



Maharaja Ganga Singh University



**NEP and Learning Outcome-based Curriculum Framework
(LOCF)**

For

M.Sc. in Yoga Studies and Therapy Management



Department Of Yoga

2023-24

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Background

Considering the curricular reforms as instrumental for desired learning outcomes, all the academic departments of Maharaja Ganga Singh University, Bikaner made a rigorous attempt to revise the curriculum of undergraduate and postgraduate programmes in alignment with National Education Policy-2020 and UGC Quality Mandate for Higher Education Institutions-2021. The process of revising the curriculum could be prompted with the adoption of “Comprehensive Roadmap for Implementation of NEP-2020”. The Roadmap identified the key features of the Policy and elucidated the Action Plan with well-defined responsibilities and indicative timeline for major academic reforms.

The process of revamping the curriculum started with the series of webinars and discussions conducted by the University to orient the teachers about the key features of the Policy, enabling them to revise the curriculum in sync with the Policy. Proper orientation of the faculty about the vision and provisions of NEP-2020 made it easier for them to appreciate and incorporate the vital aspects of the Policy in the revised curriculum focused on ‘creating holistic, thoughtful, creative and well-rounded individuals equipped with the key 21st century skills’ for the ‘development of an enlightened, socially conscious, knowledgeable, and skilled nation’.

With NEP-2020 in background, the revised curricula articulate the spirit of the policy by emphasizing upon— integrated approach to learning; innovative pedagogies and assessment strategies; multidisciplinary and cross-disciplinary education; creative and critical thinking; ethical and Constitutional values through value-based courses; 21st century capabilities across the range of disciplines through life skills, entrepreneurial and professional skills; community and constructive public engagement; social, moral and environmental awareness; Organic Living and Global Citizenship Education (GCED); holistic, inquiry-based, discovery-based, discussion-based, and analysis-based learning; exposure to Indian knowledge system, cultural traditions and classical literature through relevant courses offering ‘Knowledge of India’; fine blend of modern pedagogies with indigenous and traditional ways of learning; flexibility in course choices; student-centric participatory learning; imaginative and flexible curricular structures to enable creative combination of disciplines for study; offering multiple entry and exit points initially in undergraduate programmes; alignment of Vocational courses with the International Standard Classification of Occupations maintained by the International Labour Organization; breaking the silos of disciplines; integration of extra-curricular and curricular aspects; exploring internships

with local industry, businesses, artists and crafts persons; closer collaborations between industry and higher education institutions for technical , vocational and science programmes; and formative assessment tools to be aligned with the learning outcomes, capabilities, and dispositions as specified for each course. In case of UG programmes in Engineering and Vocational Studies, it was decided that the departments shall incorporate pertinent NEP recommendations while complying with AICTE, NBA, NSQF, International Standard Classification of Occupations, Sector Skill Council and other relevant agencies/sources. The University has also developed consensus on adoption of Blended Learning with 10% component of online teaching and 90% face to face classes for each programme.

The revised curricula of various programmes could be devised with concerted efforts of the faculty, Heads of the Departments and Deans of Faculty. The draft prepared by each department was discussed in series of discussion sessions conducted at Department, Faculty and the University level. The leadership of the University has been a driving force behind the entire exercise of developing the uniform template and structure for the revised curriculum. The Vice Chancellor of the University conducted series of meetings with Heads and Deans to deliberate upon the vital parameters of the revised curriculum to formulate a uniform template featuring Background, Programme Outcomes, Programme Specific Outcomes, Postgraduate Attributes, Structure of Masters Course, Learning Outcome Index, Semester-wise Courses and Credit Distribution, Course-level Learning Outcomes, Teaching-Learning Process, Blended Learning, Assessment and Evaluation, Keywords and References. The experts of various Boards of Studies contributed to a large extent in giving the final shape to the revised curriculum of each programme. Stimulated Sessions were conducted under the dynamic leadership of the IQAC, Maharaja Ganga Singh University to give a final shape to the curricula. It is due to their endeavors that the curricula could acquire its present shape.

To ensure the implementation of curricular reforms envisioned in NEP-2020, the University has decided to implement various provisions in a phased manner. Therefore, the curriculum may be reviewed annually so as to gradually include all relevant provisions of NEP-2020.

Programme Outcomes (PO)

Vision

To build responsive, responsible, sensitive, creative and thoughtful citizens with a comprehensive understanding of regional, national and international perspectives.

Mission

To strive towards the educational, cultural, economic, environmental and social advancement of the region and the nation at large by providing multidisciplinary liberal education involving arts, sciences, social sciences, education, law and commerce & Management and quality programmes which inculcate and enhance students' creative and innovative insights, equipping them with both professional and vocational skills, leading to Bachelors', Masters', Professional, Vocational and Doctorate Programmes.

About the Programme

Yoga is an ancient Indian system and is essentially spiritual. It has potential for both prevention of diseases and promotion of health. The holistic approach of Yoga brings harmony in all walks of life and also influences our day-to-day living. It brings suitable changes in the behavioral pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of Yoga have also been revealed by many scientific researches carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

Eligibility

Graduate in any discipline with One year Regular Diploma in Yoga with minimum of 50% marks from Government recognized University/Recognized Institution. Or B.Sc. Naturopathy and Yogic Science/Yogic Science/Yoga/Yoga education with minimum 50% marks from Government recognized University/College or B.Y.N.S Five year regular course with minimum 50% marks from Government recognized University/College.

Note: Selection would be made on the basis of aggregate marks, 25% of graduation and 75% of Yoga Diploma/Certificate Courses.

Duration of the Course:

- The duration of course will be two years, which will further divided into four semesters as two semesters in each academic year.

On completing Masters in the Faculty of Physical education, the students shall be able to realize the following outcomes:

Programme Outcomes	
PO1	Domain knowledge: Apply the knowledge of basic sciences that may be relevant and appropriate to physical education and sports sciences leading to solution of complex sports related issues and problems.
PO2	Problem analysis: Ability to Identify, defines the actual requirements, formulate, research literature, and analyze complex subject related problems to reaching substantiated conclusions.
PO3	Design/Development of Solutions: Ability to design, implement, and evaluate process or program to meet desired needs in the field of physical education and sport sciences.
PO4	Individual and team work: Ability to function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings to accomplish a common goal.
PO5	Ethics: Understanding of professional, ethical, legal, security, social issues and responsibilities in teaching, learning and evaluation.
PO6	Communication: Ability to communicate effectively among a range of audiences/ stakeholders
PO7	Impact: Ability to analyze the local and global impact of physical activities and sports and games on individuals, organizations and society.
PO8	Skill development: Demonstrate skills to conduct research in accordance with the ethical standards of the discipline. Develop effective teaching skills and be able to satisfy the University, College and the School level expectations.
PO9	Critical thinking: Demonstrate creative and critical understanding of the subjects of the subject and its philosophy in their varied forms.
PO10	Identification of Needs: Ability to identify and analyze user needs and take them into account in the selection, creation, evaluation, and administration of physical education and sport sciences programs.
PO11	Integration: Ability to incorporate effectively integrate Science/ Technology/ IT-based solutions to applications
PO12	Professional Development: Recognition of the need for and an ability to engage in continuing professional development

Programme Specific Objectives:

- I. The programme will provide deeper insight into the curriculum of Yogic Sciences along with the therapeutic applications of Yoga and alternative therapies
- II. At the Master level it is also intended that students should get familiar with the original texts of Yoga.
- III. It promotes positive health in the students through Yoga and enabling and imparting skills in them to practice and apply Yogic practices for Health to general public and teach Yoga for overall personality development and spiritual evolution.
- IV. It invokes and inculcates inquisitive, scientific temper in the students regarding the Traditional Indian Sciences specially Yoga and Spirituality.
- V. A research attitude and orientation will also be inculcated into the student so that they further become able to undertake advance and theoretical and applied researches in the field of Yoga and Alternative Therapies.

Programme Specific Outcomes (PSO)

On completing M.Sc. in Masters in Yoga Studies and Therapy Management, the students shall be able to realise following outcomes:

Programme Specific Outcomes (PSOs)	
PSO1	Students will have knowledge of improving the health of mind and body, Basic knowledge of Yoga on Physical & Mental Level.
PSO2	Students will have knowledge of classical and theoretical foundations of the field of Yoga therapy.
PSO3	Students can conduct yoga class on general level. Eligible for the post of Yoga teacher or Yoga instructor.
PSO4	Spiritually becomes strong and solving problems of stress and strain leading to various diseases.
PSO5	Complete knowledge of Yoga on physical, mental intellectual, emotional & spiritual way. Students will learn Sadhna and yogic concepts in upnishadas.
PSO6	They will be able to get the knowledge about human anatomy & physiology, management for diseases. The programme will help to assess the needs of patients, to design and implement effective patient- or ailment-specific Yoga modules.
PSO7	Students will exhibit all round personality development. Students should be able to work efficiently as a Yoga Teacher in industries, health centres & various institutes. They will be eligible for NET/SET/Ph. D and for the post of Assistant Professor. They can start their Yoga center.

