

SHRI DAVARA UNIVERSITY

NAYA RAIPUR, (C.G.)

Faculty of Science



COURSE CURRICULUM

FOR

BACHELOR OF YOGIC SCIENCES

SEMESTER - I

(EFFECTIVE FROM THE SESSION : 2024-25)



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

COURSE STRUCTURE Bachelor of Yogic Science (Semester - I)

SEMESTER-I											
S. NO	COURSE CODE	COURSE TITLE	TEACHING HOURS PER WEEK				EXAMINATION SCHEME				
DISCIPLINE SPECIFIC COURSE (DSC)			L	T	P	C	THEORY		PRACTICAL		TOTAL MARKS
							EX	IN	EX	IN	
1.	YSDSC-01T	FUNDAMENTALS OF YOGA	2	1	0	4	70	30	-	-	100
2.	YSDSC-02T	PRINCIPLE AND PRACTICES OF HATHA YOGA	2	1	0	4	70	30	-	-	100
3.	YSDSC-03T	HUMAN ANATOMY AND PHYSIOLOGY-I	2	1	0	4	70	30	-	-	100
GENERAL ELECTIVE (GE)											
4.	YSGE-01	INTRODUCTION TO POLITICAL THEORY	3	1	0	4	70	30	-	-	100
ABILITY ENHANCEMENT COURSE (AEC)											
5.	YSAEC-01	COMMUNICATIVE OF ENGLISH AND SOFT SKILLS	2	0	0	2	35	15	-	-	50
VALUE ADDITION COURSE (VAC)											
6.	YSVAC-01	SPORTS AND HEALTHY LIFE	1	0	0	2	35	15	-	-	50
PRACTICAL											
7.	YSDSC-01P	HUMAN ANATOMY AND PHYSIOLOGY-I	0	0	1	2	-	-	35	15	50
8.	YSDSC-02P	YOGA PRACTICES	0	0	1	4	-	-	70	30	100
Total Contact hours Per Week:30		Total credit:				26	Total mark				650



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		Semester-1 st	Session: 2024-2028
Course Code	YSDSC-01T		
Course Title	FUNDAMENTALS OF YOGA		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">Students of the UG course will have an understanding about origin, history and development of Yoga.They will have an idea about the insights Nature of Yoga in various textIntroduction about Indian Yogies of India and their contribution in Yoga.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	General Introduction to Yoga :- Introduction, Meaning, Definition and origin of Yoga: History and Development of Yoga: Stone Age, Indus Valley Civilization, Early and Later Vedic Period, Elements of Yoga in Jainism and Buddhism. Basic concepts of Shad-Darshans, Medial period and Modern era.		15
II	Brief about Yoga in texts :- Introduction to the Epics: Ramayana (Aranyakand) and Mahabharata (Shantiparva). Yoga in Veda's, and Upanishad's. Introduction to Prasthanatrayee and Purushartha Chatushtaya. Concepts of Trigunas, Pancha-Mahabhutas, Pancha-Prana, Pancha Koshas & Shat-Chakra and their role in Health.		15
III	Great Yogis of India :- Maharshi Patanjali, Guru Gorakshanath, Kabir Das, Goswami Tulsidas, Surdas, Dayanand Saraswati, Swami Vivekanand, Swami Shivananda Saraswati, Acharya Shri Ram Sharma, Maharshi Mahesh Yogi, B.K.S. Iyenger.		15
IV	Traditional Models of Yoga (Brief Information) :- Introduction, Meaning, Definition of Karma-Yoga, Bhakti-Yoga, Jnana-Yoga, Dhyana-Yoga Raja-Yoga, Hath-Yoga, Mantra-Yoga. Objectives of Yoga, Misconceptions of Yoga.		15

Reference Books :-

1. Yoga and Yogi - Dr. Anuja Rawat
2. Yoga Maha Vigyan - Dr. Kamakhya Kumar
3. भारतीय दर्शन की रूपरेखा, डॉ. हरेन्द्र प्रसाद सिन्हा, मोतीलाल बनारसीदास, नई दिल्ली :
4. योग के आधारभूत तत्व, उत्तराखंड मुक्त विश्वविद्यालय, हरिद्वार
5. वेदामृता, योग के आधारभूत तत्व

Signature of Convener & Members (CBoS)



