रकार एवं उपदेयता एवं वैज्ञानिकता।
4. नित्य पंचमहायज्ञ (ब्रह्मयज्ञ, देवयज्ञ, पितृयज्ञ, बलिवैश्वदेवयज्ञ, अतिथियज्ञ)

ईकाई द्वितीय-

1. यज्ञीय पदार्थ- हवनकुण्ड आदि पात्र, समिधा, सामग्री व घी।
2. यज्ञ प्रक्रिया विधि- आचमन, अंड्रस्पर्शन, ईश्वर-स्तुतिप्रार्थनोपासना, द्वीप प्रज्ज्वलन, अग्न्याधान इत्यादि।

ईकाई तृतीय-

1. यज्ञकुण्ड का परिमाण एवं स्वरूप एवं मंत्रविज्ञान।
2. शास्त्रों में यज्ञ की महिमा-बल, शत्रुपराजय, ऐश्वर्य, स्वर्ग कल्याणादि।

ईकाई चतुर्थ-

1. यज्ञ चिकित्सा/थेरेपी
2. यज्ञ चिकित्सा का शास्त्रीय प्रमाण-वेदादि शास्त्रों में रोग निवारण हेतु बताये गये मन्त्र-श्लोक।
3. यज्ञ चिकित्सा के वैज्ञानिक प्रमाण-अनेक वैज्ञानिकों द्वारा किये गये शोध का विवरण।
4. रोगानुसार हवन सामग्री-प्राणेषु, मेधेषु, पित्तेषु, कफेषु, कर्कटेषु, वातेषु, चर्मेषु, सन्ततीषु, हृदयेषु, मधु-इषु, दिव्येषु, प्रारब्धेषु, गुग्गुलु।

ईकाई पंचम-मंत्र स्मरण एवं उच्चारण

निर्धारित पाठ्यपुस्तक-

- यज्ञ-योग-आयुर्वेद चिकित्सा एवं यज्ञ दर्शन, वैदिक नित्यकर्म विधि।
- वैदिक साहित्य एवं संस्कृति, डॉ० कपिलदेव द्विवेदी।
- संध्योपासना विधि- पतंजलि योगपीठ।
- पंच महायज्ञ विधि- महर्षि दयानन्द।
- संस्कार विधि- महर्षि दयानन्द।
- यज्ञ रहस्य-डॉ० रामनाथ वेदालंकार।

B.A. with Yoga 2024-25

Semester–IInd Semester

S.No.	Course Code	Course Title	Credit
1	BAYSMJ-201	Hatha Yoga Parichay	4
2	BAYSMJ-201P	Hatha Yoga Practicum	2
3	BAYSMN-202	BAYSMN-202 (A) Social Psychology Or BAYSMN-202 (B) History of India (Sunga to 1206 AD) Or BAYSMN-202(C) Tourism Resources in India Or BAYSMN-202(D) संस्कृतम्–II	4
4	BAYSID-203	Indian Philosophy & Culture	4
5	BAYSAE-204	Basics of Sanskritam	2
6	BSYSSE-205	Yogasana Sports Evolution Teaching & Marking System	3
7	BAYSVA-206	Environment Science	3
Total Credits		22	



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

Major -I

Paper Name: HathaYoga Parichay

Paper Code: BAYSMJ-201

COURSE NAME: HathaYoga Parichay

Course Code: BAYSMJ-201

Total Credit: 04 (3L+1T+0P)

Teaching Hours: 60 Hrs

Final Exam (SEE) 75 Marks

Internal Assessment: 25 Marks

Objectives:

By introducing Hatha Yoga & its Texts, students shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hath Yogic texts.
- Have an understanding about concept and principles of Hath Yoga.
- Quote references of each practice as per traditional texts

Unit-1: General Introduction to Hatha Yoga

(10 Hours)

The Literal Meaning of Hatha Yoga, Definition, Tradition-History, Pathya-ApathyaAhara, Instructions for Yoga Practice, Characteristics of Hatha Siddhi, Utility of Hatha Yoga. Therapeutic Relevance of Hatha Yoga in the Present Age.

Unit-2: Hatha Yogapradipika: Asana, Pranayama, Shatkarma

(20 Hours)

Introduction to the Book Hatha Yoga Pradipika, Technique, benefits and precautions of Asana (15 Asana), Technique, benefits and precautions of Pranayama- (Suryabhedhi, Ujjai, Sheetli, Sitkari, Bhastrika, Bhrumari, Murchha, Plavani), Technique, benefits and precautions of Shatkarma (Dhoti, Basti, Neti, Nauli, Trataka and Kapalabhati)

Unit-3: Hatha Yogapradipika- Mudra Bandha, Naad, Kundlini

(8 Hours)

According to Hatha Yoga Pradipika - Technique, benefits and precautions of Bandha, Mudra, Naadanusandhan- Concept, types and Outcomes, Kundalini-Concept, Technique, Precautions and Outcomes.

Unit-4: Gheranda Samhita-Shatkarmas and Asanas

(12 Hours)

Introduction to The Gheranda Samhita Text, Technique, benefits and precautions of the Shatkarmas. Technique, benefits and precautions of Asana.

Unit-5: Gheranda Samhita- Pranayama, Mudras, Pratyahar, Meditation and Samadhi (10 Hours)

Technique, benefits and precautions of Pranayama and Mudra. Brief Introduction to Pratyahar, Meditation- Concept, Types and Technique, Samadhi- Concept, Types and Technique.

Prescribed text book

1. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूणे, षष्ठमप्रकाशन, 2017
2. Saraswati, S. N. (2012). Gheranda Samhita. *Yoga Publication Trust, Munger, Bihar, India.*
3. सिंह, नरेन्द्रः. (2021). हठयोगसारसंग्रह, (हठ प्रदीपिकाऔर घेरण्डसंहिता के सन्दर्भ में), कॉसबिलपब्लिकेशन, नईदिल्ली

Major Practicum

Paper Name: Hath Yoga Practicum

Paper Code-BAYSMJ-201P

COURSE NAME:	Hath Yoga Practicum
Course Code:	BAYSMJ-201P
Total Credit:	02 (L0+T0+P4)
Teaching Hours:	60 Hrs
Final Exam (SEE)	37 Marks
Internal Assessment:	13 Marks

Objectives: Following the completion of the course, students shall be able to:

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit-1: Yogasana (Recommended by Swami Ramdev)

12 Steps of Yogic Jogging; And A Series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1& 2, Bhujanga Asanavariations 1, 2 & 3, Shalabhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, ArdhaHalasana, Padvritta Asana- Variations 1 & 2 And Dwichakrikasana- Variations 1 & 2; As Recommended by Swami Ramdev.

Unit-2: Prone Lying Asanas

Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana, Chakrasana, ViparitNaukasana.

Unit-3: Pranayama (Recommended by Swami Ramdev)

Bhastrika, Kapalbhati, Bahya, Ujjai, Anulom-Vilom, Bhramari, Udgeeth.

Unit-4: Shatkarma (Only Two Kriyas)

Kapalbhati (Vatkrum, Vyutkrum, Sitkrum), Nauli (Madhyama, Vama, Dakshina).

Unit-5: Mudra & Bandh:

Jalandhar Bandh, Udyan Bandh and Moolbandh, Maha Bandh Mudra.

Continuous Evaluation by the Teachers

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda YogaPrakashan, Bangalore, 2005.
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand YogaPrakashan, 2012
5. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

Minor Course

Paper Name: Social Psychology

Paper Code: BAYSMN-202(A)

COURSE NAME: Social Psychology

Course Code: BAYSMN-202(A)

Total Credit: 04 (3L+1T+0P)

Teaching Hours: 60 Hrs

Final Exam (SEE) 75 Marks

Internal Assessment: 25 Marks

Objective:

1. To enable students to appreciate how individual behavior is influenced by social and cultural contexts.
2. To enable students to develop an understanding of functioning in different groups and organizations and to understand how social problems can be analyzed in terms of various social psychological theories.

Unit-1: Introduction:

(12 hours)

Meaning and definitions of social Psychology, Goals of Social Psychology, History of Social Psychology, Scope of Social Psychology

Unit-2: Attitudes

(12 hours)

Nature and Components of Attitude, Formation of attitude, Change in Attitude, Measurement of Attitude

Unit-3: Groups Behavior

(12 hours)

Meaning and definition of Group and crowd, Distinction between group and crowd, Social facilitation: meaning, definitions and cause of social facilitation, Social Loafing: meaning, definitions and causes of social loafing

Unit-4: Group Morale

(12 hours)

Meaning and definition of group Morale, Criteria of High and Low Group Morale, Determinants of Group Morale, Methods of Improving Group Morale

Unit-5: Aggression

(12 hours)

Meaning and definitions of Aggression, Types of aggression, Theoretical approaches to aggression: Social Learning, Theory, Frustration-Aggression Theory, Measures of reducing Aggression

Prescribed Text Books

1. Suleiman, M. (2009). Ucchatar Samaj Manovigyan, New Delhi: Motilal Banarasi Das.
2. Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod Pustak Mandir.

Reference Books

2. Baron, R.A. & Byrne, D (1998). Social Psychology: Theories, research and application. New York: Me Graw Hill.
3. Semin, G.R. & Fiedler, K, (Eds.) (1996). Applied Social Psychology, London: Sage.

Paper Name: History of Ancient India

(Sunga Dynasty to 1206 A.D.)

Paper Code: BAYSMN-202(B)

COURSE NAME: History of Ancient India (Sunga Dynasty to 1206 A.D.)

Course Code: BAYSMN-202(B)

Total Credit: 04 (3L+1T+0P)

Teaching Hours: 60 Hrs

Final Exam (SEE) 75 Marks

Internal Assessment: 25 Marks

Unit-1: (11hours)

Post-Mauryan Dynasties: Sunga Dynesty, Satavahana Dynesty: Gautamiputra Shatakarni, Foreign Dynasties: Indo Greeks: Demetriyas and Minander, ShakaKshatrap: Western Kshatrapas, Kushan Dynesty: Vim kadafishash and kanishka

Unit-2: (11hours)

Gupta Dynesty: Chandragupta I, Samudragupta, Chandragupta II, kumargupta and skandgupta, Decline of the Imperial Guptas Cultural Achievements of the Gupta Period: Debate about Golden Age

Unit-3 (11hours)

Harshvardhana: Political Achievements; Contribution to Religion Learning, Rule of Pratiharas, Mihirbhoj; Rule of the Palas: Dharmapal, Paramars of Malwa: The conquests of Vakapati Munj and his conflict with the Chalukya king Tailap, Bhoja's conquests and his cultural achievement.

Unit -4: (12 hours)

Gahadvalas; Govindachandra, Jayachanda, Chauhanas of Shakambhari: Vigharaj IV, Prithviraj III- Battle with Mohammad Ghori, Invasion of Mahmood Ghazni: Main Events, His defeat by local dynasties in the Indian campaign of Mahmud of Ghaznavi, Main Events of Gori in India and Impact of his Invasion.

Unit-5: (15 hours)

Rule of Badami Chalukyias: Pulakeshin II, Vikramaditya II; Pallavas: Mahendravarman I, Narasimhavarman II; Cultural Achievements of Pallavas; Cholas: Emergence and Early History: Rajaraj I- Restoration of the Chola Empire and Expansions of Empire, Rajendra, Kulottunga I, and Administration of Chola'S

Recommended Readings:

1. Goyal, S.R., Magadh, Satawahan, Kushan Samrajyon ka Yug (Hindi), Jaipur
2. Narain, A.K., The Indo-Greeks, New Delhi, 1996.
3. V.S Agarwal, Indian Art, Varanasi, Prithvi Prakasahan, 1972.
4. Percy Brown, Indian Architecture, Bombay, D.B. Taraporevala Sons &Co, 1940
5. James Harle, The Art & Architecture of the Indian Subcontinent, Hormonds worth, Penguin, 1988
6. Sharma, R.S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.
7. Raychoudhury, H.C., PrācīnBhārataKāRājanītikaItihāsa (Hindi), Allahabad,
8. Singh, U., A Histry of Ancient and Early Medieval India, From The Stone Age To The 12th Century, Delhi 2016
9. Basham A. L. The Wonder that was India, London
10. Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019

Paper Name: Tourism Resources in India
Paper Code: BAYSMN-202(C)
COURSE NAME: Tourism Resources in India
Course Code: BAYSMN-202(C)
Total Credit: 04 (3L+1T+0P)
Teaching Hours: 60 Hrs
Final Exam (SEE) 75 Marks
Internal Assessment: 25 Marks

Objective: The module gives information of countries tourist places of national and international importance and it helps students to know the background elements of tourism resources.

