

SCHEME & SYLLABI for DIPLOMA In YOGA AND NATUROPATHY

(w.e.f. session 2026-2027)

(As per NEP 2020 & UGC Curriculum and Credit Framework for Undergraduate Programmes – CCFUP)

(Choice Based Credit System with Multiple Entry & Exit and NSQF/NCrF Alignment)



COMMUNITY COLLEGE OF SKILL DEVELOPMENT

**J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
SECTOR-6, FARIDABAD, HARYANA-121006**

J. C. Bose University of Science and Technology, YMCA, Faridabad

(formerly YMCA University of Science and Technology)

A State Govt. University established vide State Legislative Act No. 21 of 2009

SECTOR-6, FARIDABAD, HARYANA-121006

VISION

“J.C. Bose University of Science and Technology, YMCA, Faridabad aspires to be a nationally and internationally acclaimed leader in technical and higher education in all spheres which transforms the life of students through integration of teaching, research and character building.”

MISSION

- To contribute to the development of science and technology by synthesizing teaching, research and creative activities.
- To provide an enviable research environment and state-of-the-art technological exposure to its scholars.
- To develop human potential to its fullest extent and make them emerge as world class leaders in their professions and enthuse them towards their social responsibilities.

Community College of Skill Development (CCSD)

VISION

“To be a centre of excellence in vocational and skill-based higher education that produces competent, self-reliant and industry-ready professionals with sound technical skills, ethical values and a spirit of innovation and lifelong learning.”

MISSION

- To impart quality vocational education integrating theory, hands-on practice and on-the-job training aligned with NSQF/NCrF and industry standards.
- To strengthen employability and entrepreneurship through competency-based, outcome-oriented and skill-intensive curricula.
- To foster multiple entry and exit pathways that empower learners to progress seamlessly across academic and vocational qualifications.

ABOUT THE COMMUNITY COLLEGE OF SKILL DEVELOPMENT (CCSD)

The Community College of Skill Development (CCSD) at J.C. Bose University of Science and Technology, YMCA, Faridabad, was established to advance the national skill-development agenda through industry-aligned, competency-based vocational education under the National Skills Qualifications Framework (NSQF) and the National Credit Framework (NCrF). CCSD offers Bachelor of Vocation (B.Voc.), Diploma and Post-Graduate Diploma programmes that blend academic rigour with extensive practical training, workshops and on-the-job training (OJT) in partnership with industry and Sector Skill Councils.

ABOUT THE PROGRAMME

The Diploma in Yoga and Naturopathy programme is designed in accordance with NEP 2020 and the UGC Curriculum and Credit Framework for Undergraduate Programmes (CCFUP), incorporating a flexible choice-based credit system, multidisciplinary courses and multiple entry and exit options with appropriate NSQF/NCrF-aligned certifications at each year of study.

TABLE 1 PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

PEO1	Apply the principles of Yoga and Naturopathy to promote holistic health, wellness, disease prevention, and healthy lifestyles in individuals and communities
PEO2	Demonstrate professional competence in teaching, practicing, and promoting yogic techniques, naturopathic therapies, and health education.
PEO3	Integrate scientific knowledge with traditional wellness practices through an understanding of anatomy, physiology, yogic philosophy, dietetics, and natural healing methods.
PEO4	Exhibit ethical values, communication skills, and leadership qualities in professional and community healthcare settings.
PEO5	Engage in lifelong learning and self-development to contribute to personal well-being and the advancement of Yoga and Naturopathy practices.

TABLE 2 PROGRAMME OUTCOMES (POs)

PO1	Knowledge of Yoga and Naturopathy- Demonstrate comprehensive knowledge of the fundamental principles, philosophy, and practices of Yoga and Naturopathy for holistic health and well-being.
PO2	Scientific Understanding and Holistic Healthcare: Apply knowledge of anatomy, physiology, nutrition, and health sciences to understand the effects of yogic and naturopathic interventions for health promotion and disease prevention.
PO3	Practical Skills and wellness Management- Perform and teach various yogic practices, including asanas, pranayama, meditation, kriyas, and promote healthy lifestyles through yogic diet, stress management, and wellness counselling.
PO4	Communication and Professional Ethics: Demonstrate effective communication, teaching, counseling, interpersonal skills, and practice Yoga and Naturopathy with ethics, compassion, professionalism, and social responsibility.
PO5	Critical Thinking and Problem Solving: Analyze health-related issues and recommend appropriate yogic and naturopathic interventions to improve physical, mental, and emotional well-being.
PO6	Leadership and Community Engagement: Organize and participate in community outreach, wellness campaigns, and health education programmes to promote awareness of Yoga and Naturopathy.
PO7	Lifelong Learning and Knowledge Integration: Engage in continuous learning, self-development, and integrate traditional yogic wisdom with modern health sciences using evidence-based approaches.
PO8	Employability and Entrepreneurship: Develop professional competencies for careers and entrepreneurship in yoga training centres, wellness clinics, naturopathy centres, educational institutions, fitness organizations, and community health programmes.

TABLE 3 PROGRAMME SPECIFIC OUTCOMES (PSOs)

PSO1	Yoga Theory and Practice: Demonstrate competency in the philosophy and practical application of Yoga, including Hatha Yoga, Patanjali Darshan, Shrimad Bhagavad Gita, meditation, and therapeutic yoga for health promotion and disease prevention.
PSO2	Holistic Health and Natural Therapies: Apply knowledge of human anatomy, health sciences, diet and nutrition, naturopathy, and basic alternative therapies to assess individual needs and design holistic wellness programs.
PSO3	Yoga Instruction and Professional Practice: Plan, teach, and evaluate yoga sessions using appropriate teaching methodologies, communication skills, psychological principles, environmental awareness, and professional ethics for diverse populations.
PSO4	Industry Readiness and Community Wellness: Demonstrate professional competence through practical training, industrial/on-the-job training (OJT), project work, and community outreach, enabling employment, entrepreneurship, and lifelong contribution to Yoga and Naturopathy sectors.

TABLE 4 SUSTAINABLE DEVELOPMENT GOALS (SDGs) ADDRESSED

SDG 3	Good Health and Well-being— ensuring healthy lives and promoting well-being for all at all ages.
SDG 4	Quality Education— inclusive, equitable quality education and lifelong learning opportunities for all.
SDG 11	Sustainable Cities and Communities — making cities and communities inclusive, safe, resilient, and sustainable.
SDG 12	Responsible Consumption and Production— ensuring sustainable consumption and production patterns.
SDG 13	Climate Action — taking urgent action to combat climate change and its impacts.

TABLE 5 COURSE CODES AND DEFINITIONS (UGC CCFUP CATEGORIES)

L	Lecture
T	Tutorial
P	Practical
DSC	Discipline Specific Course (core vocational/technical)
DSC Lab	Discipline Specific Laboratory / Workshop
MDC	Multidisciplinary Course
AEC	Ability Enhancement Course (language & communication)
VAC	Value Added Course
SEC	Skill Enhancement Course
OJT	On-Job Training / Industrial Training
Project	Project / Field Work
MOOC	Massive Open Online Course (SWAYAM/NPTEL)

J. C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
COMMUNITY COLLEGE OF SKILL DEVELOPMENT (CCSD)
SCHEME OF STUDIES & EXAMINATIONS
TWO-YEAR DIPLOMA PROGRAMME IN
Yoga and Naturopathy
SEMESTER I – VI (w.e.f. Session 2026-27) (As per NEP 2020 & UGC CCFUP)

TABLE 6 Diploma DYN Credit Structure

SEMESTER	DSC	MIC	AEC	MDC	VAC	SEC	Project	Total
I	17	—	—	—	3	—	—	20
II	17	—	3	—	—	—	—	20
III	12	—	—	3	5	—	—	20
IV	—	—	—	—	—	20	—	20
Total Credits	46	-	3	3	9	20	-	80+3*+1#

Note:

- a) A student has to earn at least 3 credits during the duration of the degree by passing at least one MOOC course of a minimum 12-week duration (carrying at least 3 credits) through the SWAYAM / NPTEL platform.
- b) A student has to earn 1 credit for the Tree Plantation Activity.

MANDATORY INDUCTION PROGRAMME

When new students enter the institution, they come with diverse thoughts, backgrounds and preparations. It is important to help them adjust to the new environment and inculcate in them the ethos of the institution with a sense of larger purpose. A mandatory Induction Programme for the B.Voc. students entering the institution shall be conducted right at the start. Normal classes will begin only after the Induction Programme is over. There is no fixed time limit prescribed for the programme; its duration may be decided by the College/Department as appropriate. Its purpose is to make students feel comfortable in their new environment, open them up, set a healthy daily routine, create bonding within the batch as well as between faculty and students, and develop awareness, sensitivity and understanding of the self, the people around them, society at large, and nature.

Tentative activities which may be planned in this Induction Programme are as follows:

- Physical Activity
- Creative Arts
- Universal Human Values
- Literary Activities
- Proficiency Modules
- Lectures by Eminent People
- Visits to Local Area / Industry
- Familiarization to the College / Trade & Innovations

GUIDELINES FOR TREE PLANTATION AND CARE

As approved in the Academic Council, Tree Plantation is a mandatory activity for every student admitted to J. C. Bose University of Science and Technology, YMCA, Faridabad.

Instructions for Students:

1. **Tree Plantation:** Each admitted student is required to plant at least 2-5 tree saplings during his/her first or second semester at any place of their choice at/near their home (e.g., parks, grounds, etc.). The student must capture geo-tagged photographs of the planted saplings (with the student present in the photo) and take proper care of their growth.
2. **Submission of Documents:** The student has to submit geo-tagged photographs of the planted saplings on the University ERP platform in the prescribed format, including name of plant, date of plantation and any additional information.
3. **Ongoing Care and Monitoring:** After plantation, every student will take care of these plants and submit updated geo-tagged photos for subsequent years. The plantation document will be submitted once every year for (N-1) times, where N is the total duration of the programme. For example, a student of a 3-year B.Voc. Programme has to submit the plantation document for two consecutive years, i.e., up to the pre-final year, indicating the growth and survival of the sapling.
4. **Tree Survival:** The student must ensure the successful survival of at least one tree out of the 2-5 initially planted, to be eligible for the degree.
5. **Verification of Documents:** Verification will be done by the respective teacher-coordinator at each successive year during Practical Examinations towards the end of the semester, as per the notified academic calendar.
6. **Certificate of Achievement:** The certificate for an eligible student will be auto-generated and may be downloaded from the ERP platform after due verification, fulfilling the requirement for degree conferral.

