



KARNATAK UNIVERSITY, DHARWAD
ACADEMIC (S&T) SECTION

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ
ವಿದ್ಯಾಪೀಠಗಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ

BAAC Accredited
A Grade 2014

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No. KU/Aca(S&T)/MGJ-499/BOS/Yoga Stud(UG/PG)/25-26/265 ದಿನಾಂಕ: 09 DEC 2025

ಅಧಿಸೂಚನೆ

ವಿಷಯ: 2025-26ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಜಾರಿಗೆ ಬರುವ ಸ್ನಾತಕೋತ್ತರ ಯೋಗ 3 ಮತ್ತು 4ನೇ ಸೆಮಿಸ್ಟರ್‌ಗಳಿಗೆ ಪರಿಷ್ಕೃತ ಪಠ್ಯಕ್ರಮ ಕುರಿತು.

ಉಲ್ಲೇಖ: 1. ಸ್ನಾತಕ / ಸ್ನಾತಕೋತ್ತರ ಅಭ್ಯಾಸಸೂಚಿ ಮಂಡಳಿ ಸಭೆ ನಿರ್ಣಯ ಸಂ: 01, ದಿ: 20.08.2025 .

2. ಸಮಾಜವಿಜ್ಞಾನ ನಿಖಾಯ ಸಭೆಯ ನಿರ್ಣಯ ಸಂ: 15, ದಿ: 17.10.2025.

3. ವಿದ್ಯಾವಿಷಯಿಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂ: 17, ದಿ: 28.10.2025.

4. ಕುಲಪತಿಗಳ ಅನುಮೋದನೆ ದಿನಾಂಕ: 04.12.2025

ಮೇಲಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳನ್ವಯ 2025-26ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಜಾರಿಗೆ ಬರುವ ಸ್ನಾತಕೋತ್ತರ ಯೋಗ 3 ಮತ್ತು 4ನೇ ಸೆಮಿಸ್ಟರ್‌ಗಳಿಗೆ ಪರಿಷ್ಕೃತ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲದಿಂದ www.kud.ac.in ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಳ್ಳಲು ಸೂಚಿಸುತ್ತ, ವಿದ್ಯಾರ್ಥಿಗಳು ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಎಲ್ಲ ಬೋಧಕರ ಗಮನಕ್ಕೆ ತಂದು ಅದರಂತೆ ಕಾರ್ಯ ಪ್ರವೃತ್ತರಾಗಲು ಸೂಚಿಸಲಾಗಿದೆ.

ಅಡಕ: ಮೇಲಿನಂತೆ.

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SHANKAREPPA LINGANNA VANIKYAL
Date: 05-12-2025 12:00:35

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1. ಸಂಯೋಜಕರು, ಸ್ನಾತಕೋತ್ತರ ಯೋಗ ಅಧ್ಯಯನ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ಡೀನರು, ಸಮಾಜವಿಜ್ಞಾನ ನಿಖಾಯ, ಸ್ನಾತಕೋತ್ತರ ಸಮಾಜಶಾಸ್ತ್ರ ಅಧ್ಯಯನ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.

ಪ್ರತಿ:

1. ನೋಡಲ್ ಅಧಿಕಾರಿಗಳು, ಯು.ಯು.ಸಿ.ಎಂ.ಎಸ್. ಘಟಕ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ನಿರ್ದೇಶಕರು, ಐ.ಟಿ. ಶಾಖೆ, ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
6. ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆಪತ್ರ / ಗೌಪ್ಯ / ಜೆ.ಎ.ಡಿ. / ವಿದ್ಯಾರ್ಥಿ (ಪಿ.ಜಿ.ಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.



KARNATAK UNIVERSITY, DHARWAD

PG Programme

M.A. IN YOGA STUDIES

Curriculum Structure

With Effect from 2024-25

GENERAL INSTRUCTIONS

1. One credit is equal to 1 hour theory teaching per week.
2. One credit is equal to 2 hour practical teaching per week.
3. One credit is equal to 15 hours theory syllabus per semester (1 Unit is equal to 15 Hours)
4. One credit is equal to 30 hours practical syllabus per semester (1 credit practical is equal to 2 hours per week)

A. Workload for theory subjects

1. There shall be 16 hrs/week workload for Assistant Professor
2. There shall be 14 hrs/week workload for Associate Professor/ Professor/Senior Professor.
3. There shall be 2hrs/week workload relaxation for Guiding Ph.D. students

B. Workload for practical subjects

1. There shall be 20 hrs/week workload for Assistant Professor
2. There shall be 18 hrs/week workload for Associate Professor/ Professor/Senior Professor.
3. There shall be 2hrs/week workload relaxation for Guiding Ph.D. students

C. Workload for practical batches

1. A batch of 10-12 students shall have 1 teacher

D. Workload for Project

1. Students for projects shall be preferably guided by permanent faculty for atleast 10 students by sharing equally among the permanent faculty. If remained excess shall be allotted to other teacher's on roll on temporary basis.
2. If there are no permanent faculty, the students shall be distributed among the temporary teachers on roll.
3. There shall be maximum of 4 hrs/week workload for guiding the students for project work irrespective of number of students.

E. Allotment of Specialization

While allotting specialization in 3rd and 4th semester, minimum of 10 students shall have to select the specialization.

F. Marks and Conduct of Examination

1. Generally, 25% weightage for Formative assessment and 75% weightage for Summative assessment
2. Up to 2 credits equal to 50 marks (10 marks Formative assessment and 40 marks summative assessment)
3. 3-4 credits equal to 100 marks (25 marks Formative assessment and 75 marks summative assessment)
4. 5-6 credits equal to 150 marks (30 marks Formative assessment and 120 marks summative assessment)
5. Example for 100 marks out of which 25 marks for Formative assessment i.e., Formative Assessment shall be in two internal assessments i.e. : 10 marks I.A. for 8th week and 10 marks for 14th week of every semester and 05 Marks for Assignment / Tutorial / Book review / Seminars.
6. 75% attendance is mandatory for every course(paper). No marks are reserved for

attendance. If the candidates fails to fulfils 75% attendance in any one of the course (paper) in the given semester, such candidate is not eligible to appear for examination in all the papers and candidate has to get the readmission for such semester.

7. Passing criteria: Candidate has to score minimum 40% in summative examination and fulfill 40% of the maximum marks including Formative assessment marks. For example : for 75 marks summative examination, candidate has to score minimum of 30 marks(40%) and should score cumulatively 40 marks including formative assessment.
8. Candidate has to score 40% as above in all the courses to pass the semester end examination.
9. Marks obtained from the OEC shall not be considered for award of CASH PRIZE / RANK / GOLD MEDAL.

G. Project/Internship assessment

1. Formative Assessment : Project/Internship assessment carrying 25 marks out of 100 marks
Interaction with the project supervisor carries 10 Marks and submission of three progress reports (once in a month candidate has to submit one Progress Report which carries 05 Marks. i.e. $5 \times 3 = 15$ marks
2. Summative Assessment : Project/Internship assessment carrying 80 marks out of 100 marks
 - a. Project Report : 35
 - b. Presentation : 20
 - c. Viva-voce : 20

Effective from **2024-25**

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Sem.	Type of Course	Theory/ Practical	Course Code	Course Title	Instru ction hour/ week	Total hours / sem	Duration Of Exam	Marks			Credits
								Formative	Summative	Total	
III	DSC-12	Theory	B3YOG001T	Research Methodology in Yoga	04	60hrs	03hrs	25	75	100	04
	DSC-13	Theory	B3YOG002T	Yoga Therapy-1	04	60hrs	03hrs	25	75	100	04
	DSE-1a	Theory	B3YOG101T	ShivaSamhita	04	60hrs	03hrs	25	75	100	04
	DSE-1b	Theory	B3YOG102T	Yoga and Buddha Darshana	04	60hrs	03hrs	25	75	100	04
	DSE-1c	Theory	B3YOG103T	Yoga Psychology	04	60hrs	03hrs	25	75	100	04
	DSC-14	Practical	B3YOG003P	Yoga Practicals-5	08	120 hrs	04hrs	25	75	100	04
	DSC-15	Practical	B3YOG004P	Yoga Practicals-6	08	120 hrs	04hrs	25	75	100	04
	OEC - 2	Theory	B3YOG201T	Yoga and Ethics	04	60hrs	03hrs	25	75	100	04
								150	450	600	24
IV	DSC-16	Theory	B04YOG001T	Yoga in Bhagavadgeeta	04	60hrs	03hrs	25	75	100	04
	DSC-17	Theory	B04YOG002T	Yoga Therapy-2	04	60hrs	03hrs	25	75	100	04
	DSC-18	Theory	B04YOG003T	Yoga and World Peace	04	60hrs	03hrs	25	75	100	04
	DSE-2a	Theory	B4YOG101T	Teaching Methods for Yogic Practices	04	60hrs	03hrs	25	75	100	04
	DSE- 2b	Theory	B4YOG102T	Gheranda Samhita	04	60hrs	03hrs	25	75	100	04
	DSE-2 c	Theory	B4YOG103T	Yoga and Spiritualism	04	60hrs	03hrs	25	75	100	04
	DSC-19	Practical	B04YOG004P	Yoga Practicals-7	08	120 hrs	04hrs	25	75	100	04
	Project	Practical	B4YOG005P	Project Dissertation	04	60hrs	03hrs	25	75	100	04
								150	450	600	24
					Total			600	1800	2400	96

*Each DSE theory shall have minimum two and maximum 3 papers and student shall select any one DSE each in 3rd and 4th semester.

M.A. in Yoga Semester-I

Discipline Specific Course (DSC)-1

COURSE TITLE: DSC-1 PHILOSOPHY OF YOGA

Course Code: B1YOG001T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-1	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Get the knowledge of Bhakti Yoga, Karma Yoga, Jnana Yoga and other methods of Yoga.
2. Get the Knowledge of Super Consciousness.
3. Get the Detailed knowledge of Yogic Philosophy
4. Get the Detailed knowledge of Moksha and Samadhi

Course Objectives:

1. To impart Yoga education and promotion of positive health and perfect personality of an individual in particular and entire humankind in general.
2. To train the student, to create Yogic culture for shaping a holistic personality so as to become global and noble citizens. And to shape future mankind which enjoy peace and tranquillity.

