



DEPARTMENT OF PHYSICAL EDUCATION

(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

1.1.1 Curricula developed and implemented have relevance to the local, national, regional, and global developmental needs which are reflected in Programme Outcomes (POs), Programme Specific Outcomes (PSOs), and Course Outcomes of the programs offered by the University..

B.A .YOGA

PROGRAMME OUTCOME (POs)	
PO1	Proficiency in yoga techniques: Graduates should have a deep understanding and practical experience in various yoga postures, breathing exercises, and meditation techniques.
PO2	Knowledge of yoga philosophy: Students should have a grasp of the philosophical principles and historical background of yoga, including its origins and different schools of thought.
PO3	Teaching skills: Graduates may be equipped with the ability to teach yoga classes effectively, providing guidance to individuals or groups.
PO4	Physical and mental wellness: The program aims to promote physical fitness, mental clarity, and emotional balance in students, enabling them to lead a healthy lifestyle.
PO5	Anatomy and physiology: Understanding the human body's anatomy and how yoga practices affect different systems is often covered in the curriculum.
PO6	Professional ethics: Students may develop an understanding of the ethical considerations and responsibilities associated with being a yoga instructor.
PO7	Communication and leadership: The program may enhance communication skills and foster leadership qualities in students to become effective yoga educators.
PO8	Cultural appreciation: Graduates may gain an appreciation for the cultural heritage and significance of yoga in different societies.

Program Specific Outcomes(PSOs)

PSO1.Understanding of yoga philosophy, history, and its cultural significance.

PSO2.Ability to design and lead yoga classes for individuals or groups of different levels and backgrounds.

PSO3.Awareness of the therapeutic benefits of yoga for physical, mental, and emotional well-being.

PSO4.Skill in integrating yogic principles into everyday life and promoting a balanced lifestyle.

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Name of the Course		B.A. Yoga								
Name of the Faculty		Faculty of Arts								
Examination Type		Semester								
Course Duration		06 Semesters								
Total Credits		120								
Eligibility		H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11 (old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English,								
Paper Code	Paper Title	Internal (Pr/Desr /Viva/Oral/ Test/Sessional etc.)		Theory B		Practical C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	
Semester I										
BAY 1-1-01	SANSKRIT (FOUNDATION)-I	25	09	75	27	-	-	100	36	4
BAY 1-1-02	History and Philosophy of Yogashastra	25	09	75	27	-	-	100	36	4
BAY 1-1-03	Schools of Yoga.	25	09	75	27	-	-	100	36	4
BAY 1-1-04	Yoga Practical ;	25	09	-	-	75	27	100	36	4
BAYI-i-05	Educational Principles & Practices of Yoga.	25	09	75	27	-	-	100	36	4
Semester I-Total Marks		125	45	300	108	75	27	500	180	20
Semester II										
BAY 1-11-01	SANSKRIT (FOUNDATION)	25	09	75	27	-	-	100	36	4
BAYI-ii-02	History and Philosophy of Yogashastra	25	09	75	27	-	-	100	36	4
BAY 1-11-03	Schools of Yoga. ;	25	09	75	27	-	-	100	36	4
RAY 1-11-04	Yoga Practical	25	09	-	-	75	27	100	36	4
UAYI-II-05	Educational Principles & Practice sot Yoga.	25	09	75	27	-	-	100	36	4
Semester II-Total Marks		125	45	300 ft	108	75	27	500	180	20

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SEMESTER -1

COURSE – 1

SANSKRIT (FOUNDATION)-I

100 MARKS

Objective of the course:

1. To understanding the transcending limitation.
2. To development of leading to emotional resilience and a greater sense of inner peace.
3. To understanding the deeper connection and awareness of mind-body relationship.

Module-I	Nitishatakam (First five paddhati)	50 Marks
Module-II	Abhyasapustakam	25 Marks

Internal Assessment -

Assignment- 10 Marks

Library Work - 05 Marks

Attendance - 05 Marks

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To gaining knowledge of yoga posture and movement help improve flexibility, and overall physical fitness.
- CO2.To understanding the lead to improved mental clarity, focus and cognitive function.
- CO3.To study yoga can help regulate emotion and promote emotional well-being.

Reference Books :

1. Gala, Dr. D. R .and Gala, DR. Dhiren, Gala, DR. Sanjay : (31 December 2000): " Be your own doctor with Acupressure", Bombay, Navneet Publications. Publisher: Navneet Publications ISBN-13: 978-8124301395
2. Singh, Attar , (1995) "Acupressure (Hindi) Paperback"-Publisher: ACS; 1 edition ASIN: B01FOXEN9A
3. Kellogg, John Harvey (1996-04-01). "Art of Massage: A Practical Manual for the Nurse, the Student and the Practitioner" Kessinger Publishing, LLC. ISBN 1-56459-936-1.

As per



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4. Horan, Paula, (2016), "Abundance Through Reiki", Motilal Banarsidas 2nd Editions, ISBN-13:978-8120814776.
5. Horan, Paula, (1995), "Empowerment through Reiki", Lotus Press 8th Editions, ISBN-13:978-0941524841
6. Elman, Dave, (1994), "Hypnotherapy", Westwood Publishing Company, U.S., ISBN-13:978-0930298043
7. Murphy, Dr. Joseph, (2015) "Power of Your Subconscious Mind", Amazing Reads, ISBN 13:978-8192910963

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COURSE – II HISTORY AND PHILOSOPHY OF YOGASHASTRA 100 MARKS

Objective of the course:

1. To understanding the lineage and traditions of yogic practice.
2. To developing the spiritual dimensions of yoga.

Module-I	Yoga as a Darshaana,	40
Marks		
	Misconceptions about Yoga	
	History of Yoga Tradition	
Module-II	AshtangaYoga-	35
Marks		
	Yama(2-29) Niyamas(2-30)-ethical/moral dimension,	
	Asanas(2-31&46),Pranayama(2-49),Pratyahara(2-54),Dharana(3-01),Dhyana(3-02)	
	,Samadhi(3-03).	

Internal Assessment -

25 Marks

Assignment - 10 Marks

Library Work - 05 Marks

Attendace - 05 Marks

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To deeper understanding of yoga's roots to trace the origins and evolution of yoga.
- CO2.To studying yogashastra offers insights into the cultural and historical context.

Reference Books:

1. Gala, Dr. D. R .and Gala, DR. Dhiren, Gala, DR. Sanjay : (31 December 2000): " Be your own doctor with Acupressure", Bombay, Navneet Publications. Publisher: Navneet Publications ISBN-13: 978-8124301395
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COURSE-III

Schools of Yoga:

100 Marks

Objective of the course:

1. To providing comprehensive education and training in yogic practice.
2. To developing the yogic techniques such as asanas, pranayama, meditation, and relaxation.
3. To gaining physical health, flexibility, strength, and overall-fitness through yoga

Module-I

Comparative Study of following

1. Bhakti Yoga	with reference to Narada Bhakti Sutra	12 Marks
2. Karma Yoga	with reference to Bhagvad Geeta	12 Marks
3. Jnana Yoga	with reference to Upanishads	12 Marks
4. Raja Yoga	with reference to Patanjali Yoga Sutra	12 Marks
5. Hatha Yoga	with reference to Hatha Yoga Pradipika	12 Marks

Module-II

Integral Yoga of Aurobindo

15 Marks

Internal Assessment -

Assignment 10 Marks

Library Work – 05 Marks

Attendance - 5 Marks

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1. To doing practice of yoga in school is improving our mind and physical fitness.
- CO2. To study the developing our adaptation, cultural, and philosophical understanding.
- CO3. To study about research and importance and qualified yoga school.

Reference Books :

1. Freeman PhD, Lyn W, "Mosby's Complementary & Alternative Medicine: A Research-Based . Approach", Publisher: Mosby; 3rd (third) edition, ASIN: BOOBT03ABG

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2. Micozzi MD, Marc S. PhD, (January 1, 2015), "Fundamentals of Complementary and Alternative Medicine", (Publisher: Saunders; 5 edition, ISBN-13: 978-1455774074
3. Coghill, Roger, (9 November 2000) "The Book of magnetic healing", Publisher: Fireside, ISBN-13: 978-0684869674
4. Birla, Ghanshyam Das and Hemlin, Colette, "Magnet Therapy", Healing Arts Press, ISBN 9780892818419.
5. Lee, Jonathan and Taylor, (May 1, 2004), "Lesley Color Therapy", Publisher: Sterling ISBN-13: 978-1402710117
6. Gimbel, Theo, (April 1, 2005), "Healing with color", Publisher: Gaia ISBN-13: 978-1 856752220
7. Walker, Dr. Marton (November 1, 1990), "The Power of color", Publisher: Avery ISBN-13: 978-0895294302
8. Gala, Dr. D. R. and Gala, DR. Dhiren, Gala, DR. Sanjay : (31 December 2000): " Be your own doctor with Acupressure", Bombay, Navneet Publications. Publisher: Navneet Publications ISBN-13: 978-8124301395
9. Singh, Attar , (1995) "Acupressure (Hindi) Paperback"-Publisher: ACS; 1 edition ASIN: B01FOXEN9A
10. Kellogg, John Harvey (1996-04-01). "Art of Massage: A Practical Manual for the Nurse, the Student and the Practitioner" Kessinger Publishing, LLC. ISBN 1-56459-936-1.
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12. Horan, Paula, (1995), "Empowerment through Reiki", Lotus Press 8th Editions, ISBN-13: 978-0941524841
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14. Murphy, Dr. Joseph, (2015) "Power of Your Subconscious Mind", Amazing Reads, ISBN 13: 978-8192910963

Joseph



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15. Charak, Dr. K.S., (2002), "Elements of Vedic Astrology", Uma Publications, ISBN 13:978-8190100809

16. Co, Mater Stephen, Robins M.D. Eric-B., Merryman, John, (2004), "Your Hands Can Meal Yon", Atria Books, ISBN 13: 978-0743243056. "

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COURSE – IV	YOGA PRACTICALS	100 MARKS
Practicals -		50 Marks
Viva -		25 Marks

Objective of the course:

1. To study about suppleness of the muscles and joints, promoting a wide range of motion and preventing stiffness.
2. To study how to improve our postural imbalance and promoting optimal alignment of the spine and body.
3. To study how to improving lung capacity and respiratory system.
4. To gaining the physical stamina and endurance, contributing to overall fitness and well-being.
5. To study a creating a sense of calm and relaxation through deliberate movement and control breathing.