EXIT CRITERIA

For J. C. Bose University of Science and Technology, YMCA, under the NEP 2020 and UGC CCFUP framework, the exit criteria generally require students to secure a minimum of 40% marks in the end-term examinations, in accordance with the University Examination Ordinance. In addition, students must fulfil the prescribed overall credit requirements to be eligible for the different exit options — UG Certificate, UG Diploma — aligned with the multiple entry and exit provisions of the National Education Policy, the National Skills Qualifications Framework (NSQF) / National Credit Framework (NCrF), and the guidelines of the University Grants Commission. Each year of study is mapped to a corresponding NSQF level: Year 1 → NSQF 4.5 and Year 2 → NSQF 5.0.

TABLE 7 EXIT OPTION DETAILS

S.No.	NSQF Level	Semester	Exit Options	Credits	Additional Credits for Exit	Exit Criteria
1.	4.5	Sem I & II	U.G. Certificate (Yoga and Naturopathy)	40	4	Minimum 4–6 weeks of Industrial Internship OR online discipline specific skill courses at the relevant NCRF/NSQF level from NSQF/SSC/SWAYAM/NPTEL/any other recognized certifying agency (comprising either two courses of 2 credits each or one course of 4 credits) OR a Technical Project.

J. C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
Community College of Skill Development (CCSD)
Diploma Yoga and Naturopathy
[NSQF Level 4, UG Regular]

TABLE 8
SCHEME FOR SEMESTER – I

Course Code	Course Title	Teaching Schedule				Marks for Sessional	Marks for End Term Examination		Total Marks	Credits	Course Type
		L	T	P	Total		Theory	Practical			
YND-105-V1	Introduction to Yoga	4			4	40	60		100	4	DSC
YND-103-V1	Human Anatomy	4			4	40	60		100	4	DSC
YND-101-V1	Health and Yoga	4			4	40	60		100	4	DSC
YND-109-V1	Hathiyoga Practical			4	4	25		25	50	2	DSC LAB
YND-107-V1	Yoga Practical-I			6	6	25		25	50	3	DSC LAB
ESU-205-V1	Environmental science	3			3	40	60		100	3	VAC
Total		15		10	25	210	240	50	500	20	

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Community College of Skill Development (CCSD)
Diploma Yoga and Naturopathy
[NSQF Level 4.5]

TABLE 9
SCHEME FOR SEMESTER – II

Course Code	Course Title	Teaching Schedule				Marks for Sessional	Marks for End Term Examination		Total Marks	Credits	Course Type
		L	T	P	Total		Theory	Practical			
YND-108-V1	Patanjali Darshan	4			4	40	60		100	4	DSC
YND-106-V1	Naturopathy	4			4	40	60		100	4	DSC
YND-102-V1	Basic Alternative Therapy	4			4	40	60		100	4	DSC
YND-110-V1	Naturopathy Practical			5	5	25		25	50	2.5	DSC LAB
YND-112-V1	Yoga Practical-II			5	5	25		25	50	2.5	DSC LAB
YND-104-V1	Behaviour and Communication skill	3			3	40	60		100	3	AEC
Total		15	10	25	210	240	50	500	20		

Exit Option for U.G. Certificate (Level 4.5): Any student opting for exit after the second semester will get a UG Certificate on earning 40 credits of the first two semesters plus additional 4 credits as per Table 7 (total 44 credits).

J. C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
Community College of Skill Development (CCSD)
Diploma Yoga and Naturopathy
[NSQF Level 5.0, UG Regular]

TABLE 10
SCHEME FOR SEMESTER – III

Course Code	Course Title	Teaching Schedule				Marks for Sessional	Marks for End Term Examination		Total Marks	Credits	Course Type
		L	T	P	Total		Theory	Practical			
	Shrimad Bhagwad Geeta	4			4	40	60		100	4	DSC
	Diet and Nutrition	4			4	40	60		100	4	DSC
	General Psychology	3			3	40	60		100	3	VAC
	Yoga Practical-III			8	8	25		25	50	4	DSC
	Method of teaching yoga & value education	3			3	40	60		100	3	MDC
	MTYVP Practical			4	4	25		25	50	2	VAC
Total		14		12	26	210	240	50	500	20	

J. C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD
Community College of Skill Development (CCSD)
Diploma Yoga and Naturopathy
[NSQF Level 5, UG Regular]

TABLE 10
SCHEME FOR SEMESTER – IV

Course Code	Course Title	Schedule	Credits	Examination (Marks)
	Industrial Training / On-Job Training (OJT)	One Semester	20	Sessional 150 + End Term 350 = 500

Credits: 20 (SEC/OJT). During IVth semester the student undergoes full-time Industrial Training / OJT in industry, supplemented by a Project / Dissertation and a Seminar / Report. The half-year/full-year OJT consolidates NSQF 5 competency.

Procedure for Evaluation of Industrial Training:

(A) End-Term (350 Marks): Training Evaluation 100; Training Seminar 100; Training Viva 150.

(B) Continuous Assessment (150 Marks): Assessment by University/Institute Faculty 50; Assessment by Industrial Guide 50; Conduct 50.

DETAILED SYLLABI

INTRODUCTION TO YOGA YND-105-V1

No of Credits: 4

L	T	P	Total
4	-	-	4

Sessional: 40 Marks

Theory: 60 Marks

Total: 100 Marks

Course Objective:

To provide students with a comprehensive understanding of the etymology, classical definitions, historical aims, philosophical foundations, scriptural roots, traditional paths, practical applications, and key texts and personalities of Yoga, enabling them to appreciate its role in holistic well-being, disease prevention, lifestyle management, and contemporary professional opportunities.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Articulate the classical definitions, aims, and methods of Yoga, and locate them within the structural outline of Indian philosophical systems.

CO2: Compare and contrast scriptural philosophies of Yoga as presented in the Vedas, Upanishads, Bhagavad Gita, Yoga Sutras, Hatha texts, and heterodox traditions (Buddhism and Jainism)

CO3: Formulate yogic lifestyle protocols for wellness and disease prevention, and identify emerging career pathways within Yoga and Naturopathy.

CO4: Evaluate the structural philosophy of the *Patanjali Yoga Sutras* and *Shrimad Bhagavad Gita*, and synthesize the historical contributions of major Yoga Masters toward modern yoga revival.

CO-PO Mapping

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	3	1	-	-	1	-	-	2
CO2	3	2	-	-	-	-	-	3
CO3	2	2	1	2	3	2	1	2
CO4	3	1	-	-	1	1	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “-” = No correlation.

CO-PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	2	-	1	2	-	-
CO2	2	-	1	3	-	-
CO3	2	3	3	-	2	2
CO4	2	-	1	3	1	2

Course Contents:

Unit 1: Introduction

Meaning of Yoga, Different definitions of yoga, Aim and Purpose of Yoga, Introduction of different Method of Yogic Practices, Personality of a Yogi.

Unit 2: Yoga Scriptures

Yoga in Upanishad and Veda, Yoga in Shrimad Bhagwad Geeta, Yoga according to Yoga Sutra, Yoga according to Hath yoga, Yoga According to Buddhism and Jainism.

Unit 3: Applied Yoga Science: From Traditional Paths to Modern Careers

- A) Method of yoga- Rajyog, Gyanyog, bhaktiyog, karmayog, ashtangyog, hathyog, mantrayog and layyog.
- B) Yogic Lifestyle, Wellness, and Career Paths- Benefits of Yogic lifestyle, Importance of yoga in prevention & cure, Career in yoga & naturopathy.

Unit 4: Auto- Biographies of Yogic guru

- A) Introduction of different yogi Maharshi Patanjali, Gorakhnath, Maharshi Dayanand, Swami Vivekanand, Maharshi Raman, Shri Aurobindo, Maharshi MaheshYogi, Swami Kunalayananda, Dayananda Saraswati.
- B) Introduction of yoga scriptures- Patanjali yoga sutra, Shrimad Bhagwat Geeta.

Textbooks & References:

1. Upanishad in yoga—PRO. Ishwar Bharadwaj.
2. Yoga Mahavigyan – Dr. Kamakhya kumar.
3. Geeta Press Gorakhpur- Patanjali Yogsutra
4. Mukti ke Char Sopana – Swami Satyananda Saraswati
5. SWAYAM / NPTEL Yoga Course: "Introduction to Yoga and Applications of Yoga."

Suggested Tutorial / Sessional Assignments:

1. Preparation of a chart showing the aims and objectives of Yoga. OR Demonstration and explanation of basic Yogic practices.
2. Write an essay (500–700 words) on "Yoga for Healthy Living."
3. Explanation of "Yoga Chitta Vritti Nirodhah" from Yoga Sutra.
4. Write short notes on Yoga in Vedas and Upanishads.
5. Explain the concept of Yoga in Bhagavad Gita.
6. Describe Yoga according to Patanjali.
7. Write a brief note on Hatha Yoga.
8. Compare Yoga concepts in Buddhism and Jainism.
9. Prepare a comparative table of different methods of Yoga.
10. Explain the eight limbs of Ashtanga Yoga.
11. Write short notes on Raja Yoga and Hatha Yoga.
12. Classroom activity on healthy habits according to Yoga.
13. Seminar on stress management through Yoga.
14. Discussion on career opportunities in Yoga and Naturopathy.
15. Prepare a chart showing major Yogic Gurus and their teachings.

HUMAN ANATOMY YND-103-V1

No of Credits: 4

L	T	P	Total
4	-	-	4

Sessional: 40 Marks**Theory: 60 Marks****Total: 100 Marks****Course Objective:**

To provide students with a fundamental understanding of human anatomy and physiology and the scientific basis of Yogic practices on body systems, enabling the integration of modern biomedical sciences with Yoga and Naturopathy for health promotion and disease prevention.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Identify and explain the structural levels of the human body, including cell functions, tissue types, and the nomenclature/numbering of the skeletal and muscular systems.

CO2: Describe the physiological processes of the cardiovascular and respiratory systems, including cardiac cycles, blood typing, blood pressure mechanics, and gas exchange.

CO3: Outline the anatomical structures and metabolic/regulatory functions of the digestive, excretory, and endocrine organs.