PSO8	Students will be able to work towards teaching methodology and realization of health for all, as a national goal through Yoga.
PSO9	Students will be able to demonstrate empathy and humane approach towards patients and their families and exhibit inter-personal behavior in accordance with the scientific norms and expectations.
PSO10	Students will be aware and updated with the research advances, various tools, and developments in the field of Yoga. Students will become eligible to do Research on National & International Level.
PSO11	Students will gain better understanding of ethical, social issues and human values.

Postgraduate Attributes

- Disciplinary Knowledge
- Creative and Critical Thinking
- Reflective Thinking
- Problem Solving
- Analytical Reasoning
- Communication Skills
- Research Skills
- Life Skills
- Multicultural Competence
- Moral and Ethical Values
- Life-long Learning
- Global Competency

Structure of Programme

Course Code	Course Title	Nature	Lecture	Tutorial	Practical	Total Credits	Maximum Marks		Minimum Passing Marks
							Internal Marks	External Marks	
Semester-I									
Theory Papers									
FPE YOG 01 CC 01 4011	Historical Background of Yoga	Core Compulsory	3	1	1	5	10	40	13 (25 %)
FPE YOG 01 CC 02 4011	Theoretical study of Yogic Practices	Core Compulsory	3	1	1	5	10	40	13 (25 %)
FPE YOG 01 CC 03 4011	Patanjali Yoga	Core Compulsory	3	1	1	5	10	40	13 (25 %)

FPE YOG 01 CC 04 4011	Human Anatomy & Physiology-I	Core Compulsory	3	1	1	5	10	40	13 (25 %)
							40	160	
							Total Theory Marks	200	72 (36% aggregate)
FPE YOG 01 CF 01 4011	Basics of Yoga	Core Foundation Course	2	2	1	5	36% (Qualifying)		
Practical									
FPE YOG 01 P 01 4011	Practical (5 credit)						25	75	36 (36% aggregate)
Total Credits						25	Grand Total	300	
Semester-II									
Theory Papers									
FPE YOG 02 CC 01 4011	Diet & Dietary Management	Core Compulsory	3	1	1	5	10	40	13 (25 %)
FPE YOG 02 CC 02 4011	Sadhna & Theory of Hath Yoga	Core Compulsory	3	1	1	5	10	40	13 (25 %)
FPE YOG 02 CC 03 4011	Yogic Concepts in Upanishads	Core Compulsory	3	1	1	5	10	40	13 (25 %)
FPE YOG 02 CC 04 4011	Human anatomy & Physiology-II	Core Compulsory	3	1	1	5	10	40	13 (25 %)
							40	160	
							Total Theory Marks	200	72 (36% aggregate)
FPE YOG 02 CF 01 4011	Human and National Values	Core Foundation Course	2	2	1	5	36% (Qualifying)		
Practical									
FPE YOG 02 P 01 4011	Practical (5 credit))						25	75	36 (36% aggregate)
Total Credits						25	Grand Total	300	
Semester-III									
Theory Papers									
FPE YOG 03 CC 01 4011	Yogic management for Diseases	Core Compulsory	3	1	1	5	10	40	13 (25 %)
FPE YOG 03 CC 02 4011	Basics of Naturopathy	Core Compulsory	3	1	1	5	10	40	13 (25 %)
FPE YOG 03 CE 01 4011 OR FPE YOG 03 CE 02 4011	General Psychology OR Yoga in ancient Text	Core Elective	3	1	1	5	10	40	13 (25 %)
FPE YOG 03 EO 01 4011 OR FPE YOG 03 EO 02 4011	Indian Philosophy Relevant to Yoga OR Ayurveda, Swasthavritta & Diet	Elective Open	3	1	1	5	10	40	13 (25 %)

								40	160				
								Total Theory Marks	200	72 (36% aggregate)			
Practical													
FPE YOG 03 P 01 4011	Practical (4 credit)						25	75	36 (36% aggregate)				
Total Credits						20	Grand Total	300					
Semester-IV													
FPE YOG 04 CC 01 4011	Research methods and Statistic in Yoga Education	Core Compulsory	3	0	2	5	10	40	13 (25 %)				
FPE YOG 04 D 01 4011	Dissertation OR Research Project OR Review OR Case Study	Core Elective	0	0	10	10	20	80	36 (25 %)				
FPE YOG 04 EO 01 4011 OR FPE YOG 04 EO 02 4011	Teaching Methodology of Yoga Practice OR Yoga & Stress Management	Elective Open	3	0	2	5	10	40	13 (25 %)				
*Includes presentation/viva voce each student								40	160				
								Total Theory Marks	200	72 (36% aggregate)			
Practical													
FPE YOG 04 P 01 4011	Practical (4 credit)						25	75	36 (36% aggregate)				
Total Credits						20	Grand Total	300					

Learning Outcome Index

I. Programme Outcomes (PO) and Programme Specific Outcomes (PSO)

PO	PSO-1	PSO-2	PSO-3	PSO-4	PSO-5	PSO-6	PSO-7	PSO-8	PSO-9	PSO-10	PSO-11	PSO-12
PO-1	X	X	X	X	X	X	X	X	X	X	X	X
PO-2	X	X	X	X	X	X	X	X	X	X	X	X
PO-3	X	X	X	X	X	X	X	X	X	X	X	X
PO-4	X	X	X	X	X	X	X	X	X	X	X	X
PO-5	X	X	X	X	X	X	X	X	X	X	X	X
PO-6	X	X	X	X	X	X	X	X	X	X	X	X

PO-7	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
PO-8	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
PO-9	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
PO-10	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
PO-11	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
PO-12	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

II. Programme Specific Outcomes (PSO) and Core Courses (CC):

PSO	C C- 1	C C- 2	C C- 3	C C- 4	C C- 5	C C- 6	C C- 7	C C- 8	C C- 9	C C- 10	C C- 11	C C- 12	C C- 13	C C- 14	C C- 15	C C- 16	C C- 17	C C- 18	C C- 19	C C- 20	
PSO-1		X	X	X		X	X	X	X	X		X	X	X	X	X	X	X	X	X	X
PSO-2		X	X		X	X	X	X		X	X	X	X	X		X	X	X	X	X	X
PSO-3	X		X	X		X	X	X	X		X	X	X	X	X	X	X	X	X	X	X
PSO-4				X	X	X	X		X	X		X		X		X	X				X
PSO-5		X		X	X		X		X		X		X			X	X				
PSO-6		X	X		X				X	X	X		X	X		X		X			X
PSO-7	X	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X	X	X
PSO-8				X	X	X	X			X	X	X		X	X	X	X				
PSO-9	X	X					X	X		X	X	X	X			X	X				X
PSO-10					X	X					X	X		X	X	X	X				X
PSO-11					X					X		X				X	X		X		

III. Programme Specific Outcomes (PSO) and Elective Courses (EC):

PSO	EC-1	EC-2	EC-3	EC-4	EC-5	EC-6	EC-7	EC-8	EC-9
PSO-1	X		X	X			X	X	X
PSO-2	X	X				X	X	X	
PSO-3		X			X	X		X	X
PSO-4		X	X	X			X		
PSO-5		X	X	X		X			X
PSO-6	X		X	X		X	X		X
PSO-7	X	X	X	X	X	X	X	X	X
PSO-8				X	X		X	X	X

PSO-9	X			X	X		X	X	
PSO-10	X	X		X		X	X	X	
PSO-11		X				X			

SEMESTER –I

Paper code-FPE YOG 01 CC 01 4011

Historical Background of Yoga

Course Objective: To provide learning about the history of Yoga, classical Yoga texts, Yogic gurus, and contributions of Yoga to religions

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. To learn about Origin and History of Yoga.
2. To have an idea about Evolution of Yoga.
3. To learn Yogic Traditions and Yoga Gurus etc
4. Explain the various definitions of Yoga, history of Yoga and branches of Yoga

Unit-I

Historical and mythological aspects leading to the origin of Yoga, history and development of Yoga, Definition of Yoga in different Yoga text (Patanjali Yog Sutra, Upanishad, Bhagwad Geeta, Hath Yoga) and different schools of thought.

Unit-II

Yoga in Veda- A brief introduction of Jnana Yoga, Bhakti Yoga, Karma Yoga, Dhyana Yoga, Yama- Niyama and Prana sadhna in Veda. Yoga in Upanishad- Bhakti Yoga, Karma Yoga, Astanga Yoga, Sadanga Yoga, Nada Yoga, Mantra Yog, Dhyana Yoga. Nature and types of Yoga in Yoga Vasistha.