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		Semester-1st	Session: 2024-2028
Course Code	YSDSC-02T		
Course Title	PRINCIPLE AND PRACTICES OF HATHA YOGA		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning, Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">• Students of the UG course will have an understanding about origin, history and development of Hath Yoga.• They will have an idea about the Implement of Hath Yoga and their Principles.• Students will learn Hath Yoga (Shodhan Kriya, Asanas, Pranayama, Mudra and Bandha) Practices.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Introduction :- The Origin of Hatha Yoga, its meaning, definition, aim's & objectives, Introduction to Basic Hatha Yoga. Rules and regulation for Hath Yoga, Sadhak tattva and Badhak tatwa in Hatha Yoga text. Concept of Matha, Rules & Regulations to be followed by the Hatha Yoga Practitioner, concept of Mitahara, Pathya and Apathya, Pre requisites of Hath yoga (Dasha Yama and Dasha Niyama).		15
II	Text Book of Hath Yoga :- Texts: Hatha Pradeepika, Gheranda Samhita, Hatha Rathnavali, Shiva Samhita, Yoga Beeja, Siddhasiddhantapaddhati, Goraksha Samhita and Vashishtha Samhita.		15
III	Hatha Yoga Practices (Shatkarma, Aasanas and Pranayama) Shodhana-Kriyas and Asanas, Shodhana-kriyas according to text books. Role of Shodhana-kriyas in Yoga Sadhana and their importance in Modern life: Methods and benefits of Asanas, their techniques, benefits, precautions and importance. Methods and benefits of Pranayama (Kumbhak), their techniques, benefits, precautions and importance.		15
IV	Hatha Yogic Practices (Mudra, Bandha and Kundalini) Description of Mudra, Bandha, Samadhi and Nadanusandhan. Bandhas and Mudras Nature of Kundalini, nature of chakra, Technique of kundalini Jagran. Description of Pratyahar, Dharana, Dhyana and Samadhi.		15

Reference Books :-

1. Hathapradipika - Kaivalyadham Lonavala, Pune
2. Gharend Sahita - Yoga Publication Trust, Munger Bihar
3. Asana Pranayams Mudra Bandha – Yoga Publication Trust, Munger Bihar
4. हठयोग, उत्तराखंड मुक्त विश्वविद्यालय, हरिद्वार
5. वेदामृता, हठयोग

Signature of Convener & Members (CBoS)



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor of Yogic Sciences (Degree Honors)		Semester-1 st
Session: 2024-2028		
Course Code	YSDSC-03T	
Course Title	HUMAN ANATOMY AND PHYSIOLOGY-I	
Course Type	Discipline Specific course (DSC)	
Pre-requisite (if any)	As per program	
Course Learning, Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">To know about the structure of the bodyTo know about the necessary functions of the bodyTo throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.	
Credit Value	4 Credits	Credit =15 Hours-learning & Observation
Total Marks	Max. Marks:=100	Min Passing Marks: 40
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)		
Unit	Topics (Course contents)	
I	Cell, Tissue and Organ system :- Human Cell- The Structure and Function of the cell. Tissue- Definition, structure, their types and functions. Organ system- Structure of organ system (Heart, Liver, Kidney, Pancreas etc.)	15
II	Skeletal and Muscular system :- Skeletal system:- Definition , Anatomy and functions, distinction of bone, number of bone, structure and function of bone system, structure and function of ointment. Joint - The effect of Yoga on the Joint and its type, the structure of the Joint and the purchasing of the Joint, bone system. Muscular system - Introduction to muscle, definition and their function, number of muscles and their types, structure of muscles and their functions, effect of yoga on muscular system. Brief introduction of major muscles – biceps, triceps, trapezius, latissimus dorsi, deltoid, rectus abdominis, femoreis, Sartorius, gluteus maximus and gastronomies.	15
III	Blood Circulatory and Respiratory system:- Blood Circulatory system :- Composition and function of blood, red blood cells, white blood cells, blood platelets, plasma, haemoglobin, blood clot, blood group and its utility. Respiratory System: - Definition and types of respiration, structure and function of respiratory system; Respiration - The transport of gases in action, the effect of yoga on the respiratory system.	15
IV	Digestive and Excretory system:- Digestive system :- structure and function of digestive system, structure, different parts and process of digestive system. Composition and function of agnasya, effect of yoga on digestive system. Excretory system :- Meaning of excretion, structure and working method of excretion, structure and function of kidney, structure and function of nephron, process of urine generation, amount of urine, urine organization, abnormal substance excreted by urine. Effect of Yoga on the excretory system.	15

Reference Books :-

1. Human Anatomy and Physiology, Dr. Abhishek Rahim/Sanjay Nagdev
2. मानव शरीर रचना एवं क्रियाविज्ञान, डॉ. अनन्त प्रकाश गुप्ता
3. एनाटॉमी एण्ड फिजियोलॉजीए शार्ट नोट्स ऑन, डॉ हेमन्त कुमार राय
4. मानव शरीर रचना एवं क्रियाविज्ञान – वेदामृता

Signature of Convener & Members (CBOS)