CO4: Evaluate and scientifically articulate the physiological impacts of specific yogic postures, breathing techniques, purification locks, and meditation on internal organ systems and circulation.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	2	3	1	-	-	-	-	2
CO2	2	3	1	1	1	-	-	3
CO3	2	3	-	2	2	-	-	3
CO4	3	3	2	3	3	1	1	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “-” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	1	-	3	-
CO2	1	1	3	-
CO3	1	2	3	-
CO4	3	2	3	2

Course Contents:**Unit 1: Fundamental system of Body**

Introduction of human body structure and function, structure and function of cell and tissue, structure of bones and its functions, structure and function of hand and legs bones. Name and number of skeleton and muscles in human body.

Unit 2: Important system of body

Structure and function—respiratory system, nervous system, the digestive system, skeletal system.

Unit 3: Blood and related system

Structure and function of heart and blood circulatory system, structure and function of excretory system, structure and function of Endocrine system, structure and function of skin.

Unit 4: Yogic Effects on body system

Effect of different Asana, Pranayama, Mudra, Bandha, Shatkaram and Dhyana on the system of Cell, Tissues, Bones, Digestion, Endocrine, Nervous system and Blood– Circulation.

Textbooks & References:

1. Yoga therapy- Swami Shivanand
2. Human Anatomy and Physiology- Dr. Anant Prakesh Gupta
3. Rog aur yog bihar school of yoga

Suggested Tutorial / Sessional Assignments:

1. Prepare a chart showing different types of tissues and their functions.
2. Draw and label major bones of the human skeleton.
3. Cellular & Tissue Blueprint: Draw, label, and contrast the structures of epithelial, connective, muscular, and nervous tissues. Write a 1,000-word essay on how cellular metabolism shifts during sustained isometric muscular contractions.
4. Draw and label the respiratory system. Create an exhaustive reference table listing all 206 bones of the human body, classified by region (Axial vs. Appendicular). Include their major functions and articulatory partner bones.
5. Muscular Mechanics Mapping: Identify the origin, insertion, and primary action of the major superficial muscle groups utilized in core yogic postures (e.g., *Rectus abdominis*, *Erector spinae*, *Gastrocnemius*, and *Quadriceps*).
6. Cardiac Cycle Flowchart: Construct a highly detailed, step-by-step flowchart tracking a single drop of blood through pulmonary and systemic circulation circuits. Highlight valve openings, pressures, and oxygenation status.
7. Gastrointestinal Path Tracking: Map out the anatomical path of food from the oral cavity to elimination. Detail the mechanical and chemical digestive enzymes active at each stage.
8. The Endocrine Orchestra: Create a comprehensive comparative matrix listing the primary endocrine glands (Pituitary, Thyroid, Adrenals, Pancreas), their target organs, the hormones they secrete, and their feedback loops.
9. Asana Biomechanics Presentation: Select three distinct categories of Asanas (Inversions, Twists, and Forward Bends). Conduct a structural analysis mapping the exact load distribution across the skeletal system and the specific muscle groups stretched or strengthened.
10. Pranayama & Autonomic Regulation Lab: Design a comparative study protocol measuring the heart rate and respiratory rate of a subject before, during, and after 10 minutes of *NadiShodhana* (Alternate Nostril Breathing) vs. *Kapalabhati*. Explain the physiological role of the vagus nerve in your findings.
11. Maintain a 7-day Yoga practice diary and record physical observations.

HEALTH AND YOGA YND-101-V1

No of Credits: 4

L	T	P	Total
4	-	-	4

Sessional: 40 Marks**Theory: 60 Marks****Total: 100 Marks****Course Objective:**

To provide students with a comprehensive understanding of health and wellness through the integration of Ayurvedic principles, yogic lifestyle practices, therapeutic applications of Yoga for disease management, and scientific concepts of diet and nutrition, enabling them to promote preventive healthcare and holistic well-being.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Analyze and apply classical Ayurvedic daily, nightly, and seasonal health regimens alongside the three pillars of health (*Trayopastambha*) to establish a preventative lifestyle.

CO2: Evaluate the psychosomatic origins, physiological symptoms, and targeted yogic therapy solutions for common conditions like hypertension, asthma, backache, and gastrointestinal issues.

CO3: Evaluate the origin, symptoms, and targeted yogic therapy solution for common conditions like Eyes problem, Obesity, Heart disease, Thyroid, Diabetes, Tension- Stress and Depression.

CO4: Structure a balanced yogic dietary plan using the concepts of *Mitahara* (moderation) and classify foods based on their *Gunic* effects (*Satvik, Rajsik, Tamsik*) on human consciousness.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	3	2	1	2	3	1	1	2
CO2	3	2	2	3	3	1	1	3
CO3	3	2	2	3	3	1	1	3
CO4	2	3	2	2	3	1	1	2

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	3	2	2	1
CO2	3	3	2	1
CO3	3	3	2	1
CO4	3	2	3	-

Course Contents:**Unit 1: Introduction to Health**

Meaning and definition of health, Dincharya, ratrichariya and rituchrya. Base Pillar of health (Diet, Celibacy and Sleep), Tridoshas, Saptdhatus, swasthayavart.

Unit 2: Disease, symptoms and their yogic solution

Concept of disease, cause of disease, Symptoms and solution according to yoga (Constipation, Ulcer, Backache, Cold and cough, Hyper-tension, Low-blood pressure, Asthma).

Unit 3: Disease, symptoms and their yogic solution

Symptoms and Solution according to yoga in different Disease- (Eyes problem, Obesity, Heart disease, Thyroid,

Diabetes, Tension- Stress and Depression)

Unit 4: Diet & Nutrition

Meaning and definition of diet, the purpose of diet, balance diet, moderate diet, description of yogic diet (tamsik, rajsik, satvik). Meaning of nutrition of important factor of nutrition (carbohydrate, vitamin, minerals, protein).

Textbooks & References:

1. Yog and yogic therapy—Pro. Ramharsh singh
2. Yogic therapy- swami kulvlayanand
3. Yog and rog— swami satyanand sarswati
4. Sharirkirya and yogaabhyas- Dr. M.M. Gora

Suggested Tutorial / Sessional Assignments:

1. Prepare a chart on the concept of health including its meaning, definition, and characteristics of a healthy person.
2. Maintain a one-week Dincharya diary and write observations about its effect on health and well-being.
3. Write short notes on the three pillars of health—Diet (Aahar), Sleep (Nidra), and Celibacy/ Brahmacharya.
4. Prepare a presentation on Tridosha (Vata, Pitta, Kapha) and their role in maintaining health.
5. Draw and explain the concept of Sapta Dhatu and Swastha vritta according to Yoga and Ayurveda.
6. Prepare a comparative chart of common diseases (Constipation, Backache, Cold & Cough, Hypertension, Asthma, etc.) showing symptoms and recommended yogic practices.
7. Conduct a case study or survey on lifestyle disorders such as Obesity, Diabetes, Thyroid disorders, Stress, or Hypertension and suggest yogic management.
8. Prepare a practical assignment on yogic techniques (Asana, Pranayama, Relaxation, Meditation) used for managing stress, depression, and anxiety.
9. Design a balanced diet chart for a Yoga practitioner and classify foods into Satvik, Rajsik, and Tamsik categories.
10. Maintain a 7-day diet and lifestyle observation report and analyze the nutritional components (carbohydrates, proteins, vitamins, and minerals) in the daily diet.

ENVIRONMENTAL SCIENCE

ESU-205-V1

No of Credits: 3

L T P Total

3 - - 3

Sessional: 40 Marks

Theory: 60 Marks

Total: 100 Marks

Course Objective:

The course aims to provide students with an understanding of the interactions between humans and the environment, natural resources, biodiversity, environmental pollution, climate change, and environmental management. It also seeks to develop awareness of sustainable development practices and familiarize students with national and international environmental laws and treaties for promoting responsible environmental stewardship.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

- CO1:** Explain the historical evolution of human-environment interactions and the emergence of environmental thought and global environmentalism.
- CO2:** Analyze the classification, utilization, and sustainable management of natural resources, and relate them to the principles of sustainable development.
- CO3:** Evaluate the concepts of biodiversity and ecosystem services, conservation approaches.
- CO4:** Identify major types of environmental pollution and assess their sources, impacts on human health and ecosystems; assess the significance of climate change impacts, adaptation, and mitigation.
- CO5:** Interpret key national and international environmental laws, treaties, and institutional mechanisms aimed at environmental protection and sustainable governance.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	1	2	2	2	1	1	2	2
CO2	1	3	2	2	2	1	2	3
CO3	1	2	3	2	2	1	2	3
CO4	1	2	3	2	2	1	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	1	1	1	-
CO2	1	1	2	-
CO3	1	1	2	-
CO4	1	1	2	-

Course Contents:

Unit 1: Humans and the Environment

The man-environment interaction: Humans as hunter-gatherers, Mastery of fire, Origin of agriculture, Great ancient civilizations and the environment, Industrial revolution and its impact on the environment, Population growth and natural resource exploitation. The emergence of environmentalism: Anthropocentric and eco-centric perspectives, The Club of Rome- Limits to Growth, UN Conference on Human Environment 1972, World Commission on Environment and Development, Rio Summit.

Unit 2: Natural Resources and Sustainable Development

Definition of resource; Classification of natural resources- biotic and abiotic, renewable and nonrenewable. Biotic resources: Major type of biotic resources- forests, grasslands, wetlands, wildlife and aquatic (fresh water and marine), Microbes as a resource. Water resources: Types of water resources- fresh water and marine resources, Availability and use, Environmental impact of over-exploitation, issues and challenges, Water scarcity and stress, Conflicts over water. Soil and mineral resources: Important minerals, Mineral exploitation, Environmental problems due to extraction of minerals and use, Soil as a resource and its degradation. Energy resources: Sources of energy and their classification, renewable and non-renewable sources of energy, Conventional energy sources- coal, oil, natural gas, nuclear energy, non-conventional energy sources- solar, wind, tidal, hydro, wave, ocean thermal, geothermal, biomass, hydrogen and fuel cells, Implications of energy use on the environment. Introduction to sustainable development: Sustainable Development Goals (SDGs)

Unit 3: Environmental Issues: Local, Regional and Global

Temporal and spatial extents of local, regional, and global phenomena. Pollution: Types of Pollution- air, noise, water, soil, municipal solid waste, hazardous waste, Trans-boundary air pollution, Acid rain, Smog. Land use and Land cover change: land degradation, deforestation, desertification, urbanization. Global issues: Ozone layer depletion, Green-house effect, Global Warming, Climate change.