Unit	Title: Philosophy of Yoga	60 hrs/sem
Unit I	Introduction to Yoga 1. Meaning, Definitions, Objectives and Scope of Yoga 2. Definition , Nature, Scope, Objectives of Philosophy 3. Yoga and Philosophy 4. Yoga and Religion 5. Yoga and Science	15 hrs
Unit II	History and Development of Yoga 1. Concept of Yoga in Ancient Period. 2. Yoga and Mysticism 3. Hatha and Tantra Yoga 4. Shiva Yoga 5. The Doctrine of Karma and Rebirth.	15 hrs
Unit III	Paths of Yoga 1. Karma Yoga 2. Bhakti Yoga 3. Jnana Yoga 4. Raja Yoga 5. Kundalini Yoga	15 hrs
Unit IV	Metaphysics of Yoga 1. Nature of World 2. Nature of Jiva 3. Concept of God 4. Concept of Moksha 5. Concept of Samadhi	15hrs

Recommended books:

Dasgupta S.N.	Yoga Philosophy in Relation to other Systems of Indian thought.	Kegan Pub, London, 1924.
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Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
Dasgupta S.N.	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.
Fenerstein George	The Yoga Tradition: Its History, Literature, Philosophy and Practice,	Bhavana Books and Prints, 2002
Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.	Advaita Ashrama, Culcutta, 2000:
R.D.Ranade	Vedanta the Culmination of Indian Thought	Bharatiya Vidya Bhavan, Bombay-7
Dr. G.Srinivasan	Essentials of Vedanta	Bopco Publication Bangalore
R.D.Ranade	A Constrictive Survey of Upanishadic Philosophy	Bharatiya Vidya Bhavan Mumbai-7
Gopi Krishna	Kundalini- The Secret of Yoga	U.B.S. Publisher's Nw Delhi
Swami Krishnananda	The Philosophy of Life	The Divine life Society P.O.Shivanand Nagar, U.P-India..
Dr. N. G. Mahadevappa	Yoga Mattu Bharatiya Tatvashashtra (Kannada)	Suyoga Prakashana Dharwad- 2008
Swami Adidevanand	ಭಾರತೀಯ ಆಧ್ಯಾತ್ಮಿಕ ಪರಂಪರೆ	ಶ್ರೀ ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ ಮೈಸೂರು-2006

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-2**COURSE TITLE: DSC-2 INTRODUCTION TO HUMAN BIOLOGY****Course Code: B1YOG002T**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-2	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. Acquire the knowledge of Body and its functions.
2. Acquire the detailed knowledge of supportive systems of the body.
3. Acquire the knowledge of Sensory Organs and its functions.
4. Acquire the knowledge of different Glands in the Body.

Course Objectives:

1. For Yoga practices gives awareness of body and its functions.
2. For Yoga Practices gives awareness of Relaxation of Nerves System.

Unit	Title: Introduction to Human Biology	60 hrs/sem
Unit I	Fundamentals of Human Body. 1. Structure and functions of cell. 2. Definition of Tissue- Epithelial tissue 3. Connective tissue 4. Muscular Tissue 5. Nervous Tissue	15 hrs
Unit II	System of Human Body 1. Skeletal System 2. Muscular System 3. Circulatory System 4. Digestive System 5. Respiratory System	15 hrs
Unit III	Other systems of the Body 1. Urinary System 2. Re-Productive System 3. Nervous System 4. Pituitary gland, Adrenal gland 5. Thyroid and Parathyroid gland	15 hrs
Unit IV	Structure and Functions of Special Senses. 1. Eye- Vision 2. Ear- Hearing 3. Nose- Smell 4. Tongue- Test 5. Skin- Touch	15hrs

Recommended books:

Dr.Anand Nadgir	Sharrera Rachana Shastra Mattu Shareera Shastra	Mallasajjan Prakashan.MVAS Shri K.G.Nadgir College of Education, Dharwad-580008.
Tony Smith	The Human body	Dorling Kindersley Limited-1995.
K.G.Nadagir	Arogya & Arogya Shikshana	Mallasajjan Prakashan, Dharwad.
Yadav	Human Anatomy and Physiology	Nirali Publication

Chatterjee	Human Physiology	Medical Aliened Agency Calcutta-1985
Guyton	Text book of Medical Physiology	Philadelphia- Saccades-1969
Chaurasia	Human Anatomy Vol-1 -3	Delhi CBS
Pearce	Anatony & Physiology for Nurses including clinical application	Calcutta, OUP-1982
Shambhuling	Human Physiology	Madras
R.L.Bijlani	The Human Machine	The Director National Book Trust. India A-5 Green Park, New- Delhi-110016
Swamy Satyananda Saraswati	Common Diseases	Sri G.K.Kejriwal, Honorary Secretary, Bihar School of Yoga.
Shirley Telles	A Glipse of the Human Body	V/S Yogas Banalore 1995

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-3

COURSE TITLE: DSC-3 PATANJALI YOGA SUTRA

Course Code: B1YOG003T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-3	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

At the end of the course students will be able to:

1. Acquire the knowledge of Chitta, Ishwara, and Pancha Vritties, and Samadhi.
2. Acquire the knowledge of Kriyayoga, Panchakleshas and its eradication.
3. Acquire the knowledge of Astanga Yoga which helps to attain Ultimate goal of Yoga.
4. Acquire the knowledge of Kaivalya and Patanjali Yoga Sutra

Course Objectives:

1. Yoga Sutra constitutes astanga Yoga which helps to attain Ultimate goal of Yoga
2. Yoga Sutra constitutes Highest state of Concentration.
3. Yoga Sutra constitutes Personality Development.

Unit	Title: Patanjali Yoga Sutra	60 hrs/sem
Unit I	Samadhi Pada 1. Nature of Patanjali Yoga Sutra 2. Pancha Vritties 3. Abhyas and Vairagya 4. Nature and Qualities of Iswara 5. Yogantarayas	15 hrs
Unit II	Sadhana Pada 1. Concept of Kriyayoga 2. Panchakleshas 3. Yama and Niyamas 4. Asana and Pranayama 5. Pratyahara	15 hrs
Unit III	Vibhuti Pada 1. Concept of Dharana 2. Concept of Dhyana 3. Concept of Samadhies 4. Concept of Samyama 5. Ashtasiddhies	15 hrs
Unit IV	Kaivaly Pada 1. Types of Karmas 2. Nature of Purusha 3. Nature of Citta 4. The Concept of God 5. Nature of Kaivalya	15hrs

Recommended books:

Dr. Veena Londhe	Inter Printing Patanjalis Yoga Dharshana (Theory and Practice)	Publisher Dr. Londhe anand Shripad tilak Mumbai400015-Ist addition 2018
ಪತಂಜಲಿ ಮಹರ್ಷಿಗಳು	ಯೋಗಸೂತ್ರ-ಟಿಕಾ ಷಟ್ಪಯುಕ್ತ	ಚೌಖಂಬಾ ಸಂಸ್ಕೃತ ಸಿರಿಜ, ವಾರಣಾಸಿ, 1972
ಪತಂಜಲಿ ಮಹರ್ಷಿಗಳು	ಪಾತಂಜಲ ಯೋಗದರ್ಶನಮ್	ಚೌಖಂಬಾ ಸಂಸ್ಕೃತ, ಸಿರಿಜ ವಾರಣಾಸಿ, 1970.

Swami Vivekananda	Raj-Yoga (Kannada-English)	Ramkrishna Aashram, Bangalore.
R.M. Umesh	Science of Mind Control	Shri. Sharada Trust Bharathi Street Sringeri.
ಶ್ರೀ ಮಲ್ಲಿಕಾರ್ಜುನ ಮಹಾಸ್ವಾಮಿಗಳು	ಪಾತಂಜಲ ಯೋಗದರ್ಶನ	ಜ್ಞಾನಯೋಗಾಶ್ರಮ, ಬಿಜಾಪೂರು
ಸ್ವಾಮಿ ಹರ್ಷಾನಂದ	ಮಹರ್ಷಿ ಪಾತಂಜಲಿಯ ಯೋಗ ಸೂತ್ರಗಳು	ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಮೈಸೂರು. 2020
M. Hiriyanna	Outlines of Indian Philosophy	Motilal Banarsidass Publishers pvt. Ltd. Delhi-41UABungalow road Jawahar Nagar Delhi-110007 Vth adition 2014
Dr. Naikar C. S	Patanjal Yoga Sutra	Medha Prakashana Kalyan Nagar Dharwad-3
Swami Adidevanand	Patanjal Dharshan (Kannada)	Sri Ramakrishna Math Bangalore-2014
Shyam Ranganathan	Pantanjal Yoga Sutra (English)	

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-4

COURSE TITLE: DSC-4 YOGA AND UPANISHADS

Course Code: B1YOG004T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-4	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Acquire the knowledge of All Upanishads.
2. Acquire the knowledge of the jeeva- atma- Bramhan.

Course Objectives:

1. Acquire the knowledge of Realization of soul and its liberation.
2. Know the ultimate goal of Self.

Unit	Title: Yoga and Upanishads	60 hrs/sem
Unit I	Fundamentals of Upanishads 1. Definition and Meaning of Upanishads 2. Katopanishads 3. Definition of Yoga 4. Nature of Nadies 5. Importance of Self Relization	15 hrs
Unit II	Ishavashyopanishad and Mandukyopanishads 1. Concept of Karmanista (IU) 2. Vidya and Avidya (IU) 3. Knowledge of Alma and Brahman (IU) 4. Stories of Consciouness (MU) 5. Concept of Omkar (MU)	15 hrs
Unit III	Kenopanishads 1. Indriya and Anthakarna 2. Self and Mind 3. Infutive realization of the truth 4. Transidental Truth 5. Moral of Yakhsay- Upakhyana	15 hrs
Unit IV	Taittiriya Prashna Brihadaryanaka and Chandogya Upanishads. 1. Concept of Panchakosha (TU) 2. Concept of Pancha Prana (PU) 3. Concept of Atman and JnanaYoga 4. Union of Atma and Parmatma 5. Shandilya Vidya (CU)	15hrs

Recommended books:

ರಂಗನಾಥಾನಂದ ಸ್ವಾಮಿ	ಉಪನಿಷತ್ತುಗಳ ಸಂದೇಶ	ಶ್ರೀ ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ ಮೈಸೂರು 570020 2ನೇ ಆವೃತ್ತಿ 1995
Anubhav Rai	Techniques and there Scientific evaluation	Gurgaon-1999
Sarashwati chennakeshavan	The Concept of mind and Indian Philosophy	Motilal Banarasidas Publication Delhi 2 nd Adn 1996

Glen Peter Kezwar	Mediation, Oneness and Physics	Sterling Paperbacks, An Imprint of L-10 Green Park, Extension, New Delhi
Swami Aadi Devananda Janneswar Ghosh	Goudapad Karika A Study of Yoga	Ramkrishnashrama, Mysore. Motilal Banarsidas, Delhi.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-5

COURSE TITLE: DSC-5 YOGA PRACTICAL - 1

Course Code: B1YOG005P

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-5	Practical	04	08	120hrs.	4hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
2. Helps to develop immunity.
3. Integration of body Prana and Mind
4. stability of body, mind helps to Spiritual enlightenment

Course Objectives:

1. Acquire the knowledge of Practical Fluency.
2. Acquire the knowledge of Lecture Com-Demonstration.
3. Acquire the knowledge of Health and Personality.