Unit-III

Eminent Indian Yogis and Yoga- Life sketch and their contribution to Yoga:, Yoganand Paramhans, Maharshi Raman, Shree Arvind, B. K. S. Iyengar, T. Krashnamacharya, Maharshi Mahesh Yogi, Swami Dhirendra Brahamchari ji, Swami Rama .

Suggested reading:

1. Vishwanath Mukharjee-Bharat Ke Mahan Yogi, Vishwavidyalaya Prakashan, New Delhi, 2005
2. Vishwanath Mukharjee - Bharat ki mahaan Saadhikayen, Vishwavidyalaya Prakashan, New Delhi, 2005.
3. Kalyan(Bhakt Ank) - Gita press Gorakhpur.
4. Kalyan(Sant Ank)- Gita press Gorakhpur.
5. Swami Atmananda- four yogas, Bharatiya vidya Bhavana. Bombay 1966

6. Swami Inanananda- Philosophy of yoga, Shri Ramakrishna Ashram, Mysore
7. Sing Lalan Prasad. Tantra, concept publishing Company, Delhi – 1976
8. Rajkumari pandey- Bhartiya yoga prampara ke vividha Ayama Radha Publication, Delhi- 1993
9. Fenerstein George. The yoga Tradition: Its History, Literature, philosophy Bhavana Books and prints, Delhi 2002. 6. T.R Srinivasa ayyangar amarta-Nadopanishad
10. All literature published by Shree Arvind Ashram pondyichery
11. All literature published by Bihar School of Yoga
12. Kalyan (Yogank) - Gita press Gorakhpur, 2002.
13. Kalyan (Yoga Tatwank)- Gita press Gorakhpur, 1991.

Paper code-FPE YOG 01 CC 02 4011

Theoretical Study of Yogic Practices

Course Objective: To demonstrate various forms of breathing exercises, called pranayama breathing, discover various yoga postures, called asanas, and integrate mantras (yoga chanting) into their yoga practice.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Explain the various definitions of Asana, history of Asana and Types of Asana.
2. Describe category of Yogasanas, its importance, methods, rules, regulations and limitations.
3. Illustrate the various limbs of Ashtanga Yoga.
4. Demonstrate knowledge of pranayamas, and breathing and lifespan.
5. Demonstrate various types of Yogasanas in their correct method of performance.
6. Demonstrate different pranayamas.

Unit-I

Asana

Definition, classification, categories, benefits & limitations, eight step technique of asana, techniques of asana according to different text, Surya namaskara technique, benefits, limitations and its mudras, physiological effect of asana and surya-namaskar on human system.

Unit-II

Pranayama

Definition, classification, types, technique of pranayama, benefits & limitations of Pranayama . and physiological effect of Pranayama on human body.

Breathing practices

Definition, classification, types, techniques, benefits and limitations of Breathing practices. physiological effects of Breathing practices on human body.

Meditation

Definition, types, techniques of meditation, effect of meditation. Effect of mediation on various system of human body.

Unit-III

Bandha & Mudra

Definition, types, techniques, benefits and limitations, Physiological effects of Bandha on various system of human body, Mudra- Definition, types, techniques, benefits & limitations, Physiological effects of Mudra on various system of Human body.

Shat Karma

Definition, classification, categories, benefits and limitations, Physiological effect of various shat karmas on human body.

Suggested readings:

1. PPH - Dr. H.R. Nagendra, Dr Nagratana
2. Asana kyo aur kaise – OM Prakash Tiwari
3. Yogasana – Swami Kuvalyanand
4. Text book of yoga – Yogeshwar
5. Asana , Pranamaya, band & Mudra
6. Pranamaya - Swami Satyananda Sarswati
7. Yoga in Daily life - Dr Shekar Sharma
8. Light on Yoga- B.K.S Iyengar
9. Gherand Samhita- Bihar School of Yoga
10. Hatha Yoga Pradipika- kaivlyadhama, lonevala

Paper code-FPE YOG 01 CC 03 4011

Patanjali Yoga

Course Objective: To illustrate the knowledge of traditional texts.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Get the knowledge of traditional Mind (Chitt)
2. To understand how can Control the mind
3. Explain about obstacles of yog sadhana & solution.
4. Technique of self realization & knowledge of different types of samadhi

Unit-I

Samadhi Paada

Yoga, meaning & nature of yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as tools, Concept of Bhavapratyaya & Upaypratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa, Chitta-prasadanam, Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna, Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.

Unit- II

Sadhana Paada

Concept of Kriya Yoga, theory of Kleshas; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-Purusha Samyoga; Brief Introduction to Ashtanga Yoga; (Yama- Niyama; Concept of Vitarka & Mahavrata; Asana, Pranayama, Pratyahara and their siddhis.)

Unit III

Vibhuti Paada and Kaivalya Paada

Introduction of Dharana, Dhyana and Samadhi, Nature of Sanyama, Concept of Chitta Samskara, Parinamatraya and Vibhutis. Five means of Siddhis, concept of Nirman Chitta, Importance of Siddhis achieved through Samadhi, Four types of Karmas; Concept of Vasana; Dharmamegh Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana.

Suggested reading:

1. Mukti ke upaya- swami Nirjanananda, Bihar School of yoga.
2. Yoga bhashya- Vachaspati Mishra.
3. Patanjali Yog Pradeep-OMananda fifth.
4. Yoga Sucha- Yachaspah Tika – Haniharnanda.
5. Patanjali Yoga sucha-Dr kanmbelkan- lonavale.
6. Patanjali Yog darshan-Geeta press Ghorakhpur

Paper code-FPE YOG 01 CC 04 4011

Human Anatomy & Physiology -I

Course Objective: To give a basic understanding of the human anatomy and human physiology. And to give a deeper understanding of the human systems to explain underlying mechanism of changes in body due to Yoga practices.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. The student can understand the knowledge of human anatomy & physiology of Cell structure.
2. Various systems in the body like Skeletal system, Muscular system, Digestive system, Circulatory system, Respiratory system, Excretory system, Endocrine system, Nervous system and Reproduction.

Unit-I

Muscular system

Types of muscles, Theory of contraction and relaxation, categories of muscles, properties and functions of muscles.

Skeletal system

Introduction of skeletal system, function of skeletal system, types of joints, composition of bone, types of bones, vertebral column of human body.

Unit-II

Respiratory system

Definition of respiration, structure and function, mechanism of respiration, exchange of gases, oxygen transportation, and co-transportation in respiration.

Digestive system

Definition of digestion, structure and function, mechanism of absorption of various product of digestive system, control of digestion in various part of alimentary, hormonal control of digestive system.

Unit-III

Circulatory system

Structure and function of heart and blood vessels, cardiac cycle, regulation of cardiac output, blood pressure and factor affecting it, hypertension, composition of blood, blood cells, function of blood, composition of lymph and functions.

Suggested reading:

1. A glimpse of Human body- Dr. sharley Telles
2. Human anatomy – Physiology - Dr. Vrinda singh
3. Function of Human body- 4th edition- Guyton A.c. (1985)
4. Human Physiology – chatterge c.c. (1992)
5. 5. Tent book of Physiology - Jain A.K

Paper code-FPE YOG 01 CF 01 4011

Basics of Yoga (Core Foundation Course)

Course Objective: To learn Traditional Indian Yoga systems from root level and to understand the philosophy of the Yoga

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Gain the basic understanding of fundamental and applied scientific concepts and methods of Yogic Science

Unit-I

Yoga and its meaning, Principles of Yoga (Triguna, Antahkarana-chatustaya, Panchakosha).Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali yoga, Hatha yoga). Shatkarma introduction- Neti, Trataka, Kapalbhati.

Unit-II

Introduction of Patanjali ashtanga Yoga in a short (yama, niyama, asana, pranayama, pratyahara, dharna, dhyana, Samadhi)Introduction and study of Bhagavad Gita- including

memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70). Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktahara).

Unit-III

Eminent Indian Yogis and Yoga- Life sketch and their contribution to Yoga: Ram Krishna Paramhans, Swami Vivekananda, Swami Dayanand Saraswati, Pandit Shreeram Sharma, Swami Kuvalyanand ji, Swami Shivanand Saraswati, Swami Satyanand Saraswati.