Unit-1: Introduction (12 hours)

Concept of resource, attraction & product in tourism, meaning & characteristics, Typology & nature of tourism resources. Nature & Scope to tourist places in India.

Unit-2: Natural Resources (12 hours)

Study of wild life Parks, Sanctuaries & Tiger Reserves in India with case studies of Raja Ji National Park, Jim Corbett, Bharatpur Bird Sanctuary, Valley of Flowers & Gir National Park, Kaziranga National Park.

Unit-3: Pilgrimage Destinations (16 hours)

Hindu- Char Dham Yatra, Haridwar, Khajuraho, Mahabalipuram, Tirupati, Madurai, Konark.

Buddhist: Lumbini, Bodhgaya, Sarnath, Kushinagar, Sanchi, Ajanta.

Jain: Mount Abu, Sharavanbelgola.

Islamic: Delhi, Agra, and Fatehpur Sikri.

Sikh: Patna, Nanded, Golden Temple (Amritsar) Hemkund Sahib (Uttarakhand).

Unit-4: Socio-Cultural Resources (10 hours)

Socio cultural resources - Important fairs and festivals with case studies of Kumbha Mela, Dussehra, Vaishno Devi Yatra, Onam, Puri Rath Yatra & Chhath Pooja.

Unit-5: Hill Station & Coastal Destinations (10 hours)

Hill Station: Study of Hill Station attractions and their environs with case studies of Mussoorie, Nainital, Shimla, Manali and Ooty.

Beaches: Beaches and Islands: Beaches in Goa, Kerala, Andman & Nicobar Islands.

Prescribed Text Books:

1. Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
2. Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
3. Oki Morihiro, Fairs and Festivals, World Friendship Association, Tokyo, 1988.
4. Michel George, The Penguin guide to the monument of India, Penguin Book, 1990

Other References:

1. Mitra, Devla, Buddhist Architecture, Calcutta.
2. Tourists Resource of India- Ram Acharya.
3. Himachal Pradesh, The Land, the people by S.S. Negi

संस्कृतम्-II

Paper Code: BAYSMN-202(D)

COURSE NAME: **संस्कृतम्-II**
Course Code: **BAYSMN-202(D)**
Total Credit: **04 (3L+1T+0P)**
Teaching Hours: **60 Hrs**
Final Exam (SEE) **75 Marks**
Internal Assessment: **25 Marks**

इकाई-१:	संज्ञाप्रकरणम् वृद्धि-गुण-संयोग-पद-अव्यय-सम्प्रसारण-उपधा-इत्-अङ्ग- उपसर्ग-धातु-सार्वधातुक-आर्धधातुक-विभक्ति-सर्वनाम-सज्ञाः	(10 hours)
इकाई-२:	ईषोपनिषद् मन्त्रव्याख्या, मन्त्रस्मरणम्, निबन्धात्मकप्रश्नाः	(10 hours)
इकाई-३:	हितोपदेशः-मित्रलाभः श्लोकव्याख्या, निबन्धात्मकप्रश्नाः	(10 hours)
इकाई-४:	मूलरामायणम् - ५१-१०० श्लोकपठनम्, पदच्छेदः, पदपरिचयः पातञ्जलयोगसूत्रम् - समाधिपादः (२६-५१सूत्राणि) सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः	(10 hours)
इकाई-५:	धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ्मात्रम् (वाक्यरचनाअनुवादश्च) (10 hours) (परस्मैपदम्) दिव्, अस्, हन्, शक् (आत्मनेपदम्) वृध्, मुद्, शिक्ष् (उभयपदम्) दा, तन्, चूर्, भक्ष्, तुद्	
इकाई-६:	अलङ्कारपरिचयः उपमा, रूपकम्, अर्थान्तरन्यासः, उत्प्रेक्षा, अनुप्रासः	(10 hours)

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा०सत्यव्रतसिद्धान्तालङ्कार
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
5. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
6. रचनानुवादकौमुदी - डा०कपिलदेवद्विवेदी, विश्वविद्यालयप्रकाशन, वाराणसी
7. काव्यदीपिका - डा०श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी

Paper Name: Indian Philosophy & Culture

Paper Code: BAYSID-203

COURSE NAME: Indian Philosophy & Culture

Course Code: BAYSID-203

Total Credit: 04 (3L+1T+0P)

Teaching Hours: 60 Hrs

Final Exam (SEE) 75 Marks

Internal Assessment: 25 Marks

Objectives:

- Students will have an understanding about various schools of Indian philosophy
- They will have an idea about the various features of traditional Indian culture

Unit-1: Introduction to Indian Philosophy

(8 hours)

Literal Meaning and Definition of Philosophy, Role of Philosophy in Human Life, Characteristics Of Indian Philosophy, Bodies Of Indian Philosophy: Vedic-Non-Vedic. The Three Main Areas of Philosophy –PramanMimamsa, (Epistemology), Tattva Mimamsa (Meta Physics), Achar Mimamsa(Ethics).

Prescribed Text Book – भारतीय दर्शन, आचार्य बलदेव उपाध्याय– चयनित पाठ्यांश

Unit-2: Introduction to Six Schools Of Vedic Philosophy

(20 hours)

General Introduction and Theory (Tattva Mimamsa & Ethics)

1. Nyaya Darshan
2. Vaisheshika Darshan
3. Samkhya Darshan
4. Yoga Darshan
5. Mimamsa Darshan
6. Vedanta Darshan

Prescribed Text Book – दर्शन प्रवेश, दिव्य प्रकाशन, पतंजलियोगपीठ, हरिद्वार

Unit-3: Introduction to Jain, Buddhist, Charvak Philosophy

(20 hours)

General Introduction and Principles (Tattva Mimamsa& Ethics)

1. Jain Darshan
2. Buddhism
3. Charwak Darshan

Prescribed Text Book – सर्वदर्शन संग्रह, माध्वाचार्य

Unit-4: Introduction to Culture

(12 hours)

Literal Meaning and Definition of Culture. Concept and Importance of Culture. General Introduction to The Base Scriptures of Indian Culture - Vedas, Upanishads, Manusmriti, Mahabharata, Ramayana, Gita.

Prescribed Text Book - वैदिकसाहित्यसंस्कृत-डा० कनकलालदेवनद्वेदी)

Unit-5: Salient Features Of Indian Culture

(10 hours)

PurusharthaChaturthya, Ashram System, Varna System, Karma Principles, Sixteen Rites, PanchaMahayajna, Debt-Triad, Co-Existence - Universal Relationship

References / supporting books

1. दर्शन प्रवेश, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. भारतीय दर्शन, आचार्य बलदेव उपाध्याय– चयनित पाठ्यांश
3. धर्म दर्शन संस्कृति, डॉ० रूप किशोर शास्त्री
4. Teaching yourself philosophy: Indian Philosophy- Dr. R.P. Sharma
5. An outline of Indian Philosophy- M. Hiriyana

Ability Enhancement Course

Basics of Sanskritam

Paper Code: BAYSAE-204

COURSE NAME: Basics of Sanskritam

Course Code: BAYSAE-204

Total Credit: 02 (1L+1T+0P)

Teaching Hours: 30 Hrs

Final Exam (SEE) 35 Marks

Internal Assessment: 15 Marks

इकाई-१: भाषापरिचय: (6 hours)

लिपिः, वर्णोच्चारणशिक्षा, भाषामूलतत्त्वानि

इकाई-२: शब्दरूपपरिचय: (6 hours)

अजन्ताः - राम, हरि, गुरु, रमा, पुस्तक,

हलन्ताः - जगत्, भगवत्, राजन्,

सर्वनामानि - तद्, एतद्, यद्, किम्,

इकाई-३: अव्ययंतथासन्धि: (6 hours)

विसर्गसन्धिः, अच्-सन्धिः, हल्-सन्धिः

इकाई-४: क्रियापदपरिचयः (वाक्यरचनाअनुवादश्च) (6 hours)

भू, पठ्, लिख्, गम्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ्मात्रम्)

इकाई-५: पातञ्जलयोगसूत्रम् - समाधिपादः (१-२५सूत्राणि) (6 hours)

सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्

सन्दर्भग्रन्थाः

2. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि. कुलकर्णी

SEC (Skill Enhancement)

Paper Name– Yogasana Sports Evaluation Teaching & Marking System Competition in Yogasana & officiating

Paper Code-BSYSSE-205

Course Name:	YOGASANA SPORTS EVALUATION TECHNIQUE & MARKING SYSTEM
Paper Code:	BSYSSE-205
Total Credit:	03
Teaching Hours:	60 Hrs [02 Lecture + 02 Practical](L2 + T0+P2)
Final Exam (SEE):	75 Marks
Internal Assessment:	25 Marks

Objectives:

UNIT I

(10 hours)

History of Yoga Sports, Introduction of National Yogasana Sports Federation, Purpose and Goals of Yogasana Sports, Athlete Groups and Events, Organizational Chart. Role & Responsibilities.

UNIT II

(15 hours)

Rights and Obligations of Athletes, Rights and Obligations of Team Coaches, Judges, Difficulty Level Charts of Yogasana,

UNIT III

(15 hours)

Syllabus of Yogasana Championships like, Traditional Yogasana Individual, Artistic Yogasana (single), Artistic Yogasana Pair, Rhythmic Yogasana Pair, Artistic Yogasana Group.

UNIT IV

(20 hours)

Key Judging Points, Micro Marking System, Discipline, Foul, Warning, Protest, Announcement of Scores and Final Result, N) Roles and responsibilities of Officials, Anti-Doping Policy of NYSF, FOP for Yogasana, Samples of Fitness Certificate & Risk Certificate.

Reference

Code of Points, National Yogasana Sports Federation. <https://yoganasport.in/code-of-point/>

Common Value-Added Courses

Paper Name: Environment Science

Paper Code: BAYSVA-206

COURSE NAME: Environment Science

Course Code: BAYSVA-206

Total Credit: 03 (2L+1T+0P)

Teaching Hours: 45 Hrs

Final Exam (SEE): 37 Marks

Internal Assessment: 13 Marks

Objectives:

Following the completion of these course students shall be able to

1. Identify about environment and ecosystem.
2. Identify renewable and non-renewable resources.
3. Identify about Biodiversities, Conservation and Pollution.

UNIT- 1: INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM [8 HRS.]

Introduction to environmental studies and ecosystem; multidisciplinary nature of environmental studies: scope and importance. Ecosystem and its functions, aquatic ecosystem, environmental components of ecosystem, conservation of natural resources, food chains, food web.

UNIT-2: NATURAL RESOURCES: RENEWABLE & NON-RENEWABLE [7 HRS.]

Resources: Renewable & Non-Renewable Biodiversity, Values of Biodiversity, Natural Resources (Renewable & Non-Renewable Resources), Pollution -Air pollution, Soil pollution, Smog their causes and impacts.

UNIT-3: BIODIVERSITY & CONSERVATION [8 HRS.]

Biodiversity levels of biological biodiversity, Environment segments, Biosphere, Lithosphere, Hydrosphere, Atmosphere, Pollutants, Degradable and Non-degradable pollutants, conservation-mineral Resources, oxygen depletion.

UNIT 4: ENVIRONMENTAL POLLUTION [7 HRS.]

Environmental pollution, types, causes, effects and controls, Prevention & Control of Pollution, Environment Protection Act, Wild life Protection Act.

TEXT BOOKS:

1. Erach Bharucha: Text Book for Environment Studies, UGC & Bhartiya Vidyapeetha Institute of Environmental education and research, Pune.

