

CRITERION I – CURRICULAR ASPECTS

1.1 Curriculum design and Development

1.1.1 Programmes for which syllabus revision was carried out during the academic year:

Ph.D.

Semester – I

Course Code	Title of the Paper	L	T	P	C
YSC CC-141	Research Methods in Yoga	04			04
YSC CC-142	Applied Yoga	04			04
YSC EC-143	Yoga Practical			04	04
YSC CC-144	Review of Literature				04
YSC CC-145	Research& Publication ethics				02
Total					18

M.A./M.Sc.

Semester - I

Course	Title of the Paper	L	T	P	C
YSC CC-121	Foundation of Yoga	05	0	0	05
YSC CC-122	Principles and Practices of Hatha Yoga	05	0	0	05
YSC CC-123	Yoga Practical	0	0	05	05
YSC EC-124	Eminent Indian Yogis	04	0	0	04
YSC EC -125	Project/Seminar/Workshop on Yoga	04	0	0	04
YSC EC -126	Teaching Methods/Pathology in Yoga	04	0	0	04
Total					19

Semester - II

Course	Title of the Paper	L	T	P	C
YSC CC-221	Patanjal Yoga Darshan	05	0	0	05
YSC CC-222	Human Anatomy Physiology & Yoga	05	0	0	05

YSC CC-223	Yoga Practical	0	0	05	05
YSC EC -224	Principles of Yoga in Bhagwad Gita & Upanishadas	04	0	0	04
YSC EC -225	Project/Seminar/Workshop on Yoga	04	0	0	04
YSC EC -226	Teaching Methods/Pathology in Yoga	04	0	0	04
YSC OE-227	Fundamentals of Yoga	02	0	0	02
YSC OE-228	Yoga & Holistic Health	02	0	0	02
Total					21

Semester - III

Course	Title of the Paper	L	T	P	C
YSC CC-321	Indian Philosophy	05	0	0	05
YSC CC-322	Holistic Health and Yoga Therapy	05	0	0	05
YSC CC-323	Yoga Practical	0	0	05	05
YSC EC-324	Research Methodology in Yoga	04	0	0	04
YSC EC -325	Project/Seminar/Workshop on Yoga	04	0	0	04
YSC EC -326	Teaching Methods/Pathology in Yoga	04	0	0	04
YSC OE-327	Fundamentals of Yoga	02	0	0	02
YSC OE-328	Yoga & Holistic Health	02	0	0	02
Total					21

Semester - IV

Course	Title of the Paper	L	T	P	C
YSC CC-421	Ayurveda, Swasthavritta & Diet	05	0	0	05
YSC CC-422	Yoga-Psychotherapy	05	0	0	05
YSC CC-423	Yoga Practical	0	0	05	05
YSC EC -424	Principles of Naturopathy	04	0	0	04
YSC EC -425	Project/Seminar/Workshop on Yoga	04	0	0	04
YSC EC -426	Teaching Methods/Pathology in Yoga	04	0	0	04
Total					19

B.A.

Semester – I

Course	Title of the Paper	L	T	P	C
YSC CC-111	Foundation of Yoga	4	0	0	4
YSC CC-112	Yoga Practical	0	0	2	2
Total					6

Semester – II

Course	Title of the Paper	L	T	P	C
YSC CC-211	Fundamentals of Human Biology and Yoga	4	0	0	4
YSC CC-212	Yoga Practical	0	0	2	2
Total					6

Semester – III

Course	Title of the Paper	L	T	P	C
YSC CC-311	Principles of Hatha Yoga	4	0	0	4
YSC CC-312	Yoga Practical	0	0	2	2
YSC SE-313	Health & Yoga Therapy	2	0	0	2
Total					6

Semester – IV

Course	Title of the Paper	L	T	P	C
YSC CC-411	Patanjal Yoga	4	0	0	4
YSC CC-412	Yoga Practical	0	0	2	2
YSC SE-413	Yoga & Mental Health	2	0	0	2
Total					8

Semester – V

Course	Title of the Paper	L	T	P	C
YSC EC-511	Eminent Yogis	4	0	0	4
YSC EC-512	Yoga Practical	0	0	2	2

YSC GE-513	Basics of Yoga	2	0	0	2
YSC SE-514	Alternative Therapy	2	0	0	2
Total					6

Semester – VI

Course	Title of the Paper	L	T	P	C
YSC EC-611	Naturopathy : Principles & Techniques	4	0	0	4
YSC EC-612	Yoga Practical	0	0	2	2
YSC GE-613	Yoga & Holistic Health	2	0	0	2
YSC SE-614	Ayurveda & Swasthvritta	2	0	0	2
Total					6

1.2.2 Programmes in which Choice Based Credit System (CBCS)/Elective Course System implemented at the University level during the Academic year.

Name of Programmes adopting CBCS	UG	PG		Date of implementation of CBCS / Elective Course System	UG	PG	PhD
Already adopted (2009)					BA	M.A./M.Sc.	PhD