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor of Yogic Sciences (Degree Honors)		SEMESTER 1 st
Session: 2024-2028		
Course Code	YSGE-01T	
Course Title	INTRODUCTION TO POLITICAL THEORY	
Course Type	Discipline General Elective course (GE)	
Pre-requisite (if any)	As per program	
Course Learning, Outcomes (CLO)	<ul style="list-style-type: none">After completion of the course, the student shall be able toCourse Learning Outcomes (CLO)Crete the understanding of the concept of political science, and methodology Evaluate the concept of state, Its theories of origin, functions and relation with individuals	
Credit Value	4 Credits	Credit =15 Hours-learning & Observation
Total Marks	Max. Marks:=100	Min Passing Marks: 40
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)		
Unit	Topics (Course contents)	
I	Political science Concept, nature, Scope Power, Authority meaning, characteristics, types, Legitimacy-concept relationship of power, authority and legitimacy. Study methods of political science, Behaviouralism and post-behaviouralism.	
15		
II	State: Concept, Development of State, Essential Elements, Theories of origin state Divine, power theory, social contract and evolutionary theory, Theories of functions of state-Marxist, liberal, no-liberal, pluralist, theory. Law: Definition: Source, Classification Public welfare state. Nationalism: Concept, types.	
15		
III	Sovereignty concept, types, Characteristics, Principles of Sovereignty: Legal or Monistic and Pluralist. Rights: Meaning types major Theories, Duties. Freedom. Meaning Types, Positive and Negative Theory of Freedom. Equality: Meaning type and relation to freedom. Political Obligation, Justice Concept, types. Democracy: Concept, types, Merits and demerit, Principles of democracy. Necessary condition for the success of Democracy.	
15		
IV	Forms of Government Unitary and Federal, Parliamentary and Presidential. Totalitarianism: Concept, types Organs of Government Legislature, Executive and Judiciary. Theory of Separation of Powers and Checks and Balances. Constitution meaning and kinds. Political Party meaning, kinds, major theories, merits and demerits. Pressure Groups meaning, kinds and unchnique Public Opinion, Social Justice, Theories of Representation.	
15		

Reference Books :-

- अंबादत्त पंत हरिमोहन जैन मदन गोपाल (1985) राजनीति शास्त्र के भूल आधार। सेन्ट्रल पब्लिशिंग हाउस। इलाहाबाद। उ.प्र.
- संधु जान सिंह (1986): राजनीतिक सिद्धांत हिन्दी माध्यम कार्यान्वयन निदेशालय, दिल्ली विश्व विद्यालय, नई दिल्ली
- जौहरी जे सी (1986): राजनीति शास्त्र के मूल सिद्धांत, साहित्य भवन आगरा।
- भागर्व राजीव और अशोक आचार्य (एड.), राजनीतिक सिधांत एक पिरचय, दिल्ली, पिपर्सन, 2008.
- कुमार, संजीव (एड), राजनीतिक सिद्धांत की समझ, दिल्ली ओरिएण्ट ब्लैक स्वान, 2019

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor of Yogic Sciences (Degree Honors)		Semester-1st
Session: 2024-2028		
Course Code	YSAEC-01	
Course Title	COMMUNICATIVE ENGLISH AND SOFT SKILLS	
Course Type	Ability Enhancement Course	
Pre-requisite(if any)	As per program	
Course Learning Outcomes (CLO)	After the completion of this course, the students will be able to- <ul style="list-style-type: none">• Understand and apply the use of Articles and Tenses in day to daylife• Analyze the power of imagination and creativity and critically appreciate the poems.• Identify and develop different types of writing skills.• Appreciate and value the use of idioms and phrases as enriching elements of language expression.	
Credit Value	2 Credits	Credit =30 Periods -learning & Observation
Total Marks	Max. Marks:=50	Min Passing M rks: 20
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (45 Min. per period) -30 Periods		
Unit	Topics (Course contents)	
I	Prose:- <ol style="list-style-type: none">1. Darshana Dholakia: Baa-My Mother-A Person, A Woman.2. Anita Desai: A Devoted Son.3. Rabindranath Tagore: The Home Coming.	08
II	Poetry: <ol style="list-style-type: none">1. William Wordsworth: The Solitary Reaper2. Robert Lee Frost: Stopping by the Woods on a Snowy Evening	07
III	Letter Writing: <ol style="list-style-type: none">1. Formal Letter 2. Informal Letter Composition: <ol style="list-style-type: none">1. Describing a Place or a Person2. Writing a Biographical Sketch3. Narrating an Event or Experience.	08
IV	Writing Skills: <ol style="list-style-type: none">1 Word Formation, Idioms and Phrases<ul style="list-style-type: none">• Coordination and Subordination, One Word Substitutes Grammer's. 1. Articles 2. Tenses	07