REFERENCE BOOKS:

1. Agarwal, K.C. 2001 Environmental Biology, Nidi Publ. Ltd. Bikaner. b)
2. Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad – 380 013, India,

Those student(s) want to exit in Ist year they need to complete Summer Training of credit

Type:	INDUSTRIAL TRAINING (for students willing to withdraw with Certificate)
Course Name:	Field Training/ Monograph/ Project Work
Course Code:	BSYSPW 208
Total Credit:	04
Final Exam (SEE):	100 Marks

B. A. With Yoga 2024-25

Semester- IIIrd SEM

S. No.	Course Code	Course Title	Credit
1	BAYSMJ-301	Patanjala Yog Sutra & Shastra Smaran	3+2=5
2	BAYSMJ-302	Yoga Practicum	4
3	BAYSMN-303	BAYSMN-303(A) Stress Management or BAYSMN-303(B) Ancient Indian Social Life and Institutions or BAYSMN-303(C) Transport in Travel & Tourism or BAYSMN-303(D) संस्कृतम्-III	6
4	BAYSID-304	Indian Knowledge System-I	2
5	BAYSAE-305	Sanskritam-II	2
6	BSYSSE-306	Anthropometric Assessments & Traditional Vedic Diagnostic Tools	3
Total Credits		22	



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

MAJOR CORE-1

Paper Name: Patanjala Yoga Sutra

Paper Code: BAYSMJ- 301

Course Name	: Patanjala Yoga Sutra
Course Code	: BAYSMJ- 301
Total Credit	: 05
Teaching Hours	: 60 Hrs (03 L + 02T +0 P)
Final Exam	: 75 Marks
Internal Assessment	: 25Marks

Course Objectives:

Following the completion of this course, students shall be able to

- Grasp various modification of mind and the means of inhibiting them.
- Grasping about the essence of Samadhi and Sadhana Pada.
- Understand the essence of Vibhuti and Kaivalya pada.
- Quote references of each practice as per traditional texts.

Course Outcomes (COs):

On completion of this course, the students will have:

- CO1.** Define the mind, chitta and its modifications
- CO2.** Idea of different obstacles in Sadhana and how to eradicate them.
- CO3.** Classify the Sanyama, Parinamas and different Vibhutis.
- CO4.** Idea of different procedures to attain Kaivalya.

UNIT - 1: SAMADHIPADA [20 HRS.]

Concept of Chitta; Concept of Chitta Bhoomis (Kshipta, Mood, Vikshipta, Ekagra, Nirudha); Concept of Chitta-Vrittis and their classification, Chitta-Vritti Nirodhopaya (Abhyasa and Vairagya); Concept of Ishwar and Ishwar Pranidhana, Qualities of Ishwar, Chitta-Vikshepas (Antarayas), Concept of Chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana.

Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi); Types of Samprajnatah Samadhi (Vitarka, Vichara, Anand and Ashmita); Concept of Samapatti and kinds of Samapatti (Savitraka and Nirvitraka, Savichara and Nirvichara); Types of Asamprajnatah Samadhi (Bhavapratyaya and Upayapratyaya).

UNIT-2: SADHANAPADA [10 HRS.]

Concept of Kriya Yoga of Patanjali, theory of Kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh); Concept of Dukhavada (Heya, Heya Hetu, Hana, Hanopaya) Drishya Nirupam (Prakriti), Drashta Nirupana (Purusha), Prakriti Purusha Samyog ; Brief Introduction to Ashtanga Yoga; Concept of Asana and Pranayama and their Siddhis; Concept of Pratyahara and its Siddhis.

UNIT - 3: VIBHUTIPADA & KAIVALYAPADA [15 HRS.]

Introduction, role and application of Dharana, Dhyana and Samadhi, Samyama and its Siddhis; Three types of Chitta Parinamah; Five Types of Siddhis and Jatyantar Parinamh; Concept of Nirman Chitta and four types of Karmas; Concept of Vasana and concept of Bahya Padartha (external element) and its abilities, Vivek Jnana Nirupanam, Kaivalya Nirvachana.

UNIT-4: SHASTRA SMARAN OF ABOVE COURSE CONTENT [30 HRS]

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Patanjala Yog Darshan, Divyayog Prakashan, Haridwar 2008.
2. Yoga Darshan: Geeta Press Gorakhpur.
3. Patanjala Yogasutra: PV Karambelkar: Kaiva;yadhama Publication, 2014
4. BKS Iyengar: Introduction of Patanjala Yogasutra-s: MDNIY, New Delhi, 2011.
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

BOOKS FOR REFERENCE

1. Vyasbhasya
2. Bhojvritti

MAJOR CORE- II

Paper Name: Yoga Practicum

Paper Code: BAYSMJ- 302

Course Name	: Yoga Practicum
Course Code	: BAYSMJ - 302
Total Credit	: 04
Teaching Hours	: 120 Hrs (00 L+ 00 T + 08 P)
Final Exam	: 75 Marks
Internal Assessment	: 25 Marks

Objectives

Following the completion of this course, students shall be able to

- Understand the principle and practice of each practice.
- Demonstrate each practice skilfully.
- Explain the procedure, precaution, benefits and limitations of each practice.
- Quote references of each practice as per traditional texts

Learning Outcomes:

On completion of this course, the students will be able to:

- Develop to have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Learn the practical interpretation of Shatkarma, Yogasana, Yajna & Marma.
- Can develop the calibre to conduct practical sessions.

UNIT-1: ALL PRACTICES OF PREVIOUS SEMESTERS [10 HRS.]

UNIT-2: SHATKARMAS [20 HRS.]

Vastra Dhauti, Sutra Neti, Nauli Chalana, Agnisara.

UNIT-3: YOGASANA (SITTING POSTURES [40 HRS.]

Dandasana, Swastikasana, Padmasana, Vajrasana, Supta Vajrasana, Kagasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Tadasana, Tiryak Tadasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.

UNIT-4: PRANAYAMA [30 HRS]

Types of Kumbhaka, Bhramari, Suryabhedan, Ujjai, Sheetkaari, Sheetli, Bhastrika, Murchha, Plavani, Kevali.

UNIT-4: MARMA THERAPY [20 HRS]

Identification of various Marma points; Application on Marma Points; Activation of Marma Points, its practice and procedure. Therapeutic application of Marma points.

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, Divya Prakashan, Haridwar, 2009
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1966.
4. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1983

BOOKS FOR REFERENCE

1. Basavaraddi I. V. & Others : Teachers Manual for School Teachers, MDNIY, New Delhi, 2010
2. Yajynopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
3. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik.
4. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 nai sadak, New Delhi.
5. Marma Chikitsavijnana: Prof. Sunil Kumar Joshi, Mrityunjaya Mission, Aadi Arts, Haridwar.

MINOR CORE-I

Paper Name: Stress Management

Paper Code: BAYSMN - 303(A)

Course Name : Stress Management

Course Code : BAYSMN - 303(A)

Total Credit : 06

Teaching Hours : 90 Hrs (04 L + 02 T +0P)

Final Exam (SEE) : 75 Marks Theory (45 marks) & Practical (30 marks,)

Internal Assessment : 25 Marks

Course Objectives:

1. To understand the nature and consequences of stress.
2. To understand behavioural aspects of stress.
3. To recognize various strategies of stress management.

Learning Outcomes (LOs):

After completion of the course students will be able to:

1. Identify the symptoms and causes of stress.
2. Apply stress management skills for holistic wellbeing.
3. Assess stress with the help of psychological tests.

Unit 1. Introduction to stress: (12 hr.)

- A. Concept, meaning, definitions and nature of stress (2 hr.)
- B. Types of stress, stressors, physiological and psychological changes (3 hr.)
- C. The role of cognitive appraisal in stress. (3 hr.)
- D. Consequences of stress, stress and health (4 hr.)

Unit 2. Behavioural aspects of Stress: (12 hr.)

- A. The general adaptation syndrome (3 hr.)
- B. Psycho-neruro-immunology, stress, mood and immune functioning (2 hr.)
- C. Social support and immune functioning (3 hr.)
- D. Emotional health and immune functioning (4 hr.)

Unit 3. Coping with stress: (12 hr.)

- A. Coping process, problem solving and emotional regulation (3 hr.)
- B. Coping strategies (Choen and Lazarus) (3 hr.)
- C. Cognitive Coping Styles (3 hr.)
- D. Causal Attributions and Explanatory Styles (3 hr.)

Unit 4. Strategies of Stress Management: (12 hr.)

- A. Sense of control, Hardiness, world view and sense of Coherence (3 hr.)
- B. Social resources and social support & emotional disclosure (3 hr.)
- C. Mental Control, Cognitive retraining (3 hr.)

Relaxation techniques (Tratak meditation, mantra meditaion :Shiv Sankalp Mantra, Guided Imaginary, Biofeedback (3 hr.)
Guided Imaginary (3hr.)

Unit 5. Psychology Practical (12 hr.)

Student Stress Scale (4 hr.)

Perceived Stress Scale (4 hr.)

Perceived Stress Questionnaire (4 hr.)

Note: Students will prepare Psychology Practical files for any two psychological tests and the practical examination of this unit will be conducted by an external expert. This examination will be conducted for 30 marks.

Reference Books:

1. Dimatteo, M. R., & Martin, L. R. (2018) Health Psychology, 1st edition. Pearson Education, Inc.
2. Taylor S.E (1998) Health Psychology 3rd edition, New York. Mc GrawHill

Text Books:

1. Dutta, P. K, (2010) Stress management Himalaya, Himalaya Publishing House.
2. Khokhar, C. P. (2007). A text Book of Stress, Coping and Health, Shalabh Publication, Shastri Nagar Meerut.
3. Hariharan, Meena. (2008). Coping with life stress: The Indian Experience. Sage India; First Edition. ISBN-13 :978-0761936558

MINOR CORE-I

Paper Name: Ancient Indian Social Life and Institutions

Paper Code: BAYSMN- 303(B)

COURSE NAME	: Ancient Indian Social Life and Institutions
Course code	: BAYSMN -303(B)
Total Credit	: 06
Teaching Hours	: 90 Hrs (04 L + 02 T +0P)
Final Exam (SEE)	: 75 Marks
Internal Assessment	: 25 Marks

Social history happens to be the core around which the historical reconstruction of any civilization takes place. This course introduces to the students the basic social ideas and institutions of ancient India. Social stratifications through Varna-Ashram system and the necessity and significance of the institutions of marriage and family are discussed in first two units respectively. The health of any society is manifested through the position a woman enjoys. This is brought to the fore in the third unit. The ethical values cherished upon the idea behavior patterns are the subject matters of the fourth unit, while the fifth unit describes the educational system of ancient India.

Unit I: (15 Lect.)

Varna-Ashrama System
Origin and development of Varna Vyavastha
Origin, development and significance of Ashrama
Jati Vyavastha

Unit II: (13 Lect.)

Marriage and Family
Meaning and objectives of marriages
Types of marriages
Concept and component of family

Unit III: (16 Lect.)

Position and Role of Women
Position and status of women in Ancient society
Stree Dhan and her Property rights

Unit IV: (14 Lect.)

Purusharth and Samsakarar
Types of Purushartha
Types of Samsakarar

Unit V: (17 Lect.)

Education System
Objectives of education
Important centers of education: Nalanda, Balabhi, Kashi and Taxila

Text Book:

Mishra, J.S., Prachin Bharat ka Samajik Itihas, Patana, 1986

Recommended Readings:

Altekar, A. S., Education in Ancient India (Also in Hindi)

Altekar, A.S., Position of Women in Hindu Civilization,

Dutt, N. K., Origin and Growth of Caste in India, Calcutta, 1931.

Jauhari, M., Prachin Bharata Mem VarnasramaVyavastha (Hindi), Varanasi, 1985.

Kapadia, K. M., Marriage and Family in India (English)

Tripathi, L.K. (ed.), Position and Status of Women in Ancient India, 2 Vols., Varanasi, 1988 and 1992

MINOR CORE-I

Paper Name: Transport and Hotel Management

Paper Code: BAYSMN- 303(C)

Course Name	: Transport and Hotel Management
Course Code	: BAYSMN – 303(C)
Total Credit	: 06
Teaching Hours	: 90 Hrs (04 L + 02 T +0P)
Final Exam (SEE)	: 75 Marks
Internal Assessment	: 25 Marks

Course Objectives:

Transportation & Accommodation are the vital components of the travel and tourism industry. Thereby it becomes imperative for the students of tourism to learn about different modes of transportation & hotels in modern world in general, and in India, in particular. The course attempts to provide an insight into different types of transportation, types of Hotels, concept of hospitality, the on-going charges, growth, present status, government policies, problems and management. Thus this course emphasizes on the knowledge of the 'Multi dimensional Key' which opens vast venues of world's largest service sector, that is tourism.

