VED VIDHYA PEETH
GOVIND GURU TRIBAL UNIVERSITY, BANSWARA

SYLLABUS OF B.Sc. YOG

Bachelor of Science in Yoga : Syllabus

(Semester Scheme, 3 years Degree Course)

1. **Objective of the Programme:**
   - To promote people for adopting yoga eucation in their life in order to live healthy and happy life and to produceyoga teachers, instructors and therapists to benefit the society.
   - To make the people aware of the therapeutic and preventive value of Yoga.
   - To bring peace and harmony in the society at large by introducing the Yogic way oflife based on Indian culture and values.

2. **Duration:**
   - The minimum duration of the programme will be three years (6 semesters) and themaximum duration will be six years.

3. **Eligibility for admission:**
   The candidate should have completed 12th Standard in any discipline from a recognizedboard or equivalent. The admission shall be on merit basis as per rules of the university.

4. **Reservation:**
   Reservation policy should be applicable as per government rules.

5. **Seats:**
   There are only 40 seats for the Course.

6. **Attendance:**
   Seventy five percent attendances in theory and practical classes respectively will benecessary for a candidate to appear in the final examination.A candidate failing to satisfy the above mentioned requirement of attendance in one or more papers shall be detained from appearing at the main and internal examination.

7. **Fee:**

   The course fee will be Rs. 3,500/- + 100 Registration for Gen. Students per Semester and 4000 + 100 per Semester for SC/ST/ OBC/ EWS Students.

8. **Course of Study:**
   - The curriculum of Bachelor of Science in Yoga programme is a blended mode of general education, yogic practical and theory. Structure of course of study is given in the following table 1:

Table 1: Course Contents

Semester-I

Paper Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY- 101	Foundations of Yog	4	Internal : 20 External: 80
BSY- 102	General English	4	Internal : 20 External : 80
BSY- 103	Human Biology – I	4	Internal : 20 External : 80
BSY- 104	Sankhya Darshan	4	Internal : 20 External : 80
BSY- 105	Yog Practical	4	External : 100

Semester-II

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY-201	Patanjal Yog Darshan	4	Internal : 20 External: 80
BSY-202	Introduction to Hath Yog	4	Internal : 20 External : 80
BSY-203	Human Biology - II	4	Internal : 20 External : 80
BSY-204	Swasth Vritta	4	Internal : 20 External : 80
BSY-205	Yog Practical	4	External : 100

Semester-III

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY-301	Fundamentals of Ayurveda	4	Internal : 20 External: 80
BSY-302	Yogic Management of Lifestyle Diseases - I	4	Internal : 20 External : 80
BSY-303	Essence of Bhagwad Gita	4	Internal : 20 External : 80
BSY-304	Basics of Samskrit - I	4	Internal : 20 External : 80
BSY-305	Yog Practical	4	External :100

Semester-IV

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY-401	Teaching methodology	4	Internal : 20 External: 80
BSY-402	Yogic Management of Lifestyle Disease - II	4	Internal : 20 External : 80
BSY-403	Fundamentals of Naturopathy	4	Internal : 20 External : 80
BSY-404	Basics of Samskrit II	4	Internal : 20 External : 80
BSY-405	Yog Practical	4	External : 100

Semester-V

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY-501	Basic statistics	4	Internal : 20 External: 80
BSY-502	Basics of Computer	4	Internal : 20 External : 80
BSY-503	Techniques of meditation	4	Internal : 20 External : 80
BSY-504	Major Upanishads I	4	Internal : 20 External : 80
BSY-505	Practical	4	External : 100

Semester-VI

Subject Code	Nomenclature of courses	Credit Points	Mode of Examination & Max. Marks
BSY- 601	Research methodology	4	Internal : 20 External: 80
BSY- 602	Environmental studies	4	Internal : 20 External : 80
BSY- 603	Complementary & Alternative Therapies	4	Internal : 20 External : 80
BSY- 604	Major Upanishads II	4	Internal : 20 External : 80
BSY- 605	Yog Practical	4	External : 100

9. **Credits:**
   - One credit would mean equivalent to 15 periods of 60 minutes each, for theory, practical, workshops and tutorials.

10. **Levels of awards:**

There are several exit points in the present course. If a candidate quits the course after completion of 6 months, a certificate in yog will be awarded. If a candidate quits the course after completion of first year, 'Diploma in Yog' will be awarded. Likewise, after 2nd year completion, an advance Diploma in yog and after all 3 year completion the candidate will be awarded as Bachelor of Science in yog this is outlined in Table 2.

Successful completion of	*Exit points / Awards*
6 Months	Certificate in Yog
1 Year	Diploma in Yog
2 Years	Advance Diploma in Yog
3 Years	Bachelor of Science in Yog

11. **Lateral entry:**
   - Candidates who have done one year Diploma or certificate course with 40 credits in yoga will be eligible for admission to 2nd year. However, if there is no credits assign to the diploma or certificate course then a separate committee will examine the case.

12. **Scheme of Examination and Evaluation**
   - Each Paper shall have maximum marks as 100, to be evaluated both externally and internally. Distribution of marks for theory papers shall be as follows:

   - **External Examination Scheme-**
     For external examination a question paper carrying maximum 80 marksshall have three sections.The structure will be as follows:
     The first section, SECTION A, carrying maximum 20 marks will have 10 short answer type (not exceeding 50 words each) questions. Each question will carry 2 marks.The second section, SECTION-B, carrying maximum 40 mark will have 10 medium answer type questions (which requires answers not exceeding 250 words), two from each unit. Out of which one from each unit must be attempted. Each question will carry 8 marks.The third section, SECTION- C, carrying maximum 20 marks will have 5 questions (which requires answers not exceeding 300 words), one from each unit out of which 2 questions are to be attempted. Each question will carry 10 marks.The duration of mainexternal examination shall be three hours.

   - **Internal Examination Scheme-**
     50% of the total internal assessment marks (i.e. 10 out of 20 marks) for each theory paper will be awarded on the basis of the performance in the descriptive type written examination of one hour duration conducted by the department. There will be 3 questions each carrying 5 marks covering the entire syllabus out of which two

questions must be answered. If a candidate fails to appear in the written examination of the internal assessment due to valid reasons, department may conduct defaulters examination after collecting fee of Rs. 500/. 50% of the internal assessment (i.e. 10 out of 20) for each theory paper shall be awarded on the basis of the performance in the assignments/ seminars/presentations/ oral examination/ group discussion etc.

- **Practical Papers (Skill component papers)**
  Practical Papers will be evaluated by both External and Internal Examiners at the end of thesemesters. The evaluation may include written examination, viva-voce and practical.

13. Medium:

- Medium of instruction and examination shall be both Hindi and English.

14. Pass Percentage:

A candidate shall be required to obtain at least 25% marks in the aggregate of internal and external marks of each theory paper as well as each practical paper and at least 36% marks in aggregate of all the papers (excluding qualifying papers) of the semester.A candidate may be promoted to the next semester if he or she has secured at least 25% marks each paper but has failed to secure 36% marks in aggregate.