



KARNATAK UNIVERSITY, DHARWAD  
ACADEMIC (S&T) SECTION  
ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಧಾರವಾಡ  
ವಿದ್ಯಾಮಂಡಳ (ಎಸ್&ಟಿ) ವಿಭಾಗ



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NAAC Accredited  
'A' Grade 2014

website: kud.ac.in

No.KU/Aca(S&T)/RPH-394A/2021-22/1155

Date: 29 OCT 2021

ಅಧಿಸೂಚನೆ

ವಿಷಯ: 2021-22ನೇ ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಎಲ್ಲ ಸ್ನಾತಕ ಕೋರ್ಸುಗಳಿಗೆ 1 ಮತ್ತು 2ನೇ ಸೆಮಿಸ್ಟರ್  
NEP-2020 ಮಾದರಿಯ ಪಠ್ಯಕ್ರಮವನ್ನು ಅಳವಡಿಸಿರುವ ಕುರಿತು.

- ಉಲ್ಲೇಖ: 1. ಸರ್ಕಾರದ ಅಧೀನ ಕಾರ್ಯದರ್ಶಿಗಳು(ವಿಶ್ವವಿದ್ಯಾಲಯ 1) ಉನ್ನತ ಶಿಕ್ಷಣ ಇಲಾಖೆ ಇವರ ಆದೇಶ  
ಸಂಖ್ಯೆ: ಇಡಿ 260 ಯುಎನ್ಇ 2019(ಭಾಗ-1), ದಿ:7.8.2021.  
2. ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ದಿನಾಂಕ: 19.08.2021  
3. ಈ ಕಚೇರಿ ಸುತ್ತೋಲೆ ಸಂ.No. KU/Aca(S&T)/RPH-394A/2021-22/18 ದಿ:21.08.2021.  
4. ಸರ್ಕಾರಿ ಆದೇಶ ಸಂ ಇಡಿ 260 ಯುಎನ್ಇ 2019(ಭಾಗ-1),ಬೆಂಗಳೂರು ದಿ. 15.9.2021.  
5. ಎಲ್ಲ ಅಭ್ಯಾಸಸೂಚಿ ಮಂಡಳಿ ಸಭೆಗಳ ನಡವಳಿಗಳು  
6. ಎಲ್ಲ ನಿಖಾಯಗಳ ಸಭೆಗಳು ಜರುಗಿದ ದಿನಾಂಕ: 24,25-09-2021.  
7. ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂಖ್ಯೆ: 01 ದಿನಾಂಕ: 28.9.2021.  
8. ಈ ಕಚೇರಿ ಸುತ್ತೋಲೆ ಸಂ.No. KU/Aca(S&T)/RPH-394A/2021-22/954 ದಿ:30.09.2021.  
9. ಎಲ್ಲ ನಿಖಾಯದ ಡೀನರು / ಸಂಪನ್ಮೂಲ ತಜ್ಞರ ಸಭೆ ದಿನಾಂಕ 21.10.2021.  
10. ಎಲ್ಲ ಸ್ನಾತಕ ಅಭ್ಯಾಸಸೂಚಿ ಮಂಡಳಿ ಅಧ್ಯಕ್ಷರುಗಳ ಸಭೆ ದಿನಾಂಕ 22.10.2021.  
11. ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ನಿರ್ಣಯ ಸಂಖ್ಯೆ: 01 ದಿನಾಂಕ: 27.10.2021.  
12. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ: 29-10-2021