Unit-I: Transportation: Meaning, Background & Types

Transportation Meaning, Background of transportation system, Importance of Transportation in Tourism, Patterns of demand for Tourism and Transportation. Major Types of Transportation in Tourism.

Unit-II: Air & Water Transport

Air Transportation Meaning, Evolution of Civil Aviation in India Functions of IATA, & DGCA. Case study on Failure of Kingfisher Airlines in India. Water transport system, Background & types of water transport system.

Unit-III: Land Transport

Road transport system, Documents connected with transport, RTO, Insurance Documents, Road Tax and Fitness Certificates, NHAI. Rail Transport system, Major Railway system of world, Indian Railways, Tourist trains, viz Palace on wheels, Maharaja Express.

Unit-IV: Hospitality: Meaning and Nature

Defining Hospitality: Nature and its Meaning, Age old Institution of Hospitality with the Spirit of 'Atithi Devo Bhav' in India and its present status.

Unit-V: Hotel Management

Classification of Hotels on Basis of Location, Size, Clientele and Range of Service etc Star Classification – Criteria and Procedure Adopted in India. Main departments in Hotel: Front Office, Food Production, F&B Service & House Keeping. The Taj Group of Hotels, FHRAI.

Text Books:

1. Singh, R.L., India: A Regional Geography, National Geographical Society of India, Varanasi, 1989
2. Aggarwal, Surinder: 'Travel Agency Management', communication India, NewDelhi, 1983
3. Hannel Christine, Robert Harshman and Graham Draper- Travel and Tourism: A world regional geography, John Wiley and Sons, NewYork, 1992
4. Hurst, Elist, 'Transportation Geography' McGraw Hill, NewYork, 1974
5. Introduction to Hospitality Industry-Bagri S.C. & Dahiya Ashish, Aman Publications, 2008 Hotel and Lodging Management and Introduction: Alan T. Stutis & James F.

MINOR CORE-I

Paper Name: Sanskritam-III

Paper Code: BAYSMN- 303(D)

Course Name	: Sanskritam-III
Course Code	: BAYSMN - 303(D)
Total Credit	: 06
Teaching Hours	: 90 Hrs (04 L + 02 T +0P)
Final Exam (SEE)	: 75 Marks
Internal Assessment	: 25 Marks

- इकाई (१) सन्धिप्रकरणम् (सन्धिविधायकसूत्रमात्रम्)
सन्धिविच्छेदकरणम्, सूत्रव्याख्या, सूत्रस्मरणम्
- इकाई (२) भगवद्गीता - द्वितीयाध्यायः (चयनिताः ३० श्लोकाः)
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) हितोपदेशः - मित्रभेदः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) योगसूत्रम् - साधनपादः
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम् (वाक्यरचना अनुवादश्च)
हस्, लभ्, नी, ह, याच्, अद्, इण्, या, पा (रक्षणे),
आस्, शी, हु, भी, हा, ही, मा, नश्, पद्, युध्, आप्।
शब्दरूपमात्रम् (वाक्यरचना अनुवादश्च)
पाद, गोपा, भूपति, सुधी, स्वभू, नृ, प्राञ्च्, भूमृत्, धीमत्, महत्, लता,
मति, स्त्री, जान, मघवन्, पथिन्, लिह्, चतुर् (त्रिषु लिङ्गेषु)।

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. भगवद्गीता - गीताप्रेस, गोरखपुर
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
5. प्रौढ रचनानुवादकौमुदी - डा० कपिलदेव द्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

INTER-DISCIPLINARY

Paper Name: Indian Knowledge System

Paper Code: BAYSID- 304

Course Name : Indian Knowledge System

Course Code : BAYSID – 304

Total Credit : 02

Teaching Hours : 30 Hrs (02 L + 00 T +00 P)

Final Exam : 37 Marks

Internal Assessment : 13 Marks

Course Outcomes:

This course targets empowerment of learners to :

1. Demonstrate and apply yoga style of swami Ramdev for lifestyle moderation, health promotion and healing.
2. Carry out field projects regarding utility of Swami Ramdev yoga style.

UNIT 1:- Indian Philosophical Systems-Part (a) [15 HRS.]

CATURDASA VIDYASTHANA-S: 14 branches of learning in ancient India-purana, nyaya, Mimamsa, dharmasastra, six vedanga-s: (siksha, vyakarana, nirukta, chanda, jyotisa, kalpa) and four Vedas-Rigveda, yajurveda, samaveda and atharvaveda; introductory information on them. 18 PURANAS; their names and five general characteristics of purana-s-sarga, pratisarga, vamsa, manvantara and vamsanucarita.

UNIT 2:- Indian Philosophical Systems-Part (b) [15 HRS.]

Introduction and Contribution of Ancient Indian gurukula System: nalanda, taxila, vikramasila, valabhi, odantapuri, mithila, kanchi, nadia, puspagiri, nagarjunakomda, saradapitha, kasmira , ujjain, 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, vaisesika 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.

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, Samskrta Śāstrom ka Itihās, Chowkhamba, 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.
8. Mohanty, J. N. (2008). A History of Indian Philosophy. A Companion to World Philosophies, 24–48.
9. Potter, K. H. (1987). Encyclopedia of Indian Philosophies Vol IV. Delhi, India: Motilal Banaridass Publishers.
10. Press, O. U. (1928). Indian Philosophy: A Very Short Introduction. Mind (Vol. 37).
11. Radhakrishnan, S., & Moore, C. A. (Eds.). (1957). A Source Book in Indian Philosophy. New Jersey, NJ: Princeton University Press.
12. Schweizer, P. (1993). Mind/ Consciousness Dualism in Sankhya-Yoga Philosophy.
13. Philosophy and Phenomenological Research, 53(4), 845–859. doi:10.2307/2108256
14. Timalisina, S. (2008). Consciousness in Indian philosophy: The Advaita doctrine of “awareness only.”

ABILITY ENHANCEMENT COURSE (AEC)

Paper Name: Basics of Sanskritam- II

Paper Code: BAYSAE- 305

Course Name	: Basics of Sanskritam- II
Course Code	: BAYSAE- 305
Total Credit	: 02
Teaching Hours	: 30 Hrs (02 Lecture + 00Tutorial per Week)
Final Exam	: 37 Marks
Internal Assessment	: 13 Marks

Objectives:

Following the completion of this course, students shall be able to

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write Sanskrit with better grammatical skill.

Unit-1: संस्कृतभाषा परिचय [8HRS]

पठ् एवं कृ धातु का कर्मवाच्यरूप ज्ञान पाँच लकारों लट्, लृट्, लङ्, लोट्, लिङ् में एवं वाक्य निर्माण अर्थज्ञान सहित। अस् एवं भू धातु का भाववाच्यरूप ज्ञान पाँच लकारों लट्, लृट्, लङ्, लोट्, विधिलिङ् में एवं वाक्य निर्माण अर्थज्ञान सहित। कर्तृवाच्य एवं कर्मवाच्य का परिचय, वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद। कर्तृवाच्य का परिचय वाक्यरचना, वाक्यरूपान्तरण एवं अनुवाद।

Unit-2: कृदन्त प्रत्यय [7HRS]

शतृ एवं शानच् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त्वा, ल्यप्, तुमुन् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। क्त एवं क्तवतु प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद। तव्यत्, अनीयर् एवं यत् प्रत्ययों से शब्दनिर्माण, वाक्यरचना और अनुवाद।

Unit-3: सन्धि एवं भाषाभ्यास [8HRS]

अच्, हल् एवं विसर्ग सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास। भगवद्गीता के द्वितीय अध्याय के प्रथम 20 श्लोकों में कारक एवं क्रियापदों का अनुसन्धान एवं सस्वर श्लोकपाठ। संस्कृत से हिन्दी/अंग्रेजी में अनुवाद। संस्कृत में परस्पर वार्तालाप एवं मौखिक व्याख्यान का अभ्यास।

Unit-4: भाषादक्षता [7HRS]

प्रथमदीक्षा के चतुर्थ, पंचम एवं षष्ठ अध्याय से वाक्यनिर्माण एवं अर्थज्ञान का अभ्यास।

TEXT BOOKS

1. द्विवेदी कपिल देव: प्रारम्भिक रचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011
2. द्विवेदी कपिल देव: रचनानुवादकौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2011
3. द्विवेदी कपिल देव: प्रौढरचनानुवाद कौमुदी, विश्वविद्यालय प्रकाशन, वाराणसी 2007

BOOKS FOR REFERENCES

1. प्रथमदीक्षा – राष्ट्रिय संस्कृत संस्थान, नई दिल्ली।
2. द्वितीय दीक्षा – राष्ट्रिय संस्कृत संस्थान, नई दिल्ली।
3. महर्षि दयानन्द सरस्वती: वर्णोच्चार शिक्षा, रामलाल कपूर ट्रस्ट, सोनीपत हरियाणा।

SKILL ENHANCEMENT COURSE (SEC)

Paper Name: Anthropometric Assessment & Traditional Vedic Diagnostic Tools

Paper Code: BAYSSE- 306

Course Name	: Anthropometric Assessment & Traditional Vedic Diagnostic Tools
Course Code	: BAYSSE- 306
Total Credit	: 03
Teaching Hours	: 60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam	: 75 Marks
Internal Assessment	: 25 Marks

Course Objectives:

Following the completion of this course, student will be able to

- Label of Anthropometry Measurements
- Experiment with Physiological parameters and clinical examination
- To determine the Measurement and Recording
- To develop the Physiology and Application of Asanas.

Course Outcomes (COs):

Following the completion of this course, student will be able to

- CO1.** Apply and analyse the measurements of Body Mass Index and Body Circumferences.
- CO2.** Explain the concept of Physiological parameters and clinical examination
- CO3.** Identify the data recording and analysis with Spirometry,.
- CO4.** Define the Physiology and Application of Asana.

UNIT 1: MEASUREMENT AND RECORDING [15 HRS.]

Weight, stature, eye height, Body Mass Index, Body Surface Area, Shoulder height, elbow height, head circumference, neck circumference, mid upper arm circumference, chest circumference, waist circumference, hip circumference, waist hip ratio, Measurement of fat percentage. Introduction of GAIT Analysis. Heart rate, pulse rate and respiratory rate, Blood Counts, Effect of Yogasana (Prone, Supine, Sitting, Standing positions), Suryanamaskar, Pranayama and Meditation on human body. Spirometry, Measurement of strength of muscle. Measurement of flexibility.

UNIT 2: UNDERSTANDING OF PHYSIOLOGY AND APPLICATION OF ASANA [15 HRS.]

Grasping of muscles physiology with the help of model/chart and its practical applications in Asana. Idea of COG, LOG, BOS in Asanas (in Sitting, standing, lying, balancing asanas), Idea of Biomechanics of Yogic postures. Analysis/assessment of functions of Joints and muscles in relation to Asanas.

UNIT 4: AYURVEDA'S, SIDDHA & UNANI SYSTEM DIAGNOSIS METHOD [20 HRS.]

AYURVEDA: Nidana Panchaka, Nadi/Pulse, Mutra/Urine, Malam/Stool, Jihwa/Tongue, Shabda/Speech, Sparsha/Touch, Drik/Eye, and Akrti/shape.

SIDDHA: 'Ashtasthana Pareeksha' (examination of eight sites) that encompasses examination of nadi (pulse), kan (eyes), swara (voice), sparisham (touch), varna (colour), na (tongue), mala (faeces) and neer (urine).

UNANI: Pulse: size, strength, speed, consistency, fullness, rate, temperature, constancy, regularity and rhythm. Urine: odor, quantity, mature urine and urine at different age groups. Stool: color, consistency, froth and time required for passage etc.

UNIT 5: NATUROPATHY DIAGNOSIS METHOD [10 HRS.]

Facial Diagnosis, Iris Diagnosis and Modern Diagnostic Techniques.

REFERENCE BOOKS:

1. Dr. Kanika Jain, Dr Ajiy Kumar Wahane: Standardization of Praman for practice use in Anthropometric Fitness.
2. Charles Roberts: A manual of Anthropometry.
3. S.P. Singh, Promil Mehta: Human Body Measurements: concepts & applications.
4. Anjali Thakare: Test, Measurement & Evaluation in Physical Education.

