

ANNEXURE-I

SYLLABUS OF ODL COURSE
B.Sc. (Yoga Science)

SEMESTER I

COURSE DETAILS – 1
SUBJECT NAME – FOUNDATION OF YOGA
SUBJECT CODE – BSYSMJ – 101

CREDIT: 5	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

THE FOLLOWING ARE THE GOALS OF THIS COURSE NAMED “FOUNDATION OF YOGA”.

- UG STUDENTS WILL GAIN KNOWLEDGE ABOUT THE ORIGINS, EVOLUTION, AND HISTORY OF YOGA.
- THEY WILL BE ACQUAINTED WITH THE INSIGHTS OF DIFFERENT STREAMS OF YOGA.
- AN OVERVIEW OF YOGA DERIVED FROM VARIOUS YOGIC TEXTS.
- INTRODUCTION OF RENOWNED YOGIS.

BLOCK – 1	GENERAL INTRODUCTION OF YOGA
UNIT – 1	ORIGIN, HISTORY AND DEVELOPMENT OF YOGA
UNIT – 2	ETYMOLOGY OF YOGA, DEFINITION AND MEANING OF YOGA, A BRIEF OVERVIEW OF YOGA EVOLUTION FROM PRE-VEDIC TO THE CONTEMPORARY TIME
UNIT – 3	AIMS, OBJECTIVES, AND COMMON MISCONCEPTIONS OF YOGA



UNIT – 4	AN OVERVIEW OF THE VEDAS, VEDANG, PRASTHANATRAYE AND PURUSHARTHA CHATUSHTAYA
BLOCK – 2	A SHORT ANALYSIS OF YOGIC TRADITIONS
UNIT – 1	INTRODUCTION OF PANCH-KOSHA, PANCH-PRANA
UNIT – 2	CHARACTERISTIC OF YOGA IN THE EPICS (MAHABHARATA AND RAMAYANA)
UNIT – 3	NATURE OF YOGA AS DESCRIBED IN THE SMRITIS AND PURANAS
UNIT – 4	YOGA IN NARADA BHAKTI SUTRA
BLOCK – 3	INTRODUCTION OF DIFFERENT SCHOOLS (STREEMS) OF YOGA
UNIT – 1	GENERAL INTRODUCTION OF SCHOOLS OF YOGA: JNANA YOGA, BHAKTI YOGA, KARMA YOGA
UNIT – 2	JNANA YOGA: MEANING OF JÑĀNA AND JÑĀNA-YOGA, SADHANA-CHATUSHTAYA, MEANS OF JÑĀNA-YOGA
UNIT – 3	BHAKTI YOGA: MEANING OF BHAKTI AND BHAKTA, STAGES OF BHAKTI, TYPES OF BHAKTI
UNIT – 4	KARMA YOGA: MEANING OF KARMA AND KARMA YOGA, CONCEPT OF NISHKAMA KARMA, MEANS OF NISHKAMA KARMA
BLOCK – 4	INTRODUCTION AND CONTRIBUTION OF EMINENT YOGIES
UNIT – 1	AN OVERVIEW OF THE TRADITIONS OF GURU GORAKSHANATH AND MAHARSHI PATANJALI'S YOGIC CONTRIBUTIONS
UNIT – 2	YOGA IN THE LITERATURE OF SAINTS- KABIRDAS, TULASIDAS AND SURDAS
UNIT – 3	CONTEMPORARY YOGA: THE YOGIC TRADITIONS OF MAHARSHI DAYANAND SARASWATI AND SWAMI VIVEKANANDA
UNIT – 4	AN OVERVIEW OF THE CONTRIBUTIONS MADE BY SRI SHYAM-ACHARAN LAHIDI AND SWAMI RAMDEVA TO THE ADVANCEMENT AND PROPAGATION OF YOGA IN MODERN TIMES

TEXT BOOKS:

1. YOGRISHI SWAMI RAMDEV JI: YOG KE MOOLBHUT SIDHHANT, DIVYA PRAKASHAN, HARIDWAR.
2. ACHARYA BALKRISHNA: GRIHASTH YOG SADHAK K GUN, DIVYA PRAKASHAN, HARIDWAR, 2017.
3. SINGH S P & YOGI MUKESH: FOUNDATIONS OF YOGA, STANDERED PUBLICATION, NEW DELHI, 2010.
4. YOGENDRA PURUSHARTHI (SW. DIVYANANDA SARASWATI): VEDO ME YOG VIDYA, YOGIC SODHSANSTHAN, 1985.
5. YOGRISHI SWAMI RAMDEV JI: EK YOGI EK YODHHA, DIVYA PRAKASHAN, HARIDWAR, 2015.
6. SRI VISHWANATH MUKHARJI: BHARAT KE MAHAN YOGI, VISHVAVIDYALAYA PRAKASHAN, 2012.

