



SHRI VISHWAKARMA SKILL UNIVERSITY

(State University enacted under the Government of Haryana Act 25, 2016)

SVSU

योग एवं अध्यात्मविज्ञान में स्नातक

B.Sc. Yoga and Spiritual Science



पाठ्यक्रम निर्माण समिति

प्रो.रजनीश मिश्रा, प्रो. वांग्चुक दोरजी नेगी, प्रो.जी.डी. शर्मा, डॉ संगीता नेहरा, डॉ हारुन रशीद ,डॉ मुदासीर अहमद तंत्रे,
श्रीरामकृष्णा मल्लेला ,श्री रमेश कृष्णा ,श्री रुपेश शर्मा,श्री विरेदर काजी,श्री प्रणय ,श्री शरद
विश्वविद्यालय से माननीय कुलपति डॉ राज नेहरु, प्रो.रणधीर सिंह राठौर , प्रो. ऋषिपाल, प्रो. उषा बत्रा , प्रो.जाँय कुरिकोज ,डॉ नकुल सिंह,
डॉ मोहितश्रीवास्तव ,डॉ भावना रूपराइ,सुश्री अंजू मालिक , डॉ. सोहन लाल,
अनुप्रयुक्त विज्ञान एवं मानविकी कौशल संकाय,एसवीएसयू

Skill Department of Sports and Yoga

Skill Faculty Applied Science and Humanities

Shri Vishwakarma Skill University

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Introduction

In line with the Skill India Mission, the Government of Haryana has established Shri Vishwakarma Skill University under the Act 25 of 2016. The University aims at providing structured skill qualification programs aligned with the existing and emerging job-roles in the Industry. The programs have been mapped with NSQF levels that facilitate vertical mobility from Certificate to Doctoral level. SVSU endeavours to provide pathways to the learners from school level to higher education level through a skill-based qualification framework for their career progression.

NSQF aligned Education System

Shri Vishwakarma Skill University has launched a range of programs, under the NSQF (National Skills Qualifications Framework). The contents of the programs have been developed on the basis of NSQF requirements and parameters.

The vision behind the establishment of Shri Vishwakarma Skill University (SVSU) is to facilitate and promote skill, entrepreneurship development, skill-based education and research in the emerging areas of various sectors and to raise skill level in various fields related to these areas and for matters connected therewith. It is the first Government Skill University in India. Now, the university is offering a graduate program: B.Sc. Yoga and Spiritual Science.

About the Department: Skill Department of Sports and Yoga is one of the premier centres of the university that offers programs in the areas of Sports, Wellbeing, Coaching, Yoga and Spiritualism. The Department has state of the art sports and Yoga infrastructure with the latest tools to focus on the holistic growth of the students' personalities. Besides the programs in the Department, the faculty members are relentlessly engaged in organizing sports and Yoga events/programs throughout the year. The Department endeavours to utilize the latest technological instruments and innovative methods to make sports and yoga an essential part of modern generation.

The Department has started a multiple entry/exit three/four years B.Sc. Yoga and Spiritual Science program at NSQF Level 6.5. The program offers a unique combination of the knowledge, skill and aptitude of this ancient art and spiritualities. The students are exposed to the latest innovations and practices in Yoga and Spiritual Science with an objective to enable them to become not only healthy individuals but outgoing entrepreneurs. The program is a combination of theory, Practical and OJT wherein students learn the applications of the theoretical aspects learnt in the classroom. During program, the students will learn the basics of Yoga and Spiritual camp/session management.

Presently, the Department offers the following programs:

1. B.Sc. Yoga and Spiritual Science



About the Program: The program will introduce the students to the basics of yoga and spirituality in terms of global wellness, health, peace, human values and self-searching. There is well defined program on Yoga and spiritual science knowledge and imbibing Virtues and Divine qualities. Yoga and Spiritual principals are universal and pertain to pure consciousness and harnessing of inner potential. In fact, Yoga and spirituality forms the core of all religions. Scientific and materialistic progress guided by Yoga and spirituality would lead to a holistic growth whose benefits would reach out to the whole of humanity. Some possession that enhances quality of life and impart meaning to life. While the driving forces in materialism are Greed, Attachment & Egoism. Yoga and Spirituality leads to Inner peace, Self-satisfaction & Eternal bliss.