B. A. With Yoga 2024-25

Semester-IVth Semester

S.No.	Course Code	Course Title	Credit
1	BAYSMJ-401	Gherand Samhita &Shastra Smaran	4+2=6
2	BAYSMJ-402	Various Meditation Techniques Meditation Practicum	4+2=6
3	BAYSMN-403	BAYSMN-403(A) STRENGTHS AND VIRTUES Or BAYSMN-403(B) Ancient Indian Art & Architecture Or BAYSMN-403(C) Travel Agency and Tour Operations Business Or BAYSMN-403(D) संस्कृतम्-I	4
4	BAYSMN-404	Upnishads Parichay	4
5	BAYSAE-405	Fundamentals of Computer Applications	2
Total Credits		22	



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

MAJOR CORE- I

Paper Name: Gherand Samhita & Its Application

Paper Code: BAYSMJ - 401

Course Name : GHERAND SAMHITA & ITS APPLICATIONS

Course Code : BAYSMJ - 401

Total Credit : 06

Teaching Hours : 90 Hrs (04 Lecture + 02Tutorial per Week)

Final Exam : 75 Marks

Internal Assessment : 25 Marks

Course Outcomes (COs):

By introducing Gherand Samhita shall be able to;

- To construct about pre-requisites of Hatha Yoga.
- Explain the concept of Yoga in Gherand Samhita.
- Explain various chapters of Gherand Samhita.
- Quote references of each practice as per Gherand Samhita.

Learning Outcomes (LOs):

- After completion of the course contents of this paper, the student will be able to:
- Gain information about basic concept of Hath yoga, Asanas and Shatkarmas their types, techniques, precautions and benefits.
- Explain the techniques of Kumbhaka, Bandhas, Chakras, and Nadis & Samadhis with their types, techniques, precautions and benefits.
- Tell about Gheranda Samhita and its various components.
- To define the importance of Pratyahara, Pranayamas, Dhyana, and Samadhi.

UNIT - 1: TECHNIQUES AND OUTCOMES OF SHATKARMAS AND ASANAS [30 HRS.]

Shat-karmas (Purificatory): By following the shat karmas:- Dhauti (4 types); Antardhauti (internal cleansing), Vatasara (wind purification), Varisara (water purification), Vahnisara (process of fire purification), Bahiskrita, Dantadhauti which involves the purification of Teeth, root of the tongue, Both ears, frontal sinuses, Hridayadhauti (process of heart cleaning) which is done by using sticks, vomiting and cloth, Mulashodhana (process of rectal cleaning), Basti (2 types); Jala or water Basti (A Basti Kriya done in water), Sthala or dry basti (A Basti Kriya of dry nature); Practice of Neti Kriya; Practice of Laukiki, Gazing or Trataka practice which is an eye exercise that cures all eye diseases and induces clairvoyance; Kapalbhata (3 types), the practice of which removes all phlegm (kapha) related disorders, Vat krama (which involves alternate nostril breathing without force and without retention), Practice of Vyut karma (which involves method of drawing in water through nasal passages and letting it out through the mouth), Practice of Sheet karma (which involves a method of drinking water through the mouth and letting it out through the nasal passage).

Asanas:- Siddhasana-Perfect Pose, Padmasana-Lotus Pose, Bhadrasana-Happy Pose, Mukta-Free Pose, Vajrasana-Adamant Pose, Swastika-Prosperous Pose, Singham- Lion Pose, Gomukha-Cow's mouth Pose, Vira-Hero Pose, Dhanur-Bow Pose, Mritasana, or Shavasana-Corpse pose, Gupta-Hidden Pose, Matsya-Fish pose, Matsendra-King of Fish Pose, Goraksha, Paschimottana-Forward Bend Pose, Uttkatana, Sankatana -Dangerous pose, Mayurama-Peacock Pose, Kukkutana, Kurma-Tortoise Pose, Uttana Manduka, Uttana Kurmakana, Vriksha-Tree Pose, Manduka-Frog Pose, Garuda - Eagle Pose, Vrishama - Bull Pose, Shalabha- Locust Pose, Makara - Crocodile Pose, Ushtrama-Camel Pose, Bhujangama-Snake Pose and Yoga or Yogasana.

UNIT - 2: TECHNIQUES AND OUTCOMES OF MUDRA AND PANCHADHARAN (FIVE DHARANAS) [15 HRS.]

Mahamudra, Nabho mudra, Uddiyana Bandha, Jalandhar Bandha, Mula Bandha, Maha Bandha, Mahabheda, Khechari Mudra, Viparitkarni, Yoni Mudra, Vajroni Mudra, Shakti chalani, Tadagi (tank) Mudra, Manduki Mudra, Shambhavi Mudra, Ashwini Mudra, Pasini Mudra, Kaki Mudra and Bhujangini Mudra. Parthivi-earthy, Ambhasi-watery, Vayavi-aerial, Agney-fire and Akashi-sky/ethereal

UNIT-3: TECHNIQUES AND RESULTS OF PRATYAHARA AND PRANAYAMA [10 HRS.]

Pratyahara : Shat shatru varnan, atma layatva. **Pranayama:** Sahita Pranayama, Sagarbha Pranayama, Nigarbha Pranayama, Surya bhed Pranayama, Ujjayi Pranayama, Shitali Pranayama, Bhastrika Pranayama, Bhramari Pranayama, Murcha Pranayama, Kevali Pranayama

UNIT - 4: TECHNIQUES AND RESULTS OF DHYAN AND SAMADHI [05 HRS.]

Dhyana: Sthula Dhyana, Jyoti Dhyana, Sukshama Dhyana. **Samadhi:** Dhyana yog Samadhi, Nadyog Samadhi, Rasananda Samadhi, Layasiddhi Samadhi, Bhakti yog Samadhi, Manmurcha Samadhi

UNIT-5: SHASTRA SMARAN [30HRS]

TEXT BOOKS

1. Gherand Samhita: Kaivalyadhama
2. Gherand Samhita: SVYASA, Bengaluru

MAJOR CORE- II

Paper Name: VARIOUS MEDITATION TECHNIQUES

Paper Code: BAYSMJ - 402

Course Name	:	VARIOUS MEDITATION TECHNIQUES
Course Code	:	BAYSMJ - 402
Total Credit	:	06
Teaching Hours	:	120 Hrs (04 Lecture + 0 Tutorial per Week + 04 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Course Objectives:

- To know traditional meaning and definitions of the term 'meditation'
- To know Preparatory practice of meditation
- To know different types of meditation techniques with their benefits
- To have the knowledge of scientific approach of meditation
- To know database research on meditation

Course Outcomes:

Students will be familiar with scriptural knowledge of meditation and gain ability to teach meditation techniques with scientific approach. Students share personal experience of meditation and are able to apply meditation techniques in therapeutic way.

UNIT I INTRODUCTION OF MEDITATION [10 HRS]

Meditation its meaning, nature and scope; Meditation as deployment of Concentration; Concept of Dharana, Dhyana and Samadhi. Prayer, Worship & Meditation, Initial stage of Meditation, Psychological basis of Meditation.

UNIT-II MEDITATION IN HINDUISM [15 HRS]

Meditation in Hinduism: OM meditation; So...Ham meditation; Chakra meditation; Process of Meditation in 6th chapter of Bhagavad Gita; Transcendental Meditation. Cyclic Meditation, Mind Sound Resonance Technique (MSRT),

UNIT-III MEDITATION IN BUDDHISM [20 HRS]

Meditation in Buddhism; Meditation in Jainism; Zen meditation; Carrington's CSM; Meditation as a self-enhancement and self-regulation strategy; Meditation- Samyama and Siddhis the possibility and significance.

UNIT-IV: MEDITATION & ITS SCIENTIFIC APPROACH [15 HRS]

Practice of Various Meditation Techniques. Psychological effects of Meditation: Cognitive effects-Paranormal effects-Volitional and Behavioural effects-Emotional effects; Therapeutic effects of Meditation: Meditation and Mortality- Yoga and Hypertension- Healing and Health effects.

UNIT-V PRACTICE OF VARIOUS MEDITATION [60 HRS]

All Above practices, Deep Relaxation Technique (DRT), Quick Relaxation Technique (QRT), Pranic Energization Technique (PET), Mastering Emotional Technique (MET)

Recommended Books

1. Rao, K.R.(3005). Consciousness Studies: Cross-Cultural Perspectives. North Carolina: McFarland & Company, Inc.
2. Rama, Swamy (1992). Meditation and Its Practice. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
3. . Funderburke, J. (1977). Science Studies Yoga: A Review of Physiological Data.
4. Honesdale: Himalayan Institute of Yoga Science and Philosophy of USA
5. Johnson, D. & Farrow, J.T. Ed(1977). Scientific Research on Transcendental Meditation Programme: Collected Papers, Vol I. Los Angeles: MERUPress.
6. Rao, K.R. (1989). Meditation: Secular and Sacred. Presidential Address to the Indian Academy of Applied Psychology, University of Calcutta.
7. Shapiro, D. H. & Walsh, R.N. (Ed.) (1984). Meditation: Classic and contemporary Perspectives. New York: Aldine.
8. Rao, K.R. (3011). Cognitive Anomalies, Consciousness and Yoga, vol. XVI part 1, Centre For Studies in Civilizations, pp 563-661
9. Concentration & Meditation, Ramakrishna Vedanta Study Circle, Athens, Greece 2005

MINOR –I

Paper Name: STRENGTHS AND VIRTUES

Paper Code: BAYSMJ – 403(A)

Course Name : STRENGTHS AND VIRTUES

Course Code : BAYSMN – 403(A)

Total Credit : 04

Teaching Hours : 60 Hrs (03 Lectures + 01 Tutorials per Week)

Final Exam (SEE) : 75 Marks

Internal Assessment : 25 Marks

Course Objectives:

1. To explain the nature and key concepts in positive psychology.
2. To know the Eastern and Western perspectives on positive psychology constructs with special reference to Indian Psychology.

Learning Outcomes (LOs):

After completion of the course students will be able to:

1. To explain the meaning, objectives, and the historical background of positive psychology.
2. To describe various interpersonal and intrapersonal character strengths and their role in promoting our well-being and achieving flourishing state of mental health.

Unit 1. Introduction to Positive Psychology (12 hr.)

- A. Meaning, nature, objectives of positive psychology (3 hr.)
- B. Historical perspectives: Seligman and Wong (3 hr.)
- C. Relationship of Positive Psychology with other areas of Psychology (3 hr.)
- D. Contributions of Indian Psychological perspectives to Positive Psychology (3 hr.)

Unit 2. Positive Psychology and Indian Psychology :(12 hr.)

- A. Meaning, definitions and scope of Indian Psychology (3 hr.)
- B. Concepts Associated with Pleasure, Happiness, Well- Being and Flourishing (3 hr.)
- C. Purushārtha: life goals worth pursuing (3 hr.)
- D. Ānanda: sustained happiness and well-being (3 hr.)

Unit 3. Character Strengths and Virtues: (12 hr.)

- A. Concept of Character Strengths (3 hr.)
- B. Via classification of strengths and virtues (3 hr.)
- C. Clifton’s Strengths Finder (3 hr.)
- D. The Search Institute’s 40 Developmental Assets (3 hr.)

Unit 4. Interpersonal Strength: (12 hr.)

- A. Growth mindset (3 hr.)
- B. Multicultural mindset (3 hr.)
- C. Grit and Determination (3 hr.)
- D. Self-compassion (3 hr.)

Unit 5. Eastern and Western Perspectives on Positive Psychology: (12 hr.)

- A. Distinction between Western and Indian psychological perspectives (3 hr.)
- B. Positive psychology and Indian psychological perspectives (3 hr.)
- C. Religious and spiritual practices for enhancing well-being (3 hr.)
- D. Spiritual practices for enhancing well-being (3 hr.)

Reference Book

- Dalal, A. K., & Misra, G. (2010). The core and context of Indian psychology. *Psychology & Developing Psychology*, 22, 121–155.
- Misra, G., & Mohanty, A. K. (Eds.). (2002). *Perspectives on indigenous psychology*. New Delhi: Concept.,

Text Book

- Akhilanand, S. (1948). *Hindu psychology: Its meaning for the West*. London: George Routledge & Sons.