BOOKS FOR REFERENCE:

1. ACHARYA BALKRISHNA: YOG VISHWAKOSH, DIVYA PRAKASHAN, 2014.
2. AGARWAL M M: SIX SYSTEMS OF INDIAN PHILOSOPHY, CHOWKHAMBHA VIDYA BHAWAN, VARANAI, 2010.
3. SWAMI BHUTESHANANDA: NARARAD BHAKTI SUTRA, ADVAITA ASHRAMA PUBLICATION-DEPT. KOLKATA, II EDITION, 2009
4. RADHAKRISHNAN S: INDIAN PHILOSOPHY, OXFORD UNIVERSITY, UK (VOL. I & II) II EDITION, 2008
5. MAX MULLER K. M: THE SIX SYSTEMS OF INDIAN PHILOSOPHY, CHUKHAMBHA, SANSKRIT SERIES, VARANASI, 6TH EDITION, 2008
6. PAUL BRUNTON: A SEARCH IN SECRET INDIA, RIDERS BOOKS, 2003.
7. PANDEY, RAJKUMARI: BHARTIYA YOGA PARAMPARA KE VIVIDH AAYAM, RADHA PUBLICATION, NEW DELHI, 2008.
8. SINGH, S.P. & YOGI MUKESH: YOGA FROM CONFUSION TO CLARITY (VOL. 1-5) STANDARD PUBLISHERS, INDIA, 2010.
9. SINGH, LALAN PRASAD : TANTRA, ITS MYSTIC AND SCIENTIFIC BASES, CONCEPT PUBLISHING COMPANY, DELHI, 1976.
10. SARASWATI, SWAMI SATYANANDA: KUNDALINI YOGA, YOGA PUBLICATION TRUST, MUNGER, 2005.
11. WHINCER, IAN : THE INTEGRITY OF THE YOGA DARSHAN, D.K. PRINTWORLD, NEW DELHI, 2000.



12. KALYAN : UPANIHADS, (23RD YEAR SPECIAL), GITA PRESS, GORAKHPUR.
13. ELIADE, MIRCEA : YOGA IMMORTALITY & FREEDOM, PRINCETON UNIVERSITY PRESS, USA 1969.
14. AVALON, ARTHUR : THE SERPENT POWER, SHIVALIK PRAKASHAN, DELHI, 2005.
15. SARASWATI, SWAMI DIVYANANDA: VEDON ME YOGAVIDHYA, YOGIC SHODHA SANSTHAN, HARIDWAR, 1999.
16. GHAROTE, M.M.: TRADITIONAL THEORY OF EVOLUTION AND ITS APPLICATION IN YOGA, LONAVLA YOGA INSTITUTE LONAVLA, 2008.

COURSE DETAILS – 2
SUBJECT NAME – YOGA PRACTICUM-1
SUBJECT CODE – BSYSMJ – 102
YOGA PRACTICUM – 1

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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OBJECTIVES:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- UNDERSTAND AND PERFORM THE VEDIC HYMNS AND HASTA MUDRAS WITH SKILL.
- GAIN AN UNDERSTANDING THE CONCEPT AND PRINCIPLES OF SHATKARMAS.
- UNDERSTAND AND COMPREHEND BREATHING TECHNIQUES AND RELAXATION TECHNIQUES.
- UNDERSTAND THE PRINCIPLE AND PRACTICE OF VARIOUS DAND BAI THAK OF INDIAN ORIGIN.

BLOCK – 1	RECITATION OF HYMNS AND DIFFERENT HASTA MUDRAS
UNIT – 1	CONCEPT AND RECITATION OF PRANAVA AND SOHAM MAN-TRA, RECITATION OF SHANTI MANTRAS, RECITATION OF HYMNS FROM UPANISHAD & YOGA TEXTS, UNDERSTANDING AND RECITATION OF SURYA NAMASKARA MANTRA, BHOJAN MANTRA, PRATAH JAGRAN EVAM RATRI SHAYAN MANTRA