ಮೇಲ್ಕಾಣಿಸಿದ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಗಳನ್ವಯ ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶದ ಮೇರೆಗೆ, 2021-22ನೇ  
ಶೈಕ್ಷಣಿಕ ಸಾಲಿನಿಂದ ಅನ್ವಯವಾಗುವಂತೆ, ಎಲ್ಲ B.A./ BPA (Music)/BVA/ BTM/ BSW/ B.Sc./B.Sc. Pulp & Paper  
Science/ B.Sc. (H.M)/ BCA/ B.A.S.L.P./ B.Com/ B.Com (CS)/ & BBA ಸ್ನಾತಕ ಕೋರ್ಸುಗಳ 1 ಮತ್ತು 2ನೇ  
ಸೆಮಿಸ್ಟರ್‌ಗಳಿಗೆ NEP-2020 ರಂತೆ ವಿಶೇಷ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯ ಅನುಮೋದಿತ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಈಗಾಗಲೇ  
ಪ್ರಕಟಪಡಿಸಿದ್ದು, ಮುಂದೆ ದಿನಾಂಕ 04.10.2021 ವರೆಗೆ ಸರಕಾರವು ಕಾಲಕಾಲಕ್ಕೆ ನೀಡಿದ ನಿರ್ದೇಶನಗಳನ್ನು ಅಳವಡಿಸಿಕೊಂಡು  
ದಿನಾಂಕ 27.10.2021 ರಂದು ಜರುಗಿದ ವಿದ್ಯಾವಿಷಯಕ ಪರಿಷತ್ ಸಭೆಯಲ್ಲಿ ಅನುಮೋದನೆ ಪಡೆದು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ  
[www.kud.ac.in](http://www.kud.ac.in) ದಲ್ಲಿ ಭಿತ್ತರಿಸಲಾಗಿದೆ. ಸದರ ಪಠ್ಯಕ್ರಮಗಳನ್ನು ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲದಿಂದ ಡೌನ್‌ಲೋಡ್ ಮಾಡಿಕೊಳ್ಳಲು  
ಸೂಚಿಸುತ್ತ ವಿದ್ಯಾರ್ಥಿಗಳ ಹಾಗೂ ಸಂಬಂಧಿಸಿದ ಎಲ್ಲ ಬೋಧಕರ ಗಮನಕ್ಕೆ ತಂದು ಅದರಂತೆ ಕಾರ್ಯಪ್ರವೃತ್ತರಾಗಲು ಕವಿವಿ  
ಅಧೀನದ/ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ ಸೂಚಿಸಲಾಗಿದೆ.

ಅಡಕ: ಮೇಲಿನಂತೆ  
ಗೆ,

ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಬರುವ ಎಲ್ಲ ಅಧೀನ ಹಾಗೂ ಸಂಲಗ್ನ ಮಹಾವಿದ್ಯಾಲಯಗಳ  
ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ. (ಕ.ವಿ.ವಿ. ಅಂತರ್ಜಾಲ ಹಾಗೂ ಮಿಂಚಂಚೆ ಮೂಲಕ ಬಿತ್ತರಿಸಲಾಗುವುದು)

ಪ್ರತಿ:

1. ಕುಲಪತಿಗಳ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
2. ಕುಲಸಚಿವರ ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
3. ಕುಲಸಚಿವರು (ಮೌಲ್ಯಮಾಪನ) ಆಪ್ತ ಕಾರ್ಯದರ್ಶಿಗಳು, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
4. ಅಧೀಕ್ಷಕರು, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆ / ಗೌಪ್ಯ / ಜಿ.ಎ.ಡಿ. / ವಿದ್ಯಾಮಂಡಳ (ಪಿ.ಜಿ.ಪಿ.ಎಚ್.ಡಿ) ವಿಭಾಗ, ಸಂಬಂಧಿಸಿದ  
ಕೋರ್ಸುಗಳ ವಿಭಾಗಗಳು ಪರೀಕ್ಷಾ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.
5. ನಿರ್ದೇಶಕರು, ಕಾಲೇಜು ಅಭಿವೃದ್ಧಿ / ವಿದ್ಯಾರ್ಥಿ ಕಲ್ಯಾಣ ವಿಭಾಗ, ಕ.ವಿ.ವಿ. ಧಾರವಾಡ.