'Spiritual intelligence make us experience our inner-self, values and purposes attached with our being. The reflection of values transforms our thinking process and in turn, the decisions that we make, the way we work.'

B.Sc. Yoga and Spiritual Science

Program Objectives:

- To train the learners in the field of Yoga and Spiritual Science.
- To impart the knowledge of Yoga and spiritual science to make them professionals.

Programme Outcomes

PO1: After finishing the program the students would be able to know various yogic practices and their practice methods.

PO2: After completing the course the students would be able to spread awareness among the common people about attentive yoga therapy in health.

PO3: Learners are able to gain the Spiritual Science and traditional yogic knowledge through yoga texts and Spiritual texts.



PO4: The Learners become able to understand and experience the internal changes in the body.

PO5 Students will be able to gain knowledge of Kashmir Shaivism, Indian philosophy and Upanishads as well as understand the scientific aspects of human consciousness.

Program Specific Outcomes

This Program will

- Understand the knowledge of yoga and spiritual science.
- Give them hands-on experience in Yoga & Spiritual practice.
- Empower the learners towards life values.
- Enable learners to have a scientific approach to yoga and spiritual knowledge.

Eligibility for Admission:

Candidates seeking admission to the first year of the B.Sc. Yoga and Spiritual Science degree shall be required to have passed the **10+2 in any stream with proficiency in English and Hindi** with a minimum pass marks. They should also have passed the selection process (Qualify /Entrance Exam + Interview) decided by the University.

Duration of the Program:

The program shall be of 3/4 years' duration spread over Six/Eight semesters.

Credit Scheme/Syllabus

Theory/Lecture: **15 hours = 1 Credit**, Practical: **30 hours = 1 Credit**, Tutorial: 1Hours= **1**

Credit

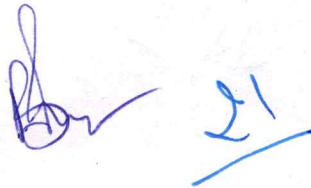
Seats: 30 (Reservation as per university guideline)

Fees: - Rs 18500/- per semester

Medium- Hindi and English

Program Structure

Semester	Discipline Specific Courses Core Major (80)*			Minor Stream		Inter-Disciplinary	Multidisciplinary	Ability Enhancement Courses (AEC)	Skill Enhancement Courses/ Internship/ Dissertation (SEC)	Common Value-Added Courses (VAC)	Final Credits for the semester
	Major Core-I	Major Core-II	Major Core-III	Minor-I	Minor-II						
I	Foundation of Yoga (Credit-4)	Principal of Hatha Yoga (Credit-4)	Kashmir Shaivism-I (Credit-2)			Dhimahi - Heartful Campus (Credits-3)	Human Anatomy-I (Credits-3)	Heartfulness Communication (Credit-2)	Yoga Practicum -I (Credit-4)	Human values and professional Ethics (Credit-2)	24
II	Methods of Teaching and Advanced Yoga (Credit-2)	0	0	0	0	Yoga Health & Wellbeing (Credits-2)	0	Basic of Sanskrit (Credit-2)	OJT (Credit-14) Ayush	0	20
Total											44
II	YogSutra (Credits-4)	Introduction to Raja Yoga (Credit-3)	Samkhya Karika (Credit-3)	0	0	A. Indian Religion OR B. Personality Development (Credits-4)	Human Anatomy-II (Credits-3)	Employability Skill (Credit-2)	Yoga Practicum (Credit-3)	Environment Sciences (Credit-2)	24
I	Introduction Indian Philosophy (Credit-3)	Meditation Techniques (Credit-4)	Kashmir Shaivism-II (Credit 4)	0	0	0	Human Consciousness (Credit-3)	Understanding ofNadi, Pranas, Chakra & Kundalini (Credit-2)	Yoga Practicum (Credit-4) / OJT	0	20
Total											44
V	Introduction of Upanishads (Credit-4)	Application of Bhagavad Geeta and Yoga Vasistha (Credit-4)	Kashmir Shaivism-III (Credit 4)	0		Spirituality in Buddhist/ Tibetan Philosophy. (Credits-4)	Parapsychology (Credit-2)	0	Yoga Practicum (Credit-2)	Fundamental of Computer (Credit-2)	22
V	0	0	0	0	0	0	0	0	OJT/Internship (Credit-18)	0	18
Total											40
Note	For those student(s) who want to carry the course for Second year										40
	Those Students want to exit in the first year they need to complete training/OJT of 4 credits in addition to the given OJT.										04
* 4 credit over and above of 40credit to be awarded to those students who want to exit to the course after completing training/ OJT. (Grand Total) =											44