UNIT – 2	HASTA MUDRA: CHIN MUDRA, JNANA MUDRA, HRIDAYA MUDRA, BHAIKAV MUDRA, YONI MUDRA, PRAN MUDRA, APAN MUDRA, APANVAYU MUDRA, SHANKH MUDRA, KAMA-JAYI MUDRA
BLOCK – 2	DIFFERENT TYPES OF SHATKARMAS AND BREATHING PRACTICES
UNIT – 1	NETI (JALNETI, RUBBER NETI), DHAUTI (JAL DHAUTI) AND ITS VARIATIONS, KAPALBHATI (UPTO 1000 STROKS), TRATAKA (JATRU AND JYOTI) AND ITS VARIATIONS
UNIT – 2	BREATHE AWARENESS: SHWAS-PRASHWAS SAMYAMA, SECTIONAL BREATHING (ABDOMINAL, THORACIC AND CLAVICULAR), YOGIC DEEP BREATHING, YOGIC BREATHING: PAUSE BREATHING (VILOMA PRANAYAMA), SPINAL PASSAGE BREATHING (SUSHUMNA BREATHING); PRACTICE OF PURAKA, RECHAKA & KUMBHAKA (ANTAR & BAHYAKUMBHAKA)
BLOCK – 3	EIGHT BAITHAK AND TWELVE DAND BY YOGRISHI SWAMI RAMDEV JI
UNIT – 1	ARDH BAITHAK, PURNA BAITHAK, RAMMURTI BAITHAK, PAHALWANI BAITHAK-I, PAHALWANI BAITHAK-II, HANUMAN BAITHAK-I, HANUMAN BAITHAK-II, HANUMAN BAITHAK –III, SIMPLE DAND, RAMMURTI DAND, VAKSHVIKASAK DAND, HANUMAN DAND, VRISHCHIK DAND-I, VRISHCHIK DAND-II, PARSHVADAND, CHAKRADAND, PALATDAND, SHERDAND, SARPDAND, MISHRADAND (MIXED DAND)
BLOCK – 4	CONTINUOUS EVALUATION BY THE TEACHERS

TEXT BOOKS

1. ACHARYA BALKRISHNA: DAINIK YOGABHYASAKRAM, DIVYAYOG PRAKASHAN, HARIDWAR, 2015.
2. YOGRISHI SWAMI RANDEV JI: DAND-BAITHAK, 2015.
3. SWAMIDHIRENDRA BHRAHMACHARI: YOGASANA VIJNANA, DHIRENDRA YOGA PUBLICATIONS, NEW DELHI.



BOOKS FOR REFERENCES

1. TULSI NAINA: A COMPLETE GUIDE FOR STRUCTURAL BODY WORK, DIVYA PRAKASHAN, HARIDWAR, 2015.
2. BASAVARADDI, I.V. & OTHERS :SHATKARMA: A COMPREHENSIVE DESCRIPTION ABOUT CLEANSING PROCESS, MDNIY NEW DELHI, 2009
3. JOSHI, K.S. : YOGIC PRANAYAMA, ORIENTAL PAPERBACK, NEW DELHI, 2009
4. SWAMI KUVALYANANDA : PRANAYAMA, KAIVALYADHAMA, LONAVLA, 2010
5. SWAMI RAMA: SCIENCE OF BREATH, A PRACTICAL GUIDE, THE HIMALAYAN INTERNATIONAL INSTITUTE, PENNSSELVENIA, 1998
6. SWAMI NIRANJANANAND SARASWATI: PRANA, PRANAYAMA & PRANVIDYA, YOGA PUBLICATIONS TRUST, MUNGER, BIHAR, 2005.
7. DR. NAGENDRA H R : PRANAYAMA, THE ART & SCIENCE, SWAMI VIVEKANANDA YOGA PRAKASHAN, BANGALORE, 2005
8. SRI ANANDA : THE COMPLETE BOOK OF YOGA, ORIENT COURSE BACKS, DELHI, 2003.

COURSE DETAILS – 3

SUBJECT NAME – ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES – 1

SUBJECT CODE – BSYSMN – 103

CREDIT: 3

CA: 25

SEE: 75

MM: 100

COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE:

- TO KNOW ABOUT THE STRUCTURE OF THE BODY
- TO KNOW ABOUT THE NECESSARY FUNCTIONS OF THE BODY
- TO GIVE BRIEF IDEA ABOUT THE DISEASES RELATED TO EACH SYSTEM
- TO THROW LIGHT ON ANATOMY SO THAT STUDENT CAN EXPERIENCE THE INVOLVEMENT OF THEIR BODY PARTS WHILE PRACTICING VARIOUS POSTURES OF YOGA.