*Haniff. 29/10/21*  
ಕುಲಸಚಿವರು.



**Practical Subject**

**KARNATAK UNIVERSITY, DHARWAD**

## **03 - Year B.A. (Degree) Program**

**\*\*\***

### **SYLLABUS**

**Subject: Yoga Studies**

**[Effective from 2021-22]**

**DISCIPLINE SPECIFIC CORE COURSE (DSCC) FOR SEM I & II,**

**OPEN ELECTIVE COURSE (OEC) FOR SEM I & II and**

**SKILL ENHANCEMENT COURSE (SEC) FOR SEM I**

**AS PER N E P - 2020**

**Karnatak University, Dharwad**  
**Three Years Under Graduate Program in Yoga Studies for B.A. (Degree)**  
**Effective from 2021-22**

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
I	DSCC 1	Theory	04hrs	56	02 hrs	40	60	100	04
		Practical	04 hrs	52	03 hrs	25	25	50	02
	OEC-1	Theory	03 hrs	42	02 hrs	40	60	100	03
	*SEC-1	Practical	03 hrs	30	02 hrs	25	25	50	02
II	DSCC2	Theory	04 hrs	56	02 hrs	40	60	100	04
		Practical	04 hrs	52	03 hrs	25	25	50	02
	OEC-2	Theory	03 hrs	42	02 hrs	40	60	100	03
<b>Details of the other Semesters will be given later</b>									

\* Student can opt digital fluency as SEC or the SEC of his/ her any one DSCC selected

**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 – I

**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.

### Course No.-1 (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
<b>Course-01</b>	DSCC	Theory	04	04	56 hrs	2hrs	40	60	100

Course No.1 (Theory): Title of the Course (Theory): **Introduction to Yoga and Yogic practices**

### Course Outcome (CO):

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

- CO 1 : Achieve positive creative constructive thinking with good mental health**
- CO 2 : Achieve holistic health.**
- CO 3 : Get acquainted with the knowledge of Yoga Philosophy.**
- CO 4 : Get acquainted with the knowledge of importance of Yoga in modern days.**
- CO 5 : Get acquainted with the knowledge of Yogic principles of healthy living.**

Syllabus- Course 1(Theory): Title- Introduction to Yoga and Yogic practices	Total Hrs:
	<b>56</b>
<b>Unit-I Introduction to Yoga</b>	<b>14 hrs</b>
<b>Chapter No. 1</b> Yoga, Origin, History and Development. <b>Chapter No. 2</b> Yoga, meaning and objectives. <b>Chapter No. 3</b> Misconceptions of Yoga and true nature of Yoga	
<b>Unit-II Yogic practices for common man</b>	<b>14 hrs</b>
<b>Chapter No. 4.</b> Yogic practices and positive health. <b>Chapter No. 5.</b> Rules and regulations of yoga practitioners. <b>Chapter No. 6.</b> Nature and significance of Asana, Pranayama and Kriyas	
<b>Unit-III Introduction to Yoga Philosophy</b>	<b>14 hrs</b>
<b>Chapter No. 7</b> Philosophy, its nature and scope. <b>Chapter No. 8.</b> Salient features of Indian Philosophy. <b>Chapter No. 9.</b> Relationship between Yoga and Indian Philosophy.	

<b>Unit-IV Role of Yoga in Modern life</b>	<b>14 hrs</b>
<b>Chapter No. 10.</b> Importance of Yoga in modern life. <b>Chapter No. 11.</b> Yogic principles of healthy living <b>Chapter No. 12.</b> Significance of Dhyana.	

Books recommended.