Program Scheme Semester: I

S r. N	Course Type	Course Code	Nomenclature of Course	Credits			Hours			Theory (Marks)			Practical (Marks)			Tot al
				T	P	To	T	P	To	I	E	T	I	E	T	
1.	Major core-I	24UFO Y01	Foundation of Yoga	4	0	4	60	00	60	30	70	100	0	0	0	100
2.	Major core-II	24UPH Y01	Principal of HathaYoga	4	0	4	60	00	60	30	70	100	0	0	0	100
3.	Major core-II	24UKS M01	Kashmir Shaivism-I	2	0	2	30	00	30	30	70	100	0	0	0	100
4.	Inter- Discipli nary	24UDH C01	Dhimah i - Heartful Campus	3	0	3	45	00	45	30	70	100	0	0	0	100
5.	Multidi sciplina ry	24UHN A01 24UHN A02	Human Anatomy-I	2	1	3	30	30	60	15	35	50	35	15	50	100
6.	Ability enhancem ent course (AEC)	24UHN C01	Heartfulness Communicati on	2	0	2	30	00	30	30	70	100	0	0	0	100
7.	Skill enhanceme nt course (sec)	24UYP M01	Yoga Practicum - I	0	4	4	0	120	120	0	0	0	70	30	100	100
8.	Common value- added courses (VA)	24UHP E01	Human Values and professional Ethics	2	0	2	30	00	30	30	70	100	0	0	0	100
				19	05	24	285	150	435	195	455	650	105	45	150	800

Program Scheme Semester: II

Sr. N.	Course Type	Course Code	Nomenclature of Course	Credits			Hours			Theory (Marks)			Practical (Marks)			Total
				T	P	To	T	P	To	I	E	T	I	E	T	
1.	Major core-I	24UMTA01	Methods of Teaching and Advanced Yoga	2	0	2	30	00	30	30	70	100	0	0	0	100
2.	Major core-II		-----	0	0	0	0	0	0	0	0	0	0	0	0	0
3.	Minor core-I		-----	0	0	0	0	0	0	0	0	0	0	0	0	0
4.	Inter-Disciplinary	24UYHW01	Yoga Health & Wellbeing	2	0	2	30	0	30	30	70	100	0	0	0	100
5.	Multidisciplinary		-----	0	0	0	0	0	0	0	0	0	0	0	0	0
6.	Ability enhancement course (AEC)	24UBSK01	Basic of Sanskrit	2	0	2	30	0	30	30	70	100	0	0	0	100
7.	Skill enhancement course (SEC)	24UOJT01	OJT	0	14	14	00	420	420	0	0	0	105	245	350	350
8.	Value-added courses(VA)		----- --	0	0	0	0	0	0	0	0	0	0	0	0	0
				6	14	20	90	420	510	90	210	300	105	245	350	650

- Along with pursuing the one year UG certificate, the learner will learn/acquire the following NOS/qualifications mapped in UG certificate course.