Reference Books :-

1. University Grammar by Geoffrey Leech.
2. Oxford Advanced Learners Dictionary.
3. Wren and Martin.

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		SEMESTER 1 st	Session: 2024-2028
Course Code	YSVAC-01		
Course Title	SPORTS AND HEALTHY LIFE		
Course Type	VALUE ADDITION COURSE (VAC)		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">• Students of the UG course will have an understanding about origin, history and development of Sports.• To be able to instruct the Physical Activities, Sports and Healthy life.• To learn and apply the knowledge of management to better healthy life..		
Credit Value	2 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Theory of Sports and Games : General Introduction of specilized games and sports– Athletics, Badminton, Basketball, Cricket, Football, Gymnastic, Hockey, Handball, Kabaddi, Kho-Kho, Tennis, Volleyball and Yoga. Each game or sports to be dealt under the following heads, History and development of the Game and Sports, Ground preparation, dimensions and marking, Standard equipment and their specifications, Ethics of sports and sportsmanship.		08
II	Sports Injuriyes and Emergency care : Concept of Sports injuries, Causes of Sports injuries, Types of Sports injuries -Acute & Chronic Injuries, Symptoms of Sports injuries, Most Common Sports Injuries, Amputation and its Management, Sports Injury Management & Prevision-CPR, Heimlich Maneuver Technique, Prone Breathing Method, Concept of Pain & Types of Pain, Use the R.I.C.E. method to relieve pain & Inflammation and to speed healing, Guideline for the Protection of Good Samaritan.		07
III	Therapeutic Exercise: Definition and Scope – Principles of Therapeutic Exercise Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints –Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.		08
IV	Fitness, Wellness and Lifestyle : Fitness – Types of Fitness and Components of Fitness, Understanding of Wellness, Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management, Physical Activity and Health Benefits.		07

Reference Books :-

1. Physical Education for B.P.Ed. & M.P.Ed. - Ajmer Singh, Jagtar Singh Gill Jagdish Bains.
2. The art of officiating sports - Bunn, J.W.
3. Sports Medicine - Jeyaprakash, C.S.

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		Semester-1st	Session: 2024-2028
Course Code	YSDSE-01P		
Course Title	HUMAN ANATOMY AND PHYSIOLOGY-II		
Course Type	Practical		
Pre-requisite(if any)	As per program		
Course Learning Outcomes (CLO)	The objectives behind teaching Human Biology is to <ul style="list-style-type: none">• The objectives behind teaching Anatomy and Physiology is to• Make students familiar with the systems of the body.• Give a hand on experience about the human body using models, charts and pictures.• Make students understand the organization of the body with respect to structural components.		
Credit Value	2 Credits	Credit =30 Periods -learning & Observation	
Total Marks	Max. Marks:=50	Min Passing Marks: 20	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (45 Min. per period) -15 Periods			
Unit	Topics (Course contents)		
I	Osteology - Bones identification , Long bones, Short bones, Flat bones, Irregular bones, Skull bones (Cranial & Facial bones), Vertebrae (Cervical, Thoracic, Lumbar, Sacrum, Coccyx), Ribs & Sternum, Upper limb bones (Clavicle, Scapula, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges), Lower limb bones (Hip bone, Femur, Tibia, Fibula, Patella, Tarsals, Metatarsals, Phalanges)		08
II	Arthrology - Types of joints (Fibrous, Cartilaginous, Synovial joints), Demonstration of important joints: Shoulder, Elbow, Hip, Knee, Ankle.		07
III	Histology - Microscope, Preparation & observation of slides, Histological study of: Epithelium (simple, stratified, ciliated), Connective tissue (areolar, adipose, cartilage, bone), Muscle tissue (skeletal, smooth, cardiac), Nervous tissue.		08
IV	Surface Anatomy - Identification of surface landmarks of bones and muscles, Important palpable structures (clavicle, spine of scapula, iliac crest, patella etc.) Demonstration & Models- Demonstration of skeleton models, Charts & plastinated specimens, Radiological anatomy (X-rays of skull, chest, limbs).		07

Reference Books :-

1. B.D. Chaurasia Handbook of General Anatomy ; B.D. Chaurasia, CPS Publishers
2. Human Osteology : Inderbir Singh, Jaypee Brothers
3. Yogic Anatomy & Physiology : Dr. Jaideva Yogendra, The Yoga Institute Mumbai.

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SHRI DAVARA UNIVERSITY, NAYA RAIPUR

FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		Semester-1 st	Session: 2024-2028
Course Code	YDSC-02P		
Course Title	YOGA PRACTICES		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">To know about the Asanas and their effects on Human Body.To know about the Pranayama and their effects on Human Body.To know about the Mudra-Bandh and their effects on Human Body.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Compound jogging, micro exercises, Surya Namaskar :- 1. Compound Jogging and Warm-up 2. Subtle exercise (Pawanmuktasana Part- 01) 3. Surya Namaskar (With Mantras)		15
II	Asanas :- 1. Standing Postures - <ul style="list-style-type: none">Tadasana, Tiryak-Tadasana, Kati-Chakrasana, Hast-Uttanasana, Hastpadasana Trikonasana Ekpaad-Pranamasana, Natrajasana. 2. Sitting postures - <ul style="list-style-type: none">Sukhasana, Ardhpadasana, Sinhasana, Gomukhasana.Vajrasana, Aananda-Madirasana, Shashankasana, Ardh-Ustrasana, Meru-Vakrasana, Bhu-Namanasana, 3. Supine Postures - <ul style="list-style-type: none">Shawashana, Adwasana, Hastpad-Angushtasana, 4. Prone Postures - <ul style="list-style-type: none">Bhujangasana, Tiryak-Bhujangasana, Shalabhasana Saral-Dhanurasana. 5. Suryanamaskar with breathing.		15
III	Pranayamas - Yogic Breathing, Abdominal Breathing, Diaphragm Breathing. Pooraka, Rechaka and Kumbhaka. Suryabhedhi Pranayama, Bahya-Vritti, Abhyantar-Vritti, Ujjayi Pranayama. Shatkarmas - Jalneti, Vatsar Dhauti, Vaman Dhauti/Kunjali Kriya and Tratak.		15
IV	Bandhas - Moolabandha, Uddiyana Bandh, Jalandhara Bandha. Mudra - Shanmukhi Mudra, Nasikagra Mudra, Shambhavi Mudra. Hasta mudras - Gyan mudra, Dhyana mudra, Chin mudra. Meditation: Pranav and Soham Japa, Yoga Nidra, Antarmauna, Ajapa Jap. Prayers and Mantras - Gayatri Mantra, Mahamrityunjaya Mantra and Shanti Path. Contemporary Yogic Practices - Yogic Sukshma Vyayama (Swami Dheerendra Brahmchari), Cyclic Meditation (S-VYASA).		15

