



Practical Subject

KARNATAK UNIVERSITY, DHARWAD

04 - Year B.A. (Degree) Program

SYLLABUS

Subject: Yoga Studies

[Effective from 2022-23]

DISCIPLINE SPECIFIC CORE COURSE (DSCC) FOR SEM III & IV,

OPEN ELECTIVE COURSE (OEC) FOR SEM III & IV

AS PER N E P - 2020

Karnatak University, Dharwad
Three Years Under Graduate Program in Yoga Studies for B.A. (Degree)
Effective from 2022-23

Sem	Type of Course	Theory/ Practical	Instruction hour per week	Total hours of Syllabus / Sem	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks	Credits
III	DSCC 5 013YOG011	Theory	04hrs	56	02 hrs	40	60	100	04
	DSCC 6 013YOG012	Practical	04 hrs	52	03 hrs	25	25	50	02
	OEC-3 003YOG051	Theory	03 hrs	42	02 hrs	40	60	100	03
IV	DSCC 7 014YOG011	Theory	04 hrs	56	02 hrs	40	60	100	04
	DSCC 8 014YOG012	Practical	04 hrs	52	03 hrs	25	25	50	02
	OEC-4 004YOG051	Theory	03 hrs	42	02 hrs	40	60	100	03
Details of the other Semesters will be given later									

Name of Course (Subject):B A in Yoga studies

Programme Specific Outcome (PSO):

On completion of the 03 years Degree in Yoga Studies students will be able to:

PSO 1 : Achieve Positive health.

PSO 2 : Achieve overall personality development.

PSO 3 : Get acquainted with the knowledge of scientific training in Yogic theory and Practical

PSO 4 : Get acquainted with the knowledge of importance of Yogic science in modern days.

PSO 5 : Get acquainted with the knowledge of Yoga philosophy and Psychology.

PSO 6 : Get acquainted with the knowledge of Human Biology and Yoga Therapy.

PSO 7 : Get higher courses and research in various aspects of Yogic science.

PSO 8 : Achieve positive, creative, constructive thinking with good mental health.

PSO 9 : Achieve physical, mental, social and spiritual growth.

PSO 10 : Achieve holistic health.

B.A. Semester – III

Subject: Yoga Studies
Discipline Specific Course (DSC)

The course B.A. Yoga Studies in I semester has two papers (Theory Paper –I for 04 credits & Practical Paper - II for 2 credits) for 06 credits: Both the papers are compulsory. Details of the courses are as under.

DSCC-5 (Theory): 013YOG011

Course No.	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
DSCC-5	DSCC	Theory	04	04	56 hrs	2hrs	40	60	100

DSCC-5 (Theory): Title of the Course (Theory): **Traditional yogic texts and human biology-I**

Course Outcome (CO):

After completion of course (Theory), students will be able to:

CO 1 : Get acquainted with the knowledge of yoga traditions.

CO 2 : Gain the detailed knowledge of Samadhi pada and sadhana pada of patanjali Yoga sutra

CO 3 : Gain the detailed knowledge of first two upadeshas of Hathayoga pradipika.

CO 4 : Get thorough knowledge of support system and maintenance systems of Human Biology.

Syllabus- DSCC-5 (Theory): Title- Traditional yogic texts and human biology-I	Total Hrs: 56
Unit-I Brief survey of Traditions of Yoga	14 hrs
Chapter No. 1 Vedic period and non-Vedic period Chapter No. 2 Essence of Upanishods and Yoga Chapter No. 3 Samkhya and Yoga darshanas	
Unit-II Patanjali Yoga Sutra and Hathayoga Pradipika	14 hrs
Chapter No. 4. Samadhi pada (sloka 1 to 51) Chapter No. 5. Sadhana pada (sloka 1 to 55) Chapter No. 6. Hathayoga sadhana- Prathama and Dwitiya Upadesha.	
Unit-III Support system of Human Biology	14 hrs
Chapter No. 7. Cell and Tissue.	