MINOR –I

Paper Name: Ancient Indian Art & Architecture

Paper Code: BAYSMJ – 403(B)

Course Name : Ancient Indian Art & Architecture
Course Code : BAYSMN – 403(B)
Total Credit : 04
Teaching Hours : 60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE) : 75 Marks
Internal Assessment : 25 Marks

UNIT- I: (12 Lect.)

1. Art and architecture of Indus Valley Civilisation
2. Mauryan Art
3. Art of Bharhut, Sanchi, and Amaravati

UNIT- II: (12 Lect.)

1. Mathura School of Art
2. Gandhara School of Art
3. Gupta sculptural Art
4. Ajanta Paintings

UNIT- II: (12 Lect.)

1. Stupa Architecture with special reference to
 - A. Sanchi mahastupa
 - B. Amaravati stupa
2. Rock-cut Architecture with special reference to
 - A. Bhaja
 - B. Karle

UNIT- IV: Architectural features of the following (12 Lect.)

- A. Gupta Temples
- B. Khajuraho Temples - Kandariya Mahadeva

UNIT- V: Architectural features of the following (12 Lect.)

- A. Orissa Temples - Lingaraja Temple & Konark Sun Temple
- B. Pallava Temples - Rock-cut Rathas
- C. Rashtrakuta Temples- Kailasa Temple of Ellora

Recommended Books:

- Majumdar, R.C. and A.D. Pusalker (eds.), The History and Culture of the Indian People, Vols. II and III (relevant chapters.), Bombay, 1951-57.
Agrawala, P.K., PrācīnaBhāratīyaKalāevamVāstu (Hindi), Varanasi, 2002.
Agrawala, V.S., BhāratīyaKalā (Hindi), Varanasi, 1994.
Bajpai, K.D., BhāratīyaVāstukalākālitihāsa (Hindi), Lucknow, 1972.
Brown, P., Indian Architecture (Buddhist and Hindu Periods), Vol. I, Bombay, 1971. . . 34
Coomarswamy, A.K., History of Indian and Indonesian Art, London, 1927.

MINOR –I

Paper Name: Travel Agency and Tour Operation Business

Paper Code: BAYSMJ – 403(C)

Course Name : Travel Agency and Tour Operation Business

Course Code : BAYSMN – 403(C)

Total Credit : 04

Teaching Hours : 60 Hrs (03 Lectures + 01 Tutorials per Week)

Final Exam (SEE) : 75 Marks

Internal Assessment : 25 Marks

Objective: The students will understand the conceptual meaning and differentiation between Travel agency and Tour operation. Further they will understand formalities and documentation needed to set up these units.

Unit-I : Travel Agency and Tour Operation

Introduction to Travel Agency. Meaning and Definition of Travel Agency and Tour operation, Forms & Typologies of Tour Operations and Travel Agents, Role and Contributions of Travel Agents & Tour Operators in Tourism Development.

Unit-II: Business Profile of Travel Agency

Organizational Structure of an approved Travel Agency. Procedures for approval of a Travel Agency and the details of formalities that are required to be completed from various agencies of Central Government and State Government from time to time. Travel Agency Business and Functions- Ticketing, Travel Facilitation, Documentation and Marketing etc.

Unit-III: Tour Operation Management

Tour Package- Meaning, Component, types.
Organizational Structure & Major Function of a tour operator.
Tour Itinerary-Meaning, definition, types.

Unit-IV: Linkages in Tourism Business

How tour operations and travel agencies are linked with Airlines, Accommodation Properties, shopping Emporiums, Security Agencies, Transport Organizations, Insurance Unit, Foreign Exchanges Handling Counters, Foreign Embassies and State and Center Tourism Departments.

Unit-V: Travel Trade Organization and Associations

A brief introduction to UNWTO / WTO, IATA, TAAI, ITDC, IATO.

Text Books:

1. Travel Agency Management-Dr Mohinder Chand- Anmol Publication, New Delhi, 2007
2. International Airfare and Ticketing- Dr. S.K. Gupta, UDH Publisher, New Delhi, 2007
3. The Business of Tourism- Hollway JC, Mc Donald and Evans, Plymouth, 1983
4. Guide to Starting and Operating Successful Travel Agency , Stevens Lawrence, Delmar Publishers Inc, New York, (1990)
5. Travel and Tourism Management, Foster Douglas McMillan, London, 1983

MINOR –I

Paper Name: Sanskritam- IV

Paper Code: BAYSMJ – 403(D)

Course Name	:	Sanskritam- IV
Course Code	:	BAYSMN – 403(D)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	:	75 Marks
Internal Assessment	:	25 Marks

- इकाई (१) विभक्त्यर्थप्रकरणम् (वाक्यरचनाअनुवादश्च)
सूत्रव्याख्या, सूत्रस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (२) रघुवंशः - द्वितीयसर्गः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) नीतिशतकम् (१-५०)
(श्लोकस्मरणम्), श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) उपपदविभक्तिः - परिचयः, प्रयोगः
उपसर्गवृत्तिः
उपसर्गपरिचयः, उपसर्गार्थः, उपसर्गप्रयोगः
- इकाई (५) सृष्टिरचना - सांख्यमतानुसारम्

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. रघुवंशः - कालिदासः, चौखम्बासुरभारतीप्रकाशन, वाराणसी
3. नीतिशतकम् - भर्तृहरिः, चौखम्बाप्रकाशन, वाराणसी
4. उपसर्गवृत्तिः - रामचन्द्राचार्यः
5. सांख्यदर्शनम् - आचार्यआनन्दप्रकाशः

MINOR –II

Paper Name: Upanishad Parichay

Paper Code: BAYSMN – 404

Course Name	:	Upanishad Parichay
Course Code	:	BAYSMN – 404
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lectures + 01 Tutorials per Week)
Final Exam (SEE)	:	75 Marks
Internal Assessment	:	25 Marks

Objectives: Following the completion of this course, students shall be able to

- Understand the basic teachings of Upanishads.
- Apply the essence of Upanishads in life.

Unit-1: Introduction to Upanishads (15 Hours)

Etymology of The Word Upanishad, Meaning, Place of Upanishads In The Tradition Of Vedic Literature, Evaluation Of Upanishads, Opinions Of Various Scholars About It, Importance Of Upanishads.

Unit-2: - (15 Hours)

Ishavasyopanishad (Complete), Kenopanishad (Complete).

Unit-3: - (15 Hours)

Kathopanishad- First Chapter (First, Second, Third Valli)

Unit-4: - (15 Hours)

Taittiriya Upanishad-Shiksha Valli (XI Anuvaak), Mundakopanishad (Complete).

Unit-5: - (15 Hours)

Shvetashvataropanishad (Chapter 1-4) Chhandogyopanishad: Narada-Sanat Kumar Dialogue (1-26 Vols.)

Prescribed Text Book

एकादशोपनिषद- डा० सत्यव्रत सिद्धान्तालंकार, विजयकृष्ण लखनपाल, नई दिल्ली

Supporting Book

ईशादिनौपनिषद-गीताप्रेस, गोरखपुर

कल्याण (उपनिषदांक) -गीताप्रेस, गोरखपुर

ABILITY ENHANCEMENT COURSE (AEC)

Paper Name: Fundamentals of Computer Applications

Paper Code: BAYSAEC-405

Course Name	:	Fundamentals of Computer Applications
Course Code	:	BAYSAEC-405
Total Credit	:	02
Teaching Hours	:	60 Hrs (01 Lecture + 02 Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

UNIT 1: INTRODUCTION TO COMPUTER [40HRS]

Introduction to computer system, uses, types. Data Representation: Number systems and character representation, binary arithmetic Human Computer Interface: Types of software, operating system as user interface, utility programs Devices: Input and output devices (with connections and practical demo), keyboard, mouse, joystick, scanner, OCR, OMR, bar code reader, web camera, monitor, printer, plotter Memory: Primary, secondary, auxiliary memory, RAM, ROM, cache memory, hard disks, optical disks

UNIT 2: FUNCTIONS OF COMPUTER [30HRS]

Computer Organisation and Architecture: C.P.U., registers, system bus, main memory unit, cache memory, Inside a computer, SMPS, Motherboard, Ports and Interfaces, expansion cards, ribbon cables, memory chips, processors. Overview of Emerging Technologies: Bluetooth, cloud computing, big data, data mining, mobile computing and embedded systems.

UNIT 3: APPLICATIONS OF COMPUTER [20HRS]

Use of Computers in Education and Research: Data analysis, Heterogeneous storage, E-Library, Google Scholar, Domain specific packages such as SPSS, Mathematical etc. 6L 10L 6L 10L 6L 10L 8L 4L.

UNIT 4: PRACTICAL [30HRS]

MS Office i) Microsoft Word ii) Microsoft Excel iii) Microsoft PowerPoint

Reference Books:

1. A. Goel, Computer Fundamentals, Pearson Education, 2010.
2. P. Aksoy, L. DeNardis, Introduction to Information Technology, Cengage Learning, 2006
3. P. K.Sinha, P. Sinha, Fundamentals of Computers, BPB Publishers, 2007

Practical:

The practical assignment must include connecting parts of a computer and assembling it to an extent, media formatting and installation of some software.

B. A. With Yoga 2024-25

Semester –5th SEM

S.No.	Course Code	Course Title	Credit
1	BAYSMJ-501	Various Hatha Yogic Texts-I: Shastra Smaran	4+2=6
2	BAYSMJ-502	Yoga Practicum Lesson Plan	4+2=6
3	BAYSMN-503	BAYSMN-503(A) Clinical Psychology or BAYSMN-503(B) History of India (1206 A.D. TO 1739A.D.) Or BAYSMN-503(C) Major Tourist Attractions of World Or BAYSMN-503(D) संस्कृतम्—V	6
4	BSYSSE-504	Internship	4
Total Credits		22	



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

Paper Name: VARIOUS HATHA YOGIC TEXTS - I**Paper Code: BAYSMJ - 501**

Course Name	:	VARIOUS HATHA YOGIC TEXTS - I
Course Code	:	BAYSMJ - 501
Total Credit	:	06
Teaching Hours	:	90 Hrs (04 Lecture + 0Tutorial per Week + 04 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25Marks

Course Objectives:

- To introduce different Hatha yoga texts such as Siddha SiddhantaPaddhati (SSP), Hatha Tanavali (HR) and Siva Samhita (SS).
- To enrich the varieties of hatha yogic techniques in these texts

Course Outcomes:

- By introducing Hatha Yoga, students shall be able to understand about pre- requisites, principles about Hatha Yoga practices.
- Understand different Hatha Yoga Techniques described in above Classical texts. And understand the therapeutic application of Yogic
- Techniques explained in these texts.

UNIT 1: SIDDHA SIDDHANTA PADDHATI [20HRS]

The origin and home of Natha yogis- Spiritual lineage and date of Goraksanath- works of Goraksanath-specially features of Siddha Siddhanta Paddhati (SSP),- Outlines of the SSP: Upadesha-I: origin of the body; Upadesha-II: discussion of the body; Upadesha-III: knowledge of the body. Outlines of the SSP: Upadesha-IV: the foundation of the body; Upadesha-V: the union of the body with the Supreme Reality; Upadesha-VI: the definition of an Avadhuta Yogi

UNIT2: HATHA RATNAVALI [20HRS]

Date & authorship of Hatha Ratnavali (HR)- Yama and Niyamas of Srinivasabhata-Philosophy and Theology in Hatha Ratnavali- concept of 'Hatha' – Ayurvedic thought in Hatha Ratnavali- Astakarmas- Tantra practices in Hatha Ratnavali. Outlines of chapters of Hatha Ratnavali: four yogas, eight purificatory techniques, eight/nine breathing techniques, ten mudras, names of Kundalini and naadis, names of eighty four postures, Samadhi and Nada.

UNIT 3: SIVA SAMHITA [20HRS]

Introduction- Ch. I : karma kanda, Jnana kanda, the spirit, Yoga maya, Definition of Paramahamsa, Absorption or Involution. Ch.II: The microcosm, The nerve centers, the nerves, the pelvic region, the abdominal region, the jivatma,Outlines of Shiva Samhita: Ch,III: On yoga practice: The Vayuus, the Adhikari, the place, the pranayama, , the four postures: Siddha, Padma, Ugra, and Svastika; Ch. IV: Yoni mudra: the secrete drink of the kaulas; Ch. V: Bhoga (enjoyment), Dharma (Ritualism of religion) Jnana (Knowledge)- invocation of shadow (pratikopasan)- Raja yoga-various kinds of dharanas- the moon of mystery- the mystic mount kailas- the Raja yoga- The Rajadhiraja yoga.