Reference Books :-

- आसन, प्राणायाम, मुद्रा, बन्ध, स्वामी सत्यानन्द सरस्वती
- सम्पूर्ण योग विद्या, राजीव जैन "त्रिलोक"
- YOGA- THE PATH OF HOLISTIC HEALTH, B.K.S. IYENGAR

Signature of Convener & Members (CBoS)

SHRI DAVARA UNIVERSITY

NAYA RAIPUR, (C.G.)

Faculty of Science



COURSE CURRICULUM

FOR

BACHELOR OF YOGIC SCIENCES

SEMESTER - II

(EFFECTIVE FROM THE SESSION : 2024-25)



SHRI DAVARA UNIVERSITY, NAYA RAIPUR

SEMESTER 2 nd											
S. NO	COURSE CODE	COURSE TITLE	TEACHING HOURS PER WEEK				EXAMINATION SCHEME				
DISCIPLINE SPECIFIC COURSE (DSC)			L	T	P	C	THEORY		PRACTICAL		TOTAL MARKS
							EX	IN	EX	IN	
1.	YSDSC-01T	ESSENCE OF PRINCIPAL UPANISHADS	2	1	0	4	70	30	-	-	100
2.	YSDSC-02T	BHAGVADGITA AND YOGA VASISHTHA	2	1	0	4	70	30	-	-	100
3.	YSDSC-03T	HUMAN ANATOMY AND PHYSIOLOGY-II	2	1	0	4	70	30	-	-	100
GENERAL ELECTIVE (GE)											
4.	YSDGE-01	FABRIC PAINTING	3	1	0	4	70	30	-	-	100
SKILL ENHANCEMENT COURSE (SEC)											
5.	YSSEC-01	CONCEPT OF BUSINESS	2	0	0	2	35	15	-	-	50
VALUE ADDITION COURSE (VAC)											
6.	YSVAC-01T	HINDI LANGUAGE	1	0	0	2	35	15	-	-	50
PRACTICAL											
7.	YSDSC-01P	HUMAN ANATOMY AND PHYSIOLOGY-II	0	0	1	2	-	-	35	15	50
8.	YSDSC-02P	YOGA PRACTICES	0	0	1	4	-	-	70	30	100
Total Contact hours Per Week:30		Total credit:				26	Total mark				650



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FOUR YEAR UNDERGRADUATE PROGRAM (2024-28)

DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		SEMESTER 2 nd	Session: 2024-2025
Course Code	YSDSC-01T		
Course Title	ESSENCE OF PRINCIPAL UPANISHADS		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning Outcomes (CLO)	The teaching-learning of this paper will enable learner to - <ul style="list-style-type: none">• Give an introduction of Yoga according to Upanishads,• Give the knowledge about different ethics according to Principal Upanishads.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Introduction: Principal Upanishads, Principal Upanishads- Brief Introduction of Ten Principal Upanishads. <ul style="list-style-type: none">• Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; AtmaBhava.• Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.• Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.		15
II	<ul style="list-style-type: none">• Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;• Mundaka Upanishad: Two approaches to Brahma- Vidya Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.• Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.		15
III	<ul style="list-style-type: none">• Aitareya Upanishad: Concept of Atma, Universe and Brahman.• Taittiriya Upanishad: Concept of PanchaKosha; Summary of Shiksha Valli, Ananda Valli, Bhriuvalli.		15
IV	<ul style="list-style-type: none">• Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya.• Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman. and Paramatman.		15

Reference Books :

1. ईशादी नौ उपनिषद – गीता प्रेस गोरखपुर
2. 108 उपनिषद ज्ञानखंड – पं. श्रीराम शर्मा आचार्य, युग निर्माण ट्रस्ट मथुरा
3. मुख्य दस उपनिषद – वेदामृता