Unit 4: Conservation of Biodiversity and Ecosystems

Ecosystems and ecosystem services: Concept; Structure and Functions of Ecosystem, Ecosystem types forests, wetlands, grasslands, agriculture, coastal and marine; Ecosystem services. Biodiversity and its distribution: Biodiversity as a natural resource, Levels and types of biodiversity, Biodiversity in India and the world, Biodiversity hotspots. Threats to biodiversity, in-situ and ex-situ conservation approach, role of traditional knowledge, community-based conservation.

Unit 5: Environmental Pollution and Health

Definition of pollution; Point sources and non-point sources of pollution. (5 hrs) Air pollution: Sources of air pollution, Primary and secondary pollutants, Criteria pollutants, Other important air pollutants- Volatile Organic compounds, Peroxyacetyl Nitrate, Polycyclic aromatic hydrocarbons and Persistent organic pollutants, Indoor air pollution, health impacts of air pollutants, National Ambient Air Quality Standards. Water pollution: Sources of water pollution, River, lake and marine pollution, groundwater pollution, Water quality parameters and standards, health impacts of water pollution on human and aquatic life. Soil pollution and solid waste: Soil pollutants and their sources, Solid and hazardous waste, Impact on human health. Noise pollution: Definition of noise, measurement and sources of noise pollution, Noise standards, impacts of noise on human health. Thermal and Radioactive pollution: Sources and impact on human health and ecosystems.

Unit 6: Climate Change: Impacts, Adaptation and Mitigation

Structure of atmosphere, Importance of 1.5 °C and 2.0 °C limits to global warming, Climate change projections for the Indian sub-continent. Impacts of climate change on ocean, land, forests and natural ecosystems, Impacts on animal species, agriculture, health, urban infrastructure; concept of vulnerability, Adaptation vs. resilience, Indigenous knowledge for adaptation to climate change. Mitigation measures: Green House Gas (GHG) reduction vs. sink enhancement, carbon neutrality, Net zero targets for the future, Energy efficiency measures, National climate action plan.

Unit 7: Environmental Management

Introduction to environmental laws and regulation: Constitutional provisions- Article 48A, Article 51A (g); Introduction to environmental legislations on the forest, wildlife and pollution control. Environmental management system: ISO 14001. Environmental audit and impact assessment, Pollution control and management, Waste Management- Concept of 3R (Reduce, Recycle and Reuse) and sustainability, Ecolabeling /Ecomark scheme.

Unit 8: Environmental Treaties and Legislation

Vienna Convention; Montreal Protocol and the Kigali Amendment. Basel Convention, Stockholm Convention on Persistent Organic Pollutants, Minamata Convention. United Nations Framework Convention on Climate Change (UNFCCC), Kyoto Protocol, Paris Agreement, India's status as a party to major conventions. National Green Tribunal, Convention on Biological Diversity (CBD), Cartagena Protocol, Nagoya Protocol, Convention on International Trade in Endangered Species of Wild Flora and Fauna (CITES), Ramsar Convention on Wetlands of International Importance, Ramsar sites, United Nations Convention to Combat Desertification (UNCCD).

Textbooks & References:

1. Barrow, C. J. (1999). Environmental management: Principles and practice. Routledge.
2. Berrang- Ford, L., J.D. Ford & J. Paterson (2011). Are we adapting to climate change? Global Environmental Change-Human and Policy Dimensions 21: 25-33.
3. Chiras, D. D and Reganold, J. P. (2010). Natural Resource Conservation: Management for a Sustainable Future. 10th edition, Upper Saddle River, N. J. Benjamin/Cummins/Pearson.
4. De Anil, K. (2003). Environmental chemistry. New Age International.
5. Gilbert M. Masters and W. P. (2008). An Introduction to Environmental Engineering and Science, Publisher (Pearson)
6. India Code - Digital repository of all Central and State Acts: <https://www.indiacode.nic.in/>
7. Kanchi Kohli and Manju Menon (2021) Development of Environment Laws in India, Cambridge University Press.
8. Kaushik, A., & Kaushik, C. P. (2006). Perspectives in environmental studies. New Age International.
9. Krishnamurthy, K.V. (2003) Textbook of Biodiversity, Science Publishers, Plymouth, UK
10. Rajagopalan, R. (2011). Environmental Studies: From Crisis to Cure. India: Oxford University Press.
11. Ela Richard A. Marcantonio, Marc Lame (2022). Environmental Management: Concepts and Practical Skills. Cambridge University Press.
12. Simmons, I. G. (2008). Global Environmental History: 10,000 BC to AD 2000. Edinburgh University Press.

HATHYOGA PRACTICAL YND-109-V1

No of Credits: 2				
L	T	P	Total	
-	-	4	4	

Sessional: 25 Marks
Practical: 25 Marks
Total: 50 Marks

Course Objective:

To provide students with a comprehensive understanding and practical proficiency in the principles, techniques, and therapeutic applications of Hatha Yoga, including Shatkarma, Pranayama, Asanas, Bandhas, yogic discipline, and lifestyle practices for health promotion and disease management.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

- CO1** Explain the concept, objectives, characteristics, and fundamental principles of Hatha Yoga, including suitable conditions for practice and yogic dietary regulations.
- CO2** Identify and analyze the seeker-supporting elements, obstacles in yoga practice, and characteristics of Hatha Siddhi as described in classical Hatha Yoga literature.
- CO3** Demonstrate and explain the procedures, benefits, and precautions of Shatkarma techniques such as Dhauti, Basti, Neti, Nauli, Trataka, and Kapala bhati.
- CO4** Demonstrate knowledge of Pranayama, its formation according to Hatha Pradipika and Gheranda Samhita, and evaluate its role in health promotion and disease management.
- CO5** Demonstrate and interpret various Asanas and Bandhas described in Hatha Pradipika and Gheranda Samhita, including their practical applications and benefits.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	3	2	1	-	2	1	1	2
CO2	3	3	1	-	2	1	1	2
CO3	3	2	3	2	3	1	2	2
CO4	3	3	3	2	3	1	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “-” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	3	1	1	2
CO2	3	1	1	2
CO3	3	3	2	2
CO4	3	3	3	2

Course Contents:

Theory Topics to be discussed:

- Introduction and Meaning of Hatha Yoga
- Suitable time and place for practice
- Diet of Hatha Yogi
- Seeker elements and obstructing elements in yoga practice
- Characteristics of Hatha Sidhi.

Practical content:

- **Shatkarma-** Study and practical demonstration of the following cleansing techniques according to Hatha Yoga Pradipika: Process, Benefits and caution of Dhauti, Basti, Neti, Nauli, Trataka & Kapalabhati.
- **Pranayama-** Introduction and Meaning of Pranayama, Formation of pranayama according to Hatha Pradipika, Formation of Pranayama according to Gheranda Samhita, Role of pranayama in different diseases, Benefits of pranayama.
- **Asanas and bandhas-** Introduction and meaning of Asana, Formation of Asana in Hatha Pradipika, formation of Asana according to Gheranda Samhita, Description of Bandh in Hathapradipika, Description of Bandh in Gherand Samhita.

Textbooks & References:

1. Hatha Yoga Pradipika- Swami Anant Bharti
2. Gheranda Samhita – Dr. Raghvendra sharma Raghav

YOGA PRACTICAL-I YND-107-V1

No of Credits: 3

L	T	P	Total
-	-	6	6

Sessional: 25 Marks

Practical: 25 Marks

Total: 50 Marks

Course Objective:

To develop practical proficiency in Shatkarma, Asanas, Pranayama, Mudras, Bandhas, and Surya Namaskar with Mantras, enabling students to apply yogic practices safely and effectively for physical fitness, mental well-being, health promotion, and holistic development.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Demonstrate various Shat Karma techniques including Jal Neti, Rubber Neti, Vaman Kriya, Vat karma, Vyut karma, Sheet karma, Kapalabhati, and Nauli with proper procedure, precautions, and benefits.

CO2: Perform and explain the techniques, alignment, benefits, and contraindications of major yogic Asanas for physical fitness and health promotion.

CO3: Demonstrate proficiency in Yogic Breathing and Pranayama practices such as Bhastrika, Nadi Shodhana, Bhramari, and Ujjayi to improve respiratory and mental health.

CO4: Apply various Mudras and Bandhas including Gyan Mudra, Yoga Mudra, Viparit karani Mudra, Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, and Maha Bandha for enhancing yogic practices.

CO5: Perform Surya Namaskar with Mantras and integrate Shat Karma, Asana, Pranayama, Mudra, and Bandha practices for holistic health and wellness.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	2	2	3	2	2	1	2	2	1	1	2	1
CO2	3	2	3	1	3	1	2	2	1	1	3	2
CO3	3	2	3	2	3	1	2	2	1	1	3	2
CO4	2	2	3	1	3	1	2	3	1	1	3	2

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	3	2	2	1	2	1
CO2	3	2	2	1	3	2
CO3	3	2	3	1	3	2
CO4	3	2	2	1	3	2

Course Contents:

A. Shatkarma (Cleansing Techniques): Jal Neti (Nasal Cleansing), Rubber Neti, Vamana Kriya /Kunjla Kriya, Vatakrma, Vyutkrma, Sheetkrma Kapalabhati, Nauli (Boys).