BLOCK – 1	INTRODUCTION TO HUMAN BIOLOGY
UNIT – 1	INTRODUCTION TO CELL, TISSUE, ORGANS AND SYSTEMS; BASIC CELL PHYSIOLOGY-CELL- INTRODUCTION, CELL ORGANELLES, CELL MEMBRANE, HISTOLOGICAL STRUCTURE, CLASSIFICATION, DISTRIBUTION AND FUNCTION OF DIFFERENT TISSUES. ORGANIZATION OF CELLS INTO TISSUE TO ORGANS AND SYSTEMS OF HUMAN BODY
UNIT – 2	DEFINITION OF HUMAN ANATOMY AND HUMAN PHYSIOLOGY. TERMS FREQUENTLY USED IN ANATOMY AND PHYSIOLOGY. PLANES OF BODY. HOMEOSTASIS. MECHANISMS TO MAINTAIN MILIEU ENVIRONMENT
BLOCK – 2	MUSCULOSKELETAL SYSTEMS
UNIT – 1	SKELETAL SYSTEM- CONCEPT, TYPES &FUNCTIONS
UNIT – 2	BONE: CONCEPT, TYPES, NUMBER, GROSS ANATOMY & PHYSIOLOGY, & FUNCTIONS, BONE CELLS: CONCEPT, TYPES & THEIR FUNCTIONS
UNIT – 3	SYNOVIAL JOINTS: CONCEPT, TYPES & THEIR FEATURES, SPINE: GROSS ANATOMY & PHYSIOLOGY AND FUNCTIONS
UNIT- 4	YOGIC EFFECT ON BONE/SKELETAL SYSTEM
BLOCK – 3	RESPIRATORY SYSTEM
UNIT – 1	CONCEPT, GROSS ANATOMY & PHYSIOLOGY, TYPES & FUNCTIONS
UNIT – 2	LUNGS – GROSS ANATOMY, PHYSIOLOGY, AND FUNCTIONS
UNIT – 3	RESPIRATION
UNIT – 4	RESPIRATORY CONTROL CENTRE & YOGIC EFFECT ON THE RESPIRATORY SYSTEM
BLOCK – 4	CARDIOVASCULAR SYSTEM
UNIT – 1	INTRODUCTION TO THE CARDIOVASCULAR SYSTEM AND BLOOD
UNIT – 2	THE HEART: GROSS ANATOMY, PHYSIOLOGY, INNERVATIONS & FUNCTIONS
UNIT – 3	THE HEART & BLOOD GROUPS
UNIT – 4	YOGA AND THE CIRCULATORY SYSTEM



TEXT BOOKS

1. GORE M. M. (2003). ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES. KANCHANPRAKASHAN, LONAVLA, INDIA
2. ANATOMY AND PHYSIOLOGY: YOGIC CONTEXT: DR SHARADCHANDRA BHALEKAR, KAIVALYADHAMA, LONAVLA, PUNE.
3. LAN PEATE AND MURALIDHARAN NAYAR – FUNDAMENTAL OF ANATOMY AND PHYSIOLOGY FOR NURSES

REFERENCE BOOKS:

1. TORTORA AND BRYAN: ANATOMY AND PHYSIOLOGY
2. KHURANA: ANATOMY AND PHYSIOLOGY
3. EVELYN, C. PEARCE- ANATOMY AND PHYSIOLOGY FOR NURSES

COURSE DETAILS – 4
SUBJECT NAME – FUNDAMENTALS OF AYURVEDA
SUBJECT CODE – BSYSID – 104 A

CREDIT: 4	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES:

FOLLOWING THE COMPLETION OF THE COURSE, STUDENTS SHALL BE ABLE TO

- UNDERSTAND FUNDAMENTALS OF AYURVEDA
- KNOW FUNDAMENTALS OF HEALTHY LIVING
- KNOW LIFESTYLE REGIMES ACCORDING TO NATURE.
- KNOW MEDICINAL CLEANSING PROCESSES.