List of the Yogic practices - 120hrs/semester

Unit	Title: Yoga Practical-1	120 hrs/sem
Unit I	Introduction to Techniques, Benefits, Salient features and Precautions of 1. Asana 2. Pranayama 3. Bhadas and Mudras 4. Yogic Kriyas 5. Meditation	30 hrs
Unit II	Sheetalikaran Vayam-I 1. Neck front and back bending 2. Neck Right and Left Bending 3. Neck Right and Left Rotating 4. Neck Right and Left full Rotating 5. Shoulder Stretching	30 hrs
Unit III	Asanas Practices Sukhasana, Padmasana, Tadasana, Ardhakati Chakrasana, Urdhwa hasta uttahana asana, Trikonasana, Parvatasana, yogamudrasana, Vishramasana, Matsyasana, Bhadrasana, Baddhakonasana, Navasana, Makarasana, Shavasana.	30 hrs
Unit IV	Pranayama Practices Mechanishm of correct breathing, concept of Puraka, Rechaka, Kumbhaka and Deep breathing.	30 hrs

Books recommended :

Swami Kuvalyananda	Asanas	Kaivalyadhama, Lonavala,1982.
O.P Tiwari,	Asana: Why and How	Kaivalyadhama, Lonavala,1991.
Swami Satyananda Saraswati	Asana,Pranayama,Mudra,Bandha	Bihar Schools of Yoga, Manger, 1989.

B.K.S Iyengar	Yoga Deepika (Kannada)	V.K. Yogas,Bangalore, 1989.
Prakash Yogi	Yogamrutadeepika (Kannada)	Patanjali YogaShrama Trust, Bangalore, 2002.
ಸಿತಾರಾಂ ಸಿ.	ಸಾಮಾನ್ಯ ರೋಗಗಳಿಗೆ ಯೋಗ ಚಿಕಿತ್ಸೆ	ವಾಸನ್ ಬುಕ್ ಡಿಪೋ, ಬೆಂಗಳೂರು, 1998
Dr. M.L.Gharote	Yogic Techniques	The Lonaval Yoga Institute India, Lonaval, 1999
Geeta S.Iyengar	Yoga-a gem for Women	Allied Publishers Limited, ISBN, 2000
Swami Satyananda	Pranayama	Kaivalyadhama, Lonavala,1983.
Nagendra H.R.	The Art & Science of Pranayama	V.K.Yogas,Bangalore,1993.
Swami Yateeshwarananda	Dhyana Jeevan Deepika (Kannada)	Ramakrishnashrama Bangalore, 1984.
Nimbalkar S.P	Yoga for Health & Peace	Yoga Vidya Niketan, Bombay, 1992.
Iyengar B.K.S	Yoga (Asanagalu, Pranayama, Mudregalu, Kriyegalu)(Kan.)	V.K.Yogas,Bangalore-1998.
Lajapat Rai and Others	Meditation: Techniques and there Scientific Evaluation	Anubhava Rai Publication, Gurgaon, 1999.
Dr. H. R. Nagendra and Dr. Nagaratna	Integral approach positive Health (Kannada and English)	
MDNY	Yoga Protocol-2015	Murarji Desai National institute of Yoga (MDNY) New Delhi-2015

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-6**COURSE TITLE: DSC-6 YOGA PRACTICAL - 2****Course Code: B1YOG006P**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-6	Practical	04	08	120hrs.	4hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
2. Helps to develop immunity.
3. Integration of body prana and mind
4. stability of body, mind helps to spiritual enlightenment

Course Objectives:

1. Acquire the knowledge of Practical Fluency.
2. Acquire the knowledge of Lecture Com-Demonstration.
3. Acquire the knowledge of Health and Personality.

List of the Yogic practices - 120hrs/semester

Unit	Title: Yoga Practical-2	120 hrs/sem
Unit I	Shithilikarana Vyayama-2 1. Shoulder Rotation 2. Left and Right trunk twisting 3. Shoulders Up and Down 4. Knee Movement Rotation 5. Ankle Movement, Left and Right Rotation	30 hrs
Unit II	Asanas Practices 1. Vajrasana, Swastikasana 2. Ardha Chakrasana, Padahasthasana 3. Parivarata trikonasana. 4. Janushirasana, Paschimothanasana 5. Ushtrasana, Bhujangasana, Shavasana	30 hrs
Unit III	1. Suryanuloma Viloma 2. Chandrabhedana 3. Suryabhedana 4. Chandranuloma Viloma 5. Yogic Deep Breathing	30 hrs
Unit IV	Yogic Kriyas 1. Kapalabhati Meaning, 2. Precautions, 3. Procedure 4. Uses 5. Pranavajapa.	30 hrs

Books recommended :

Swami Kuvulyananda	Asanas	Kaivalyadhama, Lonavala,1982.
Tiwari, O.P	Asana: Why and How	Kaivalyadhama, Lonavala,1991.

Swami Satyananda Saraswati	Asana,Pranayama,Mudra,Bandha	Bihar Schools of Yoga, Manger, 1989.
B.K.S Iyengar	Yoga Deepika (Kannada)	V.K. Yogas,Bangalore, 1989.
Prakash Yogi	Yogamrutadeepika (Kannada)	Patanjali YogaShrama Trust, Bangalore, 2002.
Vethathiri Maharshi	Simplified Physical Exercises	Vetharthin Publ., Erode-638001.
ಸಿತಾರಾಂ ಸಿ.	ಸಾಮಾನ್ಯ ರೋಗಗಳಿಗೆ ಯೋಗ ಚಿಕಿತ್ಸೆ	ವಾಸನ್ ಬುಕ್ ಡಿಪೋ, ಬೆಂಗಳೂರು, 1998
Dr. M. L. Gharote	Yogic Techniques	The Lonaval Yoga Institute India, Lonaval, 1999
Geeta S.Iyengar	Yoga-a gem for Women	Allied Publishers Limited, ISBN, 2000
Swami Satyananda	Pranayama	Kaivalyadhama, Lonavala,1983.
Nagendra H.R.	The Art & Science of Pranayama	V.K.Yogas,Bangalore,1993.
Swami Yateeshwarananda	Dhyana Jeevan Deepika (Kannada)	Ramakrishnashrama Bangalore, 1984.
Nimbalkar S.P	Yoga for Health & Peace	Yoga Vidya Niketan, Bombay, 1992.
B.K.S Iyengar	Yoga (Asanagalu, Pranayama, Mudregalu, Kriyegalu)(Kan.)	V.K.Yogas,Bangalore-1998.
Lajapat Rai and Others	Meditation: Techniques and there Scientific Evaluation	Anubhava Rai Publication, Gurgaon, 1999.
Dr. H. R. Nagendra and Dr. Nagaratna	Integral approach positive Health (Kannada and English)	
MDNY	Yoga Protocol-2015	Murarji Desai National institute of Yoga (MDNY) New Delhi-2015

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-7

COURSE TITLE: DSC-7 LEVELS OF CONSCIOUSNESS

Course Code: B2YOG001T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-7	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. To impart the knowledge of the self consciousness
2. To impart realization

Course Objectives:

1. To impart the knowledge of the self Observation.
2. To impart knowledge of Inner awareness.

Unit	Title: Levels of Consciousness	60 hrs/sem
Unit I	Introduction 1. Concept of Soul and Consciousness 2. Concept of Bramhan and Consciousness 3. Stages of liberation videhamukti and Jeevanmukti 4. Panchakoshas and consciousness 5. Jagrat, Swapna and Sushupti	15 hrs
Unit II	Relational theory of Consciousness 1. Advaita and Consciousness 2. Vishistadvaita and Consciousness 3. Dwaita and Consciousness 4. State of Turiya and Consciousness 5. State of Turiyateeta and Consciousness	15 hrs
Unit III	Consciousness as Quality 1. Anatmavada and Consciousness 2. Nirvana and Consciousness 3. Madhyamika's concept of Consciousness 4. Nagarjuna and infinity 5. Upanishadic Concept of Sat-cit-Ananda	15 hrs
Unit IV	Self Consciousness 1. Aparoksha and Swaprakasha 2. Deep sleep and Samadhi 3. Sakshi and Kutastha 4. Concept of pratyagatma 5. Charvaka's concept of Consciousness	15hrs

Recommended books:

S. N. Dasgupta	Yoga Philosophy in Relation to other Systems of Indian thought.	Kegan Pub, London, 1924.
Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
S. N. Dasgupta	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.
Fenerstein George	The Yoga Tradition: Its History, Literature, Philosophy and Practice,	Bhavana Books and Prints, 2002

Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.	Advaita Ashrama, Culcutta, 2000:
R. D. Ranade	Vedanta the Culmination of Indian Thought	Bharatiya Vidya Bhavan, Bombay
Dr. G. Srinivasan	Essentials of Vedanta	Bopco Publication, Bangalore
R. D. Ranade	A Constrictive Survey of Upanishadic Philosophy	Bharatiya Vidya Bhavan Mumbai-7
Gopi Krishna	Kundalini- The Secret of Yoga	U.B.S. Publisher's New Delhi
Swami Krishnananda	The Philosophy of life	The Divine life Society, P.O.Shivanand Nagar, U.P-India..
Swami Adidevand	ಭಾರತೀಯ ಆಧ್ಯಾತ್ಮಿಕ ಪರಂಪರೆ	ಶ್ರೀ ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ ಮೈಸೂರು-2006
Dr. N. G. Mahadevappa	Yoga Mattu Bharatiya Tatvashashtra	Suyoga Prakashana Dharwad- 2008

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-8

Course Title: DSC-8 YOGA VASISHTA

Course Code: B2YOG002T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-8	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. It imparts Mononigraha
2. Helpful for Yoga Sadhaka

Course Objectives:

1. It imparts realization of soul
2. It imparts Concentration of Mind

Unit	Title: Yoga Vasishta	60 hrs/sem
Unit I	Introduction 1. Significance of Vairagy Prakarana 2. Dialogues between Valmiki and Bharadwaj 3. Thirtha Yatra of Sri Rama 4. Negation of desires 5. Negation of Material Life	15 hrs
Unit II	Mumukshu Vevahar and Utpatti Prakarana 1. Elimination of Asubhavasana through Subhavasanas 2. Four Sentries for the gate to liberation 3. Nature of Knowledge 4. The state of Mind 5. The Nature of Jeevmukta Lakshana	15 hrs
Unit III	Stiti and Upashama Prakarana 1. Stories Bhargava 2. The concept of Ahankara 3. King of Janaka 4. Self Realization of Rajabali 5. The story of Udhalaka Muni	15 hrs
Unit IV	Nirvana (Purvada and Uttarda) Prakarana 1. Nature of Pranayama 2. Real Worship of God 3. Concept of CittaSuddi 4. Yoga Saptabhumikas 5. Concept of Tapassa	15hrs

Recommended books:

Motilal Banarashids Lagha	Yoga Visishta Upanishads	Geeta press Gorakhpur 2022
Srimad Valmiki	Yoga Visishta Upanishads	Geeta press Gorakhpur 2022
B. L. Atreya	Philosophy of Yoga Vasishta	Theosophical Publishing Hourse Madrass-1936
B. L. Atreya	Vasishta Dharsanam	Sampurnanand Sanskrit University, Bihar 2002
Nagesh	Yoga Vasishta	Samaja Pustakalaya Shivaji Bidi Dharwad-580001