Chapter No. 8. Skeletal system. Chapter No. 9. Muscular system.	
Unit-IV Maintenance system of Human Biology	14 hrs
Chapter No. 10. Cardio- Respiratory system. Chapter No. 11. Digestive System. Chapter No. 12. Urinary System.	

Books recommended.

Text Books

1. Swami Digambaraji - Hatha pradipika - Kaivalyadhama, Lonavala, 1982
2. Swami Adidevananda - Patanjali Yoga Darshana (Kannada)
3. N.G. Mahadevappa- Yoga and Bhartiya Tatvashatra (Kannada)

References

1. Ajitkumar - Yoga Pravesha (Kannada), Rashtrottana Sahitya Parishat, Bangalore, 1990
2. Burley, Mihel - Hathayoga, its context Theory and practice.
3. Nadiger A. K- Shareera Rachane mattu Gunadharma Shastra (Kannada) Shareera Shikshana
Prakashana, dharwad 1999.
4. Evelyan C Peare- Anatomy and Phisiology for Nurses- Faber and Faber Ltd. London, 1968.
5. Shirley Telles- A Glimpses of the Human body- V. K. Yogas, Bangalore 1995.

B.A. Semester – III

**Subject: Yoga Practical
Discipline Specific Course (DSC)**

DSCC-6 (Practical) : 013YOG012

Course No.	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
DSCC-6	DSCC	Practical	02	04	52 hrs	3hrs	25	25	50

DSCC-6 (Practical): Title of the Course (Practical): Yoga Practical

Course Outcome (CO):

After completion of course (Practical), students will be able to:

- CO 1 : Explain and demonstrate various asanas.**
- CO 2 : Explain and demonstrate various Pranayamas.**
- CO 3 : Explain and demonstrate Bandha and Mudra.**
- CO 4 : Explain and demonstrate Kriyas (Jalaneti and Sutraneti)**
- CO 5 : Develop good physical and mental health.**

List of the Yogic Practices for 52 hrs / Semesters

Unit-1 A. Asanas:

- Standing : Ardha chakrasana, Pada hastasana.
Sitting : Janu Shirasana, paschimottanasana.
Prone : Purna Dhanurasana, Ekapada kapotasana.
Supine : Chakrasana, Karna peedasana.

B. Bandha- Mudra- Jalandhara bandha, Yoga Mudra.

Unit-2 A. Pranayama Sadhana : Nadishodhana Pranayama with kumbhaka, Ujjayi pranayama

B. Yogic Kriya- Vamana dhauti and Vastra dhuti.

General instructions:

- **Journal/Workshop/ Seminar:**

Journal: The students have to write minimum ten assignment on different topics related to Yoga practical as given by the Yoga Practical teacher. The journals have to be signed by the concerned practical teacher and the chairman of the department and shall be produced at the time of practical examination for evaluation.

Scheme of Practical Examination (distribution of marks): 25 marks for Semester end examination

- | | |
|---------------|-----------------|
| 1. Asanas: | 08 Marks |
| 2. Pranayama: | 04 Marks |
| 3. Kriyas: | 03 Marks |
| 4. Viva: | 05 Marks |
| 5. Journal: | 05 Marks |
| Total | 25 marks |

Note: Same Scheme may be used for IA(Formative Assessment) examination

Books recommended.

Text Books

1. Tiwari O P: Asana Why and How - Kaivalyadhama, Lonavala 1991)
2. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha - Bihar School of Yoga, Munger, 1989)
3. Tiruka - Yogasanagalu (Kannada) - Anantha Sevashrama, Malladihalli
4. Nagendra H R - The art and Science of Pranayama (V.K. Yogas, Bangalore, 1993)

Reference

1. V.K. Yogas (Ed.) - Padavali - V.K. Yoga Prakashana, Bangalore 1996
2. Joshi. K S - Yogic Pranayama - Orient Paperback, New Delhi, 1990
3. B K S Iyengar – Yoga deepika (Kannada) - Himagiri Graphics Bangalore, 2000
4. B K S Iyengar – Pranayama deepika (Kannada) - Himagiri Graphics Bangalore, 2000
5. Tiruka - Shatkriyegalu (Kannada) - Anantha Sevashrama, Malladihalli

B.A. Semester – III

Subject: Yoga Studies
Open Elective Course (OEC-3) : 003YOG051
(OEC for other students)

Course No.	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-3	OEC	Theory	03	03	42 hrs	2hrs	40	60	100

OEC-3: Title of the Course: Yoga and Spiritual Science.