**Text Books**

1. Swami Digambaraji - Hatha pradipika - Kaivalyadhama, Lonavala, 1982
2. Swami Digambaraji - Gheranda Samhita - Kaivalyadhama, Lonavala, 1978
3. Dr. Naikar C S - Ghatasthayoga (Kannada) - Medha Publishers, Dharwad, 1997
4. Swami Adidevananda - Patanjali Yoga Darshana (Kannada)
5. N.G. Mahadevappa- Yoga and Bhartiya Tatvashatra (Kannada)

**References**

1. Swami Rama - Lectures on Yoga - The Himalaya International Institute, Pennsylvania, 1979
2. Ajitkumar - Yoga Pravesha (Kannada), Rashtrotthana Sahitya Parishat, Bangalore, 1990
3. Burley, Mihel - Hathayoga, its context Theory and practice.
4. Nimbalkar S.P - Yoga for Health and Peace - Yoga Vidya Niketana, Bombay, 1992
5. Murthy T.S.N – ShreeMadbhagavadgeeta - Geeta Press, Ghorakhpura,2001
6. Nagaratna R and Nagendra H R - Integrated approach to Yoga Therapy for positive health - Swami Vivekananda Yoga prakashana, Bangalore. 2001

## B.A. Semester – I

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

### Course No.-1 (Practical)

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
Course-01	DSCC	Practical	02	04	52 hrs	3hrs	25	25	50

Course No.1 (Practical): Title of the Course (Practical): **Yoga Practical**

### Course Outcome (CO):

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

- CO 1 : Learn Omkar and Yogic Prayers.**
- CO 2 : Get knowledge of Yogic surynamaskar with mantras.**
- CO 3 : Explain and demonstrate various asanas.**
- CO 4 : Explain and demonstrate various Pranayamas.**
- CO 5 : Explain and demonstrate Kapalabhati Kriya.**

### List of the Yogic Practices for 52 hrs / Semesters

#### Unit-1 A. Asanas:

- a) Relaxative Asanas: Vishramasana, Tadasana, Makarasana, Shavasana.
- b) Meditative Asanas: Sukhasana, Padmasana, Vajrasana. Swastikasana.
- c) Cultural Asanas: Standing : Urdhva hasttottanasana, Prashvakati chakrasana,  
Sitting: Shashankasana, Ushtrasana.  
Supine: Sarvangasana, Halasana.  
Prone: Bhujangasana, Shalabhasana.

#### B. Yogic Surya Namaskara with Mantras.

#### Unit-2 A. Pranayama: Mechanism of correct breathing and Yogic deep breathing,

Concept of pooraka, Rechaka and Kumbhaka

Suryanuloma- viloma and Chandranuloma-viloma

#### B. Kriya- Kapalabhati

#### 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        |
| <b>Total</b>  | <b>25 marks</b> |

**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 – I

**Subject: Yoga Studies**  
**Open Elective Course (OEC-1)**  
**(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-1	OEC	Theory	03	03	42 hrs	2hrs	40	60	100

### OEC-1: Title of the Course: Fundamentals of Yoga

#### Course Outcome (CO):

After completion of course, students will be able to:

- CO 1 : Get acquainted with the basic knowledge of Yoga.
- CO 2 : Get the knowledge of different schools of Yoga.
- CO 3 : Get the knowledge of traditional Yogic texts.
- CO 4 : Get acquainted with the knowledge of Asana, Pranayama and Dhyana.
- CO 5 : Know the importance of Yoga in Personality development.

Syllabus- OEC- 1: Title- Fundamentals of Yoga	Total Hrs: 42
<b>Unit-I Introduction to Yoga</b>	<b>14 hrs</b>
Chapter No. 1 Yoga its origin, history and development. Chapter No. 2 Yoga its meaning and objectives. Chapter No. 3 Differences between Yogic and non-yogic practices Chapter No. 4. Important School of Yoga. Unity in diversity.	
<b>Unit-II Brief Introduction to Yogic texts</b>	<b>14 hrs</b>
Chapter No. 5. Traditional Yogic texts, their nature and scope. Chapter No. 6. Essential of Hathayoga pradeepika. Chapter No. 7 Outlines of Gheranda Samhita. Chapter No. 8. Introduction to Patanjali Yoga sutra and Its author.	
<b>Unit-III Yoga Practices</b>	<b>14 hrs</b>
Chapter No. 9. Importance of Yoga. Chapter No. 10. Yogic concepts of Ahara and Vihara. Chapter No. 11. Importance of Asanas, Pranayama and dhyana. Chapter No. 12. Yoga and personality development.	