Unit 4: SHASTRA SMARAN [30HRS]

MAJOR CORE- II

Paper Name: YOGA PRACTICUM & LESSON PLAN

Paper Code: BAYSMJ - 502

Course Name	:	YOGA PRACTICUM & LESSON PLAN
Course Code	:	BAYSMJ - 502
Total Credit	:	04
Teaching Hours	:	120 Hrs (00 L+ 00 T + 08 P)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objectives:

Following the completion of the course, students shall be able to

- Sketch lesson plan for Yoga teaching
- Systematic arrangement of Yoga teaching
- Teach Yoga in the given class.

Learning outcomes:

On completion of this course, the students will be able to:

- Develop to have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform practically the Yoga session with lesson plan.
- Develop skill to conduct practical sessions.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

Unit-1: PREPARATION OF 10 LESSON PLAN [50 HRS.]

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the course coordinator.

Unit-2: APPLICATION OF PREPARED LESSON PLAN [20 HRS.]

Students have to teach the prepared lesson plan in previous semester Yoga Practice classes under supervision of Yoga Teachers/Instructors.

Unit-3: PRESENTATION OF LESSON PLAN [10 HRS.]

Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

UNIT -5: SWASTIVACHANA (1-15 VERSES) [20 HRS]

To have a perception, memorization and recitation of Mantras

UNIT-4: CONTINUOUS EVALUATION BY THE TEACHER [20 HRS]

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

MINOR- I

Paper Name: CLINICAL PSYCHOLOGY

Paper Code: BAYSMN – 503(A)

Course Name	:	CLINICAL PSYCHOLOGY
Course Code	:	BAYSMN – 503(A)
Total Credit	:	06
Teaching Hours	:	120 Hrs (04 Lecture + 0 Tutorial per Week + 04 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objectives:

- To familiarize students with the basic nature of Clinical Psychology and tools used for assessment psychological disorders.
- To introduce the etiological understanding and the therapeutic interventions for the various psychological problems.

1. Clinical Psychology

2. Meaning and definition of clinical psychology

- A. Nature (characteristics) of clinical Psychology
- B. Professional Issues: Roles and Ethics
- C. Training of the clinical Psychologist

3. Clinical Assessment

- A. Importance of clinical assessment
- B. Case study
- C. Clinical Interview
- D. Psychological Tests: MMPI and Rorschach Inkblot Test

4. Stress

- A. Meaning, definitions and types of stress
- B. factors affecting Stress
- C. Concept of Psycho-immunity
- D. Stress Management

5. The profession of clinical Psychology in India

- A. Rehabilitation Council of India (RCI)
- B. Central Institute of Psychiatry, Ranchi
- C. NIMHANS Bangalore
- D. Future of clinical Psychology

Text Books:

1. Sing, A.K. (2013.) UchatarNaidanicManovigyan, (Advanced Clinical Psychology) 7th revised edition.
2. Khokhar. C.P. (2008) Stress Coping Behaviour, Meerut usandhanVidhiyan.

Reference Books:

3. Irwin, B.W. (1976). Clinical Methods in Psychology. New York: Willey Interscience.
4. Kendall. (1980). Modern Clinical Psychology, New York: Willey.
5. Korchin, S.J. (1976). Modern Clinical Psychology. New York: Basic Books.
6. Shaffer, G.W. & Lazarus, L.S. (1952). Fundamental concepts of clinical Psychology.
7. Wolberg, L.R. (1988). The Techniques of Psychotherapy (Vol. 1 & 2). London: Jason Aronson Inc.
8. Wolman, B.B. (1965). Handbook of clinical Psychology, New York: Mc Graw Hill.

MINOR- I

Paper Name: History of India (1206 A.D. TO 1739A.D.)

Paper Code: BAYSMN– 503(B)

Course Name : History of India (1206 A.D. TO 1739A.D.)
Course Code : BAYSMN – 503(B)
Total Credit : 06
Teaching Hours : 90 Hrs (04 Lecture + 02Tutorial per Week)
Final Exam : 75 Marks
Internal Assessment : 25 Marks

UNIT: I (20 Lect.)

Foundation and Consolidation of the Delhi Sultanate: Gulam Vans, Khiljis- Conquests, Administration and Deccan Policy, Tughlaqs-Mohammad-Bin-Tughlaq and FerozShah Tughlaq, Timor's invasion, Lodi Vans: Sikandar Lodi, Ibrahim Lodi

UNIT: II (25 Lect.)

Vijayanagar Empire: its Foundation and Conflict with the Bahmani Kingdom, Bahmani Kingdom; Its Expansion and Disintegration, Struggle for Empire in North India: Eastern India_ Bengal, Assam and Orissa, Western India: Gujarat Malwa, Mewar, Northwest and North India, Kashmir

UNIT: III (25 Lect.)

Babur's invasion of Indian territories, Humayun-His difficulties, Battle with Sher Shah and the Causes of his failure. Sher shah- Administration and Reforms, Akbar-Conquests and Religious Policy, Jahangir and Nurjahan's Supremacy on his administration. ShahJahan- His reign represents the Golden age of Mughal History, Aurangzeb and his Policy: Deccan Policy, Rajput Policy and Religious Policy

UNIT: IV (25 Lect.)

The Rise of the Marathas: Shivaji- his achievements and Administration, his successors- Balaji Vishwanath, Bajirao I, BALAJI BAJIRAO Third Battle of Panipat

UNIT: V (25 Lect.)

Popular Revolts and movements for Regional Independence: Jat, Sikhs and Afghan. Invasion of Nadir Shah. Causes of the Downfall of the Mughal Empire.

Recommended Books:

- A.L. Srivastava: Bharat ka Itihas (1000-1707). Shivrul Agarwal and Co. Agra, 1995
Satish Chandra: Essays in Medieval Indian Economic History. New Delhi, 1987
K.S. Lal: History of Khaljis. New Delhi, 1980
L.P. Sharma: Madhyakalin Bharat
HarbansMukhia: Madhyakalin Bharat, Naya Aayam. Tr. by Nadim, RajkamalPrakshan, Delhi S.B.P.
Nigam: Nobility under the Delhi Sultannate. Delhi, 1968
Hindi Grant Akadmi, Jaipur, 1986
Madhyakalin Bharatiya Sanskriti. Shivrul Agarwal and Co., Agra
Tarachand: Influence of Islam on Indian Culture. Allahabad
R.P. Tripathi: Some Aspects of Muslim Administration. Allahabad, 1974
S.C. Verma: Madhyakalin Bharat - I., Delhi University, 1993
B.N.S. Yadav: Society and Culture in Northern India in the 12th Century. Allahabad, 1973

MINOR- I

Paper Name: Major Tourist Attractions of World

Paper Code: BAYSMN – 503(C)

Course Name : Major Tourist Attractions of World
Course Code : BAYSMN – 503(C)
Total Credit : 06
Teaching Hours : 90 Hrs (04 Lecture + 02Tutorial per Week)
Final Exam : 75 Marks
Internal Assessment : 25 Marks

Objective:

This model gives information of major Tourist places of World and its importance. It helps students to know the background elements of Cultural & Natural Tourism Resources from around the world.

Unit-I

Europe: U.K. & France : To study the Eiffel Tower and Louvre Museum of France. London Eye and the British Museum of UK.

Unit- II

Asia : China & Singapore : A brief analysis of Great wall and Forbidden city of China and evaluating resource attraction of Singapore Zoo, bird Park and Sentosa Island.

Unit- III

Africa: South Africa & Egypt : An exploratory study of Kruger National Park of South Africa & In-depth study of Pyramids of Giza of Egypt.

Unit- IV

America: USA & Brazil : A brief analysis of Disney land, Lakes & waterfalls of USA and the Rainforest & Carnival of Brazil.

Unit- V

Australia : To study the tourism attraction features of Sydney, Canberra.

Reference:

- ❑ Ahmad, Aizaz: General Geography of India, NCERT, New Delhi
- ❑ Goh Cheong Long: An Economics Atlas of India, Oxford University.
- ❑ World Atlas, Oxford press.
- ❑ Singh, R.L. (ed) India: A Regional Geography National Geographical Society of India, Varanasi, 1989.
- ❑ Manorama Year Book
- ❑ Indian Year Book, Publication Division, Govt. of India, New Delhi
- ❑ Tourism Planner.
- ❑ Tour Brochures of related places.
- ❑ Lonely Planet-India and related destinations.
- ❑ Websites of related destinations.

MINOR- I

Paper Name: Sanskritam-V

Paper Code: BAYSMN – 503(D)

Course Name	:	Sanskritam-V
Course Code	:	BAYSMN – 503(D)
Total Credit	:	06
Teaching Hours	:	90 Hrs (04 Lecture + 02 Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

- इकाई (१) समासप्रकरणम् (समासविधायकसूत्रमात्रम्)
सूत्रव्याख्या, सूत्रस्मरणम्, समास-विग्रहकरणम्
- इकाई (२) केनोपनिषद्
श्लोकव्याख्या, श्लोकस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (३) भगवद्गीता - द्वादशाध्यायः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) सत्यार्थप्रकाशः (द्वितीयसमुल्लासः)
श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) छन्दःपरिचयः (लक्षण-उदाहरणम्)
अनुष्टुप्, वसन्ततिलका, उपजातिः, शार्दूलविक्रीडितम्, शिखरिणी, मालिनी

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा०सत्यव्रतसिद्धान्तालङ्कार
3. भगवद्गीता - गीताप्रेस, गोरखपुर
4. सत्यार्थप्रकाशः - महर्षिदयानन्दसरस्वती, आर्षसाहित्यप्रचारट्रस्ट, ब्रजवासीआर्ट, नोएडा
5. वृत्तरत्नाकरः - केदारभट्टः, चौखम्बाप्रकाशन, वाराणसी

SKILL ENCHANCEMENT COURSE (SEC)

Paper Name: INTERNSHIP

Paper Code: BAYSSE-504

Course Name	:	INTERNSHIP
Course Code	:	BAYSSE-504
Total Credit	:	04
Teaching Hours	:	60 Hrs (00 Lecture + 00 Tutorial per Week + 08 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

B. A. With Yoga Science 2024-25

Semester –6th SEM

S.No.	Course Code	Course Title	Credit
1	BAYSMJ-601	Various Hatha Yogic Texts-II Shastra Smaran	4+2=6
2	BAYSMJ-602	Yoga Practicum Lesson Plan	4+2=6
3	BAYSMN-603	BAYSMN-603(A) Psychology of Personality or BAYSMN-603(B) History of India (1760 A.D. TO 1950A.D.) Or BAYSMN-603(C) International Travel Management or BAYSMN-603(D) Sanskritam&VI	4
4	BAYSMN-604	Research Methodology Case Study	4+2=6
Total Credits		22	



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

Paper Name: VARIOUS HATHA YOGIC TEXTS - II**Paper Code: BAYSMJ - 601**

Course Name	:	VARIOUS HATHA YOGIC TEXTS - II
Course Code	:	BAYSMJ - 601
Total Credit	:	06
Teaching Hours	:	90 Hrs (03 Lecture + 01 Tutorial per Week + 04 Practical)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Course Objectives:

Following the completion of the course, students shall be able to

- To introduce different Hatha yoga texts such as Yoga Vashistha , Goraksha Samhita and Vivekachudamani.
- Knowing about the Aadhi-Vyadhi, Panchakosha & Guna
- Classify Nadi, Mudra, Pranayama and Shatachakra as per Yogic texts.
- To introduce about the Human life, purpose of life, Jivanmukti etc.
- To enrich the varieties of hatha yogic techniques in these texts

Course Outcomes:

- By introducing Hatha Yoga, students shall be able to understand about pre- requisites, principles about Hatha Yoga practices.
- Understand different Hatha Yoga Techniques described in above Classical texts. And understand the therapeutic application of Yogic Techniques explained in these texts.

UNIT 1: YOGA VASHISTHA [20HRS]

General introduction of Yoga Vashistha, concept of Aadhi-Vyadhi, Panchakosha relationship, 5 barriers of Yoga, 8 organs of meditation, Sapta Bhumi of knowledge, Sapta Bhumi of Yogabhyas. Development of Sattva Guna and 12 types of wisdom etc.