Course Outcome (CO):

After completion of course, students will be able to:

- CO 1 : Get acquainted with the knowledge of Yoga Philosophy.**
- CO 2 : Gain the detailed knowledge of different schools of Yoga.**
- CO 3 : Get the knowledge of Yoga as a Therapy.**
- CO 4 : Get acquainted with the knowledge of Yoga Therapy for Common disorders.**
- CO 5 : Achieve positive, creative, constructive attitude with spiritual growth.**

Syllabus- OEC- 3: Title- Yoga and Spiritual Science.	Total Hrs: 42
Unit-I Brief introduction to Philosophy.	14 hrs
Chapter No. 1 Significance of Veda, Upanishads and Gita. Chapter No. 2 Yoga in Shad-darshanas. Chapter No. 3 Yoga in Jainism and Buddhism. Chapter No. 4. Yoga and Mysticism.	
Unit-II School of Yoga.	14 hrs
Chapter No. 5. Karma Yoga. Chapter No. 6. Bhakti Yoga. Chapter No. 7 Jnana Yoga. Chapter No. 8. Raja Yoga.	
Unit-III Yoga Therapy.	14 hrs
Chapter No. 9. Meaning, Definition and scope of Yoga Therapy.	

<p>Chapter No. 10. Effect of Yoga on Cardi-respiratory system.</p> <p>Chapter No. 11. Yoga therapy for Diabetes Mellitus and Hypertension.</p> <p>Chapter No. 12. Yoga therapy for Obesity and Bronchial Asthma.</p>	
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Books recommended.

Text Books

1. N.G. Mahadevappa- Yoga and Bhartiya Tatvashatra (Kannada)
2. Dr. N. S. Anantarangachara- Vaidika Sachitya haritre (Kannada)

References

1. Fenerstein George- The Yoga Tradition: Its History, Literature, Philosophy and Practice (Bhavan Books and Prints, 2002)
2. Swami Prabhavananda- Spiritual Heritage of India(English) Bharatiya adhyatmika paramapara (Kannada)
3. Timni I. K- The Science of Yoga.
4. K. Werner- Yoga and Indian Philosophy- Motilala Banarsidas Delhi 1979.
5. S. N. Dasgupta- Hindu Mysticism- Motilal Banarasidas pub Delhi.
6. Dr. Phulgendra Sinha- Yogic cure for common diseases- Orient Paperbooks New Delhi 1976.
7. Nagarathna R and Nagendra H. R-Integrated approach of Yoga Therapy for Positive Health (Swami Vivekanand Yoga Prakashana, Bangalore, 20010)
8. Bihar Schools of Yoga – Yoga for Common diseases.

General instructions:

• **Journal/Workshop/ Seminar:**

Journal: The students have to write Yoga camp report, workshop report and seminar presentation topic not exceeding 4 to 5 pages. These have to be signed by the concerned practical teacher and the chairman of the department and shall be produced at the time of the practical examination for evaluation.

Scheme of Practical Examination (distribution of marks): 25 marks for Semester end examination

- | | |
|----------------------|-----------------|
| 1. Yogic Practices: | 05 Marks |
| 2. Viva: | 05 Marks |
| 3. Yoga camp report: | 05Marks |
| 4. Workshop report: | 05Marks |
| 5. Seminar report: | 05Marks |
| Total | 25 marks |

Note: Same Scheme may be used for I A(Formative Assessment) examination

Books recommended.