## **Books recommended**

### **Text Books**

1. Swami Digambarji - Hatha pradipika - Kaivalyadhama, Lonavala, 1982
2. Swami Digambarji - Gheranda Samhita - Kaivalyadhama Lonavala, 1978
3. Swami Adidevanand - Patanjala Yoga Darshana (Kannada)

### **References**

1. Ajitkumar -Yoga pravesha (Kannada) Rashtrorathana Sahitya Parishat, Bangalore, 1990
2. Nagarathna R and Nagendra H.P. - Integrated approach to Yoga therapy for positive health - Swami Vivekananda Yoga prakashana, Bangalore, 2001
3. Nagarathna R and Nagendra H.P. Samagra Yoga Chikitsa (Kannada) Swami Vivekananda Yoga prakashana, Bangalore, 2001
4. Swami Rama - Lectures on Yoga - The Himalaya International Institute, Pennsylvania, 1979
5. Ajitkumar - Yoga Pravesha (Kannada), Rashtrorathana Sahitya Parishat, Bangalore, 1990
6. Burley, Mihel - Hathayoga, its context Theory and practice.
7. Nimbalkar S.P - Yoga for Health and Peace - Yoga Vidya Niketana, Bombay, 1992
8. ShreeMadbhagavadgeeta - Geeta Press, Ghorakhpura,2001

## B.A. Semester - I

Subject: Yoga Studies  
SKILL ENHANCEMENT COURSE (SEC)-I

Title of Paper: Yoga and Skill Development

Type of Course	Theory / Practical	Credits	Instruction hour per week	Total No. of Lectures/Hours / Semester	Mode of Examination	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
SEC-I	Theory + Practical	02	03hrs	30	Practical	2hr	25	25	50

### Course Outcome (CO):

After completion of Skill Enhancement course, students will be able to:

**CO 1 : Get acquainted with the knowledge of various Yogic practices.**

**CO 2 : Learn teaching techniques of practical Yoga.**

**CO 3 : Have Yogic lifestyle.**

**CO 4 : Lead Stress free life.**

**CO 5 : Develop holistic health.**

### List of the Yogic Practices for 30 hrs / Semesters

#### Unit-I Teaching methods in Yoga

10 hrs

1. Lecture method.
2. Demonstration method.
3. Lecture cum demonstration method.

#### Unit-II Yogic Practices

10 hrs

1. Asana: Pada hastasana, Paschimottanasana, Ardhamatsendrasana, Dhanurasana, Sarvangasana, Shavasana.
2. Pranayama: Nadishodhana pranayama, Shitali Pranayama, Sitkari Pranayama
3. Bandha-Mudra: Uddiyana bandha, Viparitarani mudra.

#### Unit- III Meditation

10 hrs

1. Pranava japa (Omkara meditation)

### 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. Teaching methods:	04 Marks
2. Yogic Practices:	08 Marks
3. Meditation:	03 Marks
4. Viva:	05 Marks
5. Journal:	05 Marks
<b>Total</b>	<b>25 marks</b>

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

**Books recommended.**

- Swami Rama : Lectures on Yoga, (The Himalaya International Institute, Pennsylvania, 1979)
- Ajit Kumar : Yoga Pravesha (Kannada) Rastrothana Sahitya, Bangalore, 1990
- Iyengar B.K.S : Light on Patanjali yoga

**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 <sup>th</sup> Week
Written test-2	10%	1 hr	12 <sup>th</sup> 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: 2021-22**

**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 – II

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

The course BA Yoga Studies in II 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.