Internal Assessment

Assignment - 10 Marks

Library Work - 05 Marks

Attendance — 05 Marks

Class Interaction - 05 Marks

The following practices will be taught: -

1. Sukshma Vyayama -

- | | |
|----------------------------------|--------------------------------|
| 1. Kapola Shakti Vikasaka | 2. Kama Shakti Vardhaka |
| 3. Greeva Shakti Vikasaka | 4. Karatala Shakti Vikasaka |
| 5. Manibandha Shakti Vikasaka | 6. Purna Bhuja Shakti Vikasaka |
| 7. Vakshasthala- Shakti Vikasaka | 8. Jangha-shakti vikasaka |

2. Loosening Exercises -

- | | |
|-----------------------------|-------------------------|
| 1. Twisting | 2. Side Bending |
| 3. Forward-backward bending | 4. Twisting and bending |

3. Breathing Exercises -

- | | |
|-------------------------------|----------------------|
| 1. Hands in and out breathing | 2. Tadasan-shavasana |
| 3. Rabbit-breathing | 4. Shwan-shwasana |
| 5. Shashankasana-shwasana | |

4. Asanas (Cultural Asanas)

A. Standing:-

- | | |
|-------------------------|------------------|
| 1. Ardha-katichakrasana | 2. Padahastasana |
|-------------------------|------------------|



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3. Ardha-chakrasana

4. Trikonasana

5. Parivrutta-Trikonasana

B. Sitting-Position:

1. Paschimottasana

2. Ustrasana

3. Vakrasana

4. Ardhamatsyendrasana

5. Shashankasana

6. Suptavajrasana

C. Relaxative Asanas :-

1. Shavasana

2. Makarasana

D. Meditative Asanas :-

1. Padmasana

2. Vajrasana

3. Swastikasana

4. Siddhasana

5. Sukhasana

After completion of the unit students will be able to:-

Course Outcomes:

CO1.To study about suppleness of the muscles and joints, promoting a wide range of motion and preventing stiffness.

CO2.To study how to improve our postural imbalance and promoting optimal alignment of the spine and body.

CO3.To study how to improving lung capacity and respiratory system.

CO4.To gaining the physical stamina and endurance, contributing to overall fitness and well-being.

CO5.To study calm and relaxation through deliberate movement and control breathing.a creating a sense of

Reference Books

- 1 . Encyclopaedia of Yoga (No. 410) . Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
2. Introduction to the Yoga Philosophy - S.C. Vasu
3. Yoga explained (No. 435)
4. Yoga Philosophy in relation to other Systems of Indian Thought (No. 447)
Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi Bengal Lancer
Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi S.N. Dasgupta
Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

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COURSE - V EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA 100 MARKS

Objective of the course:

1. To understanding the learning experience and promote a comprehensive understanding of yoga.
2. To understanding and appreciation of yoga's cultural and historical context.

MODULE- 1 Method of Teaching yoga to different age groups (Men and Women) 40 Marks

Age	12-20:	20-30:	30-40:	40-50:
	50-60:	60-70	70 Above	

MODULE-2 Classification and Importance of methods, Teaching aids 35 Marks

1. Classification of teaching Methods
2. Importance of Teaching Methods
3. Teaching aids yoga

Internal Assessment - 25 marks

Assignment - 10 Marks

Library Work - 05 Marks

Attendance - 05 Marks

Class Interaction - 05 Marks

Syllabus of the course

100 MARKS

1. Lesson Planning and Class Management
2. Handling of Classes, direction, guidance, suggestions, counseling
3. Method of introducing and correcting Yoga Practices

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To gaining knowledge of positive attitude, habits and lifestyle choices.
- CO2.To study about our cultural awareness and diversity.
- CO3.To study the well-being of the whole individual---mind, body, and spirit.

Reference Book;

Teaching Methods in Yoga-
Kaivalyadham, Lonavala.

Dr. M.L Gharote & Dr. S.K. Ganguli,



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Semester 2

COURSE -1 SANSKRIT (FOUNDATION)-I 100 MARKS

Objective of the course:

1. To developing the deeper textual understanding.
2. To developing an understanding of linguistic structures.
3. To preparing yoga instructors to teach with a deeper understanding of yogic texts and sources.

Syllabus of the course:

Module-I	Nitishatakam (Next five paddhati)	50 Marks
Module-II	Aparikshita karakam	25 Marks

Internal Assessment	25 marks
Assignment - 10 Marks	Library Work - 05 Marks
Attendance - 05 Marks	Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study the specific development or concept related to nitya shataka.
CO2. To study how we improve our new techniques regarding of yoga practices.

Reference Books :

1. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
2. Introduction to the Yoga Philosophy S.C. Vasu
3. Yoga explained (No. 435)
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Course – II HISTORY AND PHILOSOPHY OF YOGASHASTRA 100 MARKS

Objective of the course:

1. To study tracing their development through different time periods and regions.
2. To developing yoga has evolved over centuries.

Syllabus of the course:

Module-I	Yoga as a Darshana, its place and status among other Darshanas	25 Marks
	Patanjali as a 'Sutrakara'	
	Patanjali's time	
	Nature and structure of Patanjali Yoga.	
Module-II	Samkhya metaphysics as the basis of Yoga Sutras.	50 Marks
	Nirishwara Samkhya and its Dualism, Concept of Ishwara in Yoga Sutras.	
	Pranava and its Significance	
	Cittavrttis and Cittavikshepas, Citta prasadana.	

Internal Assessment

25 Marks

Assignment - 10 Marks,

Library Work — 05 Marks

Attendance — 05 Marks,

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1.To gaining philosophical teaching of yogashastra connects you to an ancient lineage.

CO2.To gaining knowledge about the teaching and sharing knowledge.

Reference Books :

1. Freeman PhD, Lyn W, "Mosby's Complementary & Alternative Medicine: A Research-Based . Approach", Publisher: Mosby; 3rd (third) edition, ASIN: BOOBT03ABG
2. Micozzi MD, Marc S.PhD, (January 1, 2015), "Fundamentals of Complementary and Alternative Medicine", (Publisher: Saunders; 5 edition, ISBN-13: 978-1455774074
3. Coghill, Roger, (9 November 2000) "The Book of magnetic healing", Publisher: Fireside, ISBN-13: 978-0684869674



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4. Birla, Ghanshyam Das and Hemlin, Colette, "Magnet Therapy", Healing Arts Press, ISBN 9780892818419.
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7. Walker, Dr. Marton (November 1, 1990), "The Power of color", Publisher: Avery ISBN-13: 978-0895294302
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COURSE – III

SCHOOLS OF YOGA

100 MARKS

Objective of the course:

1. To providing comprehensive education and training in yogic practices.
2. To understanding the guiding individual to integrate yogic principles into their daily lives.

Syllabus of the course:

Module-I	Other Schools of Yoga	40 Marks
	Prana-samyama Yoga, Kundalini Yoga, Mantra Yoga, Laya Yoga, Shaktipata Yoga.	
Module-II		35Marks
	Study of different meditation techniques with reference to their Metaphysical foundations. Patanjala Yoga Meditation Zen Meditation Dynamic Meditation Vipassana Bhavatitadhyana Prekshadhyan	
Internal Assessment		25 marks
	Assignment - 10 Marks Attendace - 05 Marks	Library Work - 05 Marks Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study the joining a school of yoga often provides an opportunity to connect like-minded.
- CO2.To study awareness in self-discovery and self-acceptance.

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Reference Books :

1. Freeman PhD, Lyn W, "Mosby's Complementary & Alternative Medicine: A Research-Based . Approach", Publisher: Mosby; 3rd (third) edition, ASIN: BOOBT03ABG
2. Micozzi MD, Marc S. PhD, (January 1, 2015), "Fundamentals of Complementary and Alternative Medicine", (Publisher: Saunders; 5 edition, ISBN-13: 978-1455774074
3. Coghill, Roger, (9 November 2000) "The Book of magnetic healing", Publisher: Fireside, ISBN-13: 978-0684869674
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10. Kellogg, John Harvey (1996-04-01). "Art of Massage: A Practical Manual for the Nurse, the Student and the Practitioner" Kessinger Publishing, LLC. ISBN 1-56459-936-1.
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12. Horan, Paula, (1995), "Empowerment through Reiki", Lotus Press 8th Editions, ISBN-13: 978-0941524841
13. Elman, Dave, (1994), "Hypnotherapy", Westwood Publishing Company, U.S., ISBN-13: 978-0930298043

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COURSE – IV	YOGAPRACTICALS	100 MARKS
Practical		50 Marks
Viva		25 Marks

Objective of the course:

1. To gaining knowledge about the suryanamaskara.
2. To study the strengthening the connection between the mind and body, leading to greater self-awareness.
3. To study how trained our mind to respond to stressors with calmness and equanimity rather than reactive patterns.
4. To gaining knowledge about better sleep quality and managing sleep related issues through relaxation and mindfulness.
5. To gaining understanding the inner landscape and gaining insights into thought patterns.

Internal Assessment

Assignment - 10 Marks

Attendance - 05 Marks

Library Work - 05 Marks

Class Interaction -05Marks

Syllabus of the course:

The following practices will be taught:-

1. Suryanamaskara -

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

2. Asanas (Cultural Asanas)

A. Prone on position:-

1. Bhujangasana
2. Ardhashalabhasana
3. Shalabhasana
4. Dhanurasana
5. Shirshasana
6. Sarvangasana
7. Matsyasana

B. Supine position :-

1. Viparitarani
2. Halasana

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3. Pranayama

1. Shitali Pranayam
2. Kapalabhati
3. Nadishodhan Pranayam
4. Sitkari Pranayam
5. Bhastrika Pranayama
6. Chandrabhedan Pranayam
7. Bhramari Pranayam
8. Suryabhedan Pranyam

4. KRIYAS:-

1. Kapalabhati
2. Vamandhanti

Sectional Breathing:

- | | |
|--------------|--------------|
| 1. Jalaneti | 2. Dandaneti |
| 3. Sutraneti | 4. Trataka |

5. MEDITATION :- (Different techniques such as)

1. Omkar Japa
2. Sakshibhava
3. Breath-Awareness

Course Outcomes-

CO1. To gaining knowledge about the suryanamaskara.

CO2. To study the strengthening the connection between the mind and body, leading to greater self-awareness.

CO3. To study how trained our mind to respond to stressors with calmness and equanimity rather than reactive patterns.

CO4. To gaining knowledge about better sleep quality and managing sleep related issues through relaxation and mindfulness.

CO5. To gaining understanding the inner landscape and gaining insights into thought patterns.

