

Approved in BOS meeting in the
Subject of Yog held on 19/6/2013

Annexure-I of
BOS Meeting

**YOG DEPARTMENT
HIMACHAL PRADESH UNIVERSITY**

OUT LINES OF SYLLABI AND COURSES OF READING

**IN THE SUBJECT OF YOG VIGYAN B.A./ B. Sc. WITH MAJOR IN YOG AND
MINOR ELECTIVE IN YOG (2013-2014 onwards)**

(A) Structure Outline of Major in Yog (Minimum Credits to be Earned=56)

Semester	Course Code	Course Type	Course Name	Credit(s)/ week	Cumulated Credits Category- wise
I (Odd)		Compulsory Course I	To be Selected from the list of Compulsory Courses	3	Compulsory – 6 Core – 8 Elective – 8 GI & H – 1 Total – 23
		Compulsory Course II (Skill Based)	To be Selected from the list of Compulsory Courses (Skill Based)	3	
	BA/BSC YOG- 0101	Major Core Course I	Fundamentals of Yog- 1	3	
	BA/BSC YOG- 0102	Major Core Course II	Yog in Upnishad-1	3	
		Minor Elective Course I (a)	To be Selected from the list for Minor Elective Subject other than Yog	4	
		Minor Elective Course I (b)	To be Selected from the list for Minor Elective Subject other than Yog	4	
	BA/BSC YOG- 0101(P)	Major Core Course I Practical	Yog Lab/Practical-1	1	
	BA/BSC YOG- 0102(P)	Major Core Course II	Yog Lab/Practical -2	1	
		GI and H Course I	To be Selected from the list GI and Hobby Courses	1	
II (Even)		Compulsory Course III	To be Selected from the list of Compulsory Courses	3	Compulsory – 6 (12) Core – 8 (16) Elective – 8 (16) GI & H – 1 (2) Total 23 (46)
		Compulsory Course IV(Skill Based)	To be Selected from the list of Compulsory Courses (Skill Based)	3	
	BA/BSC YOG-0203	Major Core Course III	Principles of Hath Yog -1	3	
	BA/BSC YOG-0204	Major Core Course IV	Yog Tatva in Shrimad Bhagwatgeeta	3	

Semester	Course Code	Course Type	Course Name	Credit(s)/week	Cumulated Credits Category-wise
		Minor Elective Course II (a)	To be Selected from the list for Minor Elective Subject other than Yog	4	
		Minor Elective Course II (b)	To be Selected from the list for Minor Elective Subject other than Yog	4	
	BA/BSC YOG-0203(P)	Major Core Course III	Yog Lab./Practical-2	1	
	BA/BSC YOG-0204(P)	Major Core Course IV	Yog Lab./Practical-2	1	
		GI and H Course II	To be Selected from the list GI and Hobby Courses	1	
III (Odd)		Compulsory Course V	To be Selected from the list of Compulsory Courses	3	Compulsory – 6 (18) (Complete) Core – 8 (24) Elective – 8 (24) GI & H – 1 (3) (Complete) Total 23 (69)
		Compulsory Course VI	To be Selected from the list of Compulsory Courses (Skill Based)	3	
	BA/BSC YOG-0305	Major Core Course V	Fundamentals of Yog - 2	3	
	BA/BSC YOG-0306	Major Core Course VI	Yog and Self Management-1	3	
		Minor Elective Course III (a)	To be Selected from the list for Minor Elective Subject other than Yog	4	
		Minor Elective Course III(b)	To be Selected from the list for Minor Elective Subject other than Yog	4	
	BA/BSC YOG-0305(P)	Major Core Course V	Lab./ Practical-3	1	
	BA/BSC YOG-0306(P)	Major Core Course VI	Lab./Practical-3	1	
		GI and H Course III	To be Selected from the list GI and Hobby Courses	1	
IV (Even)	BA/BSC YOG-0407	Major Core Course VII	Principles of Hath Yog-2	3	Core – 12 (36) Elective – 8 ((32) Core / Elective (additional) - 4 Total 24 (93)
	BA/BSC YOG-0408	Major Core Course VIII	Yog Therapy	3	
	BA/BSC YOG-0409	Major Core Course IX	Human Anatomy and Yog -1	4	
		Minor Elective Course IV (a)	To be Selected from the list for Minor Elective Subject other than Yog	4	

Semester	Course Code	Course Type	Course Name	Credit(s)/week	Cumulated Credits Category-wise
		Minor Elective Course IV (b)	To be Selected from the list for Minor Elective Subject other than Yog	4	
	BA/BSC YOG-0407(P)	Major Core Course VII	Yog Lab./Practical-4	1	
	BA/BSC YOG-0408(P)	Major Core Course VIII	Yog Lab./Practical-4	1	
		Core / Elective Course (Additional)*	Any one of the additional or open courses	4	
V (Odd)	BA/BSC YOG-0510	Major Core Course X	PatanjalYog-1	3	Core – 12 (48) Elective – 8 (40) (Complete) Core / Elective (additional) - 4 Total 24 (117)
	BA/BSC YOG-0511	Major Core Course XI	PatanjalYog-2	3	
	BA/BSC YOG-0512	Major Core Course XII	Human Anatomy and Yog -2	4	
		Minor Elective Course V(a)	To be Selected from the list for Minor Elective Subject other than Yog	4	
		Minor Elective Course V(b)	To be Selected from the list for Minor Elective Subject other than Yog	4	
	BA/BSC YOG-0510(P)	Major Core Course X	Yog Lab./Practical—5	1	
	BA/BSC YOG-0511(P)	Major Core Course XI	Yog Lab./Practical-5	1	
		Core / Elective Course (Additional)*	Any one of the Additional or open elective courses	4	
VI (Even)	BA/BSC YOG 0613	Major Core Course XIII	Yog in Upnishad-2	3	Core – 8 (56) Core / Elective (additional) – 20* Total 28 (145)
	BA/BSC YOG 0614	Major Core Course XIV	Yog and Self Management-2	3	
	BA/BSC YOG 0613(P)	Major Core Course XIII	Lab./Practical = 6	1	
	BA/BSC YOG 0614(P)	Major Core Course XIV	Lab./Practical = 7	1	
		Core / Elective Course (Additional)*	Any one of the Additional or open elective courses	4	
		Core / Elective Course (Additional)*	Any one of the Additional or open elective courses	4	
		Core / Elective Course (Additional)*	Any one of the Additional or open elective courses	4	

Semester	Course Code	Course Type	Course Name	Credit(s)/ week	Cumulated Credits Category- wise
		Core / Elective Course (Additional)*	Any one of the Additional or open elective courses	4	
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Note: Additional Elective Courses offered by Department of Yog (Can be chosen for earning credits over and above 56 Major subject credits, 40 Minor elective credits, 9 (Min) compulsory course credits and 1 (Min) 3 GI and H Course Credits i.e. Total 106 Credits; for getting B.A. Degree a learner has to earn a minimum 120 credits)

Semester IV, V, VI	Course Code	Course Type	Course Name	Credits
IV	BA/BSC YOG 0415	Core Elective * Course (Additional)	Indian Philosophy-I	4
V	BA/BSC YOG 0516	Core Elective * Course (Additional)	Indian Philosophy-II	4
VI	BA/BSC YOG 0617	Core Elective * Course (Additional)	Human Consciousness and Mental Health	4
VI	BA/BSC YOG 0618	Core Elective * Course (Additional)	Health and Hygiene	4
VI	BA/BSC YOG 0619	Core Elective * Course (Additional)	Sanyas and Moksh Shrimad Bhagwatgeeta	4
VI	BA/BSC YOG 0620	Core Elective * Course (Additional)	Scientific Role of Yogic Activities in Sports	4
VI	BA/BSC YOG 0621	Core Elective * Course (Additional)	Relationship between General Education, Physical Education and Yog	4

General Interest and Hobby Courses offered by Department of Yog

Semester	Course Code	Course Type	Course Name	Credits
I / II / III	BA / BSC YOG** 22	General Interest & Hobby	Yogic Behaviour	1
I / II / III	BA / BSC YOG** 23	General Interest & Hobby	Personality and Yog	1

(B) Structure Outline of Minor Elective in Yog for other than Major Yog Students (Minimum Credits to be Earned = 20).

Semester	Course Code	Course Name	Course Name	Credit(s)/week	Cumulated Credits Category-wise
I (Odd)		Compulsory Course I		3	Compulsory – 6 Core – 8 Minor Elective 1(a) – 4(4) Minor Elective 1(b)=4 Total Minor Electives – 8 (8) GI & H – 1 Total – 23
		Compulsory Course II (Skill Based)		3	
		Major Core Course I		3	
		Major Core Course II		3	
	BA/BSC YOG-0101	Minor Elective Course I (a)	Fundamentals of Yog -1	3	
		Minor Elective Course I (b)		4	
		Major Core Lab Course I		1	
		Major Core Lab Course II		1	
	BA/BSC YOG-0101(P)	Minor Elective Lab Course I (a)	Yog Lab./Practical 1	1	
	GI and H Course I		1		
II (Even)		Compulsory Course III		3	Compulsory – 6 (12) Core – 8 (16) Minor Elective II(a) – 4 (8) Minor Elective II(b) – 4 (8) Total Minor Electives – 8 (16) GI & H – 1 (2) Total 23 (46)
		Compulsory Course IV(Skill Based)		3	
		Major Core Course III		3	
		Major Core Course IV		3	
	BA/BSC YOG-0203	Minor Elective Course II (a)	Principles of HathYog-1	3	
		Minor Elective Course II (b)		4	
		Major Core Lab Course III		1	
		Major Core Lab Course IV		1	
	BA/BSC YOG-0203 (P)	Minor Elective Lab Course II (a)	Yog Lab./Practical II	1	
	GI and H Course II		1		
III (Odd)		Compulsory Course V		3	Compulsory – 6 (18) (Complete) Core – 8 (24) Minor Elective III(a) – 4 (12) Minor Elective III(b) – 4 (12)
		Compulsory Course VI		3	
		Major Core Course V		3	
		Major Core Course VI	-----	3	
	BA/BSC YOG-0305	Minor Elective Course III (a)	Fundamentals of Yog-2	3	

Semester	Course Code	Course Name	Course Name	Credit(s)/week	Cumulated Credits Category-wise
		Minor Elective Course III(b)	-----	4	Elective – 8 (24) GI & H – 1 (3) (Complete) Total 23 (69)
		Major Core Lab Course V	-----	1	
		Major Core Lab Course VI	-----	1	
	BA/BSC YOG-0305(P)	Minor Elective Lab Course III(a)	Yog Lab./Practical III	1	
		GI and H Course III	-----	1	
IV (Even)		Major Core Course VII	-----	3	Core – 12 (36) Minor Elective IV(a) – 4 (16) Minor Elective IV(b) – 4 (16) Total Minor Electives – 8 (32) Core / Elective (additional) - 4 Total 24 (93)
		Major Core Course VIII Yog	-----	3	
		Major Core Course IX Yog	-----	4	
	BA/BSC YOG-0407	Minor Elective Course IV (a)	Principles of HathYog-2	3	
		Minor Elective Course IV (b)	-----	4	
		Major Core Lab Course VII	-----	1	
		Major Core Lab Course VIII	-----	1	
	BA/BSC YOG-0407(P)	Minor Elective Lab Course IV (a)	Yog Lab./Practical IV	1	
	BA/BSC YOG- 0415	Core / Elective Course (Additional)*	Indian Philosophy - I	4	
V (Odd)		Major Core Course X	-----	3	Core – 12 (48) Minor Elective V(a) – 4 (20) Minor Elective V(b) – 4 (20) Total Minor Electives – 8 (40) (Complete) Core / Elective (additional) - 4 Total 24 (117)
		Major Core Course XI	-----	3	
		Major Core Course XII	-----	4	
	BA/BSC YOG-0510	Minor Elective Course V(a)	PatanjalYog-1	3	
		Minor Elective Course V(b)	-----	4	
		Major Core Lab Course X	-----	1	
		Major Core Lab Course XI	-----	1	
		Major Core Lab Course XII*	-----	1	
	BA/BSC YOG-0510(P)	Yog Lab./Practical V	Yog Lab./Practical V	1	
	BA/BSC YOG-0516	Core / Elective Course (Additional)*	Indian Philosophy - II	4	
VI (Even)		Major Core Course XIII	-----	4	Core – 8 (56) Core /

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		Major Core Course XIV	-----	4	Elective (additional) – 20* Total 28 (145)
	BA/BSC YOG-0617	Core / Elective Course (Additional)*	Human Consciousness and Mental Health	4	
	BA/BSC YOG-0618	Core / Elective Course (Additional)*	Health and Hygiene	4	
	BA/BSC YOG-0619	Core / Elective Course (Additional)*	Sanyas and Moksh Shrimad Bhagwatgeeta	4	
	BA/BSC YOG-0620	Core / Elective Course (Additional)*	Scientific Role of Yogic Activities in Sports	4	
	BA/BSC YOG-0621	Core / Elective Course (Additional)*	Relationship between General Education, Physical Education and Yog	4	

**Syllabus of B.A./B.Sc. in Yog Vigyan
(Major Core Course)**

B.A. /B.Sc. 1st Year (1st and 2nd Semester)

S.N.	Semester	Code	Title	Internal	Theory	Total
1	1 st (Odd)	BA/BSC YOG-0101	Fundamentals of Yog -1	50	50	100
		BA/BSC YOG-0101	Practical-1			50
2	1 st (Odd)	BA/BSC YOG-0102	Yog in Upnishad-1	50	50	100
		BA/BSC YOG-0102	Practical-2			50
3	2 nd (Even)	BA/BSC YOG-0203	Principles of HathYog-1	50	50	100
		BA/BSC YOG-0203	Practical-1			50
4	2 nd (Even)	BA/BSC YOG-0204	Yog Tatva in Shrimad Bhagwatgeeta	50	50	100
		BA/BSC YOG-0204	Practical-2			50

B.A. /B.Sc. 2nd Year (3rd and 4th Semester)

S.N.	Semester	Code	Title	Internal	Theory	Total
1	3 rd (Odd)	BA/BSC YOG-0305	Fundamentals of Yog -2	50	50	100
		BA/BSC YOG-0305	Practical-1			50
2	3 rd (Odd)	BA/BSC YOG-0306	Yog and Self Management-1	50	50	100
		BA/BSC YOG-0306	Practical-2			50
3	4 th (Even)	BA/BSC YOG-0407	Principles of HathYog-2	50	50	100
		BA/BSC YOG-0407	Practical-1			50
4	4 th (Even)	BA/BSC YOG-0408	Yog Therapy	50	50	100
		BA/BSC YOG-0408	Practical-2			50
5	4 th (Even)	BA/BSC YOG-0409	Human Anatomy and Yog-1	50	50	100

B.A. /B.Sc. 3rd Year (5th and 6th Semester)

S.N.	Semester	Code	Title	Internal	Theory	Total
1	5 th (Odd)	BA/BSC YOG-0510	PatanjalYog -1	50	50	100
		BA/BSC YOG-0510	Practical—1			50
2	5 th (odd)	BA/BSC YOG-0511	PatanjalYog-2	50	50	100
		BA/BSC YOG-0511	Practical—2			50
3	5 th (Odd)	BA/BSC YOG-0512	Human Anatomy and Yog-2	50	50	100
4	6 th (Even)	BA/BSC YOG-0613	Yog in Upnishad-2	50	50	100
		BA/BSC YOG-0613	Practical-1			50
5	6 th (Even)	BA/BSC YOG-0614	Yog and Self Management-2	50	50	100
		BA/BSC YOG-0614	Practical-2			50

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Semester IV, V, VI	Course Code	Course Type	Course Name	Credits
IV	BA/BSC YOG 0415	Core Elective * Course (Additional)	Indian Philosophy-I	4
V	BA/BSC YOG 0516	Core Elective * Course (Additional)	Indian Philosophy-II	4
VI	BA/BSC YOG 0617	Core Elective * Course (Additional)	Human Consciousness and Mental Health	4
VI	BA/BSC YOG 0618	Core Elective * Course (Additional)	Health and Hygiene	4
VI	BA/BSC YOG 0619	Core Elective * Course (Additional)	Sanyas and Moksh Shrimad Bhagwatgeeta	4
VI	BA/BSC YOG 0620	Core Elective * Course (Additional)	Scientific Role of Yogic Activities in Sports	4
VI	BA/BSC YOG 0621	Core Elective * Course (Additional)	Relationship between General Education, Physical Education and Yog	4

General Interest and Hobby Courses offered by Department of Yog

Semester	Course Code	Course Type	Course Name	Credits
I / II / III	BA / BSC YOG** 22	General Interest & Hobby	Yogic Behaviour	1
I / II / III	BA / BSC YOG** 23	General Interest & Hobby	Personality and Yog	1

**Syllabus of B.A./B.Sc. in Yog Vigyan
(Minor Core Course)**

B.A. /B.Sc. 1st Year (1st and 2nd Semester)

S.N.	Semester	Code	Title	Internal	Theory	Total
1	1 st (Odd)	BA/BSC YOG-0101	Fundamentals of Yog -1	50	50	100
		BA/BSC YOG-0101	Practical-1			50
3	2 nd (Even)	BA/BSC YOG-0203	Principles of HathYog-1	50	50	100
		BA/BSC YOG-0203	Practical-1			50

B.A. /B.Sc. 2nd Year (3rd and 4th Semester)

S.N.	Semester	Code	Title	Internal	Theory	Total
1	3 rd (Odd)	BA/BSC YOG-0305	Fundamentals of Yog -2	50	50	100
		BA/BSC YOG-0305	Practical-1			50
3	4 th (Even)	BA/BSC YOG-0407	Principles of HathYog-2	50	50	100
		BA/BSC YOG-0407	Practical-1			50

B.A. /B.Sc. 3rd Year (5th and 6th Semester)

S.N.	Semester	Code	Title	Internal	Theory	Total
1	5 th (Odd)	BA/BSC YOG-0510	PatanjalYog -1	50	50	100
		BA/BSC YOG-0510	Practical—1			50