### Course No.-2 (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
Course-02	DSCC	Theory	04	04	56 hrs	2hrs	40	60	100

Course No.2 (Theory): Title of the Course (Theory): **Yoga and Health**

### Course Outcome (CO):

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

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

**CO 2 : Get awareness of Diet concept and importance of Diet in Yoga.**

**CO 3 : Get acquainted with the knowledge of Human Psychology and Yoga.**

**CO 4 : Understand the importance of Yoga for mental health and personality development.**

**CO 5 : Get acquainted with the knowledge of Yoga as a therapy.**

Syllabus- Course 2(Theory): Title- Yoga and Health	Total Hrs: 56
<b>Unit-I Yogic concept of Health</b>	<b>14 hrs</b>
Chapter No. 1 Health, Its meaning and definitions Chapter No. 2 Yogic concept of health and disease Chapter No. 3 Concept of Panchakosha.	
<b>Unit-II Yogic concept of food and nutrition</b>	<b>14 hrs</b>
Chapter No. 4. Components of food and their classification. Chapter No. 5. Concept of Mitahara, Pathya and Apathya. Chapter No. 6. Importance of Diet in Yoga.	
<b>Unit-III Human Psychology</b>	<b>14 hrs</b>
Chapter No. 7 Human Psychology and Yoga Chapter No. 8. Yoga for Mental health Chapter No. 9. Yogic concept of personality and its development.	
<b>Unit-IV Yoga as a Therapy</b>	<b>14 hrs</b>
Chapter No.10. Brief introduction to human body. Chapter No. 11. Yoga Therapy, its meaning and scope. Chapter No. 12. Yoga and lifestyle management	

Books recommended.

**Text Books**

1. Nataraj P K - Samanya Manovijnana - Pub. Mysore University, Mysore
2. Dharnendraiah A.S - Samanya Manovijnana (Kannada) - Pub. Mysore University, Mysore
3. Swami Kuvalyananda - Yogic Therapy - Ministry of Health, Govt. of India, New Delhi 1963
4. Dr. Anand Nadiger- Sharira rachana mattu sharira shastra (Kannada) Mallasajjan Publication Dharwad 2015.
5. Venkatesh Keri- - Sharira rachana mattu kriya shastra (Kannada) Publication Bagalkote 2007.

**References**

1. Nagarathna R and Nagendra H.R - Integrated approach of Yoga therapy for positive health (Swami Vivekananda Yoga Prakashana Bangalore 2001)
2. Nagendra H R and Nagarathna R - New perspectives in stress Management - V.K. Yogas, Bangalore, 1988
3. K.L. Reddy and B Krishnamurthy - Psychological Immunity.

## B.A. Semester – II

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

### Course No.-2 (Practical)

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
Course-02	DSCC	Practical	02	04	52 hrs	3hrs	25	25	50

Course No.2 (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

- Repetition of previous Yoga practices taught in the previous semester.

**Unit-1 A. Asanas** – Standing: Trikonasana, Parivritta Trikonasana, Parshva konasana.

Sitting: Bhadrasana, Utthana Mandukasana, Gomukhasana.

Supine: Pavana Muktasana, Sarala Matsyasana, Shavasana.

Prone: Dhanurasana, Naukasana

**B. Bandha and Mudra:** Jalandra bandha, Chinmudra, Yoga mudra

**Unit-2 A. Pranayama:** Nadi Shodhona Pranayama, Bhramari Pranayama.

**B. Yogic Kriya:** Jala Neti and Sutra Neti

### 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 Bandha Mudra:	04 Marks
3. Yogic Kriya:	03 Marks
4. Viva:	05 Marks
5. Journal:	05Marks
<b>Total</b>	<b>25 Marks</b>