B. Asanas Preparatory Practices: Sukshma Vyayama (Loosening Exercises), Meditative and Cultural Asanas, Padmasana (Lotus Pose), Vajrasana (Thunderbolt Pose), Gomukhasana (Cow Face Pose), Ardha Matsyendrasana (Half Spinal Twist Pose), Paschimottanasana (Seated Forward Bend Pose), Ustrasana (Camel Pose), Halasana (Plough Pose), Sarvangasana (Shoulder Stand Pose), Uttanapadasana (Raised Leg Pose), Matsyasana (Fish Pose), Chakrasana (Wheel Pose), Markatasana (Monkey Twist Pose), Setu Bandhasana (Bridge Pose), Dhanurasana (Bow Pose), Tadasana (Mountain Pose), Shirshasana (Headstand)

Pose), Mayurasana (Peacock Pose), Shalabhasana (Locust Pose), Shavasana (Corpse Pose)

C. Pranayama: Yogic Breathing, Bhastrika Pranayama, Nadi Shodhana Pranayama, Bhramari Pranayama, Ujjayi Pranayama.

D. Mudras and Bandhas Mudras: Gyan Mudra, Yoga Mudra, Viparita Karani Mudra Bandhas, Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha

E. Surya Namaskar: Surya Namaskar with Mantras

Textbooks and References

1. Satyananda Saraswati, S. (2008). Asana Pranayama Mudra Bandha. Munger: Yoga Publications Trust.
2. Muktibodhananda, S. (Trans.). Hatha Yoga Pradipika. Munger: Yoga Publications Trust.
3. Yoga and Health – Swami Kuvalayananda.
4. Yoga Therapy – Dr. H. R. Nagendra.
5. Essentials of Yoga Practice and Philosophy – K. Karunakaran.

PATANJALI DARSHA YND-108-V1

No of Credits: 4

L T P Total

4 - - 4

Sessional: 40 Marks

Theory: 60 Marks

Total: 100 Marks

Course Objective:

To provide students with a comprehensive understanding of the philosophical foundations of Yoga as presented in Patanjali Yoga Sutras, including the concepts of Chitta, Samadhi, Kriya Yoga, Kleshas, Ashtanga Yoga, Samyama, Vibhuti, and Kaivalya, enabling them to apply yogic principles for personal, ethical, mental, and spiritual development.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Explain the concepts of Ishvara, Prakriti, Purusha, Chittabhumi, Chittavritti, Abhyasa, Vairagya, Yogantaraya, and Chittaprasadanam in the context of Yoga Philosophy.

CO2: Analyze the various forms of Samadhi, RitambharaPrajna, Kriya Yoga, Panchakleshas, and the causes of Sukha and Dukha as described in Patanjali Yoga Darshan.

CO3: Interpret the concept of Viveka-Khyati and SaptadhaPrajna and evaluate their significance in the process of self-realization.

CO4: Describe and evaluate the principles, practices, and benefits of the eight limbs of Ashtanga Yoga, including Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, and Dhyana.

CO5: Explain the concepts of Antaranga Yoga, Samyama, Vibhuti, Kaivalya, and the methods prescribed in Yoga Philosophy for attaining liberation.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	3	2	1	-	1	1	2	3
CO2	3	3	1	1	1	1	2	3
CO3	3	3	1	1	1	1	2	3
CO4	3	2	2	1	2	2	3	2

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “-” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	2	1	1	3
CO2	2	1	1	3
CO3	2	1	1	3
CO4	3	1	1	3

Course Contents:

Unit 1: Basics of Yoga sutra

According to Yogsutra (Definition and meaning) yoga, chitta bhumiya and chitta vritti, assiduousness (Abhyas)and imperturbability (vairagya), yogantaraya (obstacles), chittaprasadanam (helpful elements).

Unit 2: Concept of Samadhi

Type of Samadhi- Sampragyat and Asampragyat, ritambhara pragya, Concept of kriyayog, punchkleshe, Formation of Sukh or Dukh, Concept and formation of ishvara, vivek- khyatirsaptdhaprajna (pragya).

Unit 3: Ashtanga Yoga: Eightfold Path

Formation and benefits of Yama, formation and benefits of Niyama, formation and benefits of asana, formation and benefits of pranayama, formation and benefits of pratyahara, formation and benefits of Dharana, formation and benefits of dhyana.

Unit 4: Concept of Kaivalya

Concept of sampragya, description of vibhuti, Ashtasiddhi, concept of kevalya, method to achieve kevalya.

Textbooks & References:

1. Patanjali yog dhrasanam– Dr. Devisahya Pandeydeep
2. Patanjali Yog Pardeep – Geeta Press Gorakhpur]
3. Mukti Char Sopana – Bihar school of yoga

Suggested Tutorial / Sessional Assignments:

1. Create a detailed comparative matrix between Hatha Pradipika and Gheranda Samhita focusing on the methodology, count, and alignment principles of Asanas and Pranayama.
2. Document your dietary intake for 7 days. Evaluate it against the criteria of Pathya (conducive food) and Apathya (forbidden food) for a Hatha Yogi as outlined in classical texts. Suggest modifications for an individual transitioning to intensive yoga sadhana.
3. Design a specific 4-week Pranayama intervention protocol (incorporating variations from both texts) for a person suffering from one of the following: Hypertension, Chronic Anxiety, or Type-2 Diabetes. Justify your selection of techniques using classical benefits and modern physiological reasoning.
4. Create a detailed instructional presentation demonstrating the physical mechanics and energetic significance of Jalandhara, Uddiyana, and Mula Bandha. Explain how they modify internal pressure systems during prolonged breath retention (Kumbhaka).
5. Write an analytical essay on the Six Obstructing Elements (BadhakaTattva) and Six Facilitating Elements (SadhakaTattva). Provide modern, real-world examples.

NATUROPATHY YND-106-V1

No of Credits: 4

L	T	P	Total
4	-	-	4

Sessional: 40 Marks

Theory: 60 Marks

Total: 100 Marks

Course Objective:

To provide students with a comprehensive understanding of the principles and practices of Naturopathy, including natural diagnostic approaches, Mud, Air, Sun, Fasting, Massage, and Hydrotherapy techniques, enabling them to apply natural healing methods for health promotion, disease prevention, and holistic wellness.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Explain the core philosophy, historical evolution, and fundamental principles of Naturopathy, differentiating between acute and chronic disease manifestations.

CO2: Apply the therapeutic concepts of Mud, Air, and Sun baths safely while adapting to individual patient requirements and safety precautions.

CO3: Formulate customized Fasting regimens and select appropriate scientific or Ayurvedic Massage manipulations based on client wellness goals.

CO4: Execute various Hydrotherapy modalities (such as Kati bath, Steam bath, and Spine bath) considering temperature dynamics and safety measures for specific ailments.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	3	2	1	2	1	1	2	3
CO2	3	2	2	3	2	1	2	2
CO3	3	2	3	3	3	1	2	2
CO4	3	3	3	3	3	1	2	2

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “-” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	1	3	2	-
CO2	2	3	2	-
CO3	2	3	3	-
CO4	2	3	3	-

Course Contents:

Unit 1: Introduction

Meaning and definition of naturopathy, history of naturopathy, importance and basic principle of naturopathy, Acute and Chronic Disease-Symptoms, diagnosis and naturopathy treatment.

Unit 2: Mud, Air and Sun therapy

Importance of mud, type and effect of mud therapy on body, types of mud, mud bath uses in treatment ways, importance and treatment uses of sun light, method of Sun bath, tie and precaution, benefits of air bath, method of treatment by air and its precautions.

Unit3: Fast & Massage therapy

A) Fast→ Definition and meaning of fast and basic principle of fast, type of fasting-long, short, full, water fasting, juice fasting, fruit fasting, rules of fasting, fasting for wellness.

B) Massage→ Definition, meaning of massage, principle of message, type (scientific and ayurvedic), different method of massage-normal, friction, slap, tap, pinch etc, treatment method and precaution of massage.

Unit4: Water treatment

Definition and meaning of water treatment, purpose and importance of water, quality effect of different temperature on body, normal bath, natural bath, friction bath, kati bath, mehan bath, steam bath, spine bath, foot bath, Enema method, benefit and precaution, benefit of water in health wellness, water treatment used in different disease.

Textbooks & References:

1. History and philosophy of Naturopathy– Dr.S.j. Singh
2. Nature Cure– Dr. H. K. Bakhru
3. The Practice of Nature Cure –Dr. Henery Lindlahar

Suggested Tutorial / Sessional Assignments:

1. Write an analytical report differentiating between Acute and Chronic diseases. Detail how symptoms serve as the body's natural defense mechanism, and outline how a naturopathic diagnostic approach differs from conventional medicine.
2. Create a detailed comparative chart mapping Mud, Air, and Sun therapies. For each therapy, specify: Primary physiological effects on the human body, Standard application methods (e.g., Mud packs vs. Mud baths; Sun bath durations), Essential environmental conditions required for maximum therapeutic benefit.
3. Design a comprehensive 3-stage fasting program (Preparation, Fasting, and Breaking the Fast) for a healthy individual seeking general wellness. Include a schedule choosing between Juice fasting or Fruit fasting, and document the critical safety rules and indicators for terminating a fast early.
4. Develop a step-by-step technical manual for three core hydrotherapy treatments: Kati Bath (Hip Bath), Spine Bath, and Steam Bath. For each modality, your manual must include:
 - a) Target temperature ranges (Cold, Neutral, Hot) and their corresponding effect on blood circulation
 - Indication criteria (which diseases benefit from it).
 - b) Strict contraindications and precautions to prevent thermal shock or injury.
5. Create an illustrated instruction log demonstrating the execution of at least four major massage manipulations (Friction, Slap, Tap, and Pinch). Contrast the application principles of Scientific Massage (anatomical/physiological tracking) with Ayurvedic Massage (marma points/dosha balancing).

BASIC ALTERNATIVE THERAPY YND-102-V1

No of Credits: 4

L	T	P	Total
4	-	-	4

Sessional: 40 Marks

Theory: 60 Marks

Total: 100 Marks

Course Objective:

To provide students with a comprehensive understanding of alternative healing systems, including Acupressure, Magnet Therapy, Colour Therapy, Reiki, Yagya Therapy, and Pranic Healing, enabling them to apply complementary therapeutic approaches for holistic health promotion, disease management, mental well-being, and energy balancing.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Classify diseases according to their physical, mental, and spiritual symptoms, and explain the core philosophy behind various alternative therapies.

CO2: Demonstrate the precise use of Acupressure tools and pressure methods while analyzing patient conditions to apply correct clinical precautions.

CO3: Design integrated treatment protocols using Magnet, Colour, and Reiki therapies based on a critical evaluation of their benefits and structural limitations.