Prof. A Satyanarayana Shastry	Talks on Yoga Vasistha	Followers of Shastriji Bengaluru, First Edition 2017
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Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-9

Course Title: DSC-9 HATAYOGA PRADIPIKA

Course Code: B2YOG003T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-9	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. It imparts deep knowledge of yoga practice to teacher and Practitioner
2. Individual will get basic knowledge of Yoga

Course Objectives

1. It imparts deep knowledge of Nadanusandhana.
2. Person will have the positive thinking and Spiritual enlightenment.

Unit	Title: Hatayoga Pradipika	60 hrs/sem
Unit I	Introduction and Pratam Updesh 1. Meaning and Purpose of Hathayoga 2. Hathayoga Parampara 3. Concept of Matha 4. Importance of Asana Practices 5. Mita ahara, Patya and Apatya	15 hrs
Unit II	Dvitiya Upadesh 1. Meaning and Introduction to Pranayama 2. Shatkriyas 3. Ashtakumbaks 4. Uses and Procedur 5. Hathasiddhi laxanas	15 hrs
Unit III	Tritiya Upadesha 1. Meaning and introduction to Mudras 2. Mudra, Mahabhandha and Mahaveda 3. Khechari, Uddiyana and Mulabandha 4. Jalandhar, Vipareetakarani, Vajroli and Shaktichalana 5. Benefits of Dashamudras	15 hrs
Unit IV	Chaturth Upadesh 1. Meaning and introduction to Nadanusandhana 2. Arabhavastha 3. Ghatavastha 4. Parichayavastha 5. Nishpatyavastha	15 hrs

Recommended books:

Shree Sahajananda	Hatha Yoga Manjari	Kaivalyadhama S.M.Y.M.Samiti, Lonavala
Swami Muktibodhananda Saraswati	Hatha Yoga Pradipika	Dr. G.K.Keiriwal, Bihar School of Yoga, Manger
Kunhan Raj	Hatha Yoga Pradipika	The Adyar library Publications Chennai, 2000.
Burnier Radha	Hatha Yoga Pradipika of Svatmaarama	The Adyar library Publications Chennai, 2000.

Dr. C.S.Naikar	Ghatastha Yoga	Medha Pub. Kalyan Nagar, Dharwad 580007. 1997
Dr. C.S.Naikar	Hatha Pradipika (Kan. & Eng)	Medha Pub. Kalyan Nagar, Dharwad 580007. 2021.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-10**COURSE TITLE: DSC-10 YOGA PRACTICAL - 3****Course Code: B2YOG004P**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-10	Practical	04	08	120hrs.	4hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. Practice of Yoga helps to prevent diseases promotes health and in case of diseases helps to cure
2. helps to develop immunity

Course Objective:

1. Integration of body prana and mind
2. stability of body, mind helps to spiritual enlightenment

List of the Yogic practices - 120hrs/semester

Unit	Title: Yoga Practical-3	120 hrs/sem
Unit I	Asana Practices 1. Previous Practice 2. Siddhasana, Utkatasana, Vrikshasana, Bujangasana 3. Uttanapadasana 4. Ardhalasana, Viparitalakarni, Naukasana, Halasana, Shavasana 5. Baddhakonasana, Mandukasana, Vakrasana, Vatarjanasana, Ugrasana.	30 hrs
Unit II	Pranayamas 1. Previous Practice 2. Nadishodhana 3. Nadishodhana Three Rounds 4. Nadishodhana Three Rounds 5. Nadishodhana Three Rounds	30 hrs
Unit III	Yogic Kriyas 1. Jalaneti 2. Meaning 3. Procedures 4. Precautions 5. Uses	30 hrs
Unit IV	Bandhas and Mudras 1. Moolabandha 2. Chinmudra 3. Jnanamudra 4. Dhyanamudra 5. Meaning, procedure, Percolations, Advantages,	30 hrs

Books recommended :

Yogiraj Behramji	Yogasana for Health	Himalayan Yoga Institute, 1989.
Dhirendra Brahmachari	Yogasana Vijnana	Dhirendra Yoga Publications, New Delhi, 1989.
Tiruka	Yogasanagalu (Kannada)	Ananthashevashtama, Malladihalli, 1989

Yogeshwar	The Text book of Yoga	Yoga Centre,Madras
Lajapat Rai	A Physiological Approach to Yoga	C.R.I.Y.NewDheli.1996.
Iyengar B.K.S	Yoga Deepika (Kannada)	V.K.Yogas,Bangalore, 1989.
Gharote M.L.	Pranayama - The Science of Breath	The Lonavala Yoga Institute, Lonavala, 2003.
Ajit Kumar	Yoga Pravesha (Kannada)	Rastrothana Sahitya Parishat, Bangalore, 1984.
Tiruka	Shatkriyegalu (Kannada)	Ananthashevashrama, Malladihalli
ಕಟ್ಟೀಮನಿ ಆರ್.ವಿ.	ಮನಶ್ಯಾಂತಿಗಾಗಿ ಧ್ಯಾನ	Usha Enterprises, Bangalore,2004
Swami Satyananda Saraswati	Surya Namaskar	Bihar School of Yoga, Munger, 1983.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
InternalAssessmentTest1	10
InternalAssessmentTest2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-11

COURSE TITLE: DSC-11 YOGA PRACTICALs - 4

Course Code: B2YOG005P

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
DSC-11	Practical	04	08	120hrs.	4hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure.
2. Helps to develop immunity.

Course Objective:

1. Integration of body prana and mind
2. Stability of body, mind helps to spiritual enlightenment

List of the Yogic practices - 120hrs/semester

Unit	Title: Yoga Practical-4	120 hrs/sem
Unit I	Asanas 1. Previous Practices 2. Suryanamaskara 3. Natarajasana, Sarvangasana, Shavasana 4. Uttanamandukasana, Suptavajrasana, Ardhamatsyeyanarasana 5. Gomukhasana, Kurmasana	30 hrs
Unit II	Pranayamas 1. Nadishodhan- 5 Rounds 2. Sheetal, Shitkari 3. Ujjae- 5 Rounds 4. Bhashtrika Rounds	30 hrs
Unit III	Yogic Kriyas 1. Previous Practices 2. Meaning of Dhouti 3. Meaning of Bhasti 4. Meaning of Nauli 5. Sutraneti- Meaning, procedure, Precautions, advantages.	30 hrs
Unit IV	Bandhas and Mudras 1. Previous Practices 2. Uddiyana Bhanda 3. Jalandar Bhanda 4. Shimha Mudra and Meditation (Vipassana) 5. Meaning, Procedure, Percolations and advantages	30 hrs

Books recommended :

Yogiraj Behramji	Yogasana for Health	Himalayan Yoga Institute, 1989.
Dhirendra Brahmachari	Yogasana Vijnana	Dhirendra Yoga Publications, New Delhi, 1989.

Tiruka	Yogasanagalu (Kannada)	Ananthashevashtama, Malladihalli, 1989
Yogeshwar	The Text book of Yoga	Yoga Centre,Madras
Lajapat Rai	A Physiological Approach to Yoga	C.R.I.Y.NewDheli.1996.
Iyengar B.K.S	Yoga Deepika (Kannada)	V.K.Yogas,Bangalore, 1989.
Gharote M.L.	Pranayama - The Science of Breath	The Lonavala Yoga Institute, Lonavala, 2003.
Ajit Kumar	Yoga Pravesha (Kannada)	Rastrothana Sahitya Parishat, Bangalore, 1984.
Tiruka	Shatkriyegalu (Kannada)	Ananthashevashtama, Malladihalli
ಕಟ್ಟೇಮನಿ ಆರ್.ವಿ.	ಮನಶ್ಶಾಂತಿಗಾಗಿ ಧ್ಯಾನ	Usha Enterprises, Bangalore,2004
Swami Satyananda Saraswati	Surya Namaskar	Bihar School of Yoga, Munger, 1983.
Dr. Patrick Horay & David Harp	Hot Water Therapy	Orient Paper Backs, New Delhi, 1997.
Geeta S.Iyengar	Yoga-a gem for Women	Allied Publishers Limited, ISBN, 2000
Lajapat Rai and Others	Meditation: Techniques and there Scientific Evaluation	Anubhava Rai Publication, Gurgaon 1999.
S. N. Goenka	Vipassana Meditation	Vipassana research institute- 1999

Formative Assessment for Theory	
Assessment Occasion/type	Marks
InternalAssessmentTest1	10
InternalAssessmentTest2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Open Elective Course- 1

COURSE TITLE: YOGA AND HOLISTIC HEALTH

Course Code: B2YOG201T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
OEC-1	Theory	03	04	45hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. To impart the importance of nutrients in health and disease.
2. Yoga sutra constitutes Astanga Yoga which helps attain ultimate goal of Yoga.

Course Objectives:

1. To impart the Personality Development and Good Human being.
2. To impart Good Yogic Life style.

Unit	Title: Yoga and Holistic Health	45 hrs/sem
Unit-I	Introduction 1. Health its Meaning and definition 2. Yoga and Holistic Health 3. Yogic Practices for Healthy living 4. Concept of disease, Definition and types of disease 5. Prevent, promotive and curative aspect of Yoga	15 hrs
Unit-II	Nutrition and Health 1. Classifications of food, carbohydrates, Proteins, and fats 2. Vitamins 3. Minerals 4. Role of Food in health living 5. Yogic diet, Pathya, Apathya and Mitahara.	15 hrs
Unit-III	Yogic treatment for common diseases 1. Obesity 2. Diabetes Mellitus 3. Insomnia and Depression 4. Menstrual Disorders 5. Hypertension	15 hrs
Unit-IV	Yoga and Social Health 1. Ashtanga Yoga 2. Karma Yoga 3. Jnana Yoga 4. Bhakti Yoga 5. Yoga and Personality Development.	15 hrs

Recommended books:

Dr.Anand Nadger	Sharrera Rachana Shastra Mattu Shareera Shastra	Mallasajjan Prakashan- 2007, MVAS Shri K.G.Nadgir College of Education, Dharwad-580008.
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K.G.Nadagir	Arogya & Arogya Shikshana	Mallasajjan Prakashan, Dharwad.
Chatterjee	Human Physiology	Medical Aliened Agency Calcutta-1985
Pearce	Anatomy & Physiology for Nurses including clinical application	Calcutta, OUP-1982
Swamy Satyananda Saraswati	Common Diseases	Sri G.K.Kejriwal, Honorary Secretary, Bihar School of Yoga
Swami Vivekanada	Raj-Yoga (Kannada-English)	Ramkrishna Aashram, Bangalore.
Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.	Advaita Ashrama, Culcutta, 2000
Swami Adidevananda	The Yoga Psychology	Pub.Ramkrishna Vedanta Math Calcutta
Swami Rama & Swami Ajaya	Creative use of Emotion	Himalayan International Institute Malviya Nagar New Delhi-110017
Swami Rama & Swami Ajaya	Yoga and Psychotherapy-the Evolution of Consciousness	Himalayan International Institute Malviya Nagar New Delhi-110017
Dharanendraiah A.S	Samanya Mano Vijnana (Kannada)	Pub. Mys.Uni.Mysore
Yogiraj Behramji	Yogasana for Health	Himalayan International Institute, Malviya Nagar, New Delhi-110017
Dr. Ganesh Shankar	Health for all through Yoga	Department of Yogic Studies, Dr. harisihgh Gour University, Sagar-470003 (MP)

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-12

Course Title: DSC-12 Research Methodology in Yoga

Course Code: B3YOG001T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-12	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. To impart scientific research in Yoga field. Individual will get basic knowledge of Research in Yoga
2. Scientific research helps to develop proper vision in Yoga field.