BLOCK – 1	GENERAL INTRODUCTION TO AYURVEDA
UNIT – 1	GENERAL INTRODUCTION TO AYURVEDA; DEFINITION, AIM, ORIGIN, HISTORY AND PROPAGATION
UNIT – 2	BASIC INTRODUCTION TO MAIN AYURVEDIC TEXTS LIKE CHARAKA SAMHITA AND SUSHRUTA SAMHITA

UNIT – 3	CONCEPT OF HEALTH ACCORDING TO AYURVEDA AND ITS UTILITY IN HEALTH PROMOTION AND PREVENTION
BLOCK – 2	FUNDAMENTALS OF AYURVEDA
UNIT – 1	CONCEPT OF AGNI, SROTAS AND AMA, CONCEPT OF DHARNIYA AND ADHARNIYA VEGA IN AYURVEDA
UNIT – 2	INTRODUCTION TO DRAVYA, GUNA, KARMA, VIRYA, VIPAKA AND PRABHAVA. FACTORS FOR HEALTH AND DISEASE
UNIT – 3	AYURVEDIC SYSTEM OF EXAMINATION AND DIAGNOSIS. TYPES OF DISEASE, FOUR PILLARS OF TREATMENT, TREATMENT PRINCIPLES OF BODY AND MIND
UNIT – 4	CHARACTERISTICS OF VAIDYA AND SHISHYA
BLOCK – 3	SWASTHAVRITTA, DINACHARYA, RITUCHARYA, RATRICHARYA, SADVRITTA & AACHAAR RASAAYANA
UNIT – 1	CONCEPT AND IMPORTANCE OF SWASTHAVRITA, DINCHARYA: BRAHMMUHURT, SAUCH VIDHI, AACHMAN, DANTDHAWAN, JIGWANIRLEKHAN, ANJANA, NASYA, RITUNUKUL VASTRADHARAN, ABYANG, VYAYAM, MARDAN, UBTAN, SNAN, BHOJAN VIDHI
UNIT – 2	CONCEPT OF RITUCHARYA AND RATRICHAHRYA; KALA LAKSHAN, MAATRADI LAKSHAN, AADAN KAAL, VISARGKAAL, RITUSANDHI, HEMANTRITUCHARYA, SHISHIRRITUCHARYA, VASANTRITUCHARYA, GREESHMA RITUCHARYA, VARSHARITUCHARYA, SHARAD RITUCHARYA
UNIT – 3	CONCEPT OF SADVRITA: AND AACHAAR RASAAYANA; CONCEPT OF DHARNIYA & ADHARNIYA VEDA AND THEIR COMPLICATIONS
UNIT – 3.4	CHARECTERSTICS OF AHAR, NIDRA BRAHMACHARYA AND THEIR IMPORTANCE
BLOCK – 4	AHARA AND PANCHKARMA
UNIT – 1	CONCEPT OF UPASTHAMBHA; CONCEPT OF AHARA, AHARA PACHANA, PATHYA & APATHYA IN AYURVEDA
UNIT – 2	CONCEPT OF OJAS IN AYURVEDA; ROLE OF AYURVEDIC DIET IN HEALTH AND PREVENTION



UNIT – 3	INTRODUCTION TO PANCHKARMA AS SHODHAN CHIKITSA WITH ITS THREE DOMAIN POORVAKARMA (SNEHAN & SVE-DAN), PRADHAN KARMA (VAMAN, VIRECHAN, VASTI, NASYA, RAKTAMOKSHAN) AND PASCHAT KARMA (PACHAN, RASAYAN AND VAZIKARAN)
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TEXT BOOKS

1. ACHARYA BALKRISHNA: AYURVEDA SIDHHANT RAHASYA, PATANJALI YOGPEETHA TRUST.
2. ACHARYA BALKRISHNA: SIDDHASAAR SAMGRAH, DIVYA PRAKASHAN, HARIDWAR
3. DR. RAVI DUTTA TRIPATHI DR. BRAHMANAND TRIPATHI : ASHTANGA SAMGRAHA, CHAUKAMBHA SANSKRIT PRATISHTHAN, DELHI, REPRINT EDITION OF 2003
4. DR. SHAILJA SRIVASTAVA, DR JAIRAM YADAV: ASHTANGASAMGRAH, CHAUKHAMBHA ORIENTELIA, VRARANASI REEDITION 2016.

REFERENCE BOOK

1. ACHARYA BALKRISHNA: AYURVEDA MAHODADHI: DIVYA PRAKASHAN, HARIDWAR, 2015
2. DR. PRIYAVRATA SHARMA: CHARAK SAMHITA, CHAUKHAMBHA ORIENTALA, VARANASI, EDITION OF 2008.