CO4: Explain the therapeutic mechanisms of Yagya and Pranic healing, and apply them as complementary techniques for mental wellness and energy balancing.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	3	2	1	1	2	1	2	3
CO2	3	2	3	2	2	1	2	3
CO3	3	2	3	2	2	1	2	3
CO4	3	2	2	1	1	1	3	2

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	1	3	2	-
CO2	2	3	2	-
CO3	2	3	3	-
CO4	1	3	2	-

Course Contents:

Unit 1: Introduction

Introduction of swasth vart, origin of alternative therapies, concept of alternative therapies, importance and types of alternative therapies

Unit2: Acupressure

History of acupressure, meaning and definition of acupressure, type of acupressure, principle and rules of acupressure, method of acupressure, tools of acupressure quality and treatment of acupressure, precaution in acupressure.

Unit 3: Magnet & Colour therapy

- A. Magnet therapy: History of magnet therapy, meaning of magnet and magnet field, quality of magnet, type of magnet, type of magnet therapy, method of magnet therapy, principle and precaution of magnet therapy, benefit and effect of magnet therapy.
- B. Colour therapy: Meaning and concept of colour therapy, Application of colour therapy, limitation.

Unit4: Reki & Yagya Therapy, Pranic Healing

- A) Reki Therapy** - History of Reki therapy, meaning and concept of Reki therapy, rules of Reki therapy, helping tools of Reki therapy, method of Reki treatments, benefit and limitations of Reki therapy.
- B) Yagya Therapy**→ Introduction & Meaning of Yagya, advantages of yagya therapy, yagya therapy for mental treatment, yagya as disinfect, Mechanism of yagya therapy in Vedic literature.
- C) Pranic Healing:** Introduction & Meaning of Pranic Healing, uses of Pranic

Textbooks & References:

1. Alternative therapy– Dr.R.H. Vivak|
2. Alternative therapy Method- Dr.RajkumarPuruthi|
3. Acupresser Naturopathy therapy– Dr. Attar Singh|
4. Magnet Therapy– Dr.Hiralal Bansal

Suggested Tutorial / Sessional Assignments:

1. Write an analytical essay defining the characteristics, behavioral traits, and energy indicators of a person who is physically, mentally, and spiritually healthy versus one who is sick. Detail how alternative therapies address the spiritual root causes of physical illness.
2. Create a comprehensive comparative matrix analysing Reiki, Pranic Healing, and Colour Therapy. For each modality, define:
3. The core source of healing energy used (e.g., universal life force vs. specific color wavelengths vs. bioplasmic breath).
4. Primary transmission methods (hands-on/distance vs. color application vs. sweeping/projecting).
5. Specific clinical limitations where these therapies should not be used as standalone treatments.
6. Design a step-by-step practical manual for treating chronic tension headaches or digestive sluggishness using Acupressure. Your protocol must include:
7. Choice of acupressure tools (e.g., probes, rollers) and pressure rules (duration, intensity).
8. A comprehensive list of strict clinical precautions (e.g., avoiding specific points during pregnancy, high blood pressure constraints).
9. Develop a therapeutic guide explaining the distinct biological properties of the North Pole (cooling, sedating) versus the South Pole (warming, stimulating) of a magnet. Draft a clinical case study detailing the application method, magnet type, session duration, and safety precautions for a patient suffering from localized joint inflammation.

NATUROPATHY PRACTICAL YND-110-V1

No of Credits: 2

L	T	P	Total
-	-	4	4

Sessional: 25 Marks**Practical: 25 Marks****Total: 50 Marks****Course Objective:**

To develop practical competency in the application of naturopathic therapies, including Hydrotherapy, Enema Therapy, Mud Therapy, Wet Packs, and Sun Therapy, enabling students to safely administer natural treatments for health promotion, disease management, detoxification, and holistic wellness.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Execute targeted Hydrotherapy procedures (including Kati, Spinal, and Foot baths) while systematically adjusting temperatures (hot, cold, natural) to achieve desired physiological responses.

CO2: Administer natural, cold, and warm water Enemas and configure regional wet sheet packs safely, keeping strict clinical contraindications in mind.

CO3: Prepare and apply localized mud strips (for eyes, forehead, abdomen, etc.) and execute full-body mud therapies (*Rajsnan / Panksnan*) based on a patient's physical constitution.

CO4: Demonstrate the methodology of Sun bathing utilizing filtered color spectra and follow safety guidelines to prevent thermal or radiation discomfort.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	2	3	3	3	3	1	2	2
CO2	2	3	3	3	3	1	2	2
CO3	2	2	3	3	3	1	2	2
CO4	2	2	3	2	3	1	2	2

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	1	3	3	3
CO2	1	3	3	3
CO3	1	3	3	3
CO4	1	3	2	2

Course Contents:

- Water therapy:** Bath- kati bath (hot, cold, natural), steam bath, spinal spray, spinal bath, foot bath cold and hot Enema- natural water, cold water, warm water. Wet strip- full body, chest, neck, hand and leg.
- Mud Therapy:** Mud strip- chest, abdomen, eyes, forehead, ear, neck. Lape- full body mud lape (ranjbath, wet mud bath).
- Sun therapy:** Sun bath through with its color.

Textbooks & References:

1. History and philosophy of Naturopathy– Dr.S.j. Singh|
2. Nature Cure– Dr. H. K.Bakhru|
3. The Practice of Nature Cure –Dr.Henery Lindlahar|

YOGA PRACTICAL-II YND-112-V1

No of Credits: 3

L	T	P	Total
-	-	6	6

Sessional: 25 Marks

Practical: 25 Marks

Total: 50 Marks

Course Objective:

To develop advanced practical proficiency in Shatkarma, Asanas, Pranayama, Mudras, and Bandhas, enabling students to apply yogic practices safely and effectively for physical fitness, mental well-being, therapeutic benefits, and holistic health promotion.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

- CO1:** Demonstrate various Shat Karma techniques including Jal Neti, Rubber Neti, Vaman Kriya, Vat karma, Vyut karma, Sheet karma, Kapalbhathi, and Nauli with proper procedure, precautions, and benefits.
- CO2:** Perform and explain the techniques, alignment, benefits, and contraindications of major yogic Asanas for physical fitness and health promotion.
- CO3:** Demonstrate proficiency in Yogic Breathing and Pranayama practices such as Bhastrika, NadiShodhana, Bhramari, and Ujjayi to improve respiratory and mental health.
- CO4:** Apply various Mudras and Bandhas including Gyan Mudra, Yoga Mudra, Viparitkarani Mudra, Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, and Maha Bandha for enhancing yogic practices.
- CO5:** Perform Surya Namaskar with Mantras and integrate Shat Karma, Asana, Pranayama, Mudra, and Bandha practices for holistic health and wellness.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	3	2	3	2	2	1	2	2
CO2	3	2	3	1	3	1	2	2
CO3	3	3	3	2	3	1	2	2
CO4	3	2	3	1	3	1	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	3	2	2	1
CO2	3	2	2	1
CO3	3	2	3	1
CO4	3	2	2	1

Course Contents:

- A) **Standing Poses:** Nataraj asana, Bird Pose, Viman asana, Warrior Pose, Raised Arms Pose, Triangle Pose.
- B) **Sitting Poses:** Fetus Pose, Embryo in Womb Pose, Extended Frog Pose, Eka Pada Shikandasana, Cow Face Pose (Gomukh asana), Spinal Twist Pose (Ardha Matsyendrasana), Back Stretching Pose (Paschimottan asana), Camel Pose (Ustrasana).
- C) **Prone Poses:** Kurmasana, Bhujangasana (Cobra Pose), Dhanurasana (Bow Pose), Shalabhasana (Locust Pose).
- D) **Supine Poses:** Supine Thunderbolt Pose, Setu bandhasana (Bridge Pose), Sarvangasana (Shoulder Stand), Halasana (Plow Pose), Matsyasana (Fish Pose).
- E) **Balancing Poses:** UttithaKurmasana, Padambakasana, Padma Mayurasana, Scorpio Pose, Monkey Twist Pose, Titibhasana.
- F) **Pranayama:** Bhastrika, NadiShodhana, Bhramari, Ujjayi.

- G) **Mudras:** Yoga Mudra, Gyan Mudra, VipareetaKarani Mudra, Kaki Mudra, Shambhavi Mudra, Prithvi Mudra, Vayu Mudra, Jala Mudra.
- H) **Shatkarma:** Vatkarma, Vyutkarma, Sheetkarma, Kapalabhati, Dhauti Sutra, Neti, KunjalKriya.

Textbooks & References:

1. Yoga and Health by Swami Kuvalayananda.
2. Yoga Therapy by Dr. Nagendra H. R.
3. Essentials of Yoga Practice and Philosophy by K. Karunakaran
4. Satyananda Saraswati, S. (2008). *Asana Pranayama Mudra Bandha*. Munger: Yoga Publications Trust.
5. Muktibodhananda, S. (Trans.). *Hatha Yoga Pradipika*. Munger: Yoga Publications Trust

BEHAVIOR AND COMMUNICATION SKILL

YND-104-V1

No of Credits: 3**L T P Total****3 - - 3****Sessional: 40 Marks****Theory: 60 Marks****Total: 100 Marks****Course Objective:**

To develop students' understanding of human behavior, emotional intelligence, communication, teamwork, professional ethics, leadership, and employability skills, enabling them to become confident, effective, and career-ready professionals.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Deconstruct the factors influencing human behavior and apply emotional intelligence models to enhance self-management and self-awareness.

CO2: Use diverse communication channels (verbal, non-verbal, visual) effectively while diagnosing and neutralizing communication barriers through active listening.

CO3: Evaluate interpersonal conflicts within team settings to implement collaborative negotiation strategies rooted in workplace ethics.

CO4: Construct industry-standard professional resumes, demonstrate competitive interview/group discussion techniques, and deliver structured public presentations.

CO–PO Mapping:

COs / POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	1	2	1	–	2	2	2	3
CO2	1	2	2	–	2	3	2	3
CO3	1	1	2	–	2	3	3	3
CO4	1	1	2	–	2	3	2	2

Correlation levels: 1 = Low, 2 = Medium, 3 = High; "–" = No correlation.

CO–PSO Mapping:

COs / PSOs	PSO1	PSO2	PSO3	PSO4
CO1	1	1	1	2
CO2	1	1	1	1
CO3	1	1	2	2
CO4	1	1	2	2

Course Contents:**Unit 1: Understanding Human Behaviour and Personality**

Meaning and nature of human behaviour, Factors influencing behaviour, Personality development and self-awareness, Attitudes, values, and beliefs, Emotional intelligence and self-management.