Course Objectives

1. To impart scientific research in Yoga field. Individual will get basic knowledge of Research in Yoga
2. Scientific research helps to develop proper vision in Yoga field.

Unit	Title: Research Methodology in Yoga	60 hrs/sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Meaning, Definitions and Nature of Research 2. Scope of research in Yoga 3. Objectives, types, approaches, significance of research 4. General Methods of Research 5. Problems encountered by yoga research in India. 	15 hrs
Unit II	Hypothesis and Research design <ol style="list-style-type: none"> 1. Hypothesis, problems, testing 2. Needs and fetchers of a good research designs 3. Different research designs 4. Basic principles of experimental design 5. Important concepts relating to research design 	15 hrs
Unit III	Methods of Data Collections <ol style="list-style-type: none"> 1. Interview Method 2. Objectives, tests and scales 3. Observation of behavior 4. Case Study 5. Materials and Content analyses Benefits of Dashamudras 	15 hrs
Unit IV	Report writing and preparing Research Proposals <ol style="list-style-type: none"> 1. Meaning and technique to report writing 2. Precautions in writing Report. 3. Steps in report writing 4. Layout types 5. Presentations 	15 hrs

Recommended books:

Kerlinger F.N.	Foundations of Behavioral Research -II Ed.,	Reinhart and Winston. Hew York; Holt.
Kothari C.R.	Research Methodology,	Wishva Prakashan Chennai, 2000.

C.J.Mouly	The Science of Education Research (2nd Edn.)	Van Nastrand, 1970
Degroot A.J.	Methodology, Houghton, 1969.	Van Nastrand, 1970
D.Amoto	Experimental Psychology	THM Edition, New Delhi, 1979.
Dr. Chaya Rai	Studies in Philosophical Methods	University of Jabalpur, Jabalpur.
Swami Satprakashananda	Methods of Knowledge	Advaita Ashrama, Calcutta.
Dr.B.P.Siddhashrama	Spiritual Globalization	Siddha Prakashana, No.31. Siddharoodha Nagar Srinagar, Dharwad-3.
L.V.Redman and A.V.H.Mory	The Romance of Research	Cambridge University Press, 1967.
Rist J.M.	Plotinus - The Road to Reality	Cambridge University Press, 1967.
David Scot and Tony Doubleday	The Elements of Zen Masters	Cambridge University Press, 1967.
Osho	The Perfect Way	Rajaneesh Ashrama, Poona.
Osho	Tantra: The Supreme Understanding	Rajaneesh Ashrama, Poona.
Osho	Vedanta: Seven Steps of Samadhi	Rajaneesh Ashrama, Poona.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-13**Course Title: DSC-13 YOGA THERAPY-1****Course Code: B3YOG002T**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-12	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. Have deep knowledge about diseases and Yogic Testament
2. Have basic knowledge of Common Diseases.

Course Objectives

1. It imparts deep knowledge of Yoga Therapy.

Unit	Title: Yoga Therapy-1	60 hrs/sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Importance of Case Study 2. Case History. 3. Principals of Yoga Therapy 4. Yogic Practices for Health Living 5. Definitions meaning and Scope of Yoga Therapy 	15 hrs
Unit II	Yoga Practices and Health <ol style="list-style-type: none"> 1. Therapeutic Benefits of Asana Practices 2. Therapeutic Benefits of Pranayama 3. Therapeutic Benefits of Shatkriyas 4. Therapeutic Benefits of Banda Mudras 5. Therapeutic Benefits of Meditation 	15 hrs
Unit III	Yoga treatment for Common Diseases <ol style="list-style-type: none"> 1. Back Pain, Lumbar Spondylosis 2. Arthritis 3. Bronchial Asthama 4. Hypertension 5. Constipation and Gastritis 	15 hrs
Unit IV	Laboratory Investigation <ol style="list-style-type: none"> 1. Importance of blood Analysis 2. Importance of X-ray Investigation in different diseases 3. Importance of Urine analysis in different diseases 4. Stool analysis 5. Types of Scanning and its importance in diagnosis of Diseases 	15 hrs

Recommended books:

Swami Rama	The Art of Joyful living	The Himalayan International Institute NIL, 24 A. Malviya Nagar New Delhi-110017.
Davidson	Anatomy and Physiology	The Himalayan International Institute NIL, 24 A. Malviya Nagar New Delhi-110017.
Jone. H. Clarke	Diseases of the Heart and Arteries	B. Join Pub. New Delhi

Hutchinsons	Clinical Methods	B. Join Pub. New Delhi
Dr. G.D.Thapar	Keart Attecks	U.B.S.Pub. New Delhi.
Davidson	Clinical Methods	U.B.S.Pub. New Delhi.
A.G.Likhachev	Diseases of the Ear, Nose & Throat	Mir, Pub. Moscow

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSE)-1**Course Title: DSE-1a ShivaSamhita****Course Code: B3YOG1001T**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSE-1a	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. It imparts deep knowledge of yoga practice to teacher and Practitioner
2. Individual will get basic knowledge of Yoga

Course Objectives

1. It imparts deep knowledge of Nadanusandhana.
2. Person will have the positive thinking and Spiritual enlightenment.

Unit	Title: ShivaSamhita	60 hrs/sem
Unit I	Prathama Patala <ol style="list-style-type: none"> 1. Introduction to shivaSmhita 2. Characteristics of Karmakanda. 3. Importance of Jnanakanda 4. Nature of Atman 5. Trigunas (Satva, Rojas and Tamas). 	15 hrs
Unit II	Dviteeya Patala <ol style="list-style-type: none"> 1. Bramhand Kalpit Shareer 2. Importance of Merudanda in humanbody 3. Nadies 4. Jeeva swarupa and Karmabhoga 5. Jeeva and Bramhan 	15 hrs
Unit III	Tritiya Patal <ol style="list-style-type: none"> 1. Dashpranas 2. Characteristics of Yoga siddhi 3. Yoga Vshtas- Armabhavastha, Ghatavastha, Parichayavastha, and Nishpattiavastha. 4. Kundalitni Jagrati 5. Bandhas and Mudras Benifits 	15 hrs
Unit IV	Chaturtha Patal and Pancham Patal <ol style="list-style-type: none"> 1. Obstacles while doing Yoga sadhana and Solution 2. Chaturvidha Yoga 3. Chakras Their activation and uses 4. Sushumna Sadhana and Benefits 5. Bramharandbra jnana phala Dhyana Siddhi, Samadhi, Importance of Dhyana 	15 hrs

Recommended books:

Shyam Gosh	The Original Yoga	Munshiram Manoharlal Pvt.Ltd., New Delhi 3 rd adn 2001.
ಡಾ. ಚಂದ್ರಮೌಳಿ ಎಸ್ ನಾಯ್ಕರ್	ಶಿವ ಸಂಹಿತೆ	ಮೇಧಾ ಪಬ್ಲಿಕೇಶನ್ಸ್ ಸಂಕಲ್ಪ ಜೆ.ಎಂ.ವಾಯರ್ ಫ್ಯಾಕ್ಟರಿ ಎದುರಿಗೆ ಕಲ್ಯಾಣ ನಗರ ಧಾರವಾಡ 580007 1ನೇ ಆವೃತ್ತಿ 2010.

Dr. C.S.Naikar	Ghatastha Yoga	Medha Publication Kalyan Nagar, Dharwad 580007. 1 st Adn 1997
Swami Digambar ji	Gherandha Samhita	Medha Pub. Kalyan Nagar, Dharwad 580007.
Dr. Mallikarjun paraddi and Sri Laxman	Hatha Pradipika of Shwathmaram	Kaivalyadhama S.M.Y.M.Samiti, Lonavala-1998
Kumar Sannellappannavar	Hatha Pradipika (Kan.)	Dr. G.K.Keiriwal, Bihar School of Yoga, Manger

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSE)-1b**Course Title: DSE-1b YOGA AND BUDDHA DARSHANA****Course Code: B3YOG1002T**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSE-1c	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. To Strengthen Consciousness
2. Realization of self and peace.

Course Objectives

1. To Strengthen Consciousness
2. Realization of self and peace.

Unit	Title: Yoga and Buddha Darshana	60 hrs/sem
Unit I	Introduction <ol style="list-style-type: none"> 1. Origin History and development of Yoga 2. Arya Ashtang Marga 3. Nature of Buddha Dharshana 4. Comparative study of Yoga Dharshana and Buddha Dharshana. 5. Classical Yoga 	15 hrs
Unit II	Theory of Consciousness <ol style="list-style-type: none"> 1. Yoga and Pachakosha's 2. Yoga and Pachakosha's of Consciousness 3. Yoga and Pancha Tanmatras 4. Yoga and Pancha pranas 5. Yoga and Pancha Anthakaran's 	15 hrs
Unit III	Principles of Buddha Dharshana <ol style="list-style-type: none"> 1. Four Nobel Truths 2. Arya Ashtanga Marga 3. Mandhamik's Concept of Consciousness 4. Sunyavada in Buddha Dharshana 5. PratitaSamutpad Vada 	15 hrs
Unit IV	The Concept Meditation <ol style="list-style-type: none"> 1. Vipassana Meditation 2. Mantra Meditation 3. Metta (Loving-Kindness) Meditation 4. Samatha Meditation 5. Zen Meditation 	15 hrs

Recommended books:

S. N. Dasgupta	Yoga Philosophy in Relation to other Systems of Indian thought.	Kegan Pub, London, 1924.
Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
S. N. Dasgupta	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.