COURSE DETAILS – 4
SUBJECT NAME – INDIAN CULTURE AND TRADITION
SUBJECT CODE – BSYSID – 104 B

CREDIT: 4	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVES

- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING THE PRIMITIVE LIFE AND CULTURAL

- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING STATUS OF THE PEOPLE OF ANCIENT INDIA. THEY CAN GATHER KNOWLEDGE ABOUT THE SOCIETY, CULTURE,
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING RELIGION AND POLITICAL HISTORY OF ANCIENT INDIA. THEY WILL ALSO ACQUIRE THE KNOWLEDGE OF CHANGING
- STUDENTS WILL ACQUIRE KNOWLEDGE REGARDING SOCIO-CULTURAL SCENARIOS OF INDIA

BLOCK – 1	INTRODUCTION TO BHARATVARSHA
UNIT – 1	UNDERSTANDING OF BHARATVARSHA, ETERNITY OF SYNONYMS BHARAT, INDIAN CONCEPT OF TIME AND SPACE
UNIT – 2	THE GLORY OF INDIAN LITERATURE: VEDA, VEDANGA, UPANISHADS, EPICS, JAIN AND BUDDHIST LITERATURE, SMRITI, PURANAS ETC
BLOCK – 2	INDIAN KNOWLEDGE TRADITION, ART AND CULTURE
UNIT – 1	THE GLORY OF INDIAN LITERATURE: PATANJALI YOGA-SUTRA, VEDANGA, UPANISHADS, EPICS, JAIN AND BUDDHIST LITERATURE, SMRITI, PURANAS
UNIT – 2	SALIENT FEATURES OF INDIAN CULTURE: INDIAN EDUCATIONAL SYSTEM
UNIT – 3	GURUKUL AND BAUDDH, EVOLUTION OF LANGUAGE AND SCRIPT: BRAHMI, KHAROSHITI
BLOCK – 3	DHARMA, PHILOSOPHY AND VASUDHAIVA KUTUMBAKAM
UNIT – 1	INDIAN PERCEPTION OF DHARMA AND DARSHAN, THE CONCEPT OF VASUDHAIVA KUTUMBAKAM
UNIT – 2	VISHVA BANDHUTVA, RELIGIOUS AND CULTURAL HARMONY, FAMILY, SOCIETY, POLITY AND GOVERNANCE, THE CONCEPT OF JANPADA & GRAM SWARAJYA
BLOCK – 4	ANCIENT INDIAN EDUCATIONAL SYSTEM
UNIT – 1	EDUCATION SYSTEM, GURUKUL EDUCATION SYSTEM, BUDDHIST EDUCATION SYSTEM, CENTRE OF EDUCATION- KASHI TAXILA, NALANDA, VALABHI



UNIT – 2	GURU-SHISHYA RELATIONSHIP, CURRICULUM, QUALIFICATION OF THE GURU, QUALIFICATION OF THE SHISHYA, RULES OF ADMISSION IN GURUKUL, WOMEN'S EDUCATION, DEVELOPMENT OF WRITING SKILLS, WRITING MATERIAL
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SUGGESTED READINGS:

- A.L BASHAM: THE WONDER THAT WAS INDIA, RUPA, DELHI 1994
- A.S ALTEKAR, EDUCATION IN ANCIENT INDIA, NAND KISHORE & BROS, VARANASI 1944
- BALBIR SINGH SIHAG: KAUTILYA: THE TRUE FOUNDER OF ECONOMICS, VITASTA PUBLISHING PVT. LTD, DELHI, 2014
- BHAGVADATT: बृहद भारत का इतिहास, प्रणव प्रकाशन, नई दिल्ली

COURSE DETAILS – 5
SUBJECT NAME – BASIS OF SANSKRITUM – I
SUBJECT CODE – BSYSAE – 105

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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COURSE OBJECTIVE:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- READ AND UNDERSTAND THE COLLOQUIAL WORDS OF SANSKRIT.
- COMMUNICATE AND COMPREHEND SANSKRIT TO THE BEST OF THEIR ABILITY.
- WRITE IN SANSKRIT AND HAVE SOME IDEA ABOUT GRAMMAR.