**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. Swami Kuvalyananda - Asana - Kaivalyadhama, Lonavala, 1987
2. Tiwari O P: Asana Why and How - Kaivalyadhama, Lonavala 1991
3. Swami Satyananda Saraswati: Asana, Pranayama, Mudra, Bandha - Bihar School of Yoga, Munger, 1989
4. Tiruka - Yogasanagalu (Kannada) - Anantha Sevashrama, Malladihalli
5. Tiruka - Shatkriyegalu (Kannada) - Anantha Sevashrama, Malladihalli
6. B K S Iyengar – Yoga deepika (Kannada) - Himagiri Graphics Bangalore, 2000
7. B K S Iyengar – Pranayama deepika (Kannada) - Himagiri Graphics Bangalore, 2000

## B.A. Semester – II

**Subject: Yoga Studies**  
**Open Elective Course (OEC-2)**  
**(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-2	OEC	Theory	03	03	42 hrs	2hrs	40	60	100

**OEC-2: Title of the Course: Yoga and its application**

**Course Outcome (CO):**

After completion of course, students will be able to:

**CO 1 : Have good moral conduct.**

**CO 2 : Get acquainted with the literary knowledge of basic Yogic text.**

**CO 3 : have the awareness of sattkarma (good deeds) in life which is complimentary for Yogic practices.**

**CO 4 : Get acquainted with the knowledge of Yogic concept of health.**

**CO 5 : Achieve positive, creative, constructive attitude with spiritual growth.**

Syllabus- OEC-2: Title- Yoga and its Application	Total Hrs: 42
<b>Unit-I Astang Yoga</b>	<b>14 hrs</b>
<b>Chapter No. 1</b> Yama and Niyama. <b>Chapter No. 2</b> Asana and Pranayama. <b>Chapter No. 3</b> Prathyahar and dharan <b>Chapter No. 4.</b> Dhyana and Samadhi.	
<b>Unit-II Yoga in bhagavadgeeta (Sankhya Yoga adhyaya 2)</b>	<b>14 hrs</b>
<b>Chapter No. 5.</b> Nature of Yoga. <b>Chapter No. 6.</b> Nature of Karma. <b>Chapter No. 7</b> Nature of Bhakti. <b>Chapter No. 8.</b> Nature of Jnan.	
<b>Unit-III Yogic concept of Health</b>	<b>14 hrs</b>
<b>Chapter No. 9.</b> Health meaning and definition . <b>Chapter No. 10.</b> Yogic Concept of Health and Disease. <b>Chapter No. 11.</b> Concept of Panchakosha. <b>Chapter No. 12.</b> Yoga and mental health.	

Books recommended.

**Text Books**

1. Swami Adidevanand - Patanjala Yoga Sutra (Kannada)
2. Swami Harshanand- patanjala Yoga Sutra (Kannada) – Ramkrishna Ashram, Mysuru
3. Nagarathna R and Nagendra H.P. - Integrated approach to Yoga therapy for positive health - Swami Vivekananda Yoga prakashana, Bangalore, 2001
4. Nataraj P K - Samanya Manovijnana - Pub. Mysore University, Mysore
5. Shree Madbhagavadgeeta - Geeta Press, Ghorakhpura,2001

**References**

1. Ajitkumar - Yoga pravesha (Kannada) Rashtrtthana Sahitya Parishat, Bangalore, 1990
2. Nagarathna R and Nagendra H.P. Samagra Yoga Chikitsa (Kannada) Swami Vivekananda Yoga prakashana, Bangalore, 2001
3. Ajitkumar - Yoga Pravesha (Kannada), Rashtrtthana Sahitya Parishat, Bangalore, 1990
4. Swatmaram- Hathayoga Pradeepika (Kannada) Medha Publishers Dharwad.
5. Nimbalkar S.P - Yoga for Health and Peace - Yoga Vidya Niketana, Bombay, 1992
6. Shree Madbhagavadgeeta - Geeta Press, Ghorakhpura,2001

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**Faculty of Social Science  
03 - Year UG Degree programme:2021-22**

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