Suggested reading:

- 1 Goyandka, Harikrishandass : Yoga Darshan Geeta Press, Gorakhpur (Samvat 2061).
- 2 Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 3 Sahay G. S. : Hathayogapradipika MDNIY, New Delhi, 2013
- 4 Gita press Gorakhpur : Shreemad Bhagvadgita Gita press Gorakhpur, Samvat 2073
- 5 Kotecha, Vaidya Rajesh : A Beginner's Guide to Ayurveda Chakrapani Publications, Jaipur 2016
- 6 Quality Council of India (QCI) : Yoga professionals Official Guidebook for Level 1 Excel Books, New Delhi 2016
- 7 Brahmachari Swami Dharendra : Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi, 1986
- 8 Sahay G. S. : Hathayogapradipika MDNIY, New Delhi, 2013
- 9 Kalayan : Upanishads (23rd year Special) Geeta Press, Gorakhpur
- 10 Gore M. M. : Anatomy and Physiology of Yogic Practices, Kanchana Prakashana, Lonavala, 2004
- 11 Swami Karmananda : Management of Common Diseases, Bihar Yoga Publication Trust, 2006, Munger
- 12 Basavaraddi, I. V. & others : Yoga Teachers Manual for School Teachers, MDNIY, New Delhi, 2010

Paper code-FPE YOG 01 P 01 4011

PRACTICAL

Lists of Yoga Practices

Suryanamaskara

Traditional 10 Steps, 12 Steps

Asana

- | | |
|-------------------------|---------------------|
| 1. Ardhakati Chakrasana | 2. Ardha Chakrasana |
| 3. Padahastasana | 4. Vajrasana |
| 5. Shashankasana | 6. Paschimotanasana |
| 7. Halasana. | 8. Sarvangasana |
| 9. Matsyasana. | 10. Bhujangasana |

11. Salabhasana.
13. Sirsasana.
15. Sukhasana
17. Siddha yoni Asana

12. Ardha Sirsasana
14. Padmasana
16. Siddhasana

Pranayama

1. Sectional Breathing
2. Breathing Practices
3. Nadi sudhi
4. Bhramari
5. Bhastrika

Bandha

1. Jalandhara Bandh,
2. Uddiyan Bandha
3. Moola Bandh

Mudra

1. Chin Mudra, 2. Chinmaya Mudra, 3. Aadi Mudra, 4. Brahma Mudra

Kriya

1. Kapalabhati
2. Trataka

Relaxation

1. IRT (Instant Relaxation Technique)
2. QRT (Quick Relaxation Technique)
3. DRT (Deep Relaxation Technique)

Yog Nindra

Chanting

Prayer, Bhagvad Geeta (Karma yoga & Bhakti Yoga), Peace chanting and bhajans, etc.

Semester-II

Paper code- FPE YOG 02 CC 01 4011

Diet & Dietary management

Course Objective: To promote the active use of yogic concept of food and nutrition and to gain the knowledge of food and metabolism.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Describe fundamentals of nutrition, with respect to different nutrients and food groups
2. Illustrate details of nutritional requirements for different age groups
3. Classify modern nutrition to traditional Naturopathic diets;
4. Illustrate the use of specific herbs in common diseases, with therapeutic values.
5. Analyze the nutritional status of a patient; Plan, implement and evaluate nutritional advice for people of different ages and patients of different diseases.

Unit-I

Definition of the terms: food, nutrition, nutrition and dietetics, principle of diet therapy, therapeutic nutrition, planning of therapeutic diet, protein, carbohydrate and fat: Its functions, sources and effect of deficiency, energy, metabolism, energy metabolism and water balance.

Unit-II

Minerals-functions, effect of deficiency and excess, food sources of calcium, phosphorous, iron, iodine, fluorine and sodium, vitamin functions, food sources, effect of deficiency and excess of fat soluble vitamin A, D, E, K and water soluble vitamin B1, B2, Niacin, Folic acid and Vitamin C.

Unit-III

Planning and dietary modification of therapeutic diet, therapeutic for fever, thyroid, influenza, jaundice, metabolism of diabetes, diabetes diet prescription, therapeutic diet for obesity and underweight, therapeutic diet in disease of cardio vascular system, therapeutic diet in the disease of liver, therapeutic diet in disease for kidney, diet in peptic ulcer, food allergy and summary of therapeutic diet.

Suggested reading:

1. SHILS, M.E, Olson, J.A, Shike, M and Ross, A.C. (1999): Modern Nutrition in Health and Disease 9th edition.
2. Williams, S.R. (1993): Nutrition and Diet Therapy 7th edition. Times Mirror, Mosby college, Publishing.
3. Mohan, L. K, and Escolt-students (2000): Krauses food Nutrition Diet Therapy.
4. Seth, Y and Singh K. Diet Planning Through Lifestyle in Health and Disease.
5. Srilakshmi S. Dietetics 1999.
6. Davison, A, Passmore, R. Brock J. F. and Truwell, A. S. Human Nutrition and Diets

Paper code- FPE YOG 02 CC 02 4011

Sadhna & Theory of Hath Yoga

Course Objective: To give an introduction of Hatha yoga and to give an understanding of the prerequisites of Hatha Yoga.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Learn methods of performing asanas, pranayama, mudras and bandhas in traditional way. To understand the principles of Hatha Pradipika, Gheranda samhita Sapta Sadhan, and learn method of cleansing technique of body (Shaktikarma)

Unit-I

Hatha Yoga Pradipika

Hath Yoga ki Paribhasha, Abhyaas hetu uchit sthaan, Ritu kal, Sadhana mein Sadhak avum Badhak tatva, detail of Yama-Niyama, Asano ki Vidhi, Vah Labh, Pranayama ki paribhasha, Prakar Vidhi , benifits and limitations.

Unit-II

Hatha Yoga Pradipika

Shatkarma -Dhoti, Basti, Neti, Trataka, Nauli, kapalabhati ke vidhi vah Labh, Bandh v Mudra- Mahamudra, Mahabandh, Mahavedh, Khechari, Udiyaana, Jalandhara, Moolbandha, Viparitkarni , Vajaroli, Shaktichalani,

Samadhi

Nadanusandhana, Kundalini ka Swaroop evam, jagraat ke Upaya.

Unit-III

Gheranda samhita

Sapta Sadhan

Shaktikarma – Dhouti, Basti, Neti, Nauli, Trataka, Kapalbhathi ki vidhi , Savdhaniyan labh, Asana , Pranayama, Mudrayein, Pratyahara, Dharana,Dhyana & Samadhi kie Vivechana, Difference between Hathayoga Pradipka & Gharand Shamhita- Asana, Pranayama, kriya, adi mein antar.

Suggested reading:

1. Hathayogapradipika –Prakashak Kaivalyadhama Lonavla pune
2. Gharand Samhita - Prakashak Kaivalyadhama Lonavla pune
3. Gharand Samhita – Swami Niranjana
4. Hath Yoga Pradipika – Swami Mukti Bodhananda

Paper code- FPE YOG 02 CC 03 4011

Yogic Concepts in Upanishad

Course Objective: To provide the knowledge of upanishads and yogic knowledge in Upanishad.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. To teach the essence of the principal Upanishads.
2. Practice Yoga according to the principles Upanishads.
3. Holistic living according to the precepts of Upanishads.

Unit-I

General Introduction of Upanishads

Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava.

KenaUpanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

KathaUpanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization.

Unit-II

General Introduction of Upanishads.

Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahma Vidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti.

Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara.

Unit-III

General Introduction of Upanishads.

Aitareya Upanishad: Concept of Atma, Universe and Brahman.

Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriguvalli.

Chhandogya Upanishad: Om (udgitha) Meditation; Shandilyavidya.

Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

Suggested reading:

1. Upanishad sangraha- Jagdish Shashtri, Motilal banarashidas, Varanasi, Delhi, Chennai.
2. Swami Shivananda- The essence of Principle Upanishad, Divine Life Society, 1980
Swami Nikhilananda-
3. 108 Upanishad- The Principle Upanishad, Courier Crporation, 2003
4. 108 Upanishad- Sadhana khand- Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
5. 108 Upanishad- Brahma Vidya khand - Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
6. 108 Upanishad- Jnana Khand - Pt. Shri ram Sharma Acharya, Shantikunj, Haridwar
7. Upanishad bhasye- Shankara Acharya, Geeta press, Ghorakhapur

Paper code- FPE YOG 02 CC 04 4011

Human Anatomy & Physiology-II

Course Objective: To provide an understanding and basic principles of Anatomy, and Physiology.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. To learn the background knowledge of basic concepts of anatomy and physiology.
2. To enrich the various concepts of respiratory, digestive, endocrine systems, etc.
3. To learn the involvement of special senses.

Unit-I

Nervous System

Definitions, role of nervous system, structure of neuron, Type of neuron, morphological and function, conduction of nervous system (brain & spinal cord) peripheral nervous system, autonomic nervous system.

Immune System

Definition, Types of Immunity (Innate, direct, indirect, acquired, direct, indirect, hormonal and cell mediate), antigens, antigen antibody reaction.

Unit-II

Endocrine System

Endocrine gland - structure, function, secretion, regulation of hormonal secretion, mechanism of action of hormone, emphasis on physiology of diabetes and stress hormones, physiological functions and abnormalities in secretion of pituitary, thyroid, parathyroid, hormones, adrenal and reproductive hormones, disorders of endocrine glands.

Reproductive System

Definition, types of reproductive, male reproductive system, female reproductive system, menstrual cycle, pregnancy changes during pregnancy.

Unit-III

Excretory System

Definition, anatomy & physiology of kidneys, structure and function of nephron, mechanism of urine formation, regulation of urine formation

Sense Organs

Structure and functions (eye, skin, ear, nose and tongue), physiology of different sense organs.