BLOCK – 1	संस्कृतभाषापरिचयः
UNIT – 1	संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध ।
UNIT – 2	माहेश्वरसूत्र । संस्कृतवर्णमाला, स्वर, व्यंजन वर्णज्ञान सहित (रोमन लिपि में लेखन एवं पठन)।

UNIT – 3	वर्णों के उच्चारणस्थान और प्रयत्न-ज्ञान । प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान ।
BLOCK – 2	शब्दरूपपरिचयः
UNIT – 1	वाक्याङ्ग, कारक, विभक्ति (सुप् और तिङ्), लिङ्ग, वचन
UNIT – 2	अजन्त -ः शब्दरूप -राम, हरि, गुरु, राम, पुस्तक शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
UNIT – 3	हलन्त -ः जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
UNIT – 4	सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में) एतद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), यद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), किम् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में) शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित।
BLOCK – 3	सन्धिः क्रियापदपरिचयः वाक्यरचनानुवादश्च
UNIT – 1	वाक्याङ्ग, पुरुष, लकार (भू, पठ्, लिख्, गम्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ्गात्र)
UNIT – 2	सन्धि कि परिभाषा व प्रकार) अच्, हल्, एवं विसर्ग
UNIT – 3	अव्यय परिचय और संस्कृत संख्याएं (एक से सौ तक)

निर्धारित ग्रंथ

1. व्याकरणचन्द्रोदय (१) – डा० आचार्यसाध्वीदेवप्रिया, दिव्य प्रकाशन, हरिद्वारम्
2. योगदर्शन – स्वामी रामदेव, दिव्य प्रकाशन, हरिद्वारम्

संदर्भ ग्रंथाः

1. सरल –कठिनसंस्कृतम् – प्रो. तिरुमलपि . कुलकर्णी
2. PERRY E D: A SANSKRIT PRIMER, MLBD, NEW DELHI, 2004
3. KALA MR : A HIGHER SANSKRIT GRAMMAR FOR COLLEGE STUDENTS, MLBD, NEW DELHI, 2011
4. DEVAVANIPRAVESIKA-: ROBERT P. GOLDMAN: MLBD-NEWDELHI.



COURSE DETAILS – 6
SUBJECT NAME – TEACHING METHODS OF YOGA
SUBJECT CODE – BSYSSE – 106

CREDIT: 3	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVE:

FOLLOWING THE COMPLETION OF THIS COURSE, STUDENTS SHALL BE ABLE TO

- UNDERSTAND THE PRINCIPLES AND PRACTICES OF TEACHING METHODS OF YOGA.
- HAVE AN IN-DEPTH UNDERSTANDING ABOUT SESSION AND LESSON PLANNING AND CLASS ROOM ARRANGEMENTS.
- HAVE AN IDEA ABOUT THE DIFFERENT TOOLS USED IN YOGA TEACHING.

BLOCK – 1	PRINCIPLES AND THE METHODS OF TEACHING YOGA
UNIT – 1	GLIMPSE OF YOGIC PRACTICES: ASANA, PRANAYAMA, MUDRA & BANDHA, KRIYAS, MEDITATION, ATTITUDE TRAINING PRACTICES
UNIT – 2	MEANING AND SCOPE OF TEACHING METHODS, EDUCATIONAL PROCESS FACTORS
UNIT – 3	TYPES OF TEACHING METHOD
BLOCK – 2	FACTORS INFLUENCING THE TEACHING METHODS & THEIR PRINCIPLES
UNIT – 1	FACTORS INFLUENCING THE TEACHING METHOD
UNIT – 2	YOGIC PRINCIPLES, PSYCHOLOGICAL PRINCIPALS , ANATOMICO-PHYSIOLOGICAL PRINCIPLES, SOCIOLOGICAL PRINCIPLES, EDUCATIONAL PRINCIPALS
BLOCK – 3	YOGA CLASSROOM MANAGEMENT
UNIT – 1	PRACTICE OF YOGA AT DIFFERENT LEVELS : BEGINNERS, ADVANCED, SCHOOL CHILDREN, SPECIAL GROUPS
UNIT – 2	DEALING WITH DIFFICULT STUDENTS, SEATING ARRANGEMENT

UNIT – 3	TEACHING AIDS- TYPES OF TEACHING AIDS, PRINCIPLES OF SELECTING TEACHING AIDS
BLOCK – 4	LESSON PLANNING OF YOGA
UNIT – 1	ART AND SCIENCE OF QUESTIONING IN YOGA TEACHING
UNIT – 2	ESSENTIALS OF GOOD LESSON PLAN: CONCEPTS, NEEDS, PLANNING OF TEACHING YOGA (SHATKRIYA, ASANA, MUDRA, PRANAYAMA & MEDITATION)
UNIT-3	GUIDELINES FOR PREPARING A YOGIC LESSON PLAN