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DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		SEMESTER 2 nd	Session: 2024-2025
Course Code	YSDSC-02T		
Course Title	BHAGAVADGITA AND YOGA VASISHTHA		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning, Outcomes (CLO)	The teaching-learning of this paper will enable learner to- <ul style="list-style-type: none">Give an introduction of Yoga according to Upanishads,Give the knowledge about different ethics according to Principal Upanishads.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Bhagavadgita-I General Introduction to Bhagavadgita, Definition of Yoga, their relevance and scope; Essentials of Bhagavadgita – Arjuna Vishada Yoga (chpt.1), meaning of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt.2).	15	
II	Bhagavadgita -II Theory of Karma Yoga, importance of karma, Loksamgraha (Chpt.3), Types of karma, concept of yogis, Importance of yajna (Chpt.4), Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa Dhyana Yogas (chpt.6), Characteristics, Diet and Lifestyle, Some ways of Purification (chpt.6), Vibhuti of god (chpt.10).	15	
III	Bhagavadgita -III Theory of Bhakti Yoga, Types of Bhakta (chpt.7), Nature of Bhakti (chpt.8), Means and End of Bhakti-Yoga. The Trigunas and nature of Prakriti; Three Kinds of Faith. Food for Yoga-Sadhna, Classification of food (chpt.14 &16), Daivasura-Sampad-Vibhaga Yoga (chpt.16), Moksa-Samnyasa Yoga(chpt.18)	15	
IV	Yoga Vasishtha Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis (nirvana prakaran purvardhsarg-81); Psychosomatic Ailments; The four Dwarpaals to Freedom (mumukshu prakaran,sarg 13-16); How Sukha is attained in the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eightlimbs of Meditation; Jnana Saptabhumika.	15	

Reference Books :

1. श्रीमद्भगवद्गीता – स्वामी रामसुखदास, गीता प्रेस गोरखपुर
2. श्रीमद्भगवद्गीता – वेदामृता
3. योगवासिष्ठ – गीता प्रेस गोरखपुर

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DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		SEMESTER 2 nd	Session: 2024-2025
Course Code	YSDSC-03T		
Course Title	HUMAN ANATOMY AND PHYSIOLOGY-II		
Course Type	Discipline Specific course (DSC)		
Pre-requisite (if any)	As per program		
Course Learning. Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">To know about the structure of the body.To know about the necessary functions of the body.To throw light on anatomy so that student can experience the involvement of their body parts while practicing various postures of yoga.		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Nervous System : The Brain: Its part and their structure: Cerebrum, cerebellum, Midbrain, pones, Medulla oblongata, Higher Functions The spinal cord, Peripheral nerves: Structure of Myelinated and unmyelinated nerve fibers, The Motor System & The sensory System, Thalamus & Hypothalamus, The Autonomic System: Parasympathetic & Sympathetic Nervous System, Effects of Yogic Practices on Nervous System.		15
II	The Endocrine System: Introduction of Endocrine System, Pituitary and the glands controlled by it, Growth Hormone, Thyroid Gland its hormones and their actions, Adrenal Cortex, Glucocorticoid, Mineralocorticoids, adrenal medulla(epinephrine, nor epinephrin) The rennin angiotensin, aldosterone, Gonadal Hormones, Parathyroid Gland-PTH, Melatonin, Effects of Yogic Practices on Endocrine System.		15
III	Skeletal system:- Definition , Anatomy and functions, distinction of bone, number of bone, structure and function of bone system, structure and function of ointment. Joint - The effect of Yoga on the Joint and its type, the structure of the Joint and the purchasing of the Joint, bone system.		15
IV	Muscular system – Introduction to muscle, definition and their function, number of muscles and their types, structure of muscles and their functions, effect of yoga on muscular system. Brief introduction of major muscles – biceps, triceps, trapezius, latissimus dorsi, deltoid, rectus abdominis, femoreis, Sartorius, gluteus maximus and gastronomies.		15

Reference Books :-

1. Human Anatomy and Physiology, Dr. Abhishek Rahim/Sanjay Nagdev
2. मानव शरीर रचना एवं क्रियाविज्ञान, डॉ. अनन्त प्रकाश गुप्ता
3. एनाटॉमी एण्ड फिजियोलॉजीए शार्ट नोट्स ऑन, डॉ हेमन्त कुमार राय
4. मानव शरीर रचना एवं क्रियाविज्ञान – वेदामृता

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DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		SEMESTER 2nd	Session: 2024-2025
Course Code	YSDGE-01T		
Course Title	FABRIC PAINTING		
Course Type	General Elective course (GE)		
Pre-requisite (if any)	As per program		
Course Learning. Outcomes (CLO)	<ul style="list-style-type: none">• This course aims to equip students with the skills to create compelling fashion illustrations, focusing on accurate anatomical representation, creative stylization, and mastery of rendering techniques.• Students will explore diverse apparel categories, accessories, and personal expression to build a comprehensive understanding of the role of illustration in the fashion industry		
Credit Value	4 Credits	Credit =15 Hours-learning & Observation	
Total Marks	Max. Marks:=100	Min Passing Marks: 40	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)			
Unit	Topics (Course contents)		
I	Natural painting, Geometry Design.		15
II	Floral Design, Abstract Design, ALL over Design,		15
III	Placment design, boder design, repeat design, buti.		15
IV	Traditional art theme, Madhubani style painting Warli art theme, Rajasthani folk motifs etc.		15