Unit 2: Fundamentals of Communication

Meaning, Process, and importance of communication, Types of communication: verbal, non-verbal, Written and visual, Communication barriers and ways to overcome them, Active listening and feedback, Body Language and etiquette.

Unit 3: Interpersonal and Teamwork Skills

Interpersonal relationships, Empathy and respect in communication, Team Building and collaboration, conflict resolution and negotiation skills, Professional behaviour and workplace ethics.

Unit4: Professional and Employability Skills

Professional communication and workplace interaction, Resume/CV writing, Interview and group discussion skills, Presentation and public speaking skills; Leadership, time management, and career development.

Textbooks & References:

1. Communication Skills – Sanjay Kumar & Pushp Lata
2. Soft Skills: Enhancing Employability – **M. S. Rao**
3. Personality Development and Soft Skills – Barun K. Mitra

Suggested Tutorial / Sessional Assignments:

1. The Emotional Intelligence & Self-Awareness Journal
Task: Students complete a standardized professional personality or behavioral assessment (such as a Big Five or DISC questionnaire). Write a 1,500-word self-reflective analysis mapping their core attitudes, values, and behavioral drivers.
Deliverable: A structured personal development roadmap identifying two areas of emotional intelligence (e.g., empathy, self-regulation) to actively improve.
2. Deconstructing Corporate Communication Barriers
Task: Select a real-world corporate blunder caused by poor communication (e.g., a mismanaged public relations crisis or a catastrophic internal email misunderstanding). Write an analytical report identifying the specific barriers involved (semantic, psychological, or organizational) and how they could have been neutralized.
3. The Silent Pitch & Active Listening Drill
-*Task: Divide the class into pairs.
Part A (Non-Verbal): Student A must pitch a simple business idea to Student B using *only* visual aids and non-verbal body language for 2 minutes.
Part B (Active Listening): Student B must repeat back the core idea, demonstrating active listening techniques, and give structured feedback on Student A's physical posture and etiquette.
4. Conflict Resolution Strategy Paper
Task: Map out an analytical framework comparing the five major styles of conflict management (Competing, Collaborating, Compromising, Avoiding, Accommodating). Apply these styles to a provided case study regarding an ethical breach in a project team, justifying which method yields the most ethical outcome.
5. Mock Group Discussion & Elevator Pitch Stand-up
Exercise 1: Conduct a live, timed 15-minute Group Discussion (GD) on a contemporary industry topic, evaluated on entry techniques, body language, and team consensus-building.
Exercise 2: Every student delivers a 60-second "Elevator Pitch" introducing themselves, their value proposition, and their career development goals to a panel of mock recruiters.

SHRIMAD BHAGWADGEETA

Course Code

No of Credits: 4**Sessional: 40 Marks**

L	T	P	Total
4	-	-	4

Theory: 60 Marks**Total: 100 Marks****Course Objective:**

1. Introduce students to the philosophical foundations and teachings of the Bhagavad Gita.
2. Explain the concepts of Yoga and its various forms as presented in the Bhagavad Gita.
3. Develop understanding of Atman, Prakriti, Parmatman, and the principles of Jnana Yoga.
4. Familiarize students with Karma Yoga, Nishkam Karma, Yajna, and their applications in personal and professional life.
5. Cultivate awareness of Bhakti Yoga and its role in character building, self-development, and spiritual growth.
6. Enable students to apply the ethical, moral, and spiritual teachings of the Bhagavad Gita in contemporary society.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Explain the origin, significance, and contemporary relevance of the Bhagavad Gita and the fundamental concepts of Yoga.

CO2: Describe the concepts of Atman, Prakriti, Parmatman, Purushottama, and the principles of Jnana (Gyan) Yoga.

CO3: Analyze the philosophy of Karma Yoga, including Nishkam Karma, Yajna, Lok Sangrah, and Jnana-Karma coordination.

CO4: Interpret the concepts of Bhakti Yoga, devotion, Raj Yoga, and the characteristics of an ideal devotee.

CO5: Apply the teachings of the Bhagavad Gita for ethical decision-making, personality development, self-management, and societal welfare.

CO-PO Mapping:

Course Outcomes (COs)	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1:	3	2	1	2	1	2	-	2
CO2:	2	3	1	2	-	2	-	2
CO3:	3	3	2	3	3	2	2	2
CO4:	1	2	2	3	2	2	1	3
CO5:	1	2	2	3	3	3	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “-” = No correlation.

CO-PSO Mapping:

Course Outcomes (COs)	PSO1	PSO2	PSO3
CO1:	2	3	1
CO2:	3	3	1
CO3:	2	3	2
CO4:	3	2	3

Course Contents:**Unit 1: Introduction**

General Introduction of 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: Sankhya Yoga or Jnana Yoga, Concept of the Soul (Purushottama), Prakriti, purush & soul, Types of food.

Unit 3: Karma Yoga

Concepts of Karma yoga, Form of Yajna, Yajnartha Karma, Nishkam Karma, Lok Sangrah, Jnana- Karma Coordination, Forms of dhyana yoga.

Unit4: Bhakti Yoga

Concepts of Bhakti and Mahatmya, The Necessity of Devotion in Divine Realization, Types of Bhakti Characteristics of the devotee; Raj yoga, shloka recitation.

Textbooks & References:

1. Shrimad Bhagavad geeta- geetamrit- yogrishi ramdevji, divye prakashan, patanjali yog peeth.
2. Shrimad Bhagavad- Gita- Tattva vivechini- Jai dayal Goyandaka, Geeta Press Gorakhpur

Suggested Tutorial / Sessional Assignments:

1. **Report Writing:** Prepare a report on the historical background, structure, and significance of the Bhagavad Gita.
2. **Presentation:** Deliver a seminar on the major definitions and concepts of Yoga described in the Bhagavad Gita.
3. **Group Discussion:** Discuss the relevance of the Bhagavad Gita in addressing contemporary social and professional challenges.
4. **Concept Mapping:** Prepare a chart illustrating the relationship between Atman, Prakriti, Parmatman, and Purushottama.
5. **Comparative Study:** Compare and analyze the principles of Sankhya Yoga and Jnana Yoga.
6. **Assignment:** Study the classification of food (Sattvic, Rajasic, and Tamasic) and its impact on human behavior according to the Gita.
7. **Case Study:** Analyze real-life examples demonstrating the application of Nishkam Karma and Karma Yoga in personal and professional life.
8. **Reflective Essay:** Write an essay on the concepts of Yajna, Lok Sangrah, and their relevance to social responsibility.
9. **Shloka Recitation and Interpretation:** Memorize, recite, and explain selected verses related to Karma Yoga and Bhakti Yoga.
10. **Seminar Presentation:** Present a comparative analysis of Karma Yoga, Jnana Yoga, Bhakti Yoga, and Raj Yoga, highlighting their significance in personality development and self-management.

DIET AND NUTRITION

Course Code

No of Credits: 4

L	T	P	Total
4	-	-	4

Sessional: 40 Marks

Theory: 60 Marks

Total: 100 Marks

Course Objective:

The objective of studying this course is to understand and apply the Concepts of balanced diet and nutritional value, students will be able to identify and apply food principles to food and nutrition systems.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Understand the basic concepts of a balanced diet

CO2: Analyze the type of food and their nutritional value

CO3: Evaluate calorie (BMR)

CO4: Learn the role of diet in healthy living

CO-PO Mapping:

Course Outcomes (COs)	PO1	PO2	PO3	PO4
CO1:	3	2	1	2
CO2:	2	3	1	2
CO3:	3	3	2	3
CO4:	1	2	2	3
CO5:	1	2	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “-” = No correlation.

CO-PSO Mapping:

Course Outcomes (COs)	PSO1	PSO2
CO1:	2	3
CO2:	3	3
CO3:	2	3
CO4:	3	2

Course Contents:

Unit 1: Introduction

General Introduction of 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: Sankhya Yoga or Jnana Yoga, Concept of the Soul (Purushottama), Prakriti, purush & soul, Types of food.

Unit 3: Karma Yoga

Concepts of Karma yoga, Form of Yajna, Yajnartha Karma, Nishkam Karma, Lok Sangrah, Jnana- Karma Coordination, Forms of dhyanyoga.

Unit4: Bhakti Yoga

Concepts of Bhakti and Mahatmya, The Necessity of Devotion in Divine Realization, Types of Bhakti Characteristics of the devotee; Raj yoga, shloka recitation.

Textbooks & References:

1. Bakhru, H.K., 1991, A Complete Hand book of Nature Cure
2. Kumar Neeraj, Nagendra, 2014, Mera Aahar Mera Swasthya

Suggested Tutorial / Sessional Assignments:

1. The Bhagavad Gita, Divine Life Society.
2. Bhagavad Gita As It Is, Bhakti vedanta Book Trust.
3. The Holy Geeta, Central Chinmaya Mission Trust.
4. The Bhagavad Gita, HarperCollins.
5. The Bhagavad Gita for Daily Living, Nilgiri Press.
6. Essence of the Bhagavad Gita, Crystal Clarity Publishers.
7. Yoga and the Bhagavad Gita, Art of Living Publications.
8. An Introduction to Indian Philosophy, University of Calcutta Press.
9. Indian Philosophy, Motilal Banarsi dass.
10. A History of Indian Philosophy, Cambridge University Press.

METHOD OF TEACHING YOGA AND VALUE EDUCATION

Course Code

No of Credits: 3**Sessional: 40 Marks**

L	T	P	Total
3	-	-	3

Theory: 60 Marks**Total: 100 Marks****Course Objective:**

The objective of studying this course is to understand the methods of teaching yoga & value education.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: The ultimate goals of yoga are stilling the mind and gaining insight, resting in detached awareness and liberation (moksha) from samsara and duhkha.

CO2: To enables the student to have good health.

CO3: Maintaining and promoting the Indian Yoga Tradition

CO–PO Mapping:

Course Outcomes (COs)	PO1	PO2	PO3	PO4
CO1:	3	2	1	2
CO2:	2	3	1	2
CO3:	3	3	2	3
CO4:	1	2	2	3
CO5:	1	2	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

Course Outcomes (COs)	PSO1	PSO2
CO1:	2	3
CO2:	3	3
CO3:	2	3
CO4:	3	2

Course Contents:**Unit 1: Introduction**

Basic of yoga classes management- Yogic practice at different levels, Techniques of Individual, Techniques of group teaching.