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(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

Reference Books

1. Encyclopaedia of Yoga (No. 410)
2. Introduction to the Yoga Philosophy
3. Yoga explained (No. 435)
4. Yoga Philosophy in relation to other Systems of Indian Thought (No. 447)

Dr. Ramkumar Rai

Chowkhamba Sanskrit Sansthan P.O.No:

1008, Varanasi

S.C. Vasu

Chowkhamba Sanskrit Sansthan P.O.No:

1008, Varanasi

Bengal Lancer

Chowkhamba Sanskrit Sansthan P.O.No:

1008, Varanasi

S.N. Dasgupta Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi









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COURSE – V EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA 100 MARKS

Objective of the course:

1. To study the method of teaching.
2. To understanding the classification and importance of method, teaching aids.

Syllabus of the course:

MODULE- 1	Method of Teaching yoga to different age groups (Men and Women)				40 Marks
Age	12-20:	20-30:	30-40:	40-50:	
	50-60:	60-70	70 Above		

MODULE-2	Classification and Importance of methods, Teaching aids	35 Marks
	1. Classification of teaching Methods	
	2. Importance of Teaching Methods	
	3. Teaching aids yoga	

Internal Assessment -		25 marks
Assignment -	10 Marks	Library Work - 05 Marks
Attendance -	05 Marks	Class Interaction - 05Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To studying and applying educational principles and practice of yoga.
- CO2.Yoga based mindfulness techniques can improve student's ability to focus.
- CO3.To improvement of academic performance and a deeper understanding of subject.

Reference Book;

Teaching Methods in Yoga

1.Dr. M.L Gharote & Dr. S.K. Ganguli,Kaivalyadham,Lonavala

Dr. S.K. Ganguli



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SEMESTER-III

Semester III										
BAY2-III-01	Sanskrit I	25	09	75	27	-	-	100	36	4
BAY2-III-02	Philosophy of Yogashastra	25	09	75	27	-	-	100	36	4
BAY2-III-03	Yoga Therapy	25	09	75	27	-	-	100	36	4
BAY2-III-04	Yoga Practical	25	09	-	-	75	27	100	36	4
BAY2-III-05	Anatomy and Physiology	25	09	75	27	-	-	100	36	4
Semester III-Total Marks		125	45	300	108	75	27	500	180	20
Semester IV										
BAY2-IV-01	Sanskrit II	25	09	75	27	-	-	100	36	4
BAY2-IV-02	Philosophy of yogashastra	25	09	75	27	-	-	100	36	4
BAY2-IV-03	Yoga Therapy	25	09	75	27	-	-	100	36	4
BAY2-IV-04	Yoga Practical	25	09	-	-	75	27	100	36	4
Elective Papers (Any one of the following can be opted)										
BAY2-IV-05 Elective - I	Anatomy and Physiology (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY2-IV-05 Elective - II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - III	Social Sciences	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - IV	Jyotisha	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - V	Education	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - VI	Pali	25	09	75	27	-	-	100	36	04
Semester IV-Total Marks		125	45	300	108	75	27	500	180	20

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COURSE-I

SANSKRIT-II

100 MARKS

Objective of the course:

1. To gaining knowledge through lord krishna and the warrior arjun on the battlefield of kurukshetra.
2. To developing the attaining spiritual growth and union with the divine.
3. To study the importance of a spiritual teacher in guiding.

Syllabus of the course:

Module-I	Kathopanishad (Valli I&II)	50 Marks
Module-II	Bhagavadgita (Ch-12)	25 Marks

Internal Assessment-

25 marks

Assignment –10 Marks

Library Work-05 Marks

Attendance – 05 Marks

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To gaining knowledge about the integration with yoga practices.
- CO2.To study the developing inner transformation.
- CO3.The upanishad emphasis on self-control.

Reference Books :

1. Freeman PhD, Lyn W, "Mosby's Complementary & Alternative Medicine: A Research-Based . Approach", Publisher: Mosby; 3rd (third) edition, ASIN: BOOBT03ABG
2. Micozzi MD,Marc S.PhD, (January 1, 2015), "Fundamentals of Complementary and Alternative Medicine", (Publisher: Saunders; 5 edition, ISBN-13: 978-1455774074
3. Coghill, Roger, (9 November 2000) "The Book of magnetic healing", Publisher: Fireside, ISBN-13: 978-0684869674
4. Birla, Ghanshyam Das and Hemlin, Colette, "Magnet Therapy",Healing Arts Press, ISBN 9780892818419.

Dr. Key



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(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

5. Lee, Jonathan and Taylor, (May 1, 2004), "Lesley Color Therapy", Publisher: Sterling
ISBN-13: 978-1402710117
6. Gimbel, Theo, (April 1, 2005), "Healing with color", Publisher: Gaia ISBN-13:
978-1 856752220
7. Walker, Dr. Marton (November 1, 1990), "The Power of color", Publisher: Avery ISBN-
13: 978-0895294302
8. Gala, Dr. D. R .and Gala, DR. Dhiren, Gala, DR. Sanjay : (31 December 2000): " Be your
own doctor with Acupressure", Bombay, Navneet Publications. Publisher: Navneet Publications
ISBN-13: 978-8124301395
9. Singh, Attar , (1995) "Acupressure (Hindi) Paperback"-Publisher: ACS; 1
edition ASIN: B01FOXEN9A
10. Kellogg, John Harvey (1996-04-01). "Art of Massage: A Practical Manual for the Nurse,
the Student and the Practitioner" Kessinger Publishing, LLC. ISBN 1-56459-936-1.
11. Horan, Paula, (2016), "Abundance Through Reiki", MotilalBanarsidas 2nd Editions, ISBN-
13:978-8120814776.
12. Horan, Paula, (1995), "Empowerment through Reiki", Lotus Press 8th Editions, ISBN-
13:978-0941524841
13. Elman, Dave, (1994), "Hypnotherapy", Westwood Publishing Company, U.S., ISBN-
13:978-0930298043

Dr. B. R. Sanjay



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COURSE – II

PHILOSOPHY OF YOGASHASTRA

100 Marks

Objective of the course:

1. To understanding of the philosophical foundations that underlie various yogic practices.
2. To understanding ethical principle and moral values.

Syllabus of the course:

Module-I	Six Systems of Indian Philosophy- (Three Astika Darshan - Samkhya, Yoga and Poorva Meemaamsaa)	30 Marks
Module-II	Patanjala Yoga Sutras (Samadhi pada first 25 sutra)	15 Marks
Module-III	Hatha Yoga Pradipika (First Chapter)	30 marks

Internal Assessment

Assignment- 10 Marks

Attendance - 05 marks

Library Work- 05 Marks

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1. To study how we facing self-realization through yoga philosophy.
- CO2. To gaining the tools for managing the fluctuation of the ind.

Reference Books

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall
2. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan
P.O.No:
1008, Varanasi
3. Introduction to the Yoga Philosophy S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
4. Yoga explained(No. 435) Bengal Lancer Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
5. Yoga Philosophy in relation to other S.N. Dasgupta
Chowkhamba Sanskrit Sansthan (No. 447)P.O.No:
1008, Varanasi
6. Hathayoga Pradipik Kaivalyadham, Lonavla
7. Hathayoga Pradipika Chowkhamba Sanskrit Sansthan



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COURSE – III

YOGA THERAPY

100 MARKS

Objective of the course:

1. To development of teaching relaxation techniques, breathing exercise.
2. To study about the yoga therapy as a complementary approach.
3. It developing to respects each person's unique needs.

Syllabus of the course:

Module -1	Principles of Yoga Therapy : Meaning, Tools and Principles of Yoga therapy	25 Marks
Module — II	Diseases related to Nervous system and Yoga treatment for them	25 Marks
Module — III	Stress and its Management by Yoga	25 Marks

Internal Assessment

Assignment- 10 Marks

Attendace - 05 Marks

25 MARKS

Library Work – 05 Marks

Class Interaction- 05marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To gaining yoga therapy can support positive behavioral changes.
- CO2.To know about yoga therapy can provide support and management strategies.

Reference Books

1. Physiology and Anatomy of Yogic Practices - bodyDr.M.M. Gore, Lonavala.
2. Yogic Therapy -Kuvalyananda and Dr. Vinekar
3. Structure and function of human - Dr. Shrikrishna, Kaivalyadham, Lonawala



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COURSE- IV

YOGA PRACTICAL

100 MARKS

Objective of the course:

1. To study developing of muscular strength and endurance joint mobility through regular practice of asana.
2. To study improved alignment and posture through conscious awareness of body positioning in various asanas.
3. To study understanding opening the door to spiritual exploration and self-discovery through mindfulness and inner contemplation.
4. To study how we approach to well-being that addresses physical health, mental clarity, emotional balance.

Syllabus of the course:

Practical Demonstration

50 Marks

Viva-voce

25 Marks

Following Practices :-

Asanas:	Vrischikasana, Chakrasana, BAYurasana, Matsyendrasana
Pranayama	Bhasrika
Bandhas	Jalandhar Banda, Mula Bandha, Uddiyana Bandha
Mudras	Pranayama Mudras Mahamudra, Viparita Karani Mudra
Meditation	Pranav Sadhana, Nadanu Sadhana, Sakshibhava, Japa D
Practice of Yoga	Nidra

Internal Assessment

25 marks

Assignment- 10 Marks,

Library Work - 05marks

Attendance- 05 Marks,

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1.To study developing of muscular strength and endurance joint mobility through regular practice of asana.

CO2.To study improved alignment and posture through conscious awareness of body positioning in various asanas.



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CO3. To study understanding opening the door to spiritual exploration and self-discovery through mindfulness and inner contemplation.

CO4. To study how we approach to well-being that addresses physical health, mental clarity, emotional balance.

Reference Books :

- | | |
|----------------------------------|--|
| 1. Hatha Yogapradipika (No. 465) | Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001 |
| 2. Gheranda Samhita (No. 415) | Ajay Kumar Gupta, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001 |
| 3. Hathapradipika Series Po. | Kaivalyadham, Ionavala, Mumbai, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001 |
| 4. Gheranda Samhit | Kaivalyadham, Ionavala, Mumbai, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001 |



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COURSE – V INTRODUCTION OF ANATOMY AND PHYSIOLOGY 100 MARKS

Objective of the course:

1. Analyzing the role of anatomy and physiology.
2. To study how anatomically and physiologically changes.

Syllabus of the course:

Module-I	Basic Knowledge of Anatomy and Physiology (Cells, Tissues, Organs, Systems)	25 marks
Module-II	Anatomy and Physiology of following Systems) 1. Skeletal system 2. Muscular system 3. Respiratory system 4. Circulatory system 5. Digestive system	50 marks

Internal Assessment

Assignment-10 marks

Attendance- 05 marks

Library Work- 05 Marks

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study about medical and health care professions.
CO2.To gaining knowledge of this is helping for wellness.
CO3.To study about how the body function allows you to make informed decisions.

Reference Books :

1. Freeman PhD, Lyn W, "Mosby's Complementary & Alternative Medicine: A Research-Based . Approach", Publisher: Mosby; 3rd (third) edition, ASIN: BOOBT03ABG
2. Micozzi MD,Marc S.PhD, (January 1, 2015), "Fundamentals of Complementary and Alternative Medicine", (Publisher: Saunders; 5 edition, ISBN-13: 978-1455774074
3. Coghill, Roger, (9 November 2000) "The Book of magnetic healing", Publisher: Fireside, ISBN-13: 978-0684869674
4. Birla, Ghanshyam Das and Hemlin, Colette, "Magnet Therapy",Healing Arts Press, ISBN 9780892818419.

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(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

5. Lee, Jonathan and Taylor, (May 1, 2004), "Lesley Color Therapy", Publisher: Sterling ISBN-13: 978-1402710117
6. Gimbel, Theo, (April 1, 2005), "Healing with color", Publisher: Gaia ISBN-13: 978-1 856752220
7. Walker, Dr. Marton (November 1, 1990), "The Power of color", Publisher: Avery ISBN-13: 978-0895294302
8. Gala, Dr. D. R. and Gala, DR. Dhiren, Gala, DR. Sanjay : (31 December 2000): " Be your own doctor with Acupressure", Bombay, Navneet Publications. Publisher: Navneet Publications ISBN-13: 978-8124301395
9. Singh, Attar , (1995) "Acupressure (Hindi) Paperback"-Publisher: ACS; 1 edition ASIN: B01FOXEN9A
10. Kellogg, John Harvey (1996-04-01). "Art of Massage: A Practical Manual for the Nurse, the Student and the Practitioner" Kessinger Publishing, LLC. ISBN 1-56459-936-1.
11. Horan, Paula, (2016), "Abundance Through Reiki", Motilal Banarsidas 2nd Editions, ISBN-13: 978-8120814776.
12. Horan, Paula, (1995), "Empowerment through Reiki", Lotus Press 8th Editions, ISBN-13: 978-0941524841
13. Elman, Dave, (1994), "Hypnotherapy", Westwood Publishing Company, U.S., ISBN-13: 978-0930298043

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SEMESTER- IV

COURSE-1

SANSKRIT-II

100 MARKS

Objective of the course:

- 1.The gita addresses various aspects of life, duty, and spirituality.
- 2.Study about controlling the mind through meditation.

Syllabus of the course:

Module-II

Yajnavalkya - Maitryi Samvad

15 marks

Internal Assessment

25 marks

Assignment 10 marks

Library Work - 05 Marks

Attendance – 05 marks

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.Study about controlling the mind through meditation.
CO2.To gaining knowledge of unity of all paths.

Reference Book :

1. Freeman PhD, Lyn W, "Mosby's Complementary & Alternative Medicine: A Research-Based . Approach", Publisher: Mosby; 3rd (third) edition, ASIN: BOOBT03ABG
2. Micozzi MD,Marc S.PhD, (January 1, 2015), "Fundamentals of Complementary and Alternative Medicine", (Publisher: Saunders; 5 edition, ISBN-13: 978-1455774074
3. Coghil, Roger, (9 November 2000) "The Book of magnetic healing", Publisher: Fireside, ISBN-13: 978-0684869674
4. Birla, Ghanshyam Das and Hemlin, Colette, "Magnet Therapy",Healing Arts Press, ISBN 9780892818419.
5. Lee, Jonathan and Taylor, (May 1, 2004), "Lesley Color Therapy", Publisher: Sterling ISBN-13: 978-1402710117
6. Gimbel, Theo, (April 1, 2005), "Healing with color", Publisher: Gaia ISBN-13: 978-1 856752220



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(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

7. Walker, Dr. Marton (November 1, 1990), "The Power of color", Publisher: Avery ISBN-13: 978-0895294302
8. Gala, Dr. D. R .and Gala, DR. Dhiren, Gala, DR. Sanjay : (31 December 2000): " Be your own doctor with Acupressure", Bombay, Navneet Publications. Publisher: Navneet Publications ISBN-13: 978-8124301395
9. Singh, Attar , (1995) "Acupressure (Hindi) Paperback"-Publisher: ACS; 1 edition ASIN: B01FOXEN9A
10. Kellogg, John Harvey (1996-04-01). "Art of Massage: A Practical Manual for the Nurse, the Student and the Practitioner" Kessinger Publishing, LLC. ISBN 1-56459-936-1.
11. Horan, Paula, (2016), "Abundance Through Reiki", MotilalBanarsidas 2nd Editions, ISBN-13:978-8120814776.
12. Horan, Paula, (1995), "Empowerment through Reiki", Lotus Press 8th Editions, ISBN-13:978-0941524841
13. Elman, Dave, (1994), "Hypnotherapy", Westwood Publishing Company, U.S., ISBN-13:978-0930298043

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COURSE – II

PHILOSOPHY OF YOGASHASTRA

100 Marks

Objective of the course:

1. To study exploring the dynamics between a teacher and student.
2. To understanding of the nature of reality and self.
3. To study understanding of yoga's philosophical foundation.

Syllabus of the course:

Module-I	Six Systems of Indian Philosophy- (Three Astika Darshan - Nyaya, Vaisheshika and Vedaanta)	25 marks
Module-II	Patanjala Yoga Sutras (Samadhipada) (from sutra 26 to the end of the first paada)	25 marks
Module-III	Hatha Yoga Pradipika	25 marks
Internal Assessment		25 marks
Assignment -10 marks		Library Work - 05 Marks
Attendance - 05 marks		Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To studying and practicing the sutras are deeply personal.
CO2.To study the sutras in our daily life.

Reference Books

- | | |
|---|---|
| 1. Bharatiya tattwajnan | Shri.Srinivasa Dikshit, Any Popular Book Stall |
| 2. Encyclopaedia of Yoga (No. 410) | Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 3.Introduction to the Yoga Philosophy | S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 4. Yoga explained(No. 435) | Bengal Lancer Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 5. Yoga Philosophy in relation to other | S.N. Dasgupta Chowkhamba Sanskrit Sansthan
(No. 447)P.O.No: 1008, Varanasi |
| 6.Hathayoga Pradipik | Kaivalyadham, Lonavla |
| 7.Hathayoga Pradipika | Chowkhamba Sanskrit Sansthan |



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COURSE –III

YOGA THERAPY

100 MARKS

Objective of the course:

1. To study addressing psychosomatic ailments through yoga.
2. To study how teaching stress management techniques.
3. To study about tools to regulate and manage emotions.

Syllabus of the course:

1) Study of following psychosomatic ailments.

75 Marks

Cardio Vascular ailments (Hyper-tension)

Respiratory ailments (Asthma, Nasal Allergy)

Diabetes, Obesity, Gastro intestinal disorders, Migraine, Headaches,

Arthritis, Women's problems, Children Mental Health

Internal Assessment

25 Marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance - 05 Marks,

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1.To to study about the lifestyle modification and other holistic intervention.

CO2.To addressing psychosomatic aspects often involves.

CO3.To study the physical well-being and mental health.

Reference Books:

1. Anatomy & Physiology of Yogic Practices

Dr.M.M. Gore, Lonavala.

2. Yogic Therapy

Kuvalyananda and Dr. Vinekar

3. Structure and function of human body

Dr. Shrikrishna, Kaivalyadham, Lonawala.

Dr. M.M. Gore



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COURSE- IV

YOGA PRACTICAL

100 MARKS

Objective of the course:

1. To doing kriyas it helping to remove toxins and impurities from the body's system.
2. To gaining knowledge for cleansing of physical impurity is believed to have a positive impact on mental clarity and focus.
3. Kriyas help to balance the flow of prana in the body.
4. To developing effective lesson plan for a yoga class.

Syllabus of the course:

A) Practical Demonstration	50 Marks
Viva-voce	25 Marks
Kriyas- Nauli, Basti, Danda Dhauti, Vastra-Dhauti, Shankha Prkshalana.	25 Marks
B) Five Lesson Plans	25 Marks
C) Course Report (Report of the Yoga Course conducted by the student)	25 Marks

Internal Assessment

25 marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance - 05 Marks,

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To doing kriyas it helping to remove toxins and impurities from the body's system.
- CO2.To gaining knowledge for cleansing of physical impurity is believed to have a positive impact on mental clarity and focus.
- CO3.Kriyas help to balance the flow of prana in the body.
- CO4.To developing effective lesson plan for a yoga class.

Reference Books:

- | | |
|---------------------------------|--|
| 1.Hatha Yogapradipika (No. 465) | Choukhamba Sanskrit Series,Po. Box 1008, Varanasi 221001 |
| 2.Gheranda Samhita (No.415) | Ajay Kumar Gupta,Choukhamba Sanskrit SeriesPo. Box 1008, Varanasi 221001 |
| 3.Hathapradipika SeriesPo. | Kaivalyadham, Ionavala,Mumbai, Choukhamba Sanskrit Box 1008, Varanasi 221001 |

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COURSE- V

ELECTIVE PAPER (any one of the following can be opted) 100 Marks

- 1) Advanced Yoga (For Yoga Students) ...
- 2) Yoga (For Non Yoga Students)
- 3) Social sciences
- 4) Jyotisha
- 5) Education
- 6) Arham Yoga

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COURSE-V **Advanced Yoga (Elective-I)** **100 MARKS**
(INTRODUCTION OF ANATOMY AND PHYSIOLOGY)

Objective of the course:

1. To study how improve better sleep quality, breathing technique.
2. To doing yoga practices to activate the parasympathetic nervous system.
3. To learning control the breath to balance the flow of prana.

Syllabus of the course:

Module-I	Anatomy and Physiology of following systems	35 marks
	1 .Excretary system	
	2.Nervous system	
	3.Endocrine system	
	4.Reproductive system	
Module-II	Shatkarma (Introduction and physiological significance)	20 marks
Module-III	Nadivijnana, Panchaprana, Panchakosha,	20 marks
Internal Assessment		25 marks
Assignment-10 Marks,		Library Work- 05 Marks
Attendance- 05 Marks,		Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study about the aim and objectives of yoga.
CO2.To study the yoga we knowing about there benefits.

Reference books:

- I. Anatomy and Physiology in health and illness Ross and Wilson

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COURSE- V

YOGA (For Non Yoga Students) (Elective-II)

100 MARKS

(BASIC PRINCIPLES OF YOGA)

Objective of the course:

1. To study how improve our present-moment awareness.
2. To developing physical and mental purity.
3. To understanding the continuous learning.

Syllabus of the course:

Unit-1

25 Marks

1. Yoga defination - Concepts, misconcepts, aims and objectives.
2. History & Philosophy of Yoga- Yoga Sutra, including 8 steps of Yoga (Ashtanga Yoga)

Unit- II

25 Marks

1. Introduction of Asanas, Pranayams, Mudras, Bandhas and Kriyas.

Unit- III

25 Marks

1. Difference between Yogic and non- yogic exercises.
2. Surya- Namaskar.

Internal Assessment

25 marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance - 05 Marks,

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1.To study non yoga student can experience improved flexibility, balanced and overall physical fitness.

CO2.To gaining knowledge about the yoga incorporates mindfulness, deep breathing and relaxation techniques.

Reference Books-

Anatomy and physiology of Yogic

Practice.

Concept of Ayurveda for Perfect

The Yoga Sutra of Patanjali

The philosophy of Patanjali

Makrand Gore

Dr. Anil



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(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

Motilal Banarasidas, Jawahar Nagar, New Delhi?

H.S. kasture, health and Longevity, Chowkhamba Sanskrit

Sansthan, P.O.Box 1008, Varanasi 221001.

harihar Swamy ,howkhamba Sanskrit Sansthan P.O.Box 1008, Varanasi 221001

Agarwal



DEPARTMENT OF PHYSICAL EDUCATION

(Dr. Bhimrao Ambedkar University, Agra (Formerly- Agra University, Agra))

COURSE-V

SOCIAL SCIENCES(Elective-III)

100MARKS

Objective of the course:

1. To study the globalization of yoga.
2. To exploring the ethical implication of yoga practice.

Syllabus of the course:

- | | |
|----------------------------------|----------|
| 1. Hitopadesh – Mitralabha | 40 marks |
| 2. Bruhatsamhita –Vrukshayurveda | 35 marks |
| 3. Internal Assessment | 25 marks |

After completion of the unit students will be able to:-

Course Outcomes:

CO1.To study the globalization of yoga.

CO2.To exploring the ethical implication of yoga practice.

Reference Books-

Anatomy and physiology of Yogic
Practice.

Concept of Ayurveda for Perfect

The Yoga Sutra of Patanjali

The philosophy of Patanjali

Makrand Gore

Motilal Banarasidas, Jawahar Nagar, New Delhi?

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Answer



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COURSE - V

JYOTISH (Elective-IV)

100MARKS

Objective of the course:

1. To understanding astrological influences.
2. In jyotisha can offer guidance on favorable time for various activities.
3. To understanding one's tendencies and potential challenges

Syllabus of the course:

Module-I	Chapter 1,2 & 6	25 marks
Module-II	Chapter 7,10 & 11	25 marks
Module-III	Chapter 13,14,15,16,17 & 18	25 marks
Module-IV	Text- Bruhatjataka of Varaha Mihira(RashiPrabheda,grahayoniPrabheda,Arishta, Ayurdaya,Karmajeeva,Rajayoga,Chandra yoga,Dwigrayahyoga, RikshaShiladhyay,Chandra Rashi Shiladhyay,Rashishiladhyaya)	

Internal Assessment

25 marks

Assignment-10 Marks,
Attendance - 05 Marks,

Library Work- 05 Marks
Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To gaining of studies can reveal how yoga practices, including mindfulness and relaxation techniques.
- CO2.To study the research can examine how yoga practices influence cultural attitude.

Reference Books-

Anatomy and physiology of Yogic
Practice.

Concept of Ayurveda for Perfect

The Yoga Sutra of Patanjali

The philosophy of Patanjali

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COURSE - V

EDUCATION (Elective – V)

100 MARKS

(EDUCATION FOR RURAL DEVELOPMENT)

Objective of the course:

1. To develop an understanding of the present status, issues and prospectus of education pertaining to rural areas.
2. To develop an understanding of the role of education for rural development.
3. To appreciate the contribution of social reformers in education for rural reconstruction.
4. To develop understanding of various national and international schemes, policies and programs of education for rural development.
5. To analyse the role of a teacher in Rural Development.

Syllabus of the course:

Unit I- Concept of Rural Development

25 Marks

- a) Concept of Rural Area - Definition, characteristics and structure of rural community in India
- b) Concept of Tribal area - Definition, characteristics needs of tribal community in India
- c) Concept of Rural Development - Definition, need and importance, scope of rural development.

Unit II- POLICIES, SCHEMES AND PROGRAMS FOR RURAL DEVELOPMENT

25 Marks

I) Policies

- a) Panchayat Raj after 73rd amendment and its importance for rural education and development.
- b) Khadi and village Industries Commission: Objectives, Functions, Programs
- c) Right to education, Education for all

II) Scheme and Programs

- a) Women Empowerment- Self help group ,SEWA.
- b) Health Improvement- Gram Swachata Abhiyan, National Program of Mid d£/y meal, National Rural HealthMission.
- c) Educational Scholarships , Integrated Child Development Services
- d) Rashtriya Sarvashiksha Abhiyan, Strengthening of teacher's training Institutes, Setting up Model schools at Blocklevels.
- e) Role of a teacher in the implementation of above policies and schemes

Unit III — Education Status and Issues Reformers in Rural Areas.

25 Marks

a. Education in Rural Areas- Status and Issues.

- a) Status of Education in rural areas.
 - i) Early childhood Education in rural area. Anganwadi, Balwadi
 - ii) Formal education in rural area. Primary education, Secondary education, Higher Education.



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iii) Non - Formal Education and Adult education.

b. EDUCATIONAL REFORMERS IN RURAL AREAS.

- i) Mahatma Gandhi, Appasaheb Patwardhan, Tarabai Modak & Anutai Wagh.
- ii) Experiments in Anandwan.

Internal Assessment

25 Marks

Seminar and Assignment

15+10 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1.To study in jyotisha can provide individual with insights into their strength.

CO2.To study some practitioner believe that specific planetary positions.

CO3.To gain of through jyotisha can offer guidance on auspicious time for practicing yoga.

Reference Books-

Anatomy and physiology of Yogic
Practice.

Concept of Ayurveda for Perfect

The Yoga Sutra of Patanjali

The philosophy of Patanjali

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Arup



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COURSE - V

ARHAM YOGA(Elective - VI)

100 MARKS

Objective of the course:

1. To developing the path for individual to cultivate ethical behavior.
2. To developing by systematically practicing and integrating each limb.

Syllabus of the course:

- | | |
|--|----------|
| 1. Arham Dhyana Yoga – Introduction | 15 Marks |
| 2. The meaning of Yoga | 15 Marks |
| 3. Known Traditions Of the Eight Limbs Of Yoga | 15 Marks |
| 4. Culture of Shraman Yoga | 15 Marks |
| 5. Motivation behind Arham yoga | 15 Marks |

Internal Assessment

25 marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance - 05 Marks,

Class Interaction - 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study the eight limbs of yog
- CO2.To study the meaning and definition of yog and asanas.
- CO3.To gaining knowledge about the eight limb of yog.

Reference Books-

Anatomy and physiology of Yogic

Practice.

Concept of Ayurveda for Perfect

The Yoga Sutra of Patanjali

The philosophy of Patanjali

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SEMESTER V

Semester V										
BAY3-V-01	Sanskrit III	25	14	60	21	-	-	100	35	4
BAY3-V-02	Philosophy of Yogashastra ;ksxrsoKkue-& I	25	09	60	21	-	-	100	35	4
BAY3-V-03	Applied Yoga;ksxiz;text'	25	09	60	21	-	-	100	35	4
BAY3-V-04	Yoga Practical ;ksxizkc;f{kde-	25	09	-	-	60	21	100	35	4
Elective Papers (Any one of the following can be opted)										
BAY3-V-05/ Elective - I	Yoga and Positive Health योगतथा अनुकूलखजेवोध्थम (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY3-V-05/ Elective - II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective - III	Social Sciences	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective - IV	Jyotisha	25	09	75	27	-	-	100	36	04 /•
BAY3-V-05/ Elective - V	Education	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective - VI	Pali	25	09	7	27	-	-	100	36	04
Semester V-Total Marks		125	45	300	108	75	27	500	180	20

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COURSE -I

SANSKRIT – III

100 MARKS

Objective of the course:

1. To study it is a dialogue between the prince arjun and the god krishna.
2. To provide guidance to arjuna.
3. The teaching of krishna in the gita emphasize the importance of duty.

Syllabus of the course:

Module-I	Meghadut (Purvamegh)	50 Marks
Module-II	Bhagavadgita (Ch-III)	25 Marks

Internal Assessment

Assignment-10 Marks,
Attendance -05 Marks,

25 marks

Library Work- 05 Marks

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study the meghadut is a poetic work that beautifully describes the natural world.
CO2.To study in meghadut the power of human imagination and creativity through vivid description.

Reference Books-

Anatomy and physiology of Yogic
Practice.

Concept of Ayurveda for Perfect

The Yoga Sutra of Patanjali

The philosophy of Patanjali

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Jankee



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COURSE- II PHILOSOPHY OF YOGASHASTRA-I 100 MARKS

Objective of the course:

1. To understanding the ultimate nature of reality.
2. The practice of yoga in the vedanta tradition.
3. To study the differentiate between the eternal, unchanging purusha and material world.

Syllabus of the course:

Module-I	Three Systems of Indian Philosophy- (Nastika Darshan Charvaka &Bauddha)	40 Marks
Module-II	Gheranda Samhita	35 Marks

Internal Assessment

Assignment-10 Marks,
Attendance -05 Marks,

25 marks

Library Work- 05 Marks
Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study the delving into the philosophical aspects of yoga offers insight into the nature.
CO2.To gaining inner peace and calm.
CO3.To developing the ethical living.

Reference Books

- | | |
|---|--|
| 1. Bharatiya tattwajnan | Shri.Srinivasa Dikshit, Any Popular Book Stall |
| 2. Encyclopaedia of Yoga (No. 410)
P.O.No: | Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan
1008, Varanasi |
| 3.Introduction to the Yoga Philosophy | S.C. Vasu Chowkhamba Sanskrit Sanstha
P.O.No: 1008, Varanasi |
| 4. Yoga explained(No. 435) | Bengal Lancer
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 5. Yoga Philosophy in relation to other | S.N. Dasgupta
Chowkhamba Sanskrit Sansthan (No. 447)P.O.No:
1008, Varanasi |
| 6.Hathayoga Pradipik | Kaivalyadham, Lonavla |
| 7.Hathayoga Pradipika | Chowkhamba Sanskrit Sansthan |



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COURSE – III

APPLIED YOGA

100 MARKS

Objective of the course:

1. To developing and improve physical health by doing yoga practice.
2. To study how to learn manage their thought and emotions.
3. To understanding the lifestyle enhancement and spiritual growth and transformation.

Syllabus of the course:

A) Planning and conducting at least month long Yoga Courses for Students: 75 Marks

- a. Health Courses
- b. Personality development courses
- c. Yoga for memory and concentration
- d. Yoga for eyesight improvement
- e. Yogic games
- f. Yoga for value based education
- g. Yoga course for Patients (with the help of doctors only)
- h. Yoga therapy for:

D) Hyper-tension, diabetes, Asthma, Anxiety, neurosis, Head ache, migraine, Acidity and ulcers, Insomnia, joint pains, women's problems.

C) Discussions with patients, counseling, precautions, motivation.

Internal Assessment

25 marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance -05 Marks,

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1.To study addressing psychosomatic ailments through yoga.

CO2.To study how teaching stress management techniques.

CO3.To study about tools to regulate and manage emotions.

Reference Books

1. Bharatiya tattwajnan

Shri.Srinivasa Dikshit, Any Popular Book Stall

2. Encyclopaedia of Yoga (No. 410)

Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan

P.O.No:

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3. Introduction to the Yoga Philosophy

1008, Varanasi

S.C. Vasu Chowkhamba Sanskrit Sanstha

P.O.No: 1008, Varanasi

4. Yoga explained (No. 435)

Bengal Lancer

Chowkhamba Sanskrit Sansthan

P.O.No: 1008, Varanasi

5. Yoga Philosophy in relation to other

S.N. Dasgupta

Chowkhamba Sanskrit Sansthan (No. 447) P.O.No:

1008, Varanasi

6. Hathavoga Pradipik

Kaivalyadham, Lonavla

7. Hathayoga Pradipika

Chowkhamba Sanskrit Sansthan



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COURSE- IV

YOGA PRACTICAL

100 MARKS

Objective of the course:

1. To doing kriyas it helping to remove toxins and impurities from the body's system.
2. To gaining knowledge for cleansing of physical impurity is believed to have a positive impact on mental clarity and focus.
3. Kriyas help to balance the flow of prana in the body.
4. To developing effective lesson plan for a yoga class.

Demonstration

50 Marks

Viva

25 Marks

following practices will be taught:-

1. Suryanamaskara

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

2. Asanas (Cultural Asanas)

A. Standing:-

1. Ardha-katichakrasana
2. Padahasthasana
3. Ardha-chakrasana
4. Rfrikonasana
5. Parivrutta-Trikonasana

B. Sitting-Position:-

1. Paschimottanasana
2. Ushtrassana
3. Vakrasana
4. Ardhamatsyendrasana
5. Shashankasana
6. Suptavajrasana

C. Prone on position:-

1. Bhujangasana
2. Ardhamatsyendrasana
3. Shalabhasana
4. Dhanurasana

D. Supine position :-

1. Viparitarani
2. Sarvangasana
3. Matsyasana
4. Shirshasana

E. Relaxative Asanas :-

1. Shavasana

F. Meditative Asanas :-

1. Padmasana
2. Vajrasana
3. Swastikasana
4. Siddhasana
5. Sukhasana

Bayurasana, Vrishchikasan, Chakrasana and Matsyendrasana



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Internal Assessment

25 marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance -05 Marks,

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes

CO1.To gaining of series of poses that work on various muscle groups, promoting flexibility, and strength in the body.

CO2.To study how suryanamaskara is helping to maintain our body posture and improving muscles activities.

CO3.To gaining knowledge about doing asanas benefits and their enhancing the energy level in our body

CO4.To studying how asanas are maintain our connection between mind and body's.

Reference Books

- | | |
|---|--|
| 1. Bharatiya tattwajnan | Shri.Srinivasa Dikshit, Any Popular Book Stall |
| 2. Encyclopaedia of Yoga (No. 410)
P.O.No: | Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan
1008, Varanasi |
| 3.Introduction to the Yoga Philosophy | S.C. Vasu Chowkhamba Sanskrit Sanstha
P.O.No: 1008, Varanasi |
| 4. Yoga explained(No. 435) | Bengal Lancer
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 5. Yoga Philosophy in relation to other | S.N. Dasgupta
Chowkhamba Sanskrit Sansthan (No. 447)P.O.No:
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| 6.Hathayoga Pradipik | Kaivalyadham, Lonavla |
| 7.Hathayoga Pradipika | Chowkhamba Sanskrit Sansthan |



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COURSE- V ELECTIVE PAPER (any one of the following can be opted)

- 1) Advanced Yoga (For Yoga Students) ...
- 2) Yoga (For Non Yoga Students)
- 3) Social sciences
- 4) Jyotisha
- 5) Education
- 6) Arham Yoga

COURSE-V	ADVANCED YOGA(Elective-I)	100 MARKS
	(YOGA AND POSITIVE HEALTH)	

Objective of the course:

1. To understanding the asanas(posture) and pranayama(breathing exercise).
2. To study how yoga promote emotional awareness and regulation.
3. To study how yoga improve our mindfulness and relaxation techniques.

Syllabus of the course:

Module-I	Concept of Holistic Health and WHO Concept of Adhi, Vyadhi and Panchakosh	25 Marks
Module-II	Basic Theories of Psychology. (Psycho analysis, Individuation theory, Psychosynthesis, Gestalt psychology)	25 Marks
Module-III	Oriental and occidental concept of mind, and mental states.	25 Marks
Internal Assessment		25 marks
	Assignment-10 Marks,	Library Work- 05 Marks
	Attendance -05 Marks,	Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes

- CO1.To study about daily practice of yoga is contribute the positive health.
- CO2.To study if we doing yoga in true manner it gives positive health.

Reference Books:

- | | |
|------------------------------|--|
| 1.Yoga Practices for Anxiety | Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression
Vivekanand Kendra Bangalore |
| 4.Yoga Techniques | Dr. M.L. Gharote Gulmohar Apartment, Bhargarwadi,
Lonavala. |

Dr. R. Nagarthnam



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COURSE-V **YOGA(For Non Yoga Student)(Elective-II)** **100 MARKS**
(SWASTHAVRITTA)

Objective of the course:

1. To study how improve our present-moment awareness.
2. To developing physical and mental purity.
3. To understanding the continuous learning.

Syllabus of the course:

Unit I

25 marks

Concept of health & necessity of Swasthavritta Individual health- Daily resume (Dinacharya) Seasonal resume (Rutucharya) The Pillars of Health (Trayopastambha)

Unit II

25 marks

Social health, Environmental health Air, Water, Light Garbage & Swage disposal)Aapaddravaya Nivarana)Industrial health & Method o maintaining it Epidemiology or infectious diseases (Selected Five)

Unit III

25 marks

Primary health Prevention national health Programme Family welfare Programme

Internal Assessment

25 marks

Assignment-10 Marks,
Attendance -05 Marks,

Library Work- 05 Marks

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes

- CO1.To study the preventive our health.
- CO2.To understanding the yoga techniques integrated into swasthavritta.
- CO3.To study about the yoga helps to enhance digestion.

Reference Books :

1. Bharatiya tattwajnan
2. Encyclopaedia of Yoga (No. 410)
3. Introduction to the Yoga Philosophy
4. Yoga explained(No. 435)

By...



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5. Yoga Philosophy in relation to other Systems of Indian Thought
6. Hathayoga Pradipika
7. Hathayoga Pradipika

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COURSE-V

SOCIAL SCIENCE(Elective-III)

100 MARKS

Objective of the course:

1. To study the globalization of yoga.
2. To exploring the ethical implication of yoga practice

Syllabus of the course:

1.Manusmriti Ch. 7 KautilyaArthashastra	2.19 -Tulamanpoutavam	50 marks
2.Kautilya Arthashastra	3.11 - RunadanaPrakaranam	25 marks

Internal Assessment

Assignment-10 Marks,
Attendance -05 Marks,

25 marks

Library Work- 05 Marks
Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes

- CO1.To study about the scientific validation.
CO2.To gaining knowledge about the cultural context.
CO3.To understanding the effect of community impact on social cohesion.

Reference Books :

1. Bharatiya tattwajnan
2. Encyclopaedia of Yoga (No. 410)
3. Introduction to the Yoga Philosophy
4. Yoga explained(No. 435)
5. Yoga Philosophy in relation to other Systems of Indian Thought
6. Hathayoga Pradipika
7. Hathayoga Pradipika



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COURSE-V

JYOTISH(Elective-IV)

100 MARKS

(KUNDALI VIDNYANA)

Objective of the course:

1. To understanding astrological influences.
2. In jyotisha can offer guidance on favorable time for various activities.
3. To understanding one's tendencies and potential challenges.

Syllabus of the course:

Module-I	Natakala Sadhan ,Dasham lagna Sadhan, Sasandhi Dwadashabhava sadhan	25 marks
Module -II	Madhyamayu Sadhan,Spashtayu Sadhan, Uccha-Neecha- Swagrihadi Ayu Vichar,ChakrardhaHaani,RashmiSadhan Abhijit Dasha,Yogini Dasha.(Mishra Prakaran of B.K.V)	25 marks
Module- III	Videsh Kundali Sadhan-rekhansha,Akshamsha,Velantar Kranti,Char,Dinrnan,Deshantar Sadhan.	25 marks
Module- IV	Text- 1) Bharatiya Kundali Vidnyan- by Meethalal Ojha, Varanasi. 2) Jyotish sobati.	

Note: Calculation and examples are covered in Internal Assessment.

Internal Assessment

Assignment-10 Marks,
Attendance -05 Marks,

25 marks
Library Work- 05 Marks
Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To self understanding can provide individual strength, weaknesses.
CO2.To study the physical practices for personal growth and well-being.

Reference Books :

1. Bharatiya tattwajnan
2. Encyclopaedia of Yoga (No. 410)
3. Introduction to the Yoga Philosophy
4. Yoga explained(No. 435)
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7. Hathayoga Pradipika



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COURSE-V

EDUCATION(Elective-V)

100 MARKS

Objective of the course:

- 1.To study the yoga as a platform for community gatherings.
- 2.To focusing on yoga programs that empower women in rural areas.

Syllabus of the course:

Unit I- Basics of Information and Communication Technology **25 Marks**

- a. Meaning & Characteristics of Information and Communication Technology
- b. Scope of Information and Communication Technology Areas: (Teaching learning Process, Evaluation, Research, Administration)

Unit II - Dynamics of Communication and Designing Instruction **25 Marks**

- a. Communication: Meaning, process, types and barriers
- b. Transactional Analysis: Concept, Educational implications.
- c. Role of teacher for effective communication.
- d. Instructional Design: Meaning and characteristics
- e. Self-Learning Material (Meaning, principles, guidelines for preparing SLM)
- f. Meaning of Computer Assisted Learning.
- g. Models of Teaching:(Concept Attainment Model, Inquiry Training Model)

Unit III- e- Learning **25 Marks**

- a) Meaning and characteristics of e-learning
- b) Meaning and characteristics of Online learning:
- c) Blended learning: Meaning, characteristics, Application(Online and Offline)
- d) Legal and ethical issues in the use of IC T in education. Plagiarism, Copy right violation, hacking
- e) Open Education Resources: Meaning, types , application in education
- f) M - Learning (Mobile learning):Meaning, characteristics and application software's for education

Internal Assessment **25 Marks**

1. Seminar and Assignment

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study about the learning curve of yoga chart.
- CO2.To developing physical health through learning of yoga.

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Reference Books :

1. Bharatiya tattwajnan
2. Encyclopaedia of Yoga (No. 410)
3. Introduction to the Yoga Philosophy
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5. Yoga Philosophy in relation to other Systems of Indian Thought
6. Hathayoga Pradipika
7. Hathayoga Pradipika

Tan

Abhishek



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COURSE-V

ARHAM YOGA(Elective-V)

100 MARKS

Objective of the course:

1. To developing the path for individual to cultivate ethical behavior.
2. To developing by systematically practicing and integrating each limb.

Syllabus of the course:

75 Marks

1. Arham - Five Steps Process
2. Activation
3. Relaxation
4. Healing
5. Awareness

Internal Assessment

25 marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance -05 Marks,

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1 To study how we relaxing through doing yoga.
- CO2 To study the how to enhancing the healing power to do yoga.
- CO3 To study about the awareness of mind and body connection.

Reference Books :

1. Bharatiya tattwajnan
2. Encyclopaedia of Yoga (No. 410)
3. Introduction to the Yoga Philosophy
4. Yoga explained(No. 435)
5. Yoga Philosophy in relation to other Systems of Indian Thought
6. Hathayoga Pradipika
7. Hathayoga Pradipika

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SEMESTER VI



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Semester VI											
BAY3-VI-01	Sanskrit	III	25	09	75	27	-	-	100	36	4
BAY3-VI-02	Philosophy of Yogashastra ;		25	09	75	27	-	-	100	36	4
BAY3-VI-03	Applied		25	09	75	27	-	-	100	36	4
BAY3-VI-04	Yoga Practical		25	09	-	-	75	27	100	36	4
Elective Papers (Any one of the following can be opted)											
BAY3-VI-05/ Elective - I	Yoga and Positive Health (Advanced Yoga)		25	09	75	27	-	-	100	36	4
BAY3-VI-05/ Elective -II	Yoga (For Non Yoga Students)		25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective -HI	Social Sciences		25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective -IV	Jyotisha		25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - V	Education		25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective -VI	Pali		25	09	75	27	-	-	100	36	04
Semester VI-Total Marks			125	45	300	108	75	27	500	180	20
Total Marks			750	270	1800	648	450	162	3000	1080	120
Year	Internal		Theory		Practical		Total				
	Max	Passing	Max	Passing	Max	Passing	Max	Credits	Remarks	Passing	
Sem I & II	250	90	600	216	150	54	1000	360	40		
Sem III & IV	250	90	600	216	150	54	1000	360	40		
Sem V & VI	250	90	600	216	150	54	1000	360	40		
Final Total	750	270	1800	648	450	162	3000	1080	120		

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COURSE-1

SANSKRIT-III

100 MARKS

Objective of the course:

1. To study it is a dialogue between the prince arjun and the god krishna.
2. To provide guidance to arjuna.
3. The teaching of krishna in the gita emphasize the importance of duty

Syllabus of the course:

75 Marks

Module-I Meghadut (Uttaramegh)

Module-II Viduraniti (Ch-I)

Internal Assessment

25 marks

Assignment-10 Marks,

Attendance -05 Marks,

Library Work- 05 Marks

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1 To understanding the collection of teaching and principles attributed to vidura.

CO1 To develop the mindfulness an presence cultivated through yoga practices.

Reference Books :

1. Bharatiya tattwajnan
2. Encyclopaedia of Yoga (No. 410)
3. Introduction to the Yoga Philosophy
4. Yoga explained(No. 435)
5. Yoga Philosophy in relation to other Systems of Indian Thought
6. Hathayoga Pradipika
7. Hathayoga Pradipika



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COURSE-II

PHILOSOPHY OF YOGASHASTRA- I

100 MARKS

Objective of the course:

1. To understanding the ultimate nature of reality.
2. The practice of yoga in the Vedanta tradition.
3. To study the differentiate between the eternal, unchanging purusha and material world.

Syllabus of the course:

Module-I	Systems of Indian Philosophy- (Jain Darshan)	40 marks
Module-II	Hatha Yoga Pradipika(Chapters-Three, four and five)	40 marks

Internal Assessment

25 marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance -05 Marks,

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1 To study the yogic philosophy encourage self-inquiry.

CO2 To develop and enhance spiritual awareness.

Reference Books :

1. Bharatiya tattwajnan
2. Encyclopaedia of Yoga (No. 410)
3. Introduction to the Yoga Philosophy
4. Yoga explained(No. 435)
5. Yoga Philosophy in relation to other Systems of Indian Thought
6. Hathayoga Pradipika
7. Hathayoga Pradipika



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COURSE - III

APPLIED YOGA

100 MARKS

Objective of the course:

1. To developing and improve physical health by doing yoga practice.
2. To study how to learn manage their thought and emotions.
3. To understanding the lifestyle enhancement and spiritual growth and transformation.

Syllabus of the course:

Application of Yoga Concepts and Practices in Allied Sciences:	75 Marks
A) Ayurveda	15 marks
B) Naturopathy	15 marks
C) Psychology (Psychiatry)	15 marks
D) Physical Education	15 marks
E) Posture	15 marks
Internal Assessment	25 marks
Assignment-10 Marks,	Library Work- 05 Marks
Attendance -05 Marks,	Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1 To study about improving our physical posture.
CO2 To gaining knowledge through the ayurveda.

Reference Books :

1. Applied Yoga Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga A.K. Sinha, Bharat Manisha, Varanasi
3. Yoga Dipika B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi.

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COURSE – IV

YOGA PRACTICAL

100 MARKS

Objective of the course:

1. To gaining of series of poses that work on various muscle groups, promoting flexibility, and strength in the body.
2. To study how suryanamaskara is helping to maintain our body posture and improving muscles activities.
3. To gaining knowledge about doing asanas benefits and their enhancing the energy level in our body
4. To studying how asanas are maintain our connection between mind and body's.

Demonstration

50 Marks

Viva

25 Marks

Syllabus of the course:

1. Suryanamaskara -

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

2. Pranayama:-

- | | |
|---------------------------|-------------------------|
| 1. Sectional Breathing | 2. Suryabhedan Pranyam |
| 3. Chandrabhedan Pranayam | 4. Nadishodhan Pranayam |
| 5. Shitali Pranayam | 6. Sitkari Pranayam |
| 7. Bhramari Pranayam | 8. Bhastrika Pranayama |

3. KRIYAS :-

- | | |
|----------------|----------------|
| 1. Kapalabhati | 2. Jalaneti |
| 3. Sutraneli | 4. Vamandhauti |
| 5. Dandaneti | 6. Trataka |

4. MEDITATION :- (Different techniques such as)

1. OmkarJapa
2. Sakshibhava
3. Breath-Awareness

5. MUDRA Internal Assessment:

Internship:

25 Marks

Organizing at least 3 Yoga courses - each of one month duration with minimum 50 participants.

Collecting the required data and submitting a report.



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After completion of the unit students will be able to:-

Course Outcomes:

CO1 To gaining of series of poses that work on various muscle groups, promoting flexibility, and strength in the body.

CO2 To study how suryanamaskara is helping to maintain our body posture and improving muscles activities.

CO3 To gaining knowledge about doing asanas benefits and their enhancing the energy level in our body

CO4 To studying how asanas are maintain our connection between mind and body's.

Reference Books :

1. Applied Yoga Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga A.K. Sinha, Bharat Manisha, Varanasi
3. Yoga Dipika B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi.

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Shawlay



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Course -V Elective Papers (any one of the following can be opted)

- 1) Advanced Yoga (For Yoga Students) ...
- 2) Yoga (For Non Yoga Students)
- 3) Social sciences
- 4) Jyotisha
- 5) Education
- 6) Arham Yoga

COURSE-V	ADVANCED YOGA(Elective-I)	100 MARKS
	(YOGA AND POSITIVE HEALTH)	

Objective of the course:

1. To understanding the asanas(posture) and pranayama(breathing exercise).
 2. To study how yoga promote emotional awareness and regulation.
- To study how yoga improve our mindfulness and relaxation techniques

Syllabus of the course:

Module-I Mental Wellness, Mental disorders (Causes, symptoms and Cure): **40 marks**
frustration, depression, conflict, Obsession, anxiety.

Module-II Yoga and Mental health. Role of Yoga in curing mental disorders **35 marks**

Internal Assessment	25 marks
Assignment-10 Marks,	Library Work- 05 Marks
Attendance -05 Marks,	Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO5 To study about daily practice of yoga is contribute the positive health.
- CO6 To study if we doing yoga in true manner it gives positive health.

Reference Books :

1. Applied Yoga Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga A.K. Sinha, Bharat Manisha, Varanasi
3. Yoga Dipika B.K.S. Ayyangar, Orient Lormen Pvt. Ltd.,New Delhi.



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COURSE -V **YOGA (For Non Yoga Students) (Elective – II)** **100 MARKS**
(SCHOOLS OF YOGA)

Objective of the course:

1. To study how improve our present-moment awareness.
1. To developing physical and mental purity.
2. To understanding the continuous learning.

Syllabus of the course:

75 Marks

Module-I	Comparative Study of following Schools of Yoga:	
	1. Bhakti Yoga	10 Marks
	2. Karma Yoga	10 Marks
	3. Jnana Yoga	10 Marks
	4. Raja Yoga	10 Marks
	5. Hatha Yoga	10 Marks
Module-II	Integral Yoga of Aurobindo	

Internal Assessment

25 marks

Assignment-10 Marks,
Attendance -05 Marks,

Library Work- 05 Marks
Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1 To study about daily practice of yoga is contribute the positive health.
CO2 To study if we doing yoga in true manner it gives positive health.

Reference Books :

1. Applied Yoga Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga A.K. Sinha, Bharat Manisha, Varanasi
3. Yoga Dipika B.K.S. Ayyangar, Orient Lormen Pvt. Ltd.,New Delhi.



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COURSE-V

SOCIAL SCIENCE(Elective-III)

100 MARKS

Objective of the course:

2. To study the globalization of yoga.
3. To exploring the ethical implication of yoga practice.

Syllabus of the course:

Module-I	Gramageeta of Dr. Varnekar(First 20 Chapter)	40 Marks
Module-II	Manusmriti(II Chapter)	35 Marks
Internal Assessment		25 marks
	Assignment-10 Marks,	Library Work- 05 Marks
	Attendance -05 Marks,	Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1 To study about the scientific validation.
- CO2 To gaining knowledge about the cultural context.

Reference Books :

1. Applied Yoga Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga A.K. Sinha, Bharat Manisha, Varanasi
3. Yoga Dipika B.K.S. Ayyangar, Orient Lormen Pvt. Ltd.,New Delhi.



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COURSE-V	JYOTISH(Elective-IV)	100 MARKS
	(KUNDALI VIDNYANA)	

Objective of the course:

1. To understanding astrological influences.
2. In jyotisha can offer guidance on favorable time for various activities.
3. To understanding one's tendencies and potential challenges.

Syllabus of the course:

Module- 1	Bharatiya Jyotish-swaroop and Vikas	25 Marks
Module -II	Bharatiya Jyotish-KalaVargikaran-upto Adikala.	25 Marks
Module- III	PurvaMadhyakala,UttaraMadhyaKaala,ArvachinaKala	25 Marks
Module- IV	Text- Jyotishshastra Itihasa of Nemichand Shastri	25 Marks

Internal Assessment

25 marks

Assignment-10 Marks,

Library Work- 05 Marks

Attendance -05 Marks,

Class Interaction- 05 Marks

After completion of the unit students will be able to:-

Course Outcomes:

CO1 To self understanding can provide individual strength, weaknesses.

CO2 To study the physical practices for personal growth and well-being.

Reference Books :

1. Applied Yoga Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga A.K. Sinha, Bharat Manisha, Varanasi
3. Yoga Dipika B.K.S. Ayyangar, Orient Lormen Pvt. Ltd.,New Delhi.



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COURSE-V

EDUCATION(Elective-V)
(EDUCATIONAL MANAGEMENT)

100 MARKS

Objective of the course:

CO1 To study the yoga as a platform for community gatherings.

CO2 To focusing on yoga programs that empower women in rural areas.

Objectives:

Marks: 75+25=100

1. To develop an understanding of the concept of Administration, Management and Governance.
2. To analyze the various aspects of Institutional Management.
3. To develop an understanding of the concept and significance of Institutional Quality and its Assessment.
4. To analyze the Educational System in India and the world.

Unit-1.1. Concept of Educational Management.

- a) Concept of Administration, Management and Governance.
- b) Educational Management: Meaning/Definition, Principles and Importance
- c) Dimensions and Characteristics of Democratic Institutional Climate

Unit- II. Institutional Management.

- a) Institutional Planning: Concept, Process and Advantages
- b) Institutional Discipline: Meaning and ways of ensuring effective,
- c) Scheduling: Academic Calendar and Time Table: Types and Principles of Construction.

Unit- III. Quality Management.

- a) Concept of Institutional Quality
- b) Quality Control- Performance Appraisal: Concept, Types and Criteria for Teachers' Performance Appraisal
- c) Measures for Enhancing Institutional Management

Unit- IV. Resource Management

- a) Leadership: Styles, Roles, Challenges of Institutional Heads and Teachers.
- b) Stress Management- Concept and Strategies,
- c) Crisis Management: Concept and Strategies in relation to different types of Crisis e.g. Disaster.



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Internal Assessment

1. Seminar and Assignment

25 15+10

After completion of the unit students will be able to:-

Course Outcomes:

CO1 To study about the learning curve of yoga chart.

CO2 To developing physical health through learning of yoga.

Reference Books :

- | | |
|------------------------|--|
| 1. Applied Yoga | Dr. M.L. Gharote, Kaivalyadham, Lonavala. |
| 2. Perspective in Yoga | A.K. Sinha, Bharat Manisha, Varanasi |
| 3. Yoga Dipika | B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi. |

Tan

Ajay



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COURSE-V **ARHAM YOGA(Elective-VI)** **100 MARKS**

Objective of the course:

1. To developing the path for individual to cultivate ethical behavior.
2. To developing by systematically practicing and integrating each limb.

Syllabus Of The Course:

75 Marks

1. Arham- Five Steps Process
2. Activation
3. Relaxation
4. Healing
5. Awareness

Internal marks

25 Marks

After completion of the unit students will be able to:-

Course Outcomes:

- CO1.To study how we relaxing through doing yoga.
CO2.To study the how to enhancing the healing power to do yoga.
CO3 .To study about the awareness of mind and body connection.

Reference Books :

1. Applied Yoga Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga A.K. Sinha, Bharat Manisha, Varanasi
3. Yoga Dipika B.K.S. Ayyangar, Orient Lormen Pvt. Ltd.,New Delhi.



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SEMESTER-VI

Semester VI											
BAY3-VI-01	Sanskrit III lasd'rlk'M III	25	09	75	27	-	-	100	36	4	
BAY3-VI-02	Philosophy of Yogashastra ;ksxrsokkue-& 1	25	09	75	27	-	-	100	36	4	
BAY3-VI-03	Applied Yoga;ksxiz;ksxli	25	09	75	27	-	-	100	36	4	
BAY3-VI-04	Yoga Practical ;ksxizkc;f{kde-	25	09	-	-	75	27	100	36	4	
Elective Papers (Any one of the following can be opted)											
BAY3-VI-05/ Elective - I	Yoga and Positive Health ;ksx;rFkk vuqdwy&sok\$F;e (Advanced Yoga)	25	09	75	27	-	-	100	36	4	
BAY3-VI-05/ Elective -II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04	
BAY3-VI-05/ Elective -HI	Social Sciences	25	09	75	27	-	-	100	36	04	
BAY3-VI-05/ Elective -IV	Jyotisha	25	09	75	27	-	-	100	36	04	
BAY3-VI-05/ Elective - V	Education	25	09	75	27	-	-	100	36	04	
BAY3-VI-05/ Elective -VI	Pali	25	09	75	27	-	-	100	36	04	
Semester VI-Total Marks		125	45	300	108	75	27	500	180	20	
Total Marks		750	270	1800	648	450	162	3000	1080	120	
Year	Internal		Theory		Practical			Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing			
Sem I & II	250	90	600	216	150	54	1000	360	40		
Sem III & IV	250	90	600	216	150	54	1000	360	40		
Sem V & VI	250	90	600	216	150	54	1000	360	40		
Final Total	750	270	1800	648	450	162	3000	1080	120		

Signature



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Reference Books

For Education (For Sem - IV)

Reference Books:

1. Iyer R., Moral and Political Ideas of Mahatma Gandhi, Oxford, 1975
2. Ramma Reddy G. (Ed.) Patterns of Panchayati Raj in India, Delhi, 1977
3. Mishra S. N., Rural Development and Panchayati Raj, Concept, 1981.
4. Prasad K (ed) Planning & its implementation, New Delhi, IIP A, 1984
5. Purushottam P. W. & Karmatulla M. Development Administration, a Rural perspective, Delhi, Kaniska
6. Bajpayi A. Panchayat Raj & Rural Development, SahityaPrakashan, Delhi, 1997
7. G. Ram Reddy, Patterns of Panchayati Raj hi India, MacMillion ,Delhi 1971
8. NKrYadav & AKSingh, Rural Retail in India
9. Mukunda Rural Development and Poverty Eradication in India 2008
10. S C Kalwar, Tejam Meena Gramneen Nirdhanta Urimoolan Avem
11. S.B Verma, Gramin Vikas 2010
12. Prof. K. Vijaya Kumar Empowerment of Weaker Sections: Future Planning and Strategies for Rural Development in India

Education (For Sem- V) Reference Books:

1. Abbot C. (2007) E- inclusion: Learning difficulties and digital technologies retrieved from http://archive.futurelab.org.uk/resources/documents/lit_reviews/learning_Diffculties_rev.pdf
2. Barrows, H.S. (1994), Practice based Learning: Problem based Learning applied to medical Education, Springfield, III: Southern Illinois University School of Medicine.
4. Duch, B., Groh S., Allen D. (2001). *The Power of Problem-based Learning: A Practical "how To" for Teaching Undergraduate Courses in Any Discipline.* Stylus Publishing, LLC.,
5. Kirk, Gallagher, Anastasiow & Coleman. Educating exceptional children (1 Ithed.) Houghton Mifflin Company. 2006.
6. Thompson J., Bakken J., Fulk B., Karlan G. (2004) 'Using Technology to improve the Literacy skills of students with disabilities' retrieved from <http://www.learningpt.org/pdfs/literacy/disability.pdf>
7. Mangal S.K. & Mangal Uma. Essentials of educational technology. PHI learning pvt. Ltd. 2010.

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8. Mayer, R. E. (2001). *Multimedia learning*. New York: Cambridge University Press. ISBN 0-521-78749-1.)
9. Rajsekar, S. Computer education. Neelkamal publication.2008.
10. Singh P.P. & Sharma S. e-learning new trends and innovations. Deep & deep public.Pvt. Ltd. 2005.
11. Vanaja, M & Rajasekhar S. Educational Technology Computer Education. Neelkamal blication.2006. **Websites :**

1. [en.~wikipedia.org/](http://en.wikipedia.org/)
2. <http://www.e-learningconsulting.com/>
3. <http://kserver.360training.com/kserver/KSERVER+Whitepaper+Verl.pdf>
4. <http://www.timelesslearntech.com/blog/5-advantages-of-using-thelearning-management-system-lms/>
- 5- www.m-learning.org/

Education (For Sem - VI)

Reference Books:

1. Theories of Educational Leadership and Management [Paperback], Tony Bush (Author), 2010, Sage PublicationsLtd.
2. Organizational Learning: Improving Learning, Teaching, and Leading in School Systems [Paperback], VivienneCollinson (Author), Tanya Fedoruk Cook (Author),2007, Sage Publications India Pvt. Ltd,
3. Essentials of Management,; An International Perspective [Paperback],Harold Koontz (Author), Heinz Wehrich (Contributor),2009, Publishers-Tata McGraw Hill Education Pvt. Ltd.
4. Educational Management, Ashima V. Deshmukh, Anuj P. Naik, Publisher: Himalaya Publishing House (2010)
5. Administration and Management of Education (Hardcover), by Dr. S. R. Pandya, Publisher: Himalaya PublishingHouse Pvt. Ltd. (2001)
6. Educational Management: Redefining Theory, Policy and Practice (Paperback) by Tony Bush (Editor), Les Bell(Editor), Ray Bolam (Editor),
7. Educational Administration Supervison& School Management (Hardcover), by Mohanty, Jagannath, PublishenDeep & Deep Publications Pvt. Ltd,(2005).
8. A Text Book of Management Information System, by Deepak Singh Publisher: Vision Publications (2009)

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9. Recommendations of the National Knowledge Commission, Author: Government of India
National Knowledge Commission, Publisher, Academic Foundation, 2010, ISBN 8171887678,
9788171887675.

10. Educational Administration, Supervision And School Management, By J. Mohanty, 2005,
NCERT Publications of India

11. Educational Administration And Management: An Integrated Approach, by S.L. Goel,
Aruna Goel

12. Sultana Shaikh, Paalimi Insaran (2012), Deccan traders, Educational publishers, Hyderabad.
(Urdu)

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1994.

Aranya