

Kurukshetra University , Kurukshetra

Scheme of Examination for Undergraduate Programme

Subject: Yogic Science

as per NEP 2020 Curriculum Framework for Undergraduate Programme (Multiple Entry-Exit, Internships and Choice Based Credit System implemented from session 2023-24)

SEMESTER	Type of Course	COURSE CODE	PAPER/TITLE	CREDITS			Contact Hours (T+P)	Max. Marks				
				Theory	Practical	Total		Theory		Practical		Total
								External	Internal	External	Internal	
1	Core Course - 1	B23-YOG-101	Fundamentals of Yoga	3	1	4	5 (3+2)	50	20	20	10	100
2	Core Course - 2	B23-YOG -201	Basic Human Anatomy and Physiology	3	1	4	5 (3+2)	50	20	20	10	100
3	Core Course - 3	B23-YOG -301	Patanjali Yog Darshan	3	1	4	5 (3+2)	50	20	20	10	100
4.	Core Course - 4	B23-YOG -401	Fundamentals of Hatha Yoga	3	1	4	5 (3+2)	50	20	20	10	100
5	Core Course - 5	B23-YOG -501	Fundamentals of Naturopathy	3	1	4	5 (3+2)	50	20	20	10	100
6	Core Course - 6	B23-YOG -601	Principal Upanishads and Bhagavad Gita	3	1	4	5 (3+2)	50	20	20	10	100

1st Semester Subject: Yogic Science
(According to NEP2020 implemented from Session 2023 - 24)

Core Course – 1

Part A - Introduction			
Subject:	Yogic Science		
Semester	1 st Semester		
Name of the Course	Fundamentals of Yoga		
Course Code	B23-YOG-101		
Course Type:	Core Course - 1		
Level of the Course	100 - 199		
Pre-requisite (if any)	12 th pass from any streams (Arts/Science/ Commerce) preferable with Sports Background. It is open for all.		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to:		
	<ol style="list-style-type: none"> 1. Describe the Aims, Objectives and scope of yoga. 2. Explain the different Yogic Texts, different types of yog and Ashtang yoga 3. Illustrate the contribution of different yogis in the development of yoga. 4. Tell the relationship of yoga with Health and significance of International Day of Yoga 5. Demonstrate Surya Namaskar, basic sitting and standing asanas 		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<p style="text-align: center;"><u>Instructions for Paper- Setter:</u></p> <p>The question paper will consist of Five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit Vth will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.</p>			
Unit	Topics		Contact Hours
I	Introduction of Physical Education: <ul style="list-style-type: none"> • Meaning and Definition of Yoga • Aims and Objectives of Yoga • The Yoga Sutra: General Consideration • Need and Importance of Yoga in Modern Society • Misconceptions about Yoga • Career opportunities in Yoga 		11

II	Schools of Yoga and its brief Introduction: <ul style="list-style-type: none"> Yoga in different texts – Ved, Geeta and Upnishads. Different types of Yog – Hath Yog, Jnana Yoga, Bhakti Yog, Karm Yog, Mantra Yog & Raj Yog. Asthang Yog – Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyana & Samadhi. Elements of Yoga in Jainism and Buddhism. 	12
III	Introduction of Various Yogis: <ul style="list-style-type: none"> Brief introduction and yogic contribution of Maharishi Dayananda Saraswati, Swami Vivekananda, Sri Aurobindo, Maharishi Raman and Swami Kuvalyananda Brief Introduction and contribution for the development and promotion of Yoga by Sri Shyamacharan Lahiri, Sri T. Krishnamacharya, Swami Shivanada Saraswati and Maharshi Mahesh Yogi 	12
IV	Health and International Day of Yoga: <ul style="list-style-type: none"> Meaning, definition and various Dimensions of Health Relationship of Yoga and Health International Day of Yoga: Brief History, Resolution of United Nation General Assembly for International Day of Yoga Common Yoga Protocol (CYP) for Conducting International Day of Yoga Significance of International Day of Yoga at National and International Level. 	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks

Time = 3 hrs.

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Surya Namaskar with count and Mantra	10 Marks	10
II	Ten Basic Asanas in Sitting and Lying posture	10 Marks	10
III	Ten Basic Asanas in Standing posture	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each Game)	End Term Exam: 20 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each Game)	

Part C-Learning Resources

- Suggested Readings:
 - Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
 - Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken

Publishers, USA.

- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
- Swami Swatma Ram: Patanjali Yoga Sutra
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sutra

2nd Semester Subject: Yogic Science
(According to NEP2020 implemented from Session 2023 - 24)

Core Course – 2

Part A - Introduction			
Subject:	Yogic Science		
Semester	2nd Semester		
Name of the Course	Basic Anatomy and Physiology		
Course Code	B23- YOG -201		
Course Type:	Core Course - 2		
Level of the Course	100 - 199		
Pre-requisite (if any)	Student who has opted Core Course of Yogic Science in 1 st Semester		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Describe the Anatomy, Physiology and structure of Cells. 2. Explain the structure of Joints and Muscular System 3. Illustrate the basic knowledge about Anatomy, Physiology of Circulatory and Digestive Systems of human body 4. Explain the Anatomy, Physiology of Respiratory and Excretory Systems of human body 		
	5. Identify name and locations of bones. Perform basic asanas in lying position and Pranayamas		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 hours per week	2 hours per week (Size of practical group = 20 students)	5
Max. Marks: 100 Part I - Theory = 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks) Part II - Practical = 30 (Internal Assessment - 10 Marks + End Term Exam – 20 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.			
Unit	Topics		Contact Hours
I	Introduction of Anatomy and Physiology <ul style="list-style-type: none"> • Meaning and Definition of Anatomy and Physiology. • Importance of Anatomy and Physiology in Yoga • Cell: Structure, Properties and functions • Meaning of Cell, Tissues, Organs and System. • Bone: Meaning and types • Skeletal System: Structure and functions of Skeletal System. • Axial and Appendicular Skelton 		12

II	Joints and Muscular System <ul style="list-style-type: none"> • Meaning of Joints, Types of Joints • Types of Synovial Joints present in human body • Meaning of Muscle, Types of muscles present in human body • Gross Structure of Skeletal Muscle, • Effect of Yogic Asanas on the Joints and Muscular System 	10
III	Circulatory System and Digestive System <ul style="list-style-type: none"> • Constituents of blood and Structure of the heart • Types of Blood Circulation: Systemic, Pulmonary and Coronary, • Digestive System: Organs, Structure and their functions • Process of Food absorption, Name and functions of various digestive juices and enzymes • Effect of Yogic Asanas and Pranayamas on circulatory system and digestive System 	12
IV	Respiratory System and Endocrine System <ul style="list-style-type: none"> • Organs of Respiratory system and their functions. • Structure of Respiratory system • Exchange of gases in the lungs and tissues, • Various Endocrine Glands: Their Locations, Secretions and Functions • Effect of Yogic Asanas and Pranayamas on Respiratory System and Endocrine System 	11

Suggested Evaluation Methods:

Maximum Marks: 70 (Internal Assessment - 20 Marks + End Term Exam – 50 Marks)

Internal Assessment: 20 Marks

Continuous Comprehensive Evaluation (CCE): 20 Marks
 Class presentation = 5
 Seminar/ Assignment/Quiz/class test, etc. = 5
 Mid Term Test = 10

End Term Exam: 50 Marks

Time = 3 hrs

One question of 10 marks from each Units I to IV = 40 Marks.
 Five Questions short answer from entire syllabus = 5 × 2 Marks = 10 Marks.

Part II – Practical (Internal Assessment - 10 Marks + External – 20 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Identification of Name and location of Human Bones on Skelton and Chart	10 Marks	10
II	Ten Basic Asanas of lying position	10 Marks	10
III	Pranayama: Nadi Shodhan, , Bhastrika, Suryabhedhen, Sheetal, Sheetkari, Bhramari and Ujjayi	10 Marks	10
	Internal Assessment: 10 Marks Evaluation through Assignments/ Quiz/ Viva Voce/ Practical Record File	University Exam (UE): 20 Marks Evaluation through Viva Voce/ Practical Record File:	

Part C-Learning Resources

- Gupta, A. P. (2010). Anatomy and physiology. Agra: Sumit Prakashan.
- Gupta, M. and Gupta, M. C. (1980). Body and anatomical science. Delhi: Swaran Printing Press.

- Guyton, A.C. (1996). Textbook of Medical Physiology, 9th edition. Philadelphia: W.B. Saunders.
- Moorthy, A. M. (2014). Anatomy physiology and health education. Karaikudi: Madalayam Publications.
- Pearce, E. C. (1962). Anatomy and physiology for nurses. London: Faber & Faber Ltd.
- Singh, S. (1979). Anatomy of physiology and health education. Ropar: Jeet Publications.
- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
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- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
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