TEXT BOOKS

1. YOGRISHI SWAMI RAMDEV; YOGA MANUAL FOR PARENTS AND YOGA TEACHERS, DIVYA PRAKASHAN, HARIDWAR, 2010
2. DR. GHAROTE M L & DR S K GANGULY: TEACHING METHODS FOR YOGIC PRACTICES, KAIVALYADHAMA, LONAVALA, 2007

BOOKS FOR REFERENCE

1. DR. SHRI KRISHNA : NOTES ON BASIC PRINCIPLES & METHODS OF TEACHING AS APPLIED TO YOGIC PRACTICES AND A READY RECKONER OF YOGIC PRACTICES, KAIVALYADHAMA, LONAVALA, 2009
2. DR. RAJ KUMAR : PRINCIPLES & METHODS OF TEACHING, PRINTO GRAPHICS, DELHI,
3. SAKET RAMAN TIWARI & OTHERS : TEACHING OF YOGA, DPH PUBLISHING CORPORATION, DELHI, 2007

COURSE DETAILS – 7
SUBJECT NAME – ENVIRONMENTAL SCIENCE
SUBJECT CODE – BSYSVA – 107

CREDIT: 3	CA: 25	SEE: 75	MM: 100
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COURSE OBJECTIVE:

FOLLOWING THE COMPLETION OF THESE COURSE STUDENTS SHALL BE ABLE TO

1. IDENTIFY ABOUT ENVIRONMENT AND ECOSYSTEM.
2. IDENTIFY RENEWABLE AND NON-RENEWABLE RECOURSES.
3. IDENTIFY ABOUT BIO-DIVERSITIES, CONSERVATION AND POLLUTION.

BLOCK – 1	INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM
UNIT – 1	INTRODUCTION TO ENVIRONMENTAL STUDIES AND ECOSYSTEM; MULTIDISCIPLINARY NATURE OF ENVIRONMENTAL STUDIES, SCOPE AND IMPORTANCE, NEED OF AWARENESS
UNIT – 2	ECOSYSTEM AND ITS FUNCTIONS, AQUATIC ECOSYSTEM, ENVIRONMENTAL COMPONENTS OF ECOSYSTEM
UNIT – 3	CONSERVATION OF NATURAL RESOURCES, FOOD CHAINS, FOOD WEB
BLOCK – 2	NATURAL RESOURCES: RENEWABLE & NON-RENEWABLE
UNIT – 1	RESOURCES: RENEWABLE & NON-RENEWABLE BIODIVERSITY, VALUES OF BIODIVERSITY, NATURAL RESOURCES (RENEWABLE & NON RENEWABLE RESOURCES)
UNIT – 2	POLLUTION -AIR POLLUTION, SOIL POLLUTION, SMOG THEIR CAUSES AND IMPACTS
UNIT – 3	ROLE OF AN INDIVIDUAL IN CONSERVATION OF NATURAL RESOURCES
UNIT – 4	EQUITABLE USE OF RESOURCES FOR SUSTAINABLE LIFESTYLES
BLOCK – 3	BIODIVERSITY & CONSERVATION
UNIT – 1	BIODIVERSITY LEVELS OF BIOLOGICAL BIODIVERSITY, ENVIRONMENT SEGMENTS, BIOSPHERE, LITHOSPHERE, HYDROSPHERE, ATMOSPHERE, POLLUTANTS, DEGRADABLE AND NON-DEGRADABLE POLLUTANTS
UNIT – 2	CONSERVATION-MINERAL RESOURCES, OXYGEN DEPLETION
BLOCK – 4	ENVIRONMENTAL POLLUTION

UNIT – 1	ENVIRONMENTAL POLLUTION, TYPES, CAUSES, EFFECTS AND CONTROLS, PREVENTION & CONTROL OF POLLUTION
UNIT – 2	ENVIRONMENT PROTECTION ACT, WILD LIFE PROTECTION ACT

TEXT BOOKS:

1. ERACH BHARUCHA: TEXT BOOK FOR ENVIRONMENT STUDIES, UGC & BHARTIYA VIDYAPEETHA INSTITUTE OF ENVIRONMENTAL EDUCATION AND RESEARCH, PUNE.

REFERENCE BOOKS:

1. AGARWAL, K.C. 2001 ENVIRONMENTAL BIOLOGY, NIDI PUBL. LTD. BIKANER. B)
2. BHARUCHA ERACH, THE BIODIVERSITY OF INDIA, MAPIN PUBLISHING PVT. LTD., AHMEDABAD – 380 013, INDIA