- Ajit Kumar : Yoga Pravesha (Kannada) Rastrohana Sahitya, Bangalore, 1990
- Iyengar B.K.S : Yoga Deepika (Kannada) V. K. Yogas Bangalore, 1989.
- Dr. M. L. Gharole : Yogic techniques- The Lonavala Yoga Institute India, Lonavala. 1999

Details of Formative assessment (IA) for DSCC theory/OEC: 40% weight age for total marks

Type of Assessment	Weight age	Duration	Commencement
Written test-1	10%	1 hr	8 th Week
Written test-2	10%	1 hr	12 th Week
Seminar	10%	10 minutes	--
Case study / Assignment / Field work / Project work/ Activity	10%	-----	--
Total	40% of the maximum marks allotted for the paper		

**Faculty of Social Science
03 - Year UG Degree programme: 2022-23**

**GENERAL PATTERN OF THEORY QUESTION PAPER FOR DSCC/ OEC
(60 marks for semester end Examination with 2 hrs duration)**

Part-A

1. Question number 1-06 carries 2 marks each. Answer any 05 questions : 10marks

Part-B

2. Question number 07- 11 carries 05Marks each. Answer any 04 questions : 20 marks

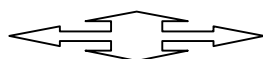
Part-C

3. Question number 12-15 carries 10 Marks each. Answer any 03 questions : 30 marks

(Minimum 1 question from each unit and 10 marks question may have sub questions for 7+3 or 6+4 or 5+5 if necessary)

Total: 60 Marks

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



B.A. Semester – IV

Subject: Yoga Studies
Discipline Specific Course (DSC) : 014YOG011

The course BA Yoga Studies in IV semester has two papers (Theory Paper –I for 04 credits & Practical paper-II for 2 credits) for 06 credits: Both the papers are compulsory. Details of the courses are as under.

DSCC-7 (Theory)

Course No.	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
DSCC-7	DSCC	Theory	04	04	56 hrs	2hrs	40	60	100

DSCC-7 (Theory): Title of the Course (Theory): **Traditional Yogic texts and Human Biology-II**

Course Outcome (CO):

After completion of course (Theory), students will be able to:

- CO 1 : Get acquainted with the detailed knowledge of Vibhuti pada and kaivalya pada of Patanjali Yoga Sutras.**
- CO 2 : Get acquainted with the knowledge of last two chapters of Hathayoga Pradipika.**
- CO 3 : Get acquainted with the detailed knowledge of Saptanga Yoga.**
- CO 4 : Get acquainted with the detailed knowledge of shiva samhita.**
- CO 5 : Get acquainted with the detailed knowledge of Maintenance, control and defence systems of Human Biology.**

Syllabus- DSCC-7 (Theory): Title- Traditional Yogic texts and Human Biology-II	Total Hrs: 56
Unit-I Patanjali Yoga sutra and Hathayoga Pradipika.	14 hrs
Chapter No. 1 Vibhuti pada (Sloka 1 to 55) Chapter No. 2 Kaivalya pada (Sloka 1 to 34) Chapter No. 3 Hathayoga Pradipika- Tertiya and Chaturtha Upadesha.	
Unit-II Gheranda Samhita and Shiva Samhita.	14 hrs
Chapter No. 4. Saptanga Yoga (Gheranda Samhita) Chapter No. 5. Shiva samhita- Prathama, Dwitiya, Tertiya Patala Chapter No. 6. . Shiva samhita- Chaturtha and Panchama Patala.	
Unit-III Maintenance and control system of Human Biology.	14 hrs
Chapter No. 7 Reproductive System. Chapter No. 8. Pituitary, thyroid and Parathyroid gland. Chapter No. 9. Sense organs-Vision and smell.	
Unit-IV Control and defence System	14 hrs
Chapter No.10. Nervous system	

Chapter No. 11. Adrenal gland and Pancreas.	
Chapter No. 12. Sense organs- Taste, hearing and Touch.	