Suggested readings:

1. A Glimpse of Human Body- Dr Shirley Telles.
2. Human Anatomy & physiology - Dr. Vrinda Singh
3. Guyton A.C (1985): Function of Human Body 4th Edition
4. Human Physiology - Chatterjee C.C (1992)
5. Text book of Physiology - Jain A.K.

FPE YOG 02 CF 01 4011

Human and National Values (Core Foundation Course)

Objectives

1. To inculcate national and human values in the Students.
2. To enable the students imbibe the Indian cultural ethos.
3. To inculcate the spirit of Patriotism so that the Students develop a sense of strong bondwith the nation.
4. To enable the Students grow into a citizen possessing civic sense.

Course Outcomes

- (i) On the completion of the course the students shall be able to
- (ii) Attain the civic skills enabling him/her to become a well-behaved citizen of the country.
- (iii) Imbibe and spread the feelings of devotion and dedication.

Course Description:

Unit-I

1. NCC – Introduction, Aims, NCC Flag, NCC Song, NCC Administration, Raising of NCC in Schools/Colleges, NCC: Rank, Honours and Awards, NCC Training, NCC Camps, NCC Examinations, Incentive and Scholarship for Cadets.
2. Importance of Discipline in life, Aims and Merits of Discipline, Problems related to Indiscipline and Solutions.
3. Contribution of NCC in Nation Building. Recipients of Param Veer Chakra.

Unit – II

1. Leadership, Personality Development, Decision Making, Motivation, Morale. Value system – The role of culture and civilization-Holistic living
2. Self-esteem and self confidence, punctuality – Time, task and resource management ,Team work,
3. Salient values for life- Truth, commitment, honesty and integrity, forgiveness and love, empathy and ability to sacrifice, care, unity , and inclusiveness. Positive and creative thinking.

Unit – III

Universal Declaration of Human Rights, Human Rights violations, National Integration – Peace and non-violence (in context of Gandhi, Vivekanad), Social Values and Welfare of the citizen, The role of media in value building, Fundamental Duties, Environment and Ecological balance – interdependence of all beings – living and non-living.

Assessment and Evaluation:

The whole evaluation shall be done by the Departmental Internal Faculty. It is a non-creditable Paper. The Student will have to score simply a qualifying score/grade as specified in the CBCS rules. The candidate will have to qualify the paper by the time He / She qualifies for the Programme. He/She can avail maximum 3 chances along with the Semester Examinations.

The Students shall be assessed and evaluated as per the schedule given below –

1. Project Report / Case Study (in 3000-5000 words) – 75%
2. Viva-voce - 25%

Books Recommended:

1. Hand Book of NCC : Major R C Mishra & Sanjay Kumar Mishra
2. Indian Political System, Dr . Pukhraj Jain & Dr. Kuldeep Fadiya
3. NCERT, Education in Values, New Delhi, 1992.
4. M.G.Chitakra: Education and Human Values, A.P.H. Publishing Corporation, NewDelhi,2003.
5. Chakravarthy, S.K.: Values and ethics for Organizations: Theory and Practice, OxfordUniversity Press, New Delhi, 1999.
6. Satchidananda, M.K. : Ethics, Education, Indian Unity and Culture, AjanthaPublications,Delhi, 1991.

Practical

Suryanamaskara Vinyasa Series-A and B

ASANA

- | | |
|-------------------------------------|---------------------------|
| 1. Tadasana | 2. Uthita Padahastasana |
| 3. Trikonasana | 4. Parivartta Trikonasana |
| 5. Supta Vajrasana | 6. Ustrasana |
| 7. Vakrasana/ Ardha Matyendrasana | 8. Setu bandhasana |
| 9. Ekapada Setu bandha Sarvangasana | 10. Chakrasana |
| 11. Dhanurasana | 12. Mayurasana |
| 13. Salambha Srisasana | |

PRANAYAMA

- | | |
|-------------|-------------|
| 1. Sheetali | 2. Shitkari |
| 3. Sadanta | 4. Ujjaiyi |

BANDH

- | | |
|---------------------|--------------------|
| 1. Jalandhar Bandha | 2. Uddiyana Bandha |
| 3. Mool Bandha | 4. Mahabandha |

MUDRA

1. Shambhavi Mudra
2. Shanmukhi Mudra
3. Vipritkarni Mudra

KRIYAS

Neti – Jala neti ,Sutra neti
Dhouti– Danda, Vastra, Vamana

MEDIATION

Preksha Meditation , OM Meditation

CHANTING

Prayer, Bhagavad Geeta (**Jnana yoga , Raj yoga**) peace chant, Bhajans etc.

Semester-III

FPE YOG 03 CC 01 4011

Yogic Management for Diseases

Course Objective: To provide an understanding about concept of disease according to yoga & its yogic management.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Describe the physiological effects of various yogic practices and to understand the therapeutic aspects of Yoga as applied to different disease conditions.
2. Analyze knowledge of Yoga therapy in managing various diseases.
3. Demonstrate usage of therapeutic aspect of Yoga in promotive, preventive, curative and rehabilitative therapy.
4. Correlate the evolution and composition of the human body according to different schools of medicine such as Naturopathy, Yoga, Ayurveda, Homeopathy, Modern Medicine, etc.

Unit- I

Yogic Management for-

Respiratory system- Nasal Allergy and Asthma, Cardiovascular system- Hypertension and coronary artery diseases, Digestive system- hyperacidity, Irritable bowel syndrome constipation, Gas (Flatulence).

Unit-II

Yogic Management for-

Reproductive system- Infertility, Menstrual disorder, Role of stress in problems of Pregnancy, Nervous system-Epilepsy, migraine, Endocrine System- Diabetes, obesity, Thyroid (Hypo & Hyper)

Unit-III

Yogic Management for-

Musculo skeletal system - Arthritis, Back pain, Ankylosing spondylitis, Psychiatry Anxiety, depressive neurosis, Insomnia, phobia, OCD (Obsessive Compulsive disorder) schizophrenia, Special senses - eyes (Error of Refraction).

Suggested reading:

1. Yoga for common ailments series published by SVYP-(S-VYASA)
2. Light on pranayama B.K.S. Iyenger,
3. Yoga therapy- by swami kuvalayanand, Lonavala
4. Bandh & madras swami geetananda ,
5. Asana, Pranayama,Bandh & Mudras Swami Satyanand Saraswati,Bihar School of Yoga
6. Yoga for different ailments Robin monro, Nagarathna & Nagendra.
7. PPH- SVYP Bangalore

FPE YOG 03 CC 02 4011

Basics of Naturopathy

Course Objective: To provide an understanding and basic principles of of Naturopathy including major contributors to the field and their work

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Classify and Correlate Ten basic principles of Naturopathy
2. Analyze Principles behind using the diagnostic procedures of Naturopathy, like spinal diagnosis, facial diagnosis, iris diagnosis, and chromo diagnosis.
3. Describe the various principles of Naturopathy with respect to the body, health, disease and therapy, diagnosis and management
4. To provide knowledge of naturopathy tools

Unit-I

Definition and principles of Naturopathy, Historical development of Naturopathy, Introduction of Indian Naturopathy, Life Sketch and contribution of Eminent Naturopaths- Mahatma Gandhi (Father of Indian Naturopathy), Vitthal Das Modi, Dr. Lindlhar.

Unit- II

Introduction of all naturopathy tools, alternative system of therapy- introduction, meaning and various methods, therapy by Panch Tatva Sadhana (Aakash,Vayu, Agani, Jal, Prathvi), methods of naturopathy, fasting therapy limitations, method and benefits, deep breathing, breathing practices, morning walk etc.

Unit III

Sun Rays Therapy: limitations, methods and benefits, Chromo therapy- limitations, methods and benefits. Massage therapy- limitations, methods and benefits, hydro therapy- limitations, methods and benefits, mud therapy-limitations, methods and benefits, naturopathy diets.

Suggested reading:

1. K.S. Joshi, Speaking of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited (1991)
2. M.M.Bhamgara: The Human Body: Nature's Amazing Creation, Bipin Parekh, Mumbai (2004)
3. Parakrutik Ayuivijnana- Dr. Jindal- Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar.
4. History and Philosophy of Nature Cure by S.J. Singh
5. Prachina Vangamaya Me Prakrutika Chikitsa-Swami Ananta Bharati, CCRYN, New Delhi.
6. Prakratik chikitsa kai siddant,Dr.Jindal
7. Philosophy of nature curse- Henary lidahinn
8. Practice of Nature curse – Henary lindlahan

9. Practice Nature cure – Dr. k. Laxman sharma
10. History and philosophy of- S. T. Singh.
11. My Nature cure- M. K. Gandhi
12. nature cure treatonents- I. N. Y. S. publication Bangalore
13. Massage thearaphy – Dr J. H. kelloy.
14. Rational hydrotherapy – Dr. J.H. kelloy.
15. Essentials of food and Nutritin – Swannition.
16. Baths- S. J. singh.
17. K.S. Joshi-Speaking of Yoga and Naturopathy, Orient Paperback, New Delhi, 1990.
18. H.K. Bhakru, The complete Hand book of Nature Cure, Jaico Publishing House
19. Dr. Henry Lindlhai-The practice of Nature Cure, CCRYN, New Delhi, 2012.
20. Dr. Rakesh Jindal- Prakritik Ayurvigyan, Arogya seva prakashan, Modinagar, U.P.
21. Dr. Rudolf - Diet and Nutrition, Himalayan Institute Press.