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DEPARTMENT OF ENGLISH

COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor of Yogic Sciences (Degree Honors)	SEMESTER 2nd	Session: 2024-2025
Course Code	YSSEC-01	
Course Title	CONCEPT OF BUSINESS	
Course Type	Skill Enhancement Course	
Pre-requisite(if any)	As per program	
Course Learning Outcomes (CLO)	<ul style="list-style-type: none">• Explain the concepts of Business and understand the Indian Business undertakings.• Business and Environment• Concept and Scope of Social Responsibility.	
Credit Value	2 Credits	Credit = 15 Periods -learning & Observation
Total Marks	Max. Marks:=50	Min Passing M: 20
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (45 Min. per period) -30 Periods		
Unit	Topics (Course contents)	
I	Introduction to Business, Business Undertakings, Size of A Business Unit and Scale of Operations, Promotion of Business, Business Combinations, Scientific Management, Rationalization, Plant Location, Structure and Forms of Business Organization	08
II	Business and Environment, Approaches towards relationship of Business and Environment, Components and Types of Environments.	07
III	Social Responsibility and Business Ethics, Rationale of Concept and Scope of Social Responsibility, Emerging Concepts of Doctrine of Social Responsibility.	08
IV	Business Ethics: Basic assumptions, Characteristics, Principles, Need and Importance of Business Ethics, Difference between Business Ethics and Morality.	07

Reference Books :-

- Dr.Padmakar Asthana, SBPD Publishing House Agra (Hindi Medium).

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DEPARTMENT OF ENGLISH

COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor of Yogic Sciences (Degree Honors)	SEMESTER 2nd	Session: 2024-2025
Course Code	YSAEC-01	
Course Title	HINDI LANGUAGE	
Course Type	Skill Enhancement Course	
Pre-requisite(if any)	As per program	
Course Learning Outcomes (CLO)	<ul style="list-style-type: none">विद्यार्थी हिन्दी भाषा एव व्याकरण संबंधीज्ञान से समृद्ध होंगे।भाषा ज्ञान के माध्यम से भारतीय संस्कृति एवं भावनात्मक एकता के महत्व को समझने की क्षमता विकसित हो सकेगी।मुहावरे एव लोकोक्तियाँ का महत्व समझ सकेंगे। व्यंग्य, निबंध एवं कविता विद्या से परिचित होंगे। निबंध लेखन एवं अपठित गद्यांशों के माध्यम से विद्यार्थियों का बौद्धिक विकास हो सकेगा।	
Credit Value	2 Credits	Credit =15 Periods -learning & Observation
Total Marks	Max. Marks:=50	Min Passing M rks: 20
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (45 Min. per period) -30 Periods		
Unit	Topics (Course contents)	
I	रचनाएं :- भारत वंदना-सूर्यकांत त्रिपाठी 'निराला' (कविता) जीव-हरिशंकर परसाई (व्यंग्य) चोरी और प्रायश्चित-महात्मागांधी (निबंध)	08
II	हिन्दी व्याकरण एवं शब्द रचना :- प्रत्यय, संधि समास पर्यायवाची शब्द, विलोम शब्द, अनेकार्थी शब्द, समश्रुत शब्द, अनेक शब्दों के लिए एक शब्द	07
III	हिन्दी व्याकरण एवं रचनापक्ष :- मुहावरे एवं लोकोक्तियां परिभाषिक शब्दावली एवं हिन्दी में पदनाम, शब्द शुद्धि, वाक्य शुद्धि	08
IV	रचनात्मक लेखन :- निबंध लेखन अपठित गद्यांश (नोट- विद्यार्थी को किसी एक विषय पर निबंध व प्रदत्त गद्यांश का तर्षक तथा सारांश लिखना होगा।)	07

Reference Books :-

1. भारतीयता के अमर स्वर – डॉ. धनंजय वर्मा, मध्यप्रदेश हिन्दी अकादमी
2. आधुनिक हिन्दी व्याकरण और रचना : डॉ. वासुदेव नंदन
3. हिन्दी भाषा और व्यवहार – डॉ. गंगा चरण त्रिपाठी