Unit 2: Method of teaching yoga & Principle

Teaching & learning, concept relationship between too, Principle of teaching, Levels of teaching, Quality of a perfect yoga teacher, Method in Ramayana, Method in Mahabharat, Guru Shishya Parampara, Role of yoga teacher.

Unit 3: Yoga & Lifeskills

YOGA– Essential of good lesson plan; concept, need; Planning of teaching yoga; Shatkarma, Asana, Pranayama, Meditation; Education tools of yoga teaching, Education tools of yoga teaching.

LIFESKILLS- Problem solving, empathy, critical and creative thinking, coping with stress and emotion.

Unit4: Yoga value education

Concept of value education & its component, Value oriented personality, Role & function of value & society, Contribution of yoga towards development of value, punch tantra, tenali raman– motivational story.

Textbooks & References:

1. Yoga education for child
2. Bihar school of education; munger 1990 Swami Satyananda Saraswati
3. Teaching methods for yogic practices by DR. M.L. Gharote

Suggested Tutorial / Sessional Assignments:

1. Prepare a report on yoga class management and teaching techniques.
2. Demonstrate individual and group yoga teaching methods.
3. Develop a model lesson plan for teaching yoga to beginners.
4. Seminar on qualities and responsibilities of an ideal yoga teacher.
5. Comparative study of teaching methods described in Ramayana and Mahabharata.
6. Assignment on Guru-Shishya Parampara and its relevance in modern education.
7. Practical demonstration of Shatkarma, Asana, Pranayama, and Meditation teaching sequence. Case study on the application of life skills in stress and emotion management.
8. Presentation on value-oriented personality development through yoga.
9. Write and present motivational lessons from Panchatantra and Tenali Raman stories.

MTYVE PRACTICAL Course Code

No of Credits: 2

L	T	P	Total
-	-	4	4

Sessional: 25 Marks

Practical: 25 Marks

Total: 50 Marks

Course Objective:

1. Provide practical training in designing, structuring, and executing yoga sessions.
2. Develop teaching acumen, communication skills, and classroom management techniques specific to yoga instruction.
3. Cultivate the practical application of moral, ethical, and universal values through experiential learning.
4. Equip students with the ability to use modern teaching aids and traditional demonstration methods effectively.

Course Outcomes:

At the end of the course, the student shall be able to:

CO1: Demonstrate mastery over lesson planning and the step-by-step instruction of Asanas, Pranayamas, and Kriyas.

CO2: Manage diverse yoga classrooms by adapting teaching methodologies to different age groups and physical limitations.

CO3: Deliver impactful value-education sessions using storytelling, case studies, and interactive group activities.

CO4: Evaluate and assess student performance objectively using specific yogic parameters and feedback mechanisms.

CO–PO Mapping:

Course Outcomes (COs)	PO1	PO2	PO3	PO4
CO1:	3	3	1	2
CO2:	2	3	2	3
CO3:	1	2	3	3
CO4:	1	2	3	3
CO5:	2	2	2	1

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

Course Outcomes (COs)	PSO1	PSO2
CO1:	3	1
CO2:	3	2
CO3:	1	3
CO4:	2	2

Course Contents:

1: Fundamentals of Yoga Instruction

- **Seat of the Teacher:** Discipline, posture, attire, and ethical conduct of a yoga instructor.
- **Command and Voice Modulation:** Practicing clear, concise, and dynamic verbal instructions (pronunciation, pitch, and timing).
- **Classroom Alignment & Setup:** Managing lighting, ventilation, and seating arrangements (row, semi-circle, or grid formations).
- **Demonstration Techniques:** Mirror-imaging, 45-degree angle adjustments, and handling silent demonstrations.

2: Lesson Planning & Micro-Teaching

- **Lesson Plan Architecture:** Designing a standard 45-minute yoga session (Opening prayer -Warm-up- Main Asanas- Pranayama- Relaxation/Meditation Closing).
- **Micro-Teaching Sessions:** Peer-to-peer teaching drills focusing on individual posture correction and standard adjustments.
- **Modification Strategies:** Learning to use props (blocks, straps, bolsters) for beginners, elderly practitioners, or individuals with minor physical constraints.

3: Practical Value Education & Ethics

- **Yamas & Niyamas in Action:** Experiential group activities and roleplays mapping *Ahimsā* (non-violence), *Satya* (truth), and *Santosha* (contentment) to daily life.
- **Storytelling & Case Analysis:** Conducting interactive sessions for children/youth using moral fables or contemporary ethical dilemmas.
- **Mindfulness & Emotional Culture:** Practical execution of *Pratipaksha Bhavana* (cultivating opposite positive thoughts) and cyclic meditation techniques for stress management.

4: Evaluation, Feedback, and Viva-Voce

- **Peer Evaluation:** Critiquing fellow students' mock teaching sessions using structured assessment matrices.
- **Portfolio Maintenance:** Compiling a logbook containing 10 distinct yoga and value-education lesson plans.
- **Final Mock Exam & Viva:** Conducting a live 15-minute public yoga session under examiner observation.

GENERAL PSYCHOLOGY

Course Code

No of Credits: 3**Sessional: 40 Marks**

L	T	P	Total
3	-	-	3

Theory: 60 Marks**Total: 100 Marks****Course Objective:**

To develop an understanding of the basic concepts, methods, learning processes, memory, personality, and mental health in psychology, along with major psychological approaches and Eastern psychological thoughts.

Course Outcomes (COs):

At the end of the course, the student shall be able to:

CO1: Explain the fundamental concepts, goals, branches, and major approaches of psychology, including selected Eastern psychological perspectives.

CO2: Describe the basic methods of psychological research, including experimental, observational, survey, and questionnaire methods.

CO3: Explain the processes of learning, memory, and personality, and identify the factors influencing each.

CO4: Analyze the concept of mental health, factors affecting psychological well-being, and strategies for maintaining mental and emotional health.

CO–PO Mapping:

Course Outcomes (COs)	PO1	PO2	PO3	PO4
CO1:	3	2	1	2
CO2:	2	3	1	2
CO3:	3	3	2	3
CO4:	1	2	2	3
CO5:	1	2	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

Course Outcomes (COs)	PSO1	PSO2
CO1:	2	3
CO2:	3	3
CO3:	2	3
CO4:	3	2

Course Contents:**Unit 1: Introduction**

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: Method of Psychology

- A. Experimental Method: Meaning, definition, types, merits and demerits.
- B. Observation method: Meaning, definition, types, merits and demerits

- C. Survey method: Meaning, definition, merits and demerits
- D. Questionnaire method: meaning, definition, merits and demerits

Unit 3: Learning, Memory & Personality

Learning: Meaning, definitions and types of learning, Factors affecting learning, Methods of learning.

Memory: Meaning, definitions and types of Memory: sensory, short-term and long term; Factors affecting memory, enhancement of memory.

Personality: Meaning, Definitions, Types of personality, Characteristics of personality, Factor affecting personality.

Unit4: Mental Health

Definition, Importance, Remedy and Methods to stay mentally healthy, Factor affecting mental health, Relationship between physical health and mental health.

Textbooks & References:

1. Baron, R. A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.
2. Baron, R. A. (2001). Psychology: Fifth Edition. New York; Allyn & Bacon.
3. Zimbardo, P.O. & Weber, A.L. (1997). Psychology. New York, Harper Collins College
4. Lefton, L. A. (1985). Psychology, Boston; Allyn & Baron.
5. Morgan, C. T. (2004). Introduction to Psychology. McGraw Hill Text Books
6. Singh, A. K. (2009) Advanced General Psychology. Motilal Banarsidas.
7. Jain, S. (2014). Introduction to Psychology. ISBN-13:9788127256432

Suggested Tutorial / Sessional Assignments:

1. Prepare a report on the meaning, scope, and branches of psychology.
2. Comparative study of psychological concepts in the Bhagavad Gita, Buddhism, and Upanishads.
3. Assignment on biological and behavioural approaches to psychology.
4. Conduct a simple observation study and prepare a report.
5. Design a questionnaire to assess study habits among students.
6. Prepare a survey on factors affecting learning and analyze the findings.
7. Case study on different types of learning and memory.
8. Presentation on personality types and factors influencing personality development.
9. Prepare a mental health awareness poster or presentation.
10. Write a reflective report on strategies for maintaining mental and emotional well-being.

YOGA PRACTICAL-III

Course Code

No of Credits: 3

Sessional: 25 Marks

L	T	P	Total
-	-	6	6

Practical: 25 Marks

Total: 50 Marks

Course Objective:

The objective of studying this course is to understand the state techniques, Health benefits, applications, precautions and contraindication founder mention yogic practices. To demonstrate and instruct under mentioned yogic practices.

Course Outcomes:

At the end of the course, the student shall be able to:

CO1: Understand the demonstrate the ability to perform yoga movements in various combinations and forms.

CO2: Understand the practical knowledge of breathing techniques (pranayama) and Bandhas.

CO3: To learn the practical knowledge of yogic cleansing techniques and different techniques of meditation.

CO4: Discuss the preparation of practical file.

CO–PO Mapping:

Course Outcomes (COs)	PO1	PO2	PO3	PO4
CO1:	3	2	1	2
CO2:	2	3	1	2
CO3:	3	3	2	3
CO4:	1	2	2	3
CO5:	1	2	2	3

Correlation levels: 1 = Low, 2 = Medium, 3 = High; “–” = No correlation.

CO–PSO Mapping:

Course Outcomes (COs)	PSO1	PSO2
CO1:	2	3
CO2:	3	3
CO3:	2	3
CO4:	3	2

Course Contents:

- A) YOGASANA (SITTING POSTURES)
Dandasana, Swastikasana, Padmasana, Vajrasana, SuptaVajrasana, Kagasana, Utkatasana. Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Marichayasana, Simhasana.
- B) PRANAYAMA (WITH ANTAR & BAHYA KUMBHAKA)
Anulom vilom, Bhramari, Udgeeth and Pranav as recommended by Swami Ramdev
- C) BANDHA
Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha bandha.
- D) SHATKARMAS
Sutra Neti, Nauli Chalana, Agnisara

- E) MANTRA
Bhojan Mantra, Pratah Evam Ratri Mantra- Understanding, Recitation and,
memorization, Continuous Evaluation by The Teachers.