Fenerstein George	The Yoga Tradition: Its History, Literature, Philosophy and Practice,	Bhavana Books and Prints, 2002
Swami Vivekananda	Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga.	Advaita Ashrama, Culcutta, 2000:
R. D. Ranade	Vedanta the Culmination of Indian Thought	Bharatiya Vidya Bhavan, Bombay
Dr. G. Srinivasan	Essentials of Vedanta	Bopco Publication, Bangalore
R. D. Ranade	A Constrictive Survey of Upanishadic Philosophy	Bharatiya Vidya Bhavan Mumbai-7
Gopi Krishna	Kundalini- The Secret of Yoga	U.B.S. Publisher's New Delhi
Swami Krishnananda	The Philosophy of life	The Divine life Society, P.O.Shivanand Nagar, U.P-India..
Swami Adidevand	ಭಾರತೀಯ ಆಧ್ಯಾತ್ಮಿಕ ಪರಂಪರೆ	ಶ್ರೀ ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ ಮೈಸೂರು-2006
Dr. N. G. Mahadevappa	Yoga Mattu Bharatiya Tatvashashtra	Suyoga Prakashana Dharwad- 2008

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSE)-1b

Course Title: DSE-1c Yoga Psychology

Course Code: B3YOG1003T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSE-1c	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. This text provides knowledge of stress strain, anger and anxiety.
2. Yoga Casts off stress, strain anger and anxiety

Course Objectives

1. It imparts deep knowledge of Nadanusandhana.
2. Person will have the positive thinking and Spiritual enlightenment.

Unit	Title: Yoga Psychology	60 hrs/sem
Unit I	Introduction to Yoga and Psychology 1. Definition and Scope of Psychology in Yoga 2. Application of Psychology in Yoga 3. The nature of Psychology in Yoga 4. Methods in Yoga Psychology 5. Yoga and Psychosomatic disorders	15 hrs
Unit II	Human Psychology and Yoga 1. Stages of Consciousness in Yoga 2. Yoga as intelligence 3. Yoga Sensation, Attention and perception 4. Yoga, Learning, Memory, Feeling 5. Yoga, Emotional, Intelligence	15 hrs
Unit III	Yoga and Behavior 1. Yoga and Human Behavior 2. Yoga Behavior and Consciousness 3. Yoga Psychological bases of Behavior 4. Nature of Yoga and behavior 5. Yoga and Stress Management.	15 hrs
Unit IV	Yoga and Personality 1. The nature and characteristics of Yogic personality. 2. Determinants of personality and Yoga 3. Types of Personality and Yogic Personality disorder 4. Yoga and Personality development. 5. Yoga and development of self concept	15 hrs

Recommended books:

Swami Adidevananda	The Yoga Psychology	Pub.Ramkrishna Vedanta Math Calcutta
Swami Rama & Swami Ajaya	Creative use of Emotion	Himalayan International Institute Malviya Nagar, New Delhi-110017
Swami Rama & Swami Ajaya	Yoga and Psychotherapy-the Evolution of Consciousness	Himalayan International Institute Malviya Nagar, New Delhi-110017

Geraldine Coster	Yoga and Western Psychology	41.U-A Bungalow Road, Jawahar Nagar Delhi- 110007.
Munn N.L	Introduction to Psychology	Pub.Oxford & IBH Pub.Co. Calcutta
Bhatia H.R	General Psycology	Pub. Oxford & IBH Pub.Co.Calcutta
Dharanendraiah A.S	Samanya Mano Vijnana (Kannada)	Pub. Mys.Uni.Mysore
Nataraj P.K	Samanya Mano Vijnana Vol I & II	Pub.Mysore Uni.Mysore
B.Krishnamurthy and K.L.Reddy	Psychological Immunity	Pub.Mysore Uni.Mysore

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-14**COURSE TITLE: DSC-14 YOGA PRACTICAL - 5****Course Code: B3YOG003P**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-14	Practical	04	08	120hrs.	4hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
2. Helps to develop immunity.
3. Integration of body Prana and Mind
4. stability of body, mind helps to Spiritual enlightenment

Course Objectives:

1. Acquire the knowledge of Practical Fluency.
2. Acquire the knowledge of Lecture Com-Demonstration.
3. Acquire the knowledge of Health and Personality.

List of the Yogic practices - 120hrs/semester

Unit	Title: Yoga Practical-5	120 hrs/sem
Unit I	Repetition of Previous Practices Poorvothanasana, Utkatasana, Bhujapedasana, Pada angusthasana, Gorbhasana, Karnapedasana, Yoga nidrasana, Ekapaadaasheershasana, Shwasana	30 hrs
Unit II	Pranayamas Ujjayi, Bhramari with Shanmukh, mudra	30 hrs
Unit III	Yogic Kriyas Vamana Dhouti- Meaning, Precautions, Procedure and uses.	30 hrs
Unit IV	Bandhas, Mudras and Meditation Jivha Bandha, Shanmukhi Mudra, Transcendental Meditation, Meaning, Procedure and uses	30 hrs

Books recommended :

Swami Kuvalyananda	Asanas	Kaivalyadhama, Lonavala, 1982.
O.P Tiwari,	Asana: Why and How	Kaivalyadhama, Lonavala, 1991.
Swami Satyananda Saraswati	Asana, Pranayama, Mudra, Bandha	Bihar Schools of Yoga, Mager, 1989.
B.K.S Iyengar	Yoga Deepika (Kannada)	V.K. Yogas, Bangalore, 1989.
Prakash Yogi	Yogamrutadeepika (Kannada)	Patanjali Yoga Shrama Trust, Bangalore, 2002.

ಸಿತಾರಾಂ ಸಿ.	ಸಾಮಾನ್ಯ ರೋಗಗಳಿಗೆ ಯೋಗ ಚಿಕಿತ್ಸೆ	ವಾಸನ್ ಬುಕ್ ಡಿಪೋ, ಬೆಂಗಳೂರು, 1998
Dr. M.L.Gharote	Yogic Techniques	The Lonaval Yoga Institute India, Lonaval, 1999
Geeta S.Iyengar	Yoga-a gem for Women	Allied Publishers Limited, ISBN, 2000
Swami Satyananda	Pranayama	Kaivalyadhama, Lonavala, 1983.
Nagendra H.R.	The Art & Science of Pranayama	V.K.Yogas,Bangalore,1993.
Swami Yateeshwarananda	Dhyana Jeevan Deepika (Kannada)	Ramakrishnashrama Bangalore, 1984.
Nimbalkar S.P	Yoga for Health & Peace	Yoga Vidya Niketan, Bombay, 1992.
Iyengar B.K.S	Yoga (Asanagalu, Pranayama, Mudregalu, Kriyegalu)(Kan.)	V.K.Yogas,Bangalore-1998.
Lajapat Rai and Others	Meditation: Techniques and there Scientific Evaluation	Anubhava Rai Publication, Gurgaon, 1999.
Dr. H. R. Nagendra and Dr. Nagaratna	Integral approach positive Health (Kannada and English)	
MDNY	Yoga Protocol-2015	Murarji Desai National institute of Yoga (MDNY) New Delhi-2015

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-15**COURSE TITLE: DSC-15 YOGA PRACTICAL -6****Course Code: B3YOG004P**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-15	Practical	04	08	120hrs.	4hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

- 1.Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
- 2.Helps to develop immunity.
- 3.Integration of body prana and mind
- 4.stability of body, mind helps to spiritual enlightenment

Course Objectives:

1. Acquire the knowledge of Practical Fluency.
2. Acquire the knowledge of Lecture Com-Demonstration.
3. Acquire the knowledge of Health and Personality.

List of the Yogic practices - 120hrs/semester

Unit	Title: Yoga Practical-6	120 hrs/sem
Unit I	Repetition of Previous Practices Aakarnadhanurasana, Bakasana, Padmapoorvothanasasana, Dhanurasana, Kukkutasana, Ardha-Baddha- Padmapaschimothanasana, Ekapad rajakapotasana, shavasana	30 hrs
Unit II	Pranayamas Bhastrika, Bhramani-2 without shanmukhi mudra	30 hrs
Unit III	Yogic Kriyas Vastra Dhoti- meaning, precacetions, procedures and advantages.	30 hrs
Unit IV	Bandhas, Mudras and Meditation Mahabandha, Simha mudra, Yoganidra-Meditation- Meaning, Procedure and advantages	30 hrs

Books recommended :

Swami Kuvulyananda	Asanas	Kaivalyadhama, Lonavala,1982.
Tiwari, O.P	Asana: Why and How	Kaivalyadhama, Lonavala,1991.
Swami Satyananda Saraswati	Asana,Pranayama,Mudra,Bandha	Bihar Schools of Yoga, Manger, 1989.
B.K.S Iyengar	Yoga Deepika (Kannada)	V.K. Yogas,Bangalore, 1989.
Prakash Yogi	Yogamrutadeepika (Kannada)	Patanjali YogaShrama Trust, Bangalore, 2002.

Vethathiri Maharshi	Simplified Physical Exercises	Vetharthin Publ., Erode-638001.
ಸಿತಾರಾಂ ಸಿ.	ಸಾಮಾನ್ಯ ರೋಗಗಳಿಗೆ ಯೋಗ ಚಿಕಿತ್ಸೆ	ವಾಸನ್ ಬುಕ್ ಡಿಪೋ, ಬೆಂಗಳೂರು, 1998
Dr. M. L. Gharote	Yogic Techniques	The Lonaval Yoga Institute India, Lonaval, 1999
Geeta S.Iyengar	Yoga-a gem for Women	Allied Publishers Limited, ISBN, 2000
Swami Satyananda	Pranayama	Kaivalyadhama, Lonavala,1983.
Nagendra H.R.	The Art & Science of Pranayama	V.K.Yogas,Bangalore,1993.
Swami Yateeshwarananda	Dhyana Jeevan Deepika (Kannada)	Ramakrishnashrama Bangalore, 1984.
Nimbalkar S.P	Yoga for Health & Peace	Yoga Vidya Niketan, Bombay, 1992.
B.K.S Iyengar	Yoga (Asanagalu, Pranayama, Mudregalu, Kriyegalu)(Kan.)	V.K.Yogas,Bangalore-1998.
Lajapat Rai and Others	Meditation: Techniques and there Scientific Evaluation	Anubhava Rai Publication, Gurgaon, 1999.
Dr. H. R. Nagendra and Dr. Nagaratna	Integral approach positive Health (Kannada and English)	
MDNY	Yoga Protocol-2015	Murarji Desai National institute of Yoga (MDNY) New Delhi-2015

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Open Elective Course- 2

COURSE TITLE: YOGA AND ETHICS

Course Code: B3YOG201T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
OEC-2	Theory	03	04	45hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. To impart Good Yogic Life style.
2. To impart the Personality Development and Good Human being.

Course Objectives:

1. To impart Good Yogic Life style.
2. To impart the Personality Development and Good Human being.

Unit	Title: Yoga and Ethics	45 hrs/sem
Unit-I	Introduction 1. Yoga Definition Nature and Scope of Ethics and Spiritualism. 2. Spiritualism and Philosophy Ethics and Yoga 3. Yoga and Ethics, Self and Consciousness 4. Panchakoshas and discovery of self 5. Jaagaruk, Swapna, Sushupti and Turiya	15 hrs
Unit-II	Concept of God 1. Theries of God 2. Proofs for the existence of God 3. God and spiritual values. 4. God-religious dialogue. 5. Spiritual Values and unity of mankind.	15 hrs
Unit-III	God, Soul and World 1. God and his creation 2. The relationship of God with Selves and world-cycle 3. Values and self realization 4. Values and God realization 5. Bondage release and means	15 hrs
Unit-IV	Values and self consciousness 1. Yoga and Ethical Values 2. Yoga, Consciousness and Materialism 3. Abslouete consciousness and self 4. Self and Re-incarnation 5. Ashtanga Yoga	15 hrs

Recommended books:

Karela Werner	Yoga and Indian Philosophy	Motilal Banarsidas, Delhi, 1979.
Swami Prabhavananda	Spiritual Heritage of India	Sri. Ramkrishna Math, Madras, 2004.

Swami Prabhavananda	Bharatiy Adhyatmika Parampare	Sri. Ramkrishna Math, Madras, 2004.
Dasgupta S.N.	Yoga as Philosophy and Religion	Kegan Pub, London, 1924.
Kunhan Raja	Some Fundamental Problems in Indian Philosophy.	Motilal Banarsidas, Delhi, 1974.
Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
Dasgupta S.N.	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-16

Course Title: DSC-16 YOGA IN BHAGAVADGEETA

Course Code: B4YOG001T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-16	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Bhagavadgeeta impart Yogic knowledge of Birth and Death.
2. impart yogic knowledge of Right action.

Course Objectives

1. Bhagavadgeeta impart Yogic knowledge of Birth and Death.
2. impart yogic knowledge of Right action.

Unit	Title: Yoga in Bhagavadgeeta	60 hrs/sem
Unit I	Sankhya Yoga and Karma Yoga <ol style="list-style-type: none"> 1. Meaning of Yoga 2. Description of Sankhya Yoga 3. Nature of Sakam karma and Characteristics of Stitapranja 4. Characteristics of jnani and Ajnani 5. Importance of Jnana and Karma Yoga 	15 hrs
Unit II	Jnana Karma Sanyas Yoga, Karmasanyasayoga and Atmasamyam Yoga <ol style="list-style-type: none"> 1. Charecteristics of Jnanayogai and Karmayogi. 2. Significance of jnana 3. Diference between Sakamakarmayogi and NishamkarmaYogi 4. Concept of Bhakti and Dhyana, Disription of Dhyana yoga, Manonigraha 5. Yogaroodhapurushalaxana, 	15 hrs
Unit III	Rajavidyarajaguhya yoga, Vibhuti yoga, Bhakti yoga <ol style="list-style-type: none"> 1. Glory of Niskamabhakti 2. Description of Yoga Shakti 3. Sakara and Nirakara Bhakti 4. Bhagavat prati purshan Laxana 5. Asuri and daivi Swabhava 	15 hrs
Unit IV	Gunatraya Vibhagayoga, Shredhatraya Vibhagayoga, Mokshasanyasayoga <ol style="list-style-type: none"> 1. Characteristics of Satvaguna 2. Characteristics of Rajo and Tamo guna 3. Characteristics and Importance of Satva, Rajo and Tamo, Aahara 4. Matter of Sacrifies 5. Importance of Bhagavadgeeta 	15 hrs

Recommended books:

Gorkpur Press	Geeta Press	Geeta publication
Swami Abhedananda	Bhagavatgita	RamakrishnaVedanta Math, Culcutta.
ಸೋಮನಾಥಾನಂದ	ಗೀತಾ ಭಾವಧಾರೆ	ಶ್ರೀ ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಮೈಸೂರು 570020 5ನೇ ಆವೃತ್ತಿ 1893

ಸ್ವಾಮಿ ಆದಿದೇವಾನಂದ	ಶ್ರೀಮದ್ಭಗವದ್ಗೀತಾ	ಶ್ರೀ ರಾಮಕೃಷ್ಣ ಆಶ್ರಮ, ಮೈಸೂರು 570020 11ನೇ ಆವೃತ್ತಿ 2005.
ಗೀತಾಪ್ರೇಸ್ ಗೋರಕಪುರ	ಶ್ರೀಮದ್ಭಗವದ್ಗೀತೆ	ಗೀತಾಪ್ರೇಸ್ ಗೋರಕಪುರ 273005 (ಇಂಡಿಯಾ) ಗೋವಿಂದ ಭವನ ಕಲಕತ್ತಾ 12ನೇ ಆವೃತ್ತಿ 2007

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-17

Course Title: DSC-17 YOGA THERAPY-2

Course Code: B4YOG002T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-12	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Have deep knowledge about diseases and Yogic Testament
2. Have basic knowledge of Common Diseases.

Course Objectives

1. It imparts deep knowledge of Yoga Therapy.

Unit	Title: Yoga Therapy-2	60 hrs/sem
Unit I	Introduction and List of Treatment <ol style="list-style-type: none"> 1. Health meaning and Definitions 2. Disease- types, Yogic Concept of Disease 3. Importance of Tridosha theory in yoga therapy 4. Importance of pancha kosha theory in Yoga therapy 5. Importance of 25 Tatva Theory in Yoga therapy 	15 hrs
Unit II	Effect of Yoga therapy on <ol style="list-style-type: none"> 1. Digestive System 2. Cardio Vascular System 3. Respiratory System 4. Endocrine System 5. Nervous System 	15 hrs
Unit III	Yoga therapy for Pallor of disease <ol style="list-style-type: none"> 1. Obesity and its management in yoga therapy 2. Head ache and migraine, Thyroid problems. 3. Insomnia and Depression Anxiety management in yoga therapy 4. Diabetes Mellitus and its management in yoga therapy 5. Menstrual Disorders and management in yoga therapy 	15 hrs
Unit IV	Diet and Yoga Therapy on following health Condition. <ol style="list-style-type: none"> 1. Yoga therapy in healthy lives 2. Yogic Diet patya, apathy, mithaara on health and disease. 3. Yoga therapy in Personality Development 4. Yoga therapy in stress Management 5. Yoga therapy on heart problems. 	15 hrs

Recommended books:

Swami Rama	The Art of Joyful living	The Himalayan International Institute NIL, 24 A. Malviya Nagar New Delhi-110017.
Davidson	Anatomy and Physiology	The Himalayan International Institute NIL, 24 A. Malviya Nagar New Delhi-110017.
Jone. H. Clarke	Diseases of the Heart and Arteries	B. Jain Pub. New Delhi

Hutchinsons	Clinical Methods	B. Join Pub. New Delhi
Dr. G.D.Thapar	Keart Attecks	U.B.S.Pub. New Delhi.
Davidson	Clinical Methods	U.B.S.Pub. New Delhi.
A.G.Likhachev	Diseases of the Ear, Nose & Throat	Mir, Pub. Moscow

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-18

Course Title: DSC-18 YOGA AND WORLD PEACE

Course Code: B4YOG003T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-18	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Yoga divinizes human consciousness for the world peace and harmony
2. Yoga Provides Global Vision

Course Objectives

1. Yoga divinizes human consciousness for the world peace and harmony
2. Yoga Provides Global Vision

Unit	Title: Yoga and World Peace	60 hrs/sem
Unit I	Peace in Theory and Practice <ol style="list-style-type: none"> 1. Yoga as peace Science 2. Peace as a non injury, compassion, love and service 3. Peace with justice through non-violent action 4. Multi-dimentional aspect of Yoga 5. Peace Non-Violence and development 	15 hrs
Unit II	Social Aspect of peace <ol style="list-style-type: none"> 1. Non-Violent Social Change 2. Creating peaceful social Structure 3. Mass Violence, Suicide, Crime 4. Yogic treatment for socio-individual disorders 5. Development of peace through Iccha, Kriya and Jnanashakti 	15 hrs
Unit III	Psychological aspect of peace <ol style="list-style-type: none"> 1. Psychology of crime and deviant behavior 2. Psychology of nationalism child abuse adolescent aggression 3. Yogic treatment for the diseased individual 4. Yogic treatment for the diseased Social Psyche 5. Five Mental States 	15 hrs
Unit IV	Gandhi's Contribution to peace <ol style="list-style-type: none"> 1. Gandhi an Satyagraha modes. 2. Yoga education as value education 3. Education experiment 4. Peace awards 5. Role of UNO for establishment of peace 	15 hrs

Recommended books:

Karela Werner	Yoga and Indian Philosophy	Motilal Banarsidas, Delhi, 1979.
Swami Prabhavananda	Spiritual Heritage of India	Sri. Ramkrishna Math, Madras, 2004.
Swami Prabhavananda	Bharatiy Adhyatmika Parampare	Sri. Ramkrishna Math, Madras, 2004.
Dasgupta S.N.	Yoga as Philosophy and Religion	Kegan Pub, London, 1924.

Kunhan Raja	Some Fundamental Problems in Indian Philosophy.	Motilal Banarsidas, Delhi, 1974.
Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
Dasgupta S.N.	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSE)-2a**Course Title: DSE-2a TEACHING METHODS FOR YOGIC PRACTICES****Course Code: B4YOG1001T**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSE-2a	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. Gives the holistic information of yoga practical teaching to students.
2. It helps the Students and Yoga Practitioner to have the knowdage differeent kinds of Yoga teaching.

Course Objectives

Unit	Title: Teaching Methods for Yogic Practices	60 hrs/sem
Unit I	Introduction to teaching Methods <ol style="list-style-type: none"> 1. Meaning and objectives and scope of teaching methods. 2. Role of Teaching and learning in Yoga Education. 3. qualities of perfect yoga teacher. 4. Miss under standing about yoga practice. 5. Roles and regulations to be followed by Yoga Practitioner 	15 hrs
Unit II	Yoga and Yogic Practices <ol style="list-style-type: none"> 1. Importance of Yoga Prachle in Education 2. Difference between Yoga Practices and Physical Exercise 3. Yoga and Value Education 4. Importance of Asana, Pranayamas and Meditation Practices 5. Importance of Bandas and Mudras, and Shetkriyas 	15 hrs
Unit III	Teaching Methods in Yogic Practices <ol style="list-style-type: none"> 1. Significance of Yoga teaching Methods 2. factors influencing Teaching Methods. 3. Lecturer Method and Demonstration Method in Yoga Practices. 4. Lecturer cum Demonstration Method and Other methods in Yoga 5. Importance of Yoga Sceintific principles. 	15 hrs
Unit IV	Class Management and Lesson Plan <ol style="list-style-type: none"> 1. Importance of Class Management in Yoga practice 2. Steps of Class management in Yoga Practice 3. Meaning and Importance of Lesson plan in yoga Practice and Benefits of Lesson plan to teacher and students 4. Steps of Lesson plan in yoga Practice 5. Each student have to present a lesson plan on any one of yoga practices in classrooms. 	15 hrs

Recommended books:

Gharote M.L. & Ganguly S.K.	Teaching Method for Yogic Practices	Kaivalyadhama, Lonavala, 1988
Satyapad Duggal	Teaching Yoga	The Yoga Institute, Santacruz, Bombay, 1985
Jaydev Yogendra	Yoga Cyclopedia (Vol. I,II & III)	The Yoga Institute, Santacruz, Bombay, 1990

Nagendra H.R. & others	Yoga in Education (Kannada & English)	V.K.Yogas, Bangalore, 1994
Swami Satyananda Saraswati	Yoga Education for Children	Bihar Schools of Yoga, Munger, 1990
Mandaleek V.V	Yoga Shikshana (Kannada)	Yoga Chaitanya Prakashana, Nasik, 2004

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSE)-2b**Course Title: DSE-2b GHERANDA SAMHITA****Course Code: B4YOG1002T**

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSE-2b	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):**After Completion of the course students will be able to:**

1. It imparts deep knowledge of Yoga Practices to teacher and Practitioner.
2. It imparts the importance of yoga practices to aspirant of Yoga in this modern era

Course Objectives

1. It imparts deep knowledge of Yoga Practices to teacher and Practitioner.
2. It imparts the importance of yoga practices to aspirant of Yoga in this modern era

Unit	Title: Gheranda Samhita	60 hrs/sem
Unit I	Introduction and Prathamopadesh 1. Meaning, Nature, aim and objectives of texts. 2. Outlines of Gheranda Samhita 3. technique and importance of Shet karmas 4. Techniques and Significance of Dhouti, Basti and Neti 5. Techniques and Significance of Noulī Tratak, and types of Kapalabhati	15 hrs
Unit II	Dvitiyopadesha and Tritiyopadesh 1. Meaning, technique, Precautions and benefits of Cultural and advance Asanas 2. Meaning, procedure and benefits of Meditative asanas 3. Introduction to Mudras 4. Procedure and benefits of Mudras 5. Banda triyas and Panchadharan Mudras	15 hrs
Unit III	Chaturthopadesha and Panchmopadesha 1. Introduction, meaning Nature and significance of Pratyahara 2. Preparation, Introduction, Nature and Significance of Pranayam 3. Procedure, precautions and benefits of Pranayama Practices 4. Significance Astakumbhak Pranayamas 5. Importance of food and Mitahara.	15 hrs
Unit IV	Shastopadesha and Saptam Updesh 1. Nature of Dhyana 2. Kinds of Dhyanas and their importance 3. Importance of Dhyana practices in modern days 4. Nature of Samadhi 5. Types of Samadhi	15 hrs

Recommended books:

Dr. C. S. Naiker	Ghatayoga (Yogic text- Sanskrit with Translation)	Medha publisher Dharwad 1997
Dr. C. S. Naiker	Saptanga Yoga (Yoga Granth- Sanskrit-Kannada-English)	Medha publisher Dharwad 1996, 2019
Dr. C. S. Naiker	Gheranda Samhite (Yoga Granth- Sanskrit-Kannada-English)	Medha publisher Dharwad 1995

Dr. C. S. Naiker	Ghatasta Yoga (Sanskrit-Kannada)	Medha publisher Dharwad 1997
Dr. C. S. Naiker	Gherand Muniya Saptasadhanagalu Yoga (Yoga Granth- Sanskrit- Kannada-English)	Medha publisher Dharwad 2019
Dr. C. S. Naiker	Seven Steps of Gheranda Muni Yoga (Sanskrit--English Yoga Text)	Medha publisher Dharwad 2019

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSE)-2c

Course Title: DSE-2c YOGA AND SPIRITUALITY

Course Code: B4YOG1003T

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSE-2c	Theory	04	04	60hrs.	3hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Yoga establishes Spiritualism and globalization
2. Yoga is the science of Spirituality

Course Objectives

1. Yoga establishes Spiritualism and globalization
2. Yoga is the science of Spirituality
- 3.

Unit	Title: Yoga and Spirituality	60 hrs/sem
Unit I	Introduction 1. Definition, nature and scope of Spiritualism 2. Problems and perspectives of Spiritualism 3. Spiritualism compared with Philosophy, 4. Yoga Religion 5. Ethics and Yoga	15 hrs
Unit II	The Concept of Self 1. Self and Consciousness 2. Self and Reincarnation 3. Panchakosha and discovery of Self 4. Jagrat, Swapna, Sushupti and Turiya 5. State of Samadhi	15 hrs
Unit III	Self-Consciousness 1. Consciousness and Materialism 2. The Doctrine of Soul Substance and personal Identity of Self 3. Absolute Consciousness 4. Self (Sat-Cit-Anand) 5. Spiritualism and Consciousness	15 hrs
Unit IV	Concept of God 1. Theories of God and proofs for the existence of God. 2. God Religious Dialogue 3. Adaptation of common Spiritual Values 4. Unity of mankind 5. Bondage, release and means	15 hrs

Recommended books:

Karela Werner	Yoga and Indian Philosophy	Motilal Banarsidas, Delhi, 1979.
Swami Prabhavananda	Spiritual Heritage of India	Sri. Ramkrishna Math, Madras, 2004.
Swami Prabhavananda	Bharatiy Adhyatmika Parampare	Sri. Ramkrishna Math, Madras, 2004.

Dasgupta S.N.	Yoga as Philosophy and Religion	Kegan Pub, London, 1924.
Kunhan Raja	Some Fundamental Problems in Indian Philosophy.	Motilal Banarsidas, Delhi, 1974.
Stace W.T.	Mysticism and Philosophy	Macmillan and Co. London, 1961.
Dasgupta S.N.	Hindu Mysticism	Motilal Banarsidas, Delhi, 1927.
Swami Jnanananda	Philosophy of Yoga	Sri. Ramakrishnanshrama, Mysore.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

Discipline Specific Course (DSC)-19

COURSE TITLE: DSC-19 YOGA PRACTICAL -7

Course Code: B4YOG004P

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
DSC-17	Practical	04	08	120hrs.	4hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

- 1.Practice of Yoga helps to prevent diseases promotes health and incase of diseases helps to cure
- 2.Helps to develop immunity.
- 3.Integration of body prana and mind
- 4.stability of body, mind helps to spiritual enlightenment

Course Objectives:

1. Acquire the knowledge of Practical Fluency.
2. Acquire the knowledge of Lecture Com-Demonstration.
3. Acquire the knowledge of Health and Personality.

List of the Yogic practices - 120hrs/semester

Unit	Title: Yoga Practical-7	120 hrs/sem
Unit I	Repetition of Previous Practices Kapatasana, hanumanasana, setubndha sarvangasana, ekapada rajakopotasana, Marichasana, Bharadwajasana, Mayurasana, Shirshasana, Padmashirshasana.	30 hrs
Unit II	Pranayamas with Kumbhaka Ratio (1:4:2:1) Suryabhedana, Chandrabhedana, Suryanuloma Viloma, Chandranuloma viloma, Nadishodhana, Sheetal, Sheetkari, Ujjayi.	30 hrs
Unit III	Yogic Kriyas Agnisara, Jyoti Trataka, Jatru trataka.	30 hrs
Unit IV	Cyclic Meditation Meaning, Procedure, and uses.	30 hrs

Books recommended :

Swami Kuvulyananda	Asanas	Kaivalyadhama, Lonavala, 1982.
Tiwari, O.P	Asana: Why and How	Kaivalyadhama, Lonavala, 1991.
Swami Satyananda Saraswati	Asana, Pranayama, Mudra, Bandha	Bihar Schools of Yoga, Manger, 1989.
B.K.S Iyengar	Yoga Deepika (Kannada)	V.K. Yogas, Bangalore, 1989.
Prakash Yogi	Yogamrutadeepika (Kannada)	Patanjali YogaShrama Trust, Bangalore, 2002.
Vethathiri Maharshi	Simplified Physical Exercises	Vetharthin Publ., Erode-638001.

ಸಿತಾರಾಂ ಸಿ.	ಸಾಮಾನ್ಯ ರೋಗಗಳಿಗೆ ಯೋಗ ಚಿಕಿತ್ಸೆ	ವಾಸನ್ ಬುಕ್ ಡಿಪೋ, ಬೆಂಗಳೂರು, 1998
Dr. M. L. Gharote	Yogic Techniques	The Lonaval Yoga Institute India, Lonaval, 1999
Geeta S.Iyengar	Yoga-a gem for Women	Allied Publishers Limited, ISBN, 2000
Swami Satyananda	Pranayama	Kaivalyadhama, Lonavala, 1983.
Nagendra H.R.	The Art & Science of Pranayama	V.K.Yogas, Bangalore, 1993.
Swami Yateeshwarananda	Dhyana Jeevan Deepika (Kannada)	Ramakrishnashrama Bangalore, 1984.
Nimbalkar S.P	Yoga for Health & Peace	Yoga Vidya Niketan, Bombay, 1992.
B.K.S Iyengar	Yoga (Asanagalu, Pranayama, Mudregalu, Kriyegalu)(Kan.)	V.K.Yogas, Bangalore-1998.
Lajapat Rai and Others	Meditation: Techniques and there Scientific Evaluation	Anubhava Rai Publication, Gurgaon, 1999.
Dr. H. R. Nagendra and Dr. Nagaratna	Integral approach positive Health (Kannada and English)	
MDNY	Yoga Protocol-2015	Murarji Desai National institute of Yoga (MDNY) New Delhi-2015
Swami Satyananda Saraswati	Surya Namaskara	Bihar Schools of Yoga, Manger, 1983.

Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	10
Internal Assessment Test 2	10
Assignment/ Tutorial / Book review / Seminars	05
Total	25 Marks
<i>Formative Assessment as per guidelines.</i>	

PROJECT

COURSE TITLE: PRACTICAL DISSERTATION

Course Code: B4YOG005P

Type of Course	Theory /Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
Project	Practical	04	04	60hrs.	4hrs.	25	75	100

Course Outcomes (COs):

After Completion of the course students will be able to:

1. Its gives a self ability to Yoga Practitioners
2. It helps to gain new facts in the Yoga field.

Course Objectives:

1. Its gives a self ability to Yoga Practitioners
2. It helps to gain new facts in the Yoga field.

Project Practical

75 Marks

Student should select a topic under the eara of applied yoga and cary out an empirical study Further prepare a dissertation Practical following of the records method properly and submit to the Department.

Viva-voce

25 Marks

There shall be dissertation Viva-voce Exam, By the Board of Examiners at the end of all theory/ Practical Examination.

GENERAL PATTERN OF THEORY QUESTION COURSE FOR DSC/ DSE/VOC

(75 marks for semester end Examination with 3hrs duration)

Part-A

1. Question number 1-05 carries 4×5 marks each. : 20 marks

Part-B

2. Question number 06- 11 carries 4×10 Marks each. Answer any 04 questions : 40 marks

Part-C

3. Question number 12 carries 1×15 Marks each. Answer any 01 questions : 15 marks
questions for 1+5 or 6+11 or 12 if necessary)

Total: 75 Marks

Note: Proportionate weight age shall be given to each unit based on number of hours Prescribed