QP Name: Assistant Yoga Instructor
QP Code: HSS/Q4002

NOS Code and NOS Name	Mapped with Course /Subject Name
HSS/N4007: Carry out activities related to yoga sessions (CYP) as per the instructions	Foundation of Yoga, Human Anatomy-I, Yoga Practicum -I,
HSS/N9625: Maintain interpersonal relationship and professional conduct	Methods of Teaching and Advanced Yoga,
HSS/N9624: Maintain a safe and secure working environment	Methods of Teaching and Advanced Yoga, Yoga Health & Wellbeing
HSS/N9622: Follow sanitization and infection control guidelines	Yoga Health & Wellbeing
DGT/VSQ/N0101 : Employability Skills	



Program Scheme Semester: I

Sr. N.	Course Type	Course Code	Nomenclature of Course	Credits			Hours			Theory (Marks)			Practical (Marks)			Total
				T	P	To	T	P	To	I	E	T	I	E	T	
1.	Major core-I	24UFOY 01	Foundation of yoga	4	0	4	60	00	60	30	70	100	0	0	0	100
2.	Major core- II	24UPHY 01	Principal of HathaYoga	4	0	4	60	00	60	30	70	100	0	0	0	100
3.	Major core- III	24UKS M01	Kashmir Shaivism-I	2	0	2	30	00	30	30	70	100	0	0	0	100
4.	Inter-Disciplinary	24UDH C01	Dhimahi - Heartful Campus	3	0	3	45	00	45	30	70	100	0	0	0	100
5.	Multidisciplinary	24UHN A01	Human Anatomy-I	2	1	3	30	30	60	15	35	50	35	15	50	100
		24UHN A02														
6.	Ability enhancement course (AEC)	24UHN C01	Heartfulness Communication	2	0	2	30	00	30	30	70	100	0	0	0	100
7.	Skill enhancement course (sec)	24UYP M01	Yoga Practicum -I	0	4	4	0	120	120	0	0	0	70	30	100	100
8.	Common value-added courses (VA)	24UHPE 01	Human values and professional Ethics	2	0	2	30	00	30	30	70	100	0	0	0	100
				19	05	24	285	150	435	195	455	650	105	45	150	800

Semester-I

Subject: Foundations of Yoga					
Subject Code: 24UFOY01	Credit	Hours	Marks		Total
Course Type : Major core-I	4	60	30 (I)	70 (E)	100

Objectives: Students will get information about the origin, history, literature, development and various stream of yoga.

Learning Outcomes: After this course, the learners will be able to

- Define and understand history and nature of yoga.
- Explain the concept of Yoga as mentioned in different scriptures of Yoga.
- Explain and comprehend different schools of Yoga, great yogis of the yoga traditions and Yoga texts.

Unit	Key Learning
I	Meaning of Yoga, definition, history of yoga, nature of yoga, importance of yoga, personality of the yogi, usefulness of yoga in the modern era, misconceptions related to yoga.
II	Nature of Yoga in various scriptures: Vedas, Upanishads, Geeta, Sakhyashastra, Buddhism, Ayurveda.
III	Yoga systems: Raja yoga, GyanYoga, Bhakti yoga, Karma yoga, AshtangaYoga, HathaYoga, Mantra yoga.
IV	General introduction of Yogis: Maharishi Patanjali, Gorakshanath, Swami Vivekananda, Sri Aurobindo, Swami Dayanand Saraswati, Swami Kunalayananda.
V	General introduction to the scriptures of Yoga: Pantajalayogasutra, Hatharatnavali, Bhaktisagara, Siddhasiddhantapaddhati, Srimadbhagvadgita.