UNIT2: GORAKSHA SAMHITA [20HRS]

General introduction of Goraksha Samhita, nature of Yoga elements in Goraksha Samhita – six limbs of yoga, description of Asanas, Shatachakra, Ten Nadi, Ten Vayu, Panch Mudra, Pranayama's description, meditation description etc.

UNIT 3: VIVEKACHUDAMANI [20HRS]

The Purpose of Human Life, Sravana - Hearing the Truth, Manana - Reflection on the Teaching, Nididhyasana - The Theory, Nididhyasana - The Practice, Nirvikalpa Samadhi - Self-Realisation, Jivanmukti - Liberation While Living.

Unit 4: SHASTRA SMARAN [30HRS]**Reference Books:**

1. Yoga Vashistha - Khem Raj Sri Krishnadas, Geeta Press, Gorakhpur.
2. Goraksha Samhita - Dr. Chaman Lal Gautam
3. Vivekachudamani- Geeta Press, Gorakhpur.

MAJOR CORE- II

Paper Name: YOGA PRACTICUM & LESSON PLAN

Paper Code: BAYSMJ - 602

Course Name	:	YOGA PRACTICUM & LESSON PLAN
Course Code	:	BAYSMJ - 602
Total Credit	:	04
Teaching Hours	:	120 Hrs (00 L+ 00 T + 08 P)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objectives:

Following the completion of the course, students shall be able to

- Sketch lesson plan for Yoga teaching
- Systematic arrangement of Yoga teaching
- Teach Yoga in the given class.

Learning outcomes:

On completion of this course, the students will be able to:

- Develop to have a perception of different yogic techniques.
- Attain perfection to perform different yogic practices.
- Perform practically the Yoga session with lesson plan.
- Develop skill to conduct practical sessions.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

Unit-1: PREPARATION OF 10 LESSON PLAN [50 HRS.]

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the Course coordinator.

Unit-2: APPLICATION OF PREPARED LESSON PLAN [20 HRS.]

Students have to teach the prepared lesson plan in previous semester Yoga Practice classes under supervision of Yoga Teachers/Instructors.

Unit-3: PRESENTATION OF LESSON PLAN [10 HRS.]

Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

UNIT -5: SHIV SANKALP [20 HRS]

To have a perception, memorization and recitation of Mantras

UNIT-4: CONTINUOUS EVALUATION BY THE TEACHER [20 HRS]

TEXT BOOKS

3. Yogirishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
4. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

MINOR- I

Paper Name: PSYCHOLOGY OF PERSONALITY

Paper Code: BSYSMN – 603(A)

Course Name	:	PSYCHOLOGY OF PERSONALITY
Course Code	:	BSYSMN – 603(A)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objectives:

- To familiarize students with the basic concept of personality, Types of personality and the use of basic measures of personality.
- To inculcate the understanding of personality in the students

1. Introduction:

- A. Definition and nature of Personality
- B. Theoretical approaches to personality: psychoanalytic, life span approach, type approach, trait approach, cognitive approach
- C. Methodological viewpoints: idiographic and nomothetic
- D. Data of personality psychology: life record data, observer data, test data, self-repot data

2. Factors affecting Personality:

- A. Biological or Physical determinants
- B. Psychological determinants
- C. Environmental determinants: Social, Educational and Family Determinants
- D. General conclusion about determinants of personality.

3. Development of personality

- A. Meaning of personality development
- B. Process of personality development
- C. Methods of studying personality developments
- D. Theoretical explanation of personality development: Freud's view, piaget's view

4. Theories of personality:

- A. Trigun theory of Personality
- B. Henry Murray- Need Theory of Personality
- C. Gordon All Port: Trait theory of Personality
- D. Eysenck Theory

5. Enhancing Individual's potential

- A. Enhancing Cognitive Potential
- B. Self-Regulation
- C. Self enhancement
- D. Fostering creativity

Reference Books:

1. Corsini&Marsella (1983). Personality Theories, Research and Assessment. F.E. Peacock.
2. Burger, J. M. (2010). Personality (8th ed.). Belmont, CA: Wadsworth Publishing
3. Engler, B. (2008). Personality Theories: An Introduction (8th ed.). Boston: Houghton Mifflin.

Text Books

4. Tripathi. R.B & Singh R.N. (2001). Psychology of Personality Varanasi: Gangasran and Grand Sons.
5. Singh, A.K.& Singh, A.K. (2010). The Psychology of Personality.MotilalBanars

MINOR- I

Paper Name: History of India (1760 A.D. TO 1950A.D.)

Paper Code: BSYSMN - 603(A)

Course Name	:	History of India (1760 A.D. TO 1950A.D.)
Course Code	:	BSYSMN - 603(A)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Unit I: (10 Lect.)

Rise of the British Power in Bengal: Plassey and Buxar, Clive's second govern ship of Bengal, Warren Hastings, Cornwallis, Wellesley, William Bentinck, Lord Dalhousie-Reforms and Doctrine of Lapse.

Unit II: (13 Lect.)

Revolt of 1857-Causes, Nature and its impact. Indian National Congress from 1885-1905
Extremists and Monetarists, Birth of Nationalism

Unit - III: (14 Lect.)

Partition of Bengal and Swadeshi Movement., Revolutionary Movement-Causes of its emergence and main activities in India. Ghadar Party- Formation and Activities. Hindustan Socialist Republican Association-Bhagat Singh and BatukeshwarDutt, Subhash Chandra Bose and Azad Hind Fauj

Unit - IV: (12 Lect.)

Home Rule movement and Khilafat movement. Gandhian Era. Non-Co-Operation movement. Simon Commission and Nehru Report. Civil-Disobedience movement

Unit: V (11 Lect.)

Quit-India movement, Cripps Mission; Rise of Communalism Mountbatten's Plan & Partition; The Indian Independence Act of 1947

Recommended Books:

Ramkrishna Mukherji: The Rise and Fall of the East Indian Company

R.C. Mazumdar, H.C. Roychaudhuri&Kalikinkar Datta: An Advanced History of India (In Hindi: Bharat ka BrihadItihas)

S.C. Sarkar & K.K. Datta: Modern Indian History, Vol.II (In Hindi: Adhunik Bharat ka Itihas)

T.G.P.Spear: The Oxford History of Modern India

G.S.Sardesai: New History of the Marathas, (In Hindi: Marathon ka Naveen Itihas)

A.R. Desai: Social Background of Indian Nationalism (In Hindi: Bhartiya Rashtravad Ki SamajikPristabhoomi)

Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat meinUpniveshavad aur Rashtravad

G.N. Singh: Landmarks in the Constitutional and National Development of Indian (In Hindi Bharat ka Samvaidhanik aur Rashtriya Vikas)

S.C. Sarkar: The Bengal Renasissance (In Hindi: Bengal ka Navjagaran)

MINOR- I

Paper Name International Travel Management

Paper Code: BSYSMN – 603(A)

Course Name	:	International Travel Management
Course Code	:	BSYSMN – 603(A)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objectives:

Tourism industry is growing at very fast pace. In India the outbound tourism and inbound tourism are also growing. International tourism involves several types of formalities. The students of tourism should know about such formalities, which are needed in the form of several documents. In this course the students will learn about required documents in foreign travels.

Unit- I

Preparing Passport

Passport, requirements, checklists, types changes, procedure, tatkal scheme and fees, passport act and penalties under section 12(1)B, Online Application for Passport.

Unit- II

Rules and regulations about eligibility, quantum and documentation required for

Travel Out of India: Foreign Exchange Management Act, Basic Travel Quota, Foreign Exchange for Business Visits, Travel Insurance Traveling into India: Foreign Currency, Indian Currency, Process for Encashment of Foreign Currency, Travel Insurance.

Unit- III

Obtaining Visas

Documents for obtaining visa of major tourist destinations of world including health check documents, Types of visa, visa fees, Refused of Pending Visas, Destination Departure Records.

Unit- IV

Visiting Tourist Destinations

Tourist visa for New Zealand and Australia, Tourist visa for Europe, Tourist visa of USA & Canada

Unit- V

Airport & Airline Code

IATA Codes: City, Airport & Airlines codes of India and world.

Reference:

- ❑ Websites of UK, USA, Canada and Australia
- ❑ Websites of Indian ministries and offices related to foreignexchange
- ❑ <http://passport.gov.in/pms/onlineRegistration.jsp>
- ❑ <http://passport.gov.in/>
- ❑ Galileo systems
- ❑ ABC & OAG Guide, TIM Air Tariff
- ❑ Visa formalities of different countries. (See websites ofcountries)

MINOR- I

Paper Name: Sanskritam-VI

Paper Code: BSYSMN - 603(A)

Course Name	:	Sanskritam-VI
Course Code	:	BSYSMN - 603(A)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

- इकाई (१) कृदन्तप्रकरणम् (वाक्यरचनाअनुवादश्च)
क्त, क्तवत्, शतृ, शानच्, क्तव्य, अनीयर्, तुमुन्. क्त्वा, ल्यप्
तद्धितप्रकरणम् (वाक्यरचनाअनुवादश्च)
मत्तुप्, वत्तुप्, तरप्, तमप्, मयट्, तल्, टाप्, डीप्
- इकाई (२) छान्दोग्योपनिषद् - नारदसनत्कुमारसंवादः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) नीतिशतकम् (५१-१००)
(श्लोकस्मरणम्), श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) अभिज्ञानशाकुन्तलम् - चतुर्थाङ्कः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) भगवद्गीता - षोडशाध्यायः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा०सत्यव्रतसिद्धान्तालङ्कार
3. नीतिशतकम् - भर्तृहरिः, चौखम्बाप्रकाशन, वाराणसी
4. अभिज्ञानशाकुन्तलम् - कालिदासः, श्रीकृष्णमणित्रिपाठी, चौखम्बाप्रकाशन, दिल्ली
5. भगवद्गीता - गीताप्रेस, गोरखपुर

MINOR- II

Paper Name: Research Methodology

Paper Code: BSYSMN – 604(A)

Course Name	:	Research Methodology
Course Code	:	BSYSMN – 604(A)
Total Credit	:	04
Teaching Hours	:	60 Hrs (03 Lecture + 01 Tutorial per Week)
Final Exam	:	75 Marks
Internal Assessment	:	25 Marks

Objectives

Following the completion of the course, students shall be able to

- Understand the concept of research and its methodology for carrying minor and major research.
- Feed and analyze the data.
- Organize the data and represent the data.

Learning outcomes:

Following the completion of this course, students shall be able to

- Understand the meaning and definition of Research.
- Know the nature and different types of Hypothesis.
- Understand the scientific methods of Observations and Experiments.
- Define nature of Variable, Sampling and Research Design.
- Learn the Graphical representation of Research data.
- Become aware of measures of Central Tendency and Variability
- To Have a perception the report writing.

UNIT- 1: INTRODUCTION TO RESEARCH METHODOLOGY [15 HRS.]

Definition of research; Importance of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically about Research; Types of research Applied Research & Basic Research; Goals of Research: description, explanation, prediction, and control of behaviour; Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism.

UNIT- 2: INTRODUCTION TO RESEARCH PROCESS [15 HRS.]

Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO; Hypothesis Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Non-probability Sampling: snowball sampling, convenience; Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity.

UNIT-3: INTRODUCTION TO RESEARCH DESIGN [15 HRS.]

Cross-sectional studies and its advantages and disadvantages; Cohort studies and its advantages and disadvantages; Randomized controlled trials and its advantages and disadvantages; Factors need to be considered when designing a study: Availability of data, Sampling methods, Data collection, Cost of the design, time implications and loss to follow-up, Controls, Ethical issues, Issues of bias and confounding.

UNIT-4: REPORTING RESEARCH [15 HRS.]

Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.

TEXT BOOKS:

1. 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.
2. Research Methodology in Yoga and Naturopathy, CCRYN, New Delhi
3. Research Publications: Patanjali Research Foundation, Haridwar

REFERENCE BOOKS:

1. C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi

MINOR- II

Paper Name: Case Study

Paper Code: BAYSMN – 604(B)

Course Name	:	Case Study
Course Code	:	BAYSMN – 604(B)
Total Credit	:	02
Teaching Hours	:	60 Hrs
Final Exam	:	37 Marks
Internal Assessment	:	13 Marks



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