

Dr. B. R. Ambedkar University, Agra
(Formerly : Agra University, AGRA)



CURRICULUM FOR

BACHELOR OF ARTS IN YOGA (B.A.Y.) PROGRAM THREE YEAR -

(SIX SEMESTERS)

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B.A.Y.
Choice Based Credit System (CBCS Pattern)
Course Curriculum (Syllabus)
(Onwards 2022-2023)

Ordinance, Regulations and Syllabus for B.A.Y. (CBCS)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced

today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and wellbeing.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of **Holistic Living** and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

1. Title of the Programme

The programme shall be called "Bachelor of Arts in Yoga" (B.A. Yoga) To make the people aware of the therapeutic and preventive value of Yoga.

- I. To bring peace and harmony in the society at large by introducing the Yogic way of life.
- II. To create therapists of high caliber to make the society free from stress and lifestyle related diseases.

2. For the B.A.Y. Degree : The candidates shall have subsequently undergone the prescribed course of study in the university department or a college affiliated to his University for a period of not less than two academic years, passed the examinations prescribed and fulfilled such conditions as have been prescribed there for B.A. Yoga

3. Duration:

The B.A. Yoga program shall be of duration of three academic years, that is, six semesters. However, the students shall be permitted to complete the program requirements within a maximum of five years from the date of admission.

4. The CBCS System:

Registrar
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All Programs shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the need of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

5. Courses of Program:

The B.A. Yoga Program consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the Program and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.A. Yoga Program.

6. Semesters:

An academic year is divided in to two semesters, each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days excluding examination days. The odd semester may be scheduled from June/July to December/January and even semester from December/January to June/July. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working Day:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

8. Credits:

The term 'Credit' refers to a unity by which the program is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half/ two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course. Usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a M.P.E.S. Program is 90 credits and for each semester 20 credits.

9. Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of December/January: for second semester in the month of May/June. A Candidate who does not pass the examination in any Subjects shall be permitted to appear in such failed subjects in the subsequent examinations to be held in November/December or May/June.
- ii. A candidate should get enrolled/registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condition limit/rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of the semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she have successfully kept the term in first semester.

10. Conditions:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condition in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condition in prescribed form with the

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