Text Books:

1. Vijnananandsaraswati – Yog Vijyan, Yoga Niketan Trust, Rishikesh, 1998.
2. Swami Divyanand- Vedon Me Yogavidya
3. Vishvanatha Mukharji- Bharat Kemahanyogi,
4. Rajkumari Pandey-Bhartiya Yoga Paramparake Vividh Ayam, Radha Publication, Nd, 2008
5. Swami Vivekanand - Jnan, Bhakti, Karma Yoga & Raja Yoga, Advait Ashram, Culcutta 2000.
6. Kamakhya Kumar -Yoga Mahavigyan, Standard Publisher, New Delhi.
7. Kalyan (Yogank)- Gita Press Gorakhpur, 2002.
8. Kalyan (Yoga Tatwank)-Gita Press Gorakhpur, 1991.

Subject: Principal of HathaYoga					
Subject Code: 24UPHY01	Credit	Hours	Marks		Total
Course Type : Major core-II	4	60	30 (I)	70 (E)	100

Objectives:

- To make students aware of the meaning and principles of Hatha Yoga, Saptanga Yoga, Shatkarma, Asana, Bandha mudra, and meditation.
- To initiate the learner into the mutual similarities and dissimilarities of Hatha Yoga and Raj yoga.

Learning Outcomes: After this course, the learners will be able to

- Comprehend and explain the meaning, place, diet, and usefulness of pranayama of Hatha Yoga.
- Explain asanas, pranayama and bandha mudra of Hatha Yoga Pradipika.
- Understand method and solution of Shatkarma according to Gherand Samhita.
- Explain the texts of Saptanga Yoga and Shatkarma.

Unit	Key Learning
I	Meaning, definition of Hatha Yoga, appropriate place for yoga practice, Ritukal, Pathyaapathya instructions for yoga practice, Shadhak and hindering elements in Sadhana, Symptom of Hath Siddhi, usefulness of hatha yoga, Introduction to Hatha Yoga texts: Hatha Yoga Pradipika, Gheranda Sahinta, Shiv Sahinta.
II	Method and benefits of asanas described in Hatha Yoga Pradipika. Definition of pranayama, Types, method and benefits, utility of pranayama. Description of Bandha mudra - Mahamudra, Mahavedha, Mahabandha, Khechhari, Uddiyan Bandha, Jalandharbandha, Moolabandha, Viparitarakani, Vajroli, Shaktichalani, Nadanusandhana.
III	Six purification techniques described in Hatha Yoga Pradipika - method, precautions and benefits of Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhathi.
IV	According to Gheranda Samhita, Sapta Sadhana and Ghatashta Yoga. Six purification techniques described in Gherand Sahita - method, benefits and precautions of Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhathi.
V	Explanation of asanas, Pranayama, postures, Pratyahara, Meditation and Samadhi described in Gheranda Sahita.

Text Books:

1. Hatha Yoga Pradipika-Swami Satyanandasaraswati, Bihar School Of Yoga, Munger
2. Hatha Pradipika- Swami Kuvalyanand, Kaivalyadham, Lonavala
3. Gherandsamhita- Swami Satyanandasaraswati, Bihar School Of Yoga, Munger
4. Gherandsamhita- Swami Digambaranand, Kaivalyadham, Lonavala
5. Sahay G.S.: Hathayogapradeepika By Svatmarama, Mdnly Publication, 2013
6. Swami Muktibodhananda: Swara Yoga: Yoga Publication Trust, Munger, India
7. Swami Kuvalyananda & Shukla, S. A.: Gorakshasatkam, Kaivalyadhama, Lonavla, 2006
8. . Gharote M.L. & Pai, G.K. (Edi): Siddhasidhantpaddhati, Kaivalyadhama, Lonavla, 2005.
9. Gharote Ml: Hatharatnavali, The Lonavala Yoha Institute, Lonavala, Pune, Iind Edition,2009
10. Swatmaramaji: Hathapradipika (Jyotsana- Tika), Adyar Library, Madras
11. Bharati, Swami Veda Reddy Venkata: Philosophy Of Hatha Yoga (English) Himalayan, Pennsylvania.
12. Bhakti Sagar- Swami Charandas, Kaivalyadham,Lonavala

Subject: Kashmir Śaivism-I					
Subject Code: 24UKSM01	Credit	Hours	Marks		Total
Course Type : Major core-III	2	30	30 (I)	70 (E)	100

Objectives:

- To study origin & development of Kashmir Śaivism in multi causality.
- To analyze both 'revealed' & 'composed' scriptures of Kashmir Śaivism.
- To understand non-dual philosophy of Kashmir Śaivism & how it is different from non-dual Philosophy of Ācārya Śankara.