FPE YOG 03 CE 01 4011

General Psychology

Course Objective: To describe the evolution of Psychology from speculation to science.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Illustrate mechanisms of sense and perception, states of consciousness and their functions.
2. Understand basic and complex functions such as learning, memory, thinking, language, motivation, emotion, intelligence, development of psychology across lifespan, personality, stress coping, social psychology, attitudes, etc.
3. Explain abnormal psychology and describe etiology and psychopathology along with classification of disorders.
4. Demonstrate knowledge of therapies aimed at psychological health, such as psychotherapy, Yoga, etc.

Unit-I

Introduction to Mental Health

Causes and Consequences of Mental Conflicts and frustration: Introduction to Common mental disorders: Insomnia, Depression, Stress, Anxiety disorders

Mind and Consciousness

Mind – its meaning , definition and functions ,stages of mind- unconscious , sub-conscious, conscious and super-conscious, mind – body relation

Introduction to Altered States of Consciousness

Sleep: Stages of Sleep, Sleep Disorders;

Unit-II

Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment Facts and Stages of Personality Development;

Cognitive Psychology: Sensation, Perception, Attention, Memory, Learning :- Their definitions and types,

Behavioural Psychology: Psychology as a Science of Behaviour; Psychological basis of behavior.

Unit-III

Counseling:- Counseling definition, its aims and objectives, its categories, helping relationship, solution to human problems, counseling and guidance, expectation, and goals, Counseling techniques, Interviewing & Methods, Preparation of counseling, pre-Counseling, interview, case History, Reason for Making Appointment counseling relationship, counseling context process, Steps of counseling Process, counselor variables, counselee's skills, counseling interview, counselee Counselor relationship, interview technique, approaches to evaluation usefulness of Counseling.

Suggested Readings:

1. Arun kumar singh evm Aasish kumar singh- Modern General psychology in hindi, Motilal banarsidass publication, 2015
2. Amarnath Rai v Madhu Asthana-Guidance and counseling(concepts, areas and approaches) in hindi, Motilal banarsidass publication, 2017
3. K.N. Udupa- Stress and its management by yoga, Motilal banarsidass publication, 1998.
4. Arun Kumar Singh-Uchchar Asamanya Manovigyan, Motilal Banarasi Das Delhi, 2007
5. Dr. Arun K. Sao & Dr. Akhileshwar Sao - Tanav Avm Yoga, Radha Pub. New Delhi, 2013.
6. Suresh Barnwal-Mansik Swasthya Avm Yoga, New Bhartiya Book Corporation, New Delhi, 2002.
7. R.S. Bhogal -Yoga & Mental Health & Beyond, Kaivalyadham S.M.Y.S. samiti, Lonavala, 2015.
8. Ganesh Shankar-Psychotherapy & Yoga Traditions, Satyam publication, New Delhi.
9. Yoga Psychotherapy and its application-by Ganesh shanker.
10. Psychotherapy and Counselling -By a unit of global institute,Kolkata.
11. Counselling techniques,interviewing and evaluation method-Do-
12. Yoga Philosophy of Patanjali-Acharya Hariharananda
13. Psychology East & West-Ajay Swami
14. The synthesis of Yoga -Sri Aurobindro
15. SMET -Dr.H.R.Nagendra,Dr.R .Nagarathna.
16. The Yoga Upanisad- Ayanger.T.B.Srinivas.
17. On the meaning of Transpersonel:Some metaphysical perspectives.
18. Stephen Palmer-Introduction to Counselling and Psychotherapy: The Essential Guide, Sage Publication, Inc, California, 2005.
19. Shanti Prakash Atrey- Yoga Manovigyan, International standard publication, ND
20. Sriram Sharma Acharya- Chetan, Super Chetan avm Achetan Man, Akhand Jyoti Mathura, 1998.
21. Sriram Sharma Acharya- Chikitsa Upchar ke Vividh Ayam, Akhand Jyoti Mathura, 1998.
22. Sriram Sharma - Vyaktitva Vikas hetu Uchchastariya Sadhanayein, Akhand Jyoti Mathura 1998.
23. Sriram Sharma - Aparimit Sambhavanao ka Agar Manviy Mashtishk, Akhand Jyoti Mathura 1998

FPE YOG 03 CE 01 4011

Yoga in Ancient Text

Course Objective: To provide the knowledge of hatha yoga philosophy.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. To provide philosophical theory of Hatha yoga tradition.
2. To provide understanding of hatha yoga concept & its science.

Unit-I

Shiv Samhita-

Tritiya V chaturth Patal ke sabhi Sutra.

Unit-II

Shiv Samhita

Pancham Patal ke sabhi Sutra

Siddha Siddhanta Paddhati

Pratham Updesh- parbrahama ki aadim panch shaktiya evm unke gun, mahasakarapinda ki aath murti, prakriti pinda ki uttapatti, antakarana panchaka, kulpanchaka, vyaktishaktipanchak, das nadiyo ke dash dwar, dash vyau, sthul sharir ka uttpattikram,

Unit-III

Siddha Siddhanta Paddhati

Dwitiya Updesh (Pind ka Vichar)- navchakranirupana, shodash aadhar, lakshyatrya,vyompanchak, astanga yoga,

Tratiya upadesha-ikkish brahamanda, chosatha varna, saath dwip,saath samudra,aatha kulparvata, sattaish nakshtra, swarg,naraka,bandhana,mukti

Chaturth Updesh-Pindadhar –dwividha kundalini

Pancham updesh-Yogi ki veshbhusha, yog marg ka vaisisthya, param-pad prapti kai kuch uppaya,yog ki panch avastha, yogi ka kartavye, sadguru kai lakshana, guru sabda ki vyatpatti,

Shashtam Updesh- Avadhut Yogi ke Lakshan, mahavritta, siddha yogi ki visestayee,

Suggested reading:

1. Shiva Samhita- Pandit.Hari Prasad Tripathy Chokhambha Krishna Das Academy Varanasi
2. Shiva Samhita- Mahesh Chand Ji Kavalla Dham Lopnavala
3. Shiva Samhita – Paramhansh Swami Ananth Bharti , Swami Vishav Swaroop
4. Siddhasiddhantapaddhatih- Dwarka Das Shastri
5. Siddhasiddhantapaddhatih Dr. M.L Gharote , Dr. G.K Pai

FPE YOG 03 EO 01 4011
Indian Philosophy Relevant to Yoga

Course Objective: To learn about knowledge of nature and characteristics, development of Indian philosophy and to learn about knowledge of Vedic thoughts.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Learn about the concept of Yoga psychology, Self and Consciousness in the direction of Indian Psychology.
2. Learn about the general concept of advaita philosophy
3. Learn about the general concept of Samkhya philosophy
4. Learn about the general concept of Bhagwad geeta philosophy

Unit- I

General introduction of Sankhya Philosophy, theory of causation, forms of Satkaryavada, Prakriti and its Gunas, evolution and arguments for its existence, characteristic of Prakriti, objection against Prakriti, Purusa, and its gunas, arguments for its existence, Plurality of Purusa, relationship between Prakriti and Purusa, theory of bondage and liberation, types of liberation, practices of Yoga.

Unit- II

Brief introduction of Bhagwatgeeta, Arjun vishad yog, sat v asat la laksahna, Swadharma, Geeta ke anusar atma ka swaroop, Shitha- Pragma, karma sidhant, Type of karma, Dhyana yoga, Bhakti kai prakar (nirgun v sagun bhakti),v Bhakat kai prakar, Brahmagyan ka upaya (ghyan),Abhyaas aur Bairagya, deviye sampada v aasuri sampada.

Unit- III

General introduction of Advaita Vedanta, Conception of absolute [Brahman], Conception of soul & individual soul, the nature of soul and individual soul, Three states of Jiva, the relations between jiva and Brahman, three bodies of the jiva, Theory of world- Three grades of existence, [Satya], Theory of Maya, functions of Maya, characteristics of Maya, theory of causations- vivartvada, conception of the God, the proof of existence of the God, Theory of Bondage and liberation, concept, meaning, types of karma, knowledge and action [karma] , Knowledge and liberation.

Suggested reading:

- 1 txnh'k lgk; JhokLor v}sr osnkUr dh rkfrZr Hkwfedk
- 2 C.D. Sharma - A critical Survey of Indian philosophy
- 3 J.S. Vinayaka - Indian philosophy
- 4 H.P. Sinha - Indian Philosophy
- 5 MkW- Mh-,u- flag v}sr vkSj fof'k"Vk}sr osnkUr
- 6 Bramhasutrabhasyam chapter 1,2,3,4
- 7 Shri Madnjagwat Geeta Bhashya – Acharya Sankar
- 8 Shri Madnjagwat Geeta- Ramsukh das maharaj
- 9 Sankhaya Tatva kaumudi – vachaspati Mishra

- 10 Sankhyakarika - Ishwor Krishna Virchit. 5. H.P. Sinha- Outlie of Indian Philosophy
- 11 N.K. Devraj – Indian Philosophy
- 12 C.D. Sharma – A crtical survey of Indian Philosophy.

FPE YOG 03 EO 02 4011
Ayurveda, Swasthavritta & Diet

Scheme of examination

Course Objective: To learn about the fundamentals of Ayurveda, Yoga, Panchakarma, Shatkarma, Ahara and Sdvritta.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Understand the philosophy, principles, and concepts of Ayurveda
2. Get the knowledge about Sdvritta, Achara & diet according to different text
3. Learn the various treatment modalities of diseases through Ayurveda and Yoga

Unit-I

Fundamentals of Ayurveda and Yoga

Yoga Health – General introduction to ayurveda and its relationship with yoga, concept of health and disease in ayurveda , yoga and naturopathy, concept, role and importance of prakriti, deha prakriti, manasa prakriti, concept, role and importance of – swasthavritta, concept, role and importance of dincharya, ratricharya and ritucharya,

Unit-II

Panchakarma & Shatkarma

Concept of Pancha Karma in Ayurveda & Shatkarma in Yoga, Concept of Snehan & Swedan, Concept of Vaman, Virechan & Basti.

Unit-III

Sadvritta, Achara

Concept of Sadvritta , Achara in Ayurveda & Yogic Lifestyle, Types of Sadvritta & their importance in life, Achara-rasayan.

Concept of diet in Ayurveda and Yoga

According to Bhagwad Geeta, According to Hatha Yoga,

Concept of Mitahara-(Pathya & Apathya)

According to Hatha Pardipaka

According to Gheranda Samhita

Concept and Type of Ahara according to Ayurveda

Satvik Ahara,Rajsik Ahara,Tamsik Ahara

Suggested reading:

1. Singh Ramharsh, Swasthvritta Vijnana, Choukhambha Sanskrit Ptatisthana, Delhi.
2. Kaushik, Mai Ram, Ayurveda Kya Hai?, Bikaner: Anand Prakashan, 2003.
3. Dash, V.B., Ayurvedic Treatment For Common Diseases , Delhi Diary, 1974.

4. Ayurveda darshan- Acharya Balkrishan, Divya prakashan , Patanjali yogpeeth, Haridwar

**FPE YOG 03 P 01 4011
PRACTICAL**

ASANA

- | | |
|--------------------|-------------------|
| 1. Parsva Konasana | 2. Parvatasana |
| 3. Garudasana | 4. Yoga Mudra |
| 5. Janu Sirasan | 6. Gomukhasana |
| 7. Padmasana | 8. Hamsasana |
| 9. Navasana | 10. Karnapidasana |
| 11. Viparita Karni | 12. Garvasana |

PRANAYAMA

- | | |
|---------------------------|--------------------------|
| 1. Chandra Bhedana | 2. Surya Bhedana |
| 3. Chandra Anulom- Viloma | 4. Surya Anulom – Viloma |

MUDRA

- | | |
|------------------------------|------------------|
| 1. Manduki Mudra | 2. Ashwini Mudra |
| 3. Vajroli or Sahajoli Mudra | |

KRIYA

- Nauli- Madhayama
Vaam
Dakshini
Nauli Chalan (Clockwise & Anticlockwise)
Basti
Sankh prakhalana (Laghu & Purna)

MEDITATION

Cyclic Mediation

Semester-IV

FPE YOG 04 CC 01 4011

Research methods and statistic in Yoga education

Course Objective: To gain an overall understanding of nature and scope of research in yoga.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Contribute the value of qualitative and quantitative research approach
2. Have an idea about methods of data collection, data analysis and publication
3. Enable students to choose the most appropriate research method / design to address a particular research question.
4. Enable the students to learn the basic concepts of statistics.
5. Understand the nature and scope of research in yoga, various research methods and design, and areas of research Gain practical competency in statistical concepts related to experimental research

6. Search literature for their research work. The students will be able to apply technologies in organizing different types of data, present results effectively by making appropriate displays, summaries, and tables of data, perform simple statistical analyses.

Unit- I

Introduction: - **Meaning object**, significance, need and important of research and its scope in yoga education, types of research, formulation and development of research problem, methods, central tendency - objective of averaging, types averages - mean, mode and median. Dispersion-measures of dispersion standard deviation and coefficient of variations.

Unit-II

Correlation and regression, meaning and definition of correlation, types of correlation, methods of determining correction, regression analysis - meaning and use, regression lines, regression equations, regressions coefficient and calculations, difference between correlation and regression.

Unit-III

Statistical Inference- sampling, advantages of sampling, types of sampling, sampling distribution, sampling error, estimation hypothesis testing - types I and type II Error, level of significance, statistical inference II- test of significance small and large sample test and (z, t, f and χ^2 test), analysis of variance.

Reference Books

1. सांख्यिकी के मूल तत्व - कैलाश नाथ नागर
2. Research Methods- H.K. kapil.
3. Research Methodology. C.R. Kotar.
4. Statistical method- S.P. Gupta.
5. Statistical psychology and education – garret.
6. Vagyanik Malish.- shri satpal.
7. Research methods – Dr. H.R. Nagendra sharlley Telles V KY P. Bangalore.

FPE YOG 04 D 01 4011

Dissertation/ Research Project / Review /Case Study

Course Objective: The students will learn the methods of research problem analysis and preparation of content for report/dissertation writing and putting them into presentation.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Learn to prepare varieties of diagrams and charts with interwoven pictures, photographs and flow charts. Give presentation in various conferences, meetings, and deliver lectures.
2. Learn to execute research project by planning, collecting data, calculating the data and finally preparing a dissertation.

The student shall prepare a report of his/her research work carried out by him/her and shall present it to the external examiner. The examiner will evaluate the work carried out and shall award the marks accordingly. The student will select a topic of Dissertation/case study etc. in consultation with his/her supervisor/guide/mentor on any topic related to yoga.

FPE YOG 04 EO 01 4011
Teaching Methodology of Yoga Practice

Course Objective: The purpose of this course is to communicate knowledge of teaching methods and techniques in Yoga.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Describe the principles and importance of teaching methods in yoga.
2. Describe Types of Teaching Methods, experimental & observation methods, and concept of counseling in Yogic sciences.

Unit-I

Introduction to Teaching Methods

Concept of eight step method of teaching methods, principles and importance of teaching methods, teaching methods in yoga.

Unit-II

Teaching Techniques

Teaching technology, modern teaching aids: lecture, demonstration, audio visual presentation, smart-classroom management and lesson planning on various topic (disease, Promotion of positive health, Sports etc.)

Unit-III

Types of Teaching Methods and Counseling in Yoga

Lecture methods, demonstration methods, experimental & observation method, concept of counseling & yoga, aims & principals of counseling, importance of counseling in yoga,

Suggested reading:

1. S.K. Kochar, Methods and techniques of teaching, Sterling publications Pvt. Ltd, New Delhi
2. Sharma M.K., Educational Technology and Management, H.P.Bhargav Book House, Agra (2011).
3. Gharote M.L., & Ganguli S.K., Teaching Methods for Yogic Practices, Kaivalyadhama, Lonavala (1988)
4. Swami Satyananda, Early Teaching of Bihar School of Yoga, Munger, Bihar.

FPE YOG 04 EO 02 4011
Yoga and Stress Management

Course Objective: To communicate the knowledge and concept of stress and its management through Yoga.

Course Level Learning Outcomes:

After the completion of the course, the student shall be able to:

1. Understand the importance of yoga in the stress management.
2. Describe the management of stress through asana, pranayama and meditation and relaxation techniques etc.
3. Illustrate the role of stress in disease and its effect of stress on health & society

Unit-I

Concept of stress, signs, symptoms & causes of stress, physiology of stress, types of stress. stress in modern culture & society, psychological symptoms of stress, yogic concept of stress according to yoga vashishatha, bhagwad geeta & patanjali yoga darshana.

Unit-II

Effect of stress on health, effect of stress on psychological health, effect of stress on physiological health, effect on personality & effect on society.