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DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction			
Program: Bachelor of Yogic Sciences (Degree Honors)		SEMESTER 2nd	Session: 2024-2025
Course Code	YSDSC-01P		
Course Title	HUMAN ANATOMY AND PHYSIOLOGY-II		
Course Type	Practical		
Pre-requisite(if any)	As per program		
Course Learning Outcomes (CLO)	The objectives behind teaching Human Biology is to <ul style="list-style-type: none">• The objectives behind teaching Anatomy and Physiology is to• Make students familiar with the systems of the body.• Give a hand on experience about the human body using models, charts and pictures.• Make students understand the organization of the body with respect to structural components.		
Credit Value	2 Credits	Credit =15 Periods -learning & Observation	
Total Marks	Max. Marks:=50	Min Passing Marks: 20	
PART -B: Content of the Course			
Total No. of Teaching-learning Periods (45 Min. per period) -15 Periods			
Unit	Topics (Course contents)		
I	Study and identification of different parts of the human brain and spinal cord using laboratory models and charts. Demonstration of reflex action using reflex hammer. Identification of cranial nerves through charts and models. Study of structure and basic functions of central nervous system with the help of lab equipment.		8
II	Identification and study of major endocrine glands such as pituitary, thyroid, parathyroid, adrenal, and pancreas using lab models and charts. Understanding the location and functions of endocrine glands and their role in hormonal control with available laboratory teaching aids		7
III	Identification and study of human skeleton and major bones including skull, vertebral column, rib cage, humerus, radius, ulna, femur, tibia, and fibula using skeleton models available in the lab. Identification of different types of joints using lab specimens and charts.		8
IV	Identification and study of major muscles such as biceps, triceps, deltoid, quadriceps, hamstrings, and calf muscles using muscular models and charts available in the laboratory. Demonstration and observation of muscle contraction and study of different types of muscles.		7

Reference Books :-

1. **B.D. Chaurasia Handbook of General Anatomy ; B.D. Chaurasia, CPS Publishers**
2. **Human Osteology : Inderbir Singh, Jaypee Brothers**
3. **Yogic Anatomy & Physiology : Dr. Jaideva Yogendra, The Yoga Institute Mumbai.**

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DEPARTMENT OF YOGIC SCIENCES

COURSE CURRICULUM

PART-A: Introduction		
Program: Bachelor of Yogic Sciences (Degree Honors)		SEMESTER 2 nd
Session: 2024-2025		
Course Code	YDSC-02P	
Course Title	YOGA PRACTICES	
Course Type	Discipline Specific course (DSC)	
Pre-requisite (if any)	As per program	
Course Learning Outcomes (CLO)	At the end of this course, the students will be able to- <ul style="list-style-type: none">To know about the structure of the bodyTo throw light on anatomy so that student can experience theinvolvement of their body parts while practicing various postures of yoga.	
Credit Value	4 Credits	Credit =15 Hours-learning & Observation
Total Marks	Max. Marks:=100	Min Passing Marks: 40
PART -B: Content of the Course		
Total No. of Teaching-learning Periods (01 Hr. per period) - 45 Periods (45 Hours)		
Unit	Topics (Course contents)	
I	<p>➤ Compound jogging, micro exercises, Surya Namaskar :-</p> <ol style="list-style-type: none">Compound Jogging and Warm-upSubtle exercise (Pawanmuktasana Part- 02)Surya Namaskar (With Mantras)	15
II	<p>➤ Asanas :-</p> <ol style="list-style-type: none">Standing Postures -<ul style="list-style-type: none">Aakarna-Dhanurashana, Tiryak-Katichakrasana, Meru-Pristhasana, Sam-Konasana, Utthit-Lolasana, Garudasana, Ek-Padasana, Padma-Parvatasana, Kashyapasana, Murdhasana, Kashyapasan.Sitting postures –<ul style="list-style-type: none">Padmasana, Dhyan-Veerashana. Lolasana, Shaithilyasan, Paschimottasana.Bhadrasana, Sinh-Garjanasana, Shashankasama, Ustrasana, Ardh-Matsyendrasam, Parivritta-JanushirasanaSupine Postures –<ul style="list-style-type: none">Matsyasana, Kandharasana, Setuaasan, Chakrasana, Halasan.Prone Postures –<ul style="list-style-type: none">Purna-Bhujangasana, Sarpasana, Purn-Shalabhasana, Dhanurasana.Suryanamaskar with Mantras.	15
III	<p>➤ Pranayamas - Suryabhedhi Pranayama, Bhastrika Pranayama, Bhramari Pranayama, Ujjayi Pranayama, Kapalbhathi Pranayama.</p> <p>➤ Shatkarmas - Sutra Neti, Agnisara Kriya, Vastradhauti, Vaatkrama Kapalbhathi, laghoo Sankhaprakshalana.</p>	15
IV	<p>➤ Bandhas - Maha Bandha.</p> <p>➤ Mudra - Kaki Mudra, Bhoochari Mudra, Viparitamudra, Pran Mudra, Manduki Mudra, Tadagi Mudra.</p> <p>➤ Hasta mudras - Yoni mudra, Bhairav mudra.</p> <p>➤ Meditation- Practices leading to Breath Meditation, Practices leading to Om Meditation.</p> <p>➤ Prayer and Mantras - Swasti-mantra, Pranav Japa and Soham Japa.</p> <p>➤ Contemporary Yogic Practices – Mind Sound Resonance Technique (S-VYASA); Transcendental Meditation (Maharshi Mahesh Yogi).</p>	15

Reference Books :-

- आसन, प्राणायाम, मुद्रा, बन्ध, स्वामी सत्यानन्द सरस्वती
- सम्पूर्ण योग विद्या, राजीव जैन "त्रिलोक"
- YOGA- THE PATH OF HOLISTIC HEALTH, B.K.S. IYENGAR

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