Learning Outcomes:

1. It will help students to understand political landscape of Kashmir prior to Kashmir Śaivism.
2. It will help students to understand socio-cultural landscape of Kashmir prior to Kashmir Śaivism.
3. It will help students to understand religious landscape of Kashmir prior to Kashmir Śaivism.
4. It will help students to understand the role of various historical forces behind the making of Kashmir Śaivism.

Unit	Key Learning
I Political Landscape in Pre Ninth Century A.D. Kashmir	I: Kārkotas II: Utpalas
II Social-Cultural Landscape in Pre Ninth Century A.D. Kashmir	I: Social Structure III: Kashmir as Śārada Pītha
III Religious Landscape in Pre Ninth Century A.D. Kashmir	I: Vedic-Purāṇic Śaivism II: Vedic-Purāṇic Vaiṣṇavism
IV The Making of Kashmir Śaivism	I: Origin & Development II: Elementary Structure

Reference Books:

1. Kṣemarāja. *Śiva Sūtra Vimarshinī*. Kashmir Series of Texts and Studies. Srinagar: Archaeology and Research Department, Jammu and Kashmir State, 1911.
2. Lakshman Joo, Swami. *Kashmir Shaivism: The Secret Supreme*. Ed. John Hughes. Srinagar: Ishvar Ashram Trust, 2003.
3. Pandit, Motilal. *An introduction to the Philosophy of Trika Śaivism*. Delhi: Munshiram Manoharlal, 2017.
4. Ray, S.C. *Early History and Culture of Kashmir*. New Delhi: Munshiram Manoharlal, 1969.




Subject: Dhimahi-Heartful Campus					
Subject Code: 24UDHC01	Credit	Hours	Marks		Total
Course Type : Inter-Disciplinary	3	45	30 (I)	70 (E)	100

Objectives: - Physical and mental well-being, discipline, empathy, universal brotherhood, mental, spiritual and psychological well-being & internal transformation

Learning Outcomes: - Doing (practice), Being (Values), Leading, Being the best version

Unit	Topic	Key Learning
I	Introduction to Dhimahi Program - StartUp	Introduction to the concept of Dhimahi (Wisdom in Action) through Self Development, Mastery & Leadership. Setting rules for the first six modules having 12 hours' duration for theory, Fun activities and experiential sessions. Topics covered will be Power of Intention, Values, Aspirations, how we form our belief system, Choices, Relationship of cause & effect, why do we need guidance, Interdependences etc.
II	Discover 1	Introduction to Discover Program having 10 modules of 1 hour each. This Program includes: Character Development through Self-Awareness and Moral Integration. It will empower students with key life skills like Positive Habits, Stress Management, Time Management, Goal Setting, Building Healthy Relationships, Socio-Emotional skills and interpersonal skills
III	Discover 2	10 modules of 10 hours' duration are designed to teach students the tools of reflective thinking and introspection. Students will learn meditation and the techniques to live light and right. They will understand that awareness and transformation are matters of first recognizing our own strength and frailties and change in oneself with right attitude and habits. They will gain competence in journaling, observing and self-analysis and appreciate the role of meditation in self-transformation.
IV	Develop	13 modules of 13 hours covering topics on Emotional intelligence – the key differentiator, Empathy, Compassion, Self-Management, Social Awareness, Efficiency and effectiveness, Focus, The First Discipline, Peak Performance. Anger Management and Sleep. