



## ANNEXURE-I

# SEMESTER I

**COURSE DETAILS – 1**  
**SUBJECT NAME – FOUNDATION OF YOGA**  
**SUBJECT CODE – BAYSMJ-101**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 25</b> | <b>SEE: 75</b> | <b>MM: 100</b> |
|------------------|---------------|----------------|----------------|

### Objectives:

The subject entitled 'Foundation of Yoga' has the following objectives:

- Students will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.

|                | <b>BLOCK-01: GENERAL INTRODUCTION OF YOGA</b>  |
|----------------|--|
| <b>UNIT-01</b> | Introduction of Yoga, Origin of Yoga, History and Development of Yoga  |
| <b>UNIT-02</b> | Etymology of Yoga, Definition and Meaning of Yoga, A Brief Overview of Yoga Evolution from Pre-Vedic to Contemporary Times |
| <b>UNIT-03</b> | Aims, Objectives, And Common Misconceptions of Yoga  |
| <b>UNIT-04</b> | An Overview of The Vedas, Vedang, Prasthanatraye, and Purushartha Chatushtaya  |
|                | <b>BLOCK-02: A SHORT ANALYSIS OF YOGIC TRADITIONS</b>  |
| <b>UNIT-01</b> | Introduction of Pancha-Kosha and Panch-Prana   |
| <b>UNIT-02</b> | Characteristic of Yoga in The Epics (Mahabharata and Ramayana)   |
| <b>UNIT-03</b> | Nature of Yoga as Described in The Smritis and Puranas   |
| <b>UNIT-04</b> | Yoga In Narada Bhakti Sutra (Composed by The Great Sage Narada)  |

|                | <b>BLOCK-03: INTRODUCTION OF DIFFERENT SCHOOLS (STREAMS) OF YOGA</b>  |
|----------------|---|
| <b>UNIT-01</b> | General Introduction of Schools of Yoga: Jñāna Yoga, Bhakti Yoga, Karma Yoga  |
| <b>UNIT-02</b> | Jnana Yoga: Meaning of Jñāna-Yoga, Purpose of Jñāna-Yoga, Practice of Jñāna-Yoga  |
| <b>UNIT-03</b> | What is Bhakti Yoga, Meaning and Definition of Bhakti Yoga, Stages and Types of Bhakti, Types of Bhakta   |
| <b>UNIT-04</b> | Karma Yoga: The Definition and Concept of Karma Yoga, Concept of Nishkam Karma, Goal of Karma, Different Types of Karma                                       |
| <b>UNIT-05</b> | Basic Requirements of Yoga Practices: Suitable Place for Yoga Practice, Time (Season-Time), Diet, Pathya- Apathya, Sadhak & Badhak Elements in Yoga Practice. |
|                | <b>BLOCK-04: INTRODUCTION AND CONTRIBUTION OF EMINENT YOGIS</b>   |
| <b>UNIT-01</b> | An Overview of The Traditions and Yogic Contributions of Guru Gorakshanath and Maharshi Patanjali   |
| <b>UNIT-02</b> | Yoga in The Literature of Saints- Kabirdas and Tulasidas  |
| <b>UNIT-03</b> | Contemporary Yoga: The Yogic Traditions of Maharshi Dayanand Saraswati and Swami Vivekananda  |
| <b>UNIT-04</b> | An Overview of The Contributions Made by Maharishi Raman Aand Swami Ramdeva to The Advancement and Propagation of Yoga in Modern Times                        |

**Prescribed Text Book:**

1. रामदेवस्वामी, उपनिषदसंदेश-दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार,।
2. दर्शन प्रवेश-दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
3. बालकृष्ण, आचार्य: योगविश्वकोष-, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार।
4. रावत, अनुजा:, (2018). योग और योगी, सत्यमपब्लिसिंगहाऊस नई दिल्ली, 2018

**Reference Books:**

5. सिंह, नरेन्द्र:, (2021). हठयोगसारसंग्रह, (हठ प्रदीपिका और घेरण्डसंहिता के सन्दर्भ में), कॉसबिलपब्लिकेशन, नई दिल्ली
6. पंत, पूर्णचन्द्र, (2008). उपनिषदों में योगविज्ञान, आचार्यपूर्णचन्द्रपंत, नाहन, हिमांचलप्रदेश द्वितीय संस्करण,
7. गृहस्थयोगसाधककेगुण- आचार्यबालकृष्णजी
8. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूर्ण, षष्ठमप्रकाशन, 2017
9. Saraswatri, S. N. (2012). Gheranda Samhita. Yoga Publication Trust, Munger, Bihar, India.



**COURSE DETAILS – 2**  
**SUBJECT NAME – YOGA PRACTICUM-I**  
**SUBJECT CODE – BAYSMJ-102**

|                  |               |                |               |
|------------------|---------------|----------------|---------------|
| <b>CREDIT: 2</b> | <b>CA: 15</b> | <b>SEE: 35</b> | <b>MM: 50</b> |
|------------------|---------------|----------------|---------------|

## Learning Objectives

Following the completion of the course, students shall be able to

- Understand the benefits, procedure and contraindications of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.

|                | <b>BLOCK-01: PRAYERS AND RECITATIONS</b>  |
|----------------|---|
| <b>UNIT-01</b> | Concept and Recitation of Pranava   |
| <b>UNIT-02</b> | Concept and Recitation of Hymns   |
| <b>UNIT-03</b> | Understanding and recitation of Surya Namaskara mantra, Bhojan Mantra, Pratahjagran Evam Ratri Shayan Mantra  |
| <b>UNIT-04</b> | Selected universal prayers, invocations and Nishpatti Bhava.  |
|                | <b>BLOCK-02: YOGIC SHATKARMA</b>  |
| <b>UNIT-01</b> | Neti: Sutra Neti and Jala Neti  |
| <b>UNIT-02</b> | Dhauti: Vamana Dhauti (Kunjala)   |
| <b>UNIT-03</b> | Kapalabhati (Vatakrama)   |
|                | <b>BLOCK-03: YOGIC SUKSHMA VYAYAMA&amp;YOGIC STHULA VYAYAMA (MACROCIRCULATION PRACTICES)</b>  |
| <b>UNIT-01</b> | Neck Movement: Griva Shakti Vikasaka (I, II, III, IV)   |
| <b>UNIT-02</b> | Shoulder Movement: Bhuja Balli Shakti Vikasaka, Purna Bhuja Shakti Vikasaka   |
| <b>UNIT-03</b> | Trunk Movement: Kati Shakti Vikasaka (I, II, III, IV, V)  |
| <b>UNIT-04</b> | Knee Movement: Jangha Shakti Vikasaka (II-A&B), Janu Shakti Vikasaka<br><br>Ankle movement: Pada mula Shakti Vikasaka – A&B<br><br>Gulpha-Pada prishtha-pada tala Shakti Vikasaka |
| <b>UNIT-05</b> | Sarvanga Pushti, Hrid Gati (Engine run), 12 Steps of Yogic Jogging  |

|                | <b>BLOCK-04: NADISHODHANA, SHATKARMA AND MUDRAS</b>                        |
|----------------|--|
| <b>UNIT-01</b> | NadiShodhana (Technique 2: Alternate Nostril Breathing)                    |
| <b>UNIT-02</b> | NadiShodhana (Technique 3: Alternate Nostril Breathing + Antarkumbhak)     |
| <b>UNIT-03</b> | NadiShodhana (Puraka + AntarKumbhak + Rechaka + BahyaKumbhak)<br>(1:4:2:2) |
| <b>UNIT-04</b> | Shatkarma: VaatkarmaKapalbhati, Jal Neti                                   |
| <b>UNIT-05</b> | Hasta Mudra: Jnana, Vayu, Pran, Apan, Apanvayu                             |

### Prescribed Text Books:

- Balkrishna Acharya: (2015), DainikYogabhyasakram, DivyaPrakashan, Haridwar.
- Randev Y.S. 2015: Dand-baithak, DivyaPrakashan, Haridwar
- Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, “Yoga Publication Trust.” Munger, Bihar

#### COURSE DETAILS – 3

**SUBJECT NAME – BASIC PSYCHOLOGICAL PROCESSES (ELECTIVE)**

**SUBJECT CODE – BAYSMN-103(A)**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 25</b> | <b>SEE: 75</b> | <b>MM: 100</b> |
|------------------|---------------|----------------|----------------|

### Learning Objectives:

- To familiarize students with the basic concepts of Indian and Western Psychology with an emphasis on application of Psychology in everyday life.
- To introduce the students to the general concepts of psychology.

|                | <b>BLOCK-01: INTRODUCTION OF PSYCHOLOGY</b>  |
|----------------|--|
| <b>UNIT-01</b> | Meaning and Definitions of Psychology, Psychological thoughts in some major, Eastern System: Bhagavad Gita and Buddhism, Concept of Psychology as per Upanishads |
| <b>UNIT-02</b> | Goals and branches of Psychology, Approaches of Psychology: Biological and behavioural   |



|                |   |
|----------------|---|
|                | <b>BLOCK-02: METHODS OF PSYCHOLOGY</b>  |
| <b>UNIT-01</b> | Experimental Method: Meaning, definition, types, merits and demerits,   |
| <b>UNIT-02</b> | Observation method: Meaning, definition, types, merits and demerits,  |
| <b>UNIT-03</b> | Survey method: Meaning, definition, merits and demerits,  |
| <b>UNIT-04</b> | Questionnaire method: meaning, definition, merits and demerits  |
|                | <b>BLOCK-03: PERCEPTION &amp; LEARNING</b>  |
| <b>UNIT-01</b> | Meaning, definition and mechanism of perception, Factors influencing Perception   |
| <b>UNIT-02</b> | Laws of Perceptual organization, Perceptual constancy: shape and size.  |
| <b>UNIT-03</b> | Learning: Meaning definitions and types of learning, Factors affecting learning,  |
| <b>UNIT-04</b> | Methods of learning, Transfer of learning: positive, negative, zero and bilateral   |
|                | <b>BLOCK-04: MEMORY&amp; INTELLIGENCE</b>   |
| <b>UNIT-01</b> | Meaning, definitions and types of Memory: sensory, short-term and long term,  |
| <b>UNIT-02</b> | Components of memory: Encoding, storage & retrieval, Factors affecting memory, enhancement of memory,                               |
| <b>UNIT-03</b> | forgetting: Meaning and Definition, causes of forgetting.   |
| <b>UNIT-04</b> | Intelligence: Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence) |
|                | <b>BLOCK-05: COMMON MENTAL DISORDERS</b>  |
| <b>UNIT-01</b> | Causes and Consequences of Conflicts and Frustrations;  |
| <b>UNIT-02</b> | Common mental disorders; Depressive disorders; anxiety disorders; Serious mental disorders;   |
| <b>UNIT-03</b> | Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention                                       |

### Prescribed Text Books:

- Singh, A.K. (2009) Advanced General Psychology. Motilal Banarsidas.
- Jain, S. (2014). Introduction to Psychology. ISBN-13: 9788127256432.

### Reference Books:

- Baron, R.A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.
- Baron, R.A. (2001). Psychology: Fifth Edition. New York; Allyn & Bacon.
- Zimbardo, P.O. & Weber, A.L. (1997). Psychology. New York, Harper Collins College.
- Lefton, L.A. (1985). Psychology, Boston; Allyn & Baron.
- Morgan, C. T. (2004). Introduction to Psychology. Mcgraw Hill

#### COURSE DETAILS – 3

**SUBJECT NAME – HISTORY OF INDIA (EARLY TIMES TO TILL THE MAURYAN PERIOD)**

**SUBJECT CODE – BAYSMN-103(B)**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 25</b> | <b>SEE: 75</b> | <b>MM: 100</b> |
|------------------|---------------|----------------|----------------|

This course introduces to the students a gradual evolution of early civilization in Indian and polity from the age of Mahajanapadas to the age of foreign incursions during the Pre-Gupta period. Beginning with a general description of the political condition in the sixth century B.C., emergence of our early culture like Palaeolithic, Mesolithic, Neolithic, chalkolithic, Harappa and Vedic culture are described in the first two unit and political development of rising Magadha empire described in the third unit and Alexandra's invasion of Indian and the origin, development and decline of Mauryan empire are dealt with in last unit.

|                | <b>BLOCK-01: HISTORICAL SOURCES AND PRE-HISTORIC CULTURE</b>  |
|----------------|---|
| <b>UNIT-01</b> | Sources for knowing Indian history, importance of sources, types of sources- literary sources, archaeological sources and accounts of foreign travellers                                    |
| <b>UNIT-02</b> | Introduction to Prehistoric Cultures of India: Palaeolithic- Sohan Culture and Madrasian Culture, Mesolithic, Neolithic- Development of agriculture, invention of fire, invention of wheel. |
| <b>UNIT-03</b> | Tools and techniques of Prehistoric Period: Palaeolithic, Mesolithic, Neolithic. Pre Harappa Culture and other Chalkolithic culture   |



|                |   |
|----------------|---|
|                | <b>BLOCK-02: VEDIC CULTURE</b>  |
| <b>UNIT-01</b> | Harappa civilisation: Rise and development of urban civilization, economic, social, religious and cultural features, development of art, reason for change in the centre of culture |
| <b>UNIT-02</b> | Gangetic Culture- Vedic period: Nature of Vedic literature; Political, Social, and Economic life in Rig-Veda and later Vedic period   |
|                | <b>BLOCK-03: VEDIC RELIGION</b>   |
| <b>UNIT-01</b> | Origin of Religious Traditions and Diverse Dimensions of Religion in the Indus Valley Civilization  |
| <b>UNIT-02</b> | Development of religion in Vedic period, worship of nature, increasing importance of Indra, importance of Agni, Varun, Rit and development of worship of Mother Goddess             |
| <b>UNIT-03</b> | Development of religious practices in the later Vedic period such as religious rituals, primacy of Yagya  |
|                | <b>BLOCK-04: REFORM OF RELIGIOUS STRUCTURE</b>  |
| <b>UNIT-01</b> | Upanishad religion: The concept of the soul and the Supreme Brahma  |
| <b>UNIT-02</b> | Jainism: The early life and teachings of Mahavira   |
| <b>UNIT-03</b> | Buddhism: The early life and teachings of Gautam Buddha   |
|                | <b>BLOCK-05: POLITICAL CONDITION OF INDIA FROM 6TH CENTURY B.C. TO 2ND CENTURY B.C</b>  |
| <b>UNIT-01</b> | Political Condition in the sixth century B.C. (Mahajanapadas and Republics)   |
| <b>UNIT-02</b> | Rise of Magadha Empire: - Haryaka dynasty: Bimbisara and Ajatashatru, Shishunaga  |
| <b>UNIT-03</b> | Nanda Dynasty: Mahapadma and Chanakya, Greek Invasion of Alexander  |
| <b>UNIT-04</b> | Mauryan Dynasty: Chandragupta Maurya: Early life and his Empire expansion, Bindusara, Ashoka: Empire expansion, his edicts and Ashoka, Decline of Mauryan Dynasty                   |

### Text Book:

- Singh, U., A History of Ancient and Early Medieval India, From the Stone Age to The 12th Century, Delhi 2016.

## Recommended Readings:

- Sharma, L.P.: History of Ancient India,
- Majumdar, R.C.: Prachin Bharat, Motilal Banarasidas Delhi, 1962.
- Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931.
- Goyal, S. R., Magadh, Satawahan, Kushan Samrajyon ka Yug (Hindi), Jaipur
- Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.
- Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019
- Shastri, K. A. N., the Age of Nandas and Mauryas, Varanasi, 1967. Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I –V (relevant chapters), Bombay, 1951-1957.
- Jha D. N., Ancient India: In Historical Outline, 1997&Early India: A Concise History, 2004

### COURSE DETAILS – 3

**SUBJECT NAME – TOURISM CONCEPTS & PRINCIPLES (ELECTIVE)**

**SUBJECT CODE – BAYSMN-103(C)**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 25</b> | <b>SEE: 75</b> | <b>MM: 100</b> |
|------------------|---------------|----------------|----------------|

**Objective:** This is an introductory module giving the basis of tourism studies. It will give an overview of tourism industry and various organizations.

|                | <b>BLOCK-01: UNDERSTANDING TOURISM</b>  |
|----------------|---|
| <b>UNIT-01</b> | Tours, tourists, visitors, excursionists, travelers, resources, attractive, Tourism product concept.  |
| <b>UNIT-02</b> | Tourism: Meaning, nature and scope, Tourism: Types, elements and components,  |
| <b>UNIT-03</b> | Historical development of Tourism-Travel from ancient's time and in themiddleage-thegrandtour-Travelandtourisminthe19 <sup>th</sup> centuryandafter independence. |
|                | <b>BLOCK-02: DETERMINANTS AND MOTIVATORS</b>  |
| <b>UNIT-01</b> | Determinants and motivations in tourism, factors stimulating in the growth of tourism,  |





|                |  |
|----------------|--|
|                | <b>BLOCK-02: DETERMINANTS AND MOTIVATORS</b>   |
| <b>UNIT-02</b> | (determinants) why the people wish to travel, (motivators) and influences of supply                          |
|                | <b>BLOCK-03: MAJOR TOURISM SERVICES</b>  |
| <b>UNIT-01</b> | Transportation: Types and relevance in tourism,  |
| <b>UNIT-02</b> | Accommodation: Types and relevance in tourism,   |
| <b>UNIT-03</b> | Travel Agencies and Tour-Operators: Overview and relevance in tourism  |
|                | <b>BLOCK-04: THE TOURIST INDUSTRY</b>  |
| <b>UNIT-01</b> | Definition, characteristics of tourism product & services, kind of goods and services,                       |
| <b>UNIT-02</b> | Sector of the tourism Industry, illustrative examples and tourism Industry in relation to the tourism system |
|                | <b>BLOCK-05: TOURISM ORGANIZATION</b>  |
| <b>UNIT-01</b> | WTO / UNWTO, PATA, IATA, ITDC.   |

### Prescribed Text Books:

- Bhatia AK – Tourism Development Principles and practices sterline publication Ltd. 1995.
- Burkat and Madlik- Tourism Past Present and Future, Heinmenn Publishers 1981
- Cooper Flacher et al- Tourism Principles and practices Pitman1993.
- Mill, R.C., (1990), Tourism: The International Business, Pretience Hall, NewJersey.
- Mill and Morrison, (1992), the Tourism System: An Introductory Text, PrenticeHall.

**COURSE DETAILS – 3**  
**SUBJECT NAME – संस्कृतम् - I**  
**SUBJECT CODE – BAYSMN-103(D)**

|                  |   |                |                |
|------------------|---|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 25</b>   | <b>SEE: 75</b> | <b>MM: 100</b> |
|                  | <b>BLOCK-01: भाषापरिचयः</b>   |                |                |
| <b>UNIT-01</b>   | लिपिः   |                |                |
| <b>UNIT-02</b>   | वर्णोच्चारणशिक्षा   |                |                |
| <b>UNIT-03</b>   | भाषामूलतत्त्वानि  |                |                |
|                  | <b>BLOCK-02: शब्दरूपपरिचयः</b>  |                |                |
| <b>UNIT-01</b>   | अजन्ताः - राम, हरि, गुरु, पितृ, गो, रमा, मति, नदी, वधू, मातृ, पुस्तक, दधि,  |                |                |
| <b>UNIT-02</b>   | हलन्ताः - जगत्, भगवत्, राजन्, करिन्, पयस्, विद्वस्, वाच्, दिक्, गिर, अहन्सर्वनामानि - तद्, एतद्, यद्, किम्, इदम्, अस्मद्, युष्मद् |                |                |
|                  | <b>BLOCK-03: अव्ययंतथासन्धिः</b>  |                |                |
| <b>UNIT-01</b>   | सामान्याव्ययानि,  |                |                |
| <b>UNIT-02</b>   | विसर्गसन्धिः  |                |                |
| <b>UNIT-03</b>   | अच्-सन्धिः,   |                |                |
| <b>UNIT-04</b>   | हल्-सन्धिः  |                |                |
|                  | <b>BLOCK-04: क्रियापदपरिचयः (वाक्यरचनाअनुवादश्च)</b>  |                |                |
| <b>UNIT-01</b>   | भू, पठ्, लिख्, गम्, दृश्, स्था, पा, सेव्, वस्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ्मात्रम्)   |                |                |
|                  | <b>BLOCK-05: वृत्ति-समासपरिचयः</b>  |                |                |
| <b>UNIT-01</b>   | कृद्वृत्तिः - क्त, क्तवत्, शतृ, शानच्कृतव्य, अनीयर, तुमुन्, क्त्वा, ल्यप्   |                |                |
| <b>UNIT-02</b>   | समासाः-तत्पुरुषः, बहुव्रीहिः, द्वन्द्वः, अव्ययीभावः   |                |                |
|                  | <b>BLOCK-06: मूलरामायणम् एवं पातञ्जलयोगसूत्रम्</b>  |                |                |
| <b>UNIT-01</b>   | मूलरामायणम् - १-५०श्लोकपठनम्, पदच्छेदः, पदपरिचयः  |                |                |
| <b>UNIT-02</b>   | पातञ्जलयोगसूत्रम् - समाधिपादः (१ - २५सूत्राणि) सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः                                   |                |                |



**निर्धारितग्रन्थाः**

1. व्याकरणचन्द्रोदय (१) - डॉ० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
3. योगदर्शन- स्वामिरामद्वय, दिव्यप्रकाशन, हरिद्वारम्

**सन्दर्भग्रन्थाः**

1. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि. कुलकर्णी

**COURSE DETAILS –4**

**SUBJECT NAME – INTRODUCTION TO SHRIMAD BHAGAVAD GITA**

**SUBJECT CODE – BAYSID-104**

|                  |               |                |                |
|------------------|---------------|----------------|----------------|
| <b>CREDIT: 4</b> | <b>CA: 25</b> | <b>SEE: 75</b> | <b>MM: 100</b> |
|------------------|---------------|----------------|----------------|

## Learning Objectives:

Following the completion of this course, students shall be able to:

- Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta

|                | <b>BLOCK-01: SHRIMADBHAGWATGITA INTRODUCTION</b>  |
|----------------|---|
| <b>UNIT-01</b> | General Introduction of the Bhagavad Gita, The Great Significance of the Bhagavad Gita and Various Scholars' Views in Relation to It, |
| <b>UNIT-02</b> | Synthesis of Yoga in The Bhagavad Gita, The Major Definitions of Yoga, The Nature of Yoga, Yoga Sadhana in The Bhagavad Gita,         |
| <b>UNIT-03</b> | Relevance of The Bhagavad Gita in the Current Era.  |
|                | <b>BLOCK-02: GYAN YOGA –ATMAN, PRAKRITI &amp;PARMATMAN</b>  |
| <b>UNIT-01</b> | Sankhya Yoga or Jnana Yoga (Chapter-2,3,4,5,6,13),  |
| <b>UNIT-02</b> | The Form of the Soul (Chapter-2), The Form of the Supreme Soul (Purush-ottama), (Chapter-4,8,10,11,13,15).                            |
| <b>UNIT-03</b> | Form of Prakriti (Chapter-9,13,14).   |
|                | <b>BLOCK-03: KARMA YOGA AND MEDITATION YOGA</b>   |
| <b>UNIT-01</b> | Concepts of Karmayoga (Chapter-2-6),  |

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| <b>UNIT-02</b>  | Form Of Yajna, Yajnartha Karma, Nishkam Karma (Chapter-3,4), Lok Sangrah (Chapter-3),    |
| <b>UNIT-03</b>  | Jnana-Karma Coordination (Chapter-5),  |
| <b>UNIT-04</b>  | Forms Of Dhyana Yoga (Chapter-6).  |
| <b>BLOCK-04: BHAKTI YOGA</b>                          |  |
| <b>UNIT-01</b>  | Concepts of Bhakti and Mahatmya (Chapters-7, 8, 9, 11, 12),                              |
| <b>UNIT-02</b>  | The Necessity of Devotion in Divine Realization (Chapters-11, Verse-52-55),              |
| <b>UNIT-03</b>  | Types of Bhaktis (Chapters-7, 12)  |
| <b>UNIT-04</b>  | Characteristics of The Devotee (Chapter-12, Verse-13-20)                                 |
| <b>BLOCK-04: PERSONALITY, DIET AND TRIGUN CONCEPT</b> |  |
| <b>UNIT-01</b>  | Role of Diet in Yoga Practice (Chapter-6)  |
| <b>UNIT-02</b>  | Introduction to Trigunas (Chapter-14), Concept of Trigun- Based Personality (Chapter-17) |
| <b>UNIT-03</b>  | Elements of Personality Development, Ideal Personality- Daivee Sampda (Chapter-16)       |

#### Prescribed Text Book

1. श्रीमद्भगवद्गीता – गीतामृत - योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ

#### Reference Text Book

1. गीतारहस्यलोकमान्यतिलक (चयनितपाठ्यांश)
2. Shrimadbhagvadgeeta- Tattvavivechini-JaidayalGoyandaka, Geeta Press Gorakhpur.



**COURSE DETAILS -5**  
**SUBJECT NAME – COMMUNICATIVE ENGLISH**  
**SUBJECT CODE – BAYSAE-105**

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| <b>CREDIT: 2</b> | <b>CA: 13</b> | <b>SEE: 37</b> | <b>MM: 50</b> |
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### Learning Objectives:

- Improve pronunciation and Use English Grammar worksheets and exercises to improve grammatical knowledge for competitive exams
- Enhance reading, understanding and writing abilities in English
- Develop the ability to read, understand and improve English vocabulary
- Demonstrate conversational skills, Asking Questions

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|                | <b>BLOCK-01: BASICS OF ENGLISH GRAMMAR</b>                         |
| <b>UNIT-01</b> | Pronunciation, Rhythm, & Intonation                                |
| <b>UNIT-02</b> | Revision of Basic Grammar – Parts of Speech and Sentence Structure |
| <b>UNIT-03</b> | Tenses, Active and Passive Voice, Direct and indirect Speech       |
|                | <b>BLOCK-02: READING &amp; WRITING</b>                             |
| <b>UNIT-01</b> | Vocabulary-Homophones, Homonyms, Analytical Skills,                |
| <b>UNIT-02</b> | Editing Skills-Error Correction                                    |
| <b>UNIT-03</b> | Article Writing, Reading Comprehension                             |
|                | <b>BLOCK-03: LISTENING</b>   |
| <b>UNIT-01</b> | Audiobooks, Podcasts,  |
| <b>UNIT-02</b> | Speeches of various renowned Yoga Masters                          |
| <b>UNIT-03</b> | Ted Talks  |
|                | <b>BLOCK-04: SPOKEN ENGLISH</b>                                    |
| <b>UNIT-01</b> | Accents and dialects, Extempore                                    |
| <b>UNIT-02</b> | Oral Report, Debates and GDs                                       |
| <b>UNIT-03</b> | Public Speaking Skills   |
| <b>UNIT-04</b> | Leadership, Team Work  |

**Text books:** English Grammar in Use, 4th Edition, Cambridge by Raymond Murphy

**Suggested Sources:** Britishcouncil.org

**COURSE DETAILS –6**  
**SUBJECT NAME – GENERAL INTRODUCTION OF HUMAN ANATOMY AND**  
**PHYSIOLOGY**  
**SUBJECT CODE – BAYSSE-106**

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| <b>CREDIT: 3</b> | <b>CA: 25</b>   | <b>SEE: 75</b> | <b>MM: 100</b> |
|                  | <b>BLOCK-01: BASICS OF THE BODY AND MOVEMENT</b>  |                |                |
| <b>UNIT-01</b>   | Introduction to cells, tissues, organs, and systems; How bioelectric energy relates to prana (life force)   |                |                |
| <b>UNIT-02</b>   | Musculoskeletal system: Overview of bones, joints, and muscles used in yoga poses; Role of spine, tendons, ligaments, and cartilage in flexibility and stability; Muscle contraction and relaxation for asanas; How smooth muscles support internal balance         |                |                |
|                  | <b>BLOCK-02: DIGESTION AND CLEANSING SYSTEMS</b>  |                |                |
| <b>UNIT-01</b>   | Digestive system: Basic anatomy (mouth to intestines), how digestion supports energy for yoga; Role of diet and gastric secretions in vitality; Simple understanding of gastrointestinal movement (peristalsis) and its link to cleansing practices (e.g., kriyas). |                |                |
| <b>UNIT-02</b>   | Excretory system: Kidney and nephron basics; How hydration and breath influence waste removal; Connection to detoxification in yoga.  |                |                |
|                  | <b>BLOCK-03: NERVOUS SYSTEM AND INNER AWARENESS</b>   |                |                |
| <b>UNIT-01</b>   | Nervous system: Simple neuron structure; Central role of the spine and brain in yoga; Sensory and motor systems for balance and coordination in poses; Reflexes and relaxation in meditation.   |                |                |
| <b>UNIT-02</b>   | Glands and hormones: Overview of endocrine glands (e.g., thyroid, adrenals) and their role in stress relief and energy through yoga; Link to mindfulness and emotional balance.   |                |                |
|                  | <b>BLOCK-04: BREATH, ENERGY, AND HOLISTIC SYSTEMS</b>   |                |                |
| <b>UNIT-01</b>   | Cardiovascular and Respiratory Systems: Heart and lung basics; How breath (pranayama) and circulation energize the body; Breathing mechanics and oxygen flow in yoga practice; Stress reduction through heart-lung harmony.   |                |                |



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|                | <b>BLOCK-04: BREATH, ENERGY, AND HOLISTIC SYSTEMS</b>   |
| <b>UNIT-02</b> | Immune and Reproductive Systems: Immune system's role in health and resilience for yogic lifestyle; Basic male/female reproductive anatomy and hormonal balance through yoga. |

**COURSE DETAILS -7**  
**SUBJECT NAME - YAJNA AND KARMAKAND**  
**SUBJECT CODE - BSYSVA-107**

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| <b>CREDIT: 3</b> | <b>CA: 25</b> | <b>SEE: 75</b> | <b>MM: 100</b> |
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**पाठ्यक्रम के उद्देश्य:-**

- यज्ञ के शास्त्रीय अर्थ से परिचय कराना तथा यज्ञों के प्रकार पर प्रकाश डालना।
- ऋषि परम्परा से चले आ रहे इस वैज्ञानिक यज्ञ चिकित्सा का बोध कराना।
- सृष्टि चक्र के संतुलन के परिपेक्ष्य में यज्ञीय विधान का परिचय।
- आत्मिक, शारीरिक, मानसिक, आध्यात्मिक, सामाजिक, वैश्विक समस्याओं/रोगों के समाधान पर्यावरण संरक्षण एवं सुख शांति हेतु।

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| <b>Block-1:</b> | <b>वैदिक धर्म परिचय</b>                    |
| <b>Unit-01</b>  | देवता परिचय                                |
| <b>Unit-02</b>  | वैदिक देवों का वर्गीकरण                    |
| <b>Unit-03</b>  | यज्ञ सस्था का परिचय एवं विवेचन             |
| <b>Block-2:</b> | <b>यज्ञ: परिभाषा, प्रकार एवं उपयोगिता</b>  |
| <b>Unit-01</b>  | यज्ञ की परिभाषाएँ                          |
| <b>Unit-02</b>  | यज्ञ की उपयोगिता                           |
| <b>Unit-03</b>  | यज्ञ शब्द के पर्यायवाची                    |
| <b>Block-3:</b> | <b>यज्ञीय पदार्थ परिचय एवं मंत्र स्मरण</b> |
| <b>Unit-01</b>  | यज्ञीय पदार्थ                              |
| <b>Unit-02</b>  | देव यज्ञ विधि                              |
| <b>Unit-03</b>  | हविर्द्रव्यों की मात्राएँ                  |

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| <b>Block-4:</b> | यज्ञ चिकित्साध्वरेपी   |
| <b>Unit-01</b>  | यज्ञ चिकित्सा के वैज्ञानिक प्रमाणणून                             |
| <b>Unit-02</b>  | यज्ञ चिकित्सा का शास्त्रीय प्रमाणण्वेदादि शास्त्र में रेग निवारण |
| <b>Unit-03</b>  | यज्ञ चिकित्सा  |

निर्धारित पाठ्यपुस्तक-

- यज्ञ-योग-आयुर्वेद चिकित्सा एवं यज्ञ दर्शन, वैदिक नित्यकर्म विधि।
- वैदिक साहित्य एवं संस्कृति, डॉ० कपिलदेव दिववेदी।
- संध्योपासना विधि- पतंजलि योगपीठ।
- पंच महायज्ञ विधि- महर्षि दयानन्द।
- संस्कार विधि- महर्षि दयानन्द।
- यज्ञ रहस्य-डॉ० रामनाथ वेदालंकार।