Books recommended.

Text Books

1. Swami Digambaraji- Hatha Prdipika- Kaivalyadhama, Lonavala, 1982.
2. Swami Adidevananda- Patanjali Yoga Darshana (Kannada)
3. Swami Digambaraji- Gheranda Samhita- Kaivalyadhama, Lonavala, 1978.
4. Naikar C. S- Ghatastha Yoga (Kannada) Medha Publishers Dharwad 1997.
5. Swami Maheshanandaji- shiva Samhita.

References

1. Swami Vivekananda- RajaYoga
2. Iyengar B. K. S. – Light on Patanjali Yoga
3. Ajit kumar- Yoga pravesha (Kannada) Rashtotthana Sahity Parishat, Bangalore, 1990.
4. Evelyan C Pearce- Anatomy and Physiology for Nurses- Faber and Faber Ltd. London, 1968.
5. Nadiger A. K. – Shareera rachane mattu Gunadharm Shastra (Kannada) Shareera Shikshana Prakashana, Dharwad, 1999
6. Shirley Telles- A Glimpese of the Human Body- V. K. Yogas, Bangalore, 1995

B.A. Semester – IV

Subject: Yoga Studies
Discipline Specific Course (DSC)

DSCC-8 (Practical) : 014YOG012

Course No.	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
DSCC-8	DSCC	Practical	02	04	52 hrs	3hrs	25	25	50

DSCC-8 (Practical): Title of the Course (Practical): **Yoga Practical**

Course Outcome (CO):

After completion of course (Practical), students will be able to:

- CO 1 : Explain and demonstrate various asanas.
- CO 2 : Explain and demonstrate various Pranayamas.: Get acquainted
- CO 3 : Explain and demonstrate Bandha and Mudra.
- CO 4 : Explain and demonstrate Kriyas (Jalaneti and Sutraneti)
- CO 5 : Develop good physical and mental health.

List of the Yogic Practices for 52 hrs / Semesters

Unit-1 A. Asanas –

Standing: Vrikshasana, Garudasana, Veerabhadrasana.

Sitting: Ardha Matsendrasana, Baddha padmasana.

Prone: Niralamba Bhujangasana, Bhekasana.

Supine: Matsyasana, Setubandhasana.

B. Bandha and Mudra: Vddiyana Bandha, Hasta Mudra.

Unit-2 A. Pranayama Sadhana:

Shithali and sitkari Pranayama.

B. Yogic Kriya:

Nauli, Jyoti Trataka.

General instructions:

- **Journal/Workshop/Seminar.**

Journal: The students have to write minimum ten assignment on different topics related to Yoga practical as given by the Yoga Practical teacher. The journals have to be signed by the concerned practical teacher and the chairman of the department and shall be produced at the time of practical examination for evaluation.

Scheme of Practical Examination (distribution of marks): 25 marks for Semester end examination

1. Asana	: 08 Marks
2. Pranayama	:04 Marks
3. Bandha Mudra Kriya	:03 Marks
4. Viva	:05 Marks
5. Journal	:05Marks
Total	25 Marks

Note: Same Scheme may be used for IA(Formative Assessment) examination

Books recommended.

Text Books

1. Tiwari O P: Asana Why and How - Kaivalyadhama, Lonavala 1991)
2. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha - Bihar School of Yoga, Munger, 1989)
3. Tiruka - Yogasanagalu (Kannada) - Anantha Sevashrama, Malladihalli
4. Nagendra H R - The art and Science of Pranayama (V.K. Yogas, Bangalore, 1993)

Reference

1. V.K. Yogas (Ed.) - Padavali - V.K. Yoga Prakashana, Bangalore 1996
2. Joshi. K Sj- Yogic Pranayama- Orient Paperbak, New Delhi, 1990
3. B K S Iyengar- Yoga deepika (Kannada)- Himagiri Graphics Bangalore, 2000.
4. B. K. S Iyengar- Pranayama deepika (Kannada)- Himagiri Graphics Bangalore, 2000.
5. Tiruka- Shatkriyegalu (Kannada) – Anantha Sevashrama, Malladihalli.

B.A. Semester – IV

Subject: Yoga Studies
Open Elective Course (OEC-4) : 004YOG051
(OEC for other students)

Course No.	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-4	OEC	Theory	03	03	42 hrs	2hrs	40	60	100

OEC-4: Title of the Course: Yoga and Holistic health.

Course Outcome (CO):

After completion of course, students will be able to:

CO 1 : Get acquainted with the knowledge of Yogic concept of Health.

CO 2 : Get acquainted with the knowledge of Food and Nutrition.

CO 3 : Get acquainted with the knowledge of Conceptions of Human Body.

CO 4 : Get acquainted with the knowledge of preventive and promotive aspects of Yoga

CO 5 : Gain the knowledge of Yoga as a way of Healthy living.

Syllabus- OEC-4: Title- Yoga and Holistic health.	Total Hrs: 42
Unit-I Yoga and Health.	14 hrs
Chapter No. 1 Yoga for Positive Health. Chapter No. 2 Yoga a way of healthy living. Chapter No. 3 Preventive and Promotive aspects of Yoga. Chapter No. 4. Health concept in Ayurveda.	
Unit-II Food and Nutrition.	14 hrs
Chapter No. 5. Yogic concept of Ahara. Chapter No. 6. Classification of food in modern concept. Chapter No. 7 concept of trigunas. Chapter No. 8. Balanced diet.	
Unit-III Concept of Human Body.	14 hrs
Chapter No. 9. Prana Chapter No. 10. Nadi. Chapter No. 11. Chakras. Chapter No. 12. Panchamaha bhuta and Tridoshas.	

Books recommended.

Text Books

1. Prof. Ravidatta Tripathi- Ashtanga Hrudaya- Chaukhamba Samskrita Pratishtana, Delhi.
2. Dr. Laxmidhar Dwivedi- Charka Samhita- Chaukhamba Krishnadas Academy, Varanasi.
3. Dr. Narayanaram Acharya- Sushruta samhita- Chaukhamba Krishnadas Academy, Varanasi.
4. Swami Maheshanadaji- Shiva Samhita.

References

1. Swami Kavalyananda- Yogic Thrapy its Basic Principles and methods- Kaivalyadhama, Lonavala.
2. Gore M M- Anatomy and Physiology of yogic teacher- Kanchana Prakashana, Lonavala.
3. Dr. Phulgendra sinha- Yogic cure for common diseases- Orient Parishat New Delhi, 1976.
4. Bihar Schools of Yoga – Yoga for common diseases
5. Ajit Kumar – Yoga Pravesha (Kannada) – Rashtottana Sahitya Parishat, Bangalore, 1990.

Details of Formative assessment (IA) for DSCC theory/OEC: 40% weight age for total marks

Type of Assessment	Weight age	Duration	Commencement
Written test-1	10%	1 hr	8 th Week
Written test-2	10%	1 hr	12 th Week
Seminar	10%	10 minutes	--
Case study / Assignment / Field work / Project work/ Activity	10%	-----	--
Total	40% of the maximum marks allotted for the paper		

**Faculty of Social Science
03 - Year UG Degree programme:2022-23**

**GENERAL PATTERN OF THEORY QUESTION PAPER FOR DSCC/ OEC
(60 marks for semester end Examination with 2 hrs duration)**

Part-A

1. Question number 1-06 carries 2 marks each. Answer any 05 questions : 10marks

Part-B

2. Question number 07- 11 carries 05Marks each. Answer any 04 questions : 20 marks

Part-C

3. Question number 12-15 carries 10 Marks each. Answer any 03 questions : 30 marks

(Minimum 1 question from each unit and 10 marks question may have sub questions for 7+3 or 6+4 or 5+5 if necessary)

Total: 60 Marks

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