Unit-III

Competency of yoga techniques to manage stress, management of stress through yama & niyama, management of stress through asana, pranayama & meditation, management of stress, through yoga nidra and relaxation techniques, management of stress, through IAYT.

Suggested reading:

- | | |
|--|------------------------|
| 1. Stress and its Management through Yoga | -Uduppa, K.N. |
| 2. Spiritualize to lead a Stress Free Life | - Krishna Murthy, V.S. |
| 3. Yoga and Yogic Therapy | - Ram Harsh Singh |
| 4. Yoga Therapy | - Swami Kuvalyananda |
| 5. Yogic Management of Psychiatric Disorders | -Basvareddy I.V. |

FPE YOG 04 EO 01 4011

Practical

Advance spiritual relaxation techniques

1. MSRT (Mind Sound Resonance Technique)
2. PET (Pranic Energisation Technique)

Chanting Vyas Pushpanjali – SVYASA

1. Mahamritunjaya mantra
2. Nirvanashatkarma

Lesson plan presentation topic given by faculty

SUKSHAMA VYAYAMA

1. NETRA - SAKTI - VIKASA (IMPROVING THE EYE SIGHT)
2. KOPALA - SAKTI - VARDHAKA (REJUVENATING THE CHEEKS)
3. KARNA - SAKTI - VARDHAKA (IMPROVING THE POWER OF HEARING)
4. GRIVA - SAKTI - VARDHAKA (STRENGTHENING THE NECK) 1
5. GRIVA - SAKTI - VARDHAKA (STRENGTHENING THE NECK) 2
6. GRIVA - SAKTI - VARDHAKA (STRENGTHENING THE NECK) 3
7. SKANDHA - TATHA - BAHU - MULA - SAKTI - VIKASARA (DEVELOPING THE STRENGTH OF THE SHOULDER BLADE AND JOINTS)
8. BHUJA BANDHA-SAKTI-VAKASAKA (STRENGTHENING THE UPPER ARMS)
9. KAPHONI-SAKTI-VIKASAKA (STRENGTHENING THE ELBOW)
10. BHUJA-BALI-SAKTI-VIKRASARA (STRENGTHENING THE FORE ARMS)
11. MANI-BANDHA-SAKTI -VIKASAKA (DEVELOPING THE WRISTS)
12. KARA-PRASTHA-SAKTI-VIKASAKA (DEVELOPING THE BACK OF THE HAND)
13. KARA-TALA-SAKTI-VIKASAKA (DEVELOPING THE BACK OF THE PALMS)
14. ANGULI-SAKTI-VIKASAKA (STRENGTHENING THE FINGER)
15. KATI - SAKTI - VIKASAKA (STRENGTHENING OF THE BACK) 1

16. KATI - SAKTI - VIKASAKA (STRENGTHENING OF THE BACK) 2
17. JANGHA - SAKTI - VIKASAKA (DEVELOPING THE THIGHS) -I
18. JANGHA - SAKTI - VIKASAKA (DEVELOPING THE THIGHS)-II
19. JANGHA - SAKTI - VIKASAKA (DEVELOPING THE KNEES)-III
20. PINDALI - SAKTI - VIKASAKA (DEVELOPING THE CALVES)
21. GULPHA-PADA-PRASTHA-PADA-TALA-SAKTI-VIKASAKA(DEVELOPING THE STRENGTH OF ANKLES & FEET)
22. PADA-MULA-SAKTI-VIKASAKA (DEVELOPING THE STRENGTHS OF THE SOLE)
23. PAD-ANGULI-SAKTI-VAKASAKA (DEVELOPING THE THOES)

Teaching Learning Process

- Lectures
- Discussions
- Simulations
- Role Playing
- Participative Learning
- Interactive Sessions
- Seminars
- Research-based Learning/Dissertation or Project Work
- Technology-embedded Learning

Blended Learning

Blended Learning is a pedagogical approach that combines face-to-face classroom methods with computer-mediated activities in the process of teaching and learning. It has been decided that blended learning be taken recourse to only if such need arises (unfortunately). To face such a situation, the teacher be kept in a ready to use mode. Hence, only 10% teaching be done through blended learning after deliberations of the departmental level.

Assessment and Evaluation

- Continuous Comprehensive Evaluation at regular after achievement of each Course-level learning outcome
- Formative Assessment on the basis of activities of a learner throughout the programme instead of one-time assessment
- Oral Examinations to test presentation and communication skills
- Open Book Examination for better understanding and application of the knowledge acquired
- Group Examinations on Problem solving exercises
- Seminar Presentations
- Review of Literature
- Collaborative Assignments

Scheme of Examination

The **Masters in Yoga Studies and Therapy Management (MSc)** is of two years (4 semesters) duration full time programme. The programme will have core courses, core elective, core fundamental, and elective open papers, a dissertation/project/training/review/clinical project/internship/case study in the 4th semester and combined practical paper based on theory papers in each semester. The dissertation/project/training/review/clinical project/internship/case study will be evaluated by an external examiner. An educational tour may be organized for students within or outside the State under the supervision of faculty members.

1. English/Hindi shall be the medium of instructions and examination.
2. There will be yearend examination. The yearend examinations, evaluation, publication of results, award of marks statements and award of diploma shall be undertaken by MGS University, Bikaner.
3. The system of evaluation shall be as follows:
 - 3.1 The evaluation scheme shall comprise external evaluation and internal evaluation. Each theory paper will carry 50marks (80% marks external + 20% marks internal). Practical paper will carry 100 marks (75% marks external + 25% marks internal). Any student who fails to participate in classes, viva-voce, practical work will be debarred from appearing in the end semester examination
 - 3.2 The duration of written examination for each paper shall be of three hours and Practical examination shall be for one day duration.
 - 3.3 The minimum attendance required by a candidate will be as per the University rules.
4. With regards to the Dissertation/project/training/review/clinical project/internship/case study, the scheme of evaluation shall be as follows:
 - 4.1 The candidate has to submit report/thesis/dissertation/case study in a spiral/bound form in three copies which would be evaluated by an external examiner. Total marks for Project/case studies/training/dissertation/internship shall be 100 (75% marks external + 25% marks internal).
5. Regular students shall be permitted to appear/reappear/improve in course as per Maharaja Ganga Singh University rules.

6. Pass percentage, award of degree, scope for improvement – as per Maharaja Ganga Singh University rules and regulations (CBCS).

Pass Criteria

7. Each theory paper shall be of 50 marks (40 external +10 Internal). For passing in the each theory examination, a candidate is required to obtain 25% marks in individual paper and 36% marks in aggregate of all theory papers and 36% marks separately in the practical examination and dissertation.

CLASSIFICATION OF SUCCESSFUL STUDENTS

Division	Total Marks
First Division	60% and above
Second Division	Above 48 % and below 60 %
Pass	Above 36 % and below 48 %
Fail	Below 36 %
Backlog	As per University Norms

Affiliation: The Programme shall be governed by the CESD, Yoga, Maharaja Ganga Singh University, Bikaner, Rajasthan

Evaluation

Internal Assessment (Theory):	Midterm Examination	7.5%
	Term Paper	7.5%
	Students Participation	5.0%
Internal Assessment (Practical & Dissertation):		25%
External Assessment (Theory):		80%
External Assessment (Practical & Dissertation):		75%

Examination Paper Pattern

The question paper will consist of A, B and C sections.

- A section will have ten compulsory questions (at least three questions from each unit) (2 marks each). Each question shall carry equal marks.
- B section will have nine questions (three questions from each unit) and students are required to attempt five questions (5 marks each) selecting at least 1 question from each unit. Each question shall carry equal marks.
- C section will have six questions (2 questions from each unit of syllabus) and students are required to attempt three questions (10 marks each) selecting 1 question from each unit. Each question shall carry equal marks.

Questions of section I, II and III are to be answered in 50, 250 and 500 words respectively. The duration of each course examination shall be 3 hours. On the basis of the marks obtained the student shall be awarded SGPA and CGPA on the basis of the formula specified in the CBCS rules.

Keywords

- ❖ LOCF
- ❖ NEP-2020
- ❖ Blended Learning
- ❖ Face to face (F to F) Learning
- ❖ Programme Outcomes
- ❖ Programme Specific Outcomes
- ❖ Course-level Learning Outcomes
- ❖ Postgraduate Attributes
- ❖ Learning Outcome Index
- ❖ Formative Assessment and Evaluation
- ❖ Comprehensive and Continuous Evaluation

References

❖ **National Education Policy-2020.**

https://www.education.gov.in/sites/upload_files/mhrd/files/NEP_Final_English_0.pdf

❖ **The draft subject specific LOCF templates available on UGC website.**

https://www.ugc.ac.in/ugc_notices.aspx?id=MjY5OQ==

❖ **Draft Blended Mode of Teaching and Learning: Concept Note available on UGC website.**

https://www.ugc.ac.in/pdfnews/6100340_Concept-Note-Blended-Mode-of-Teaching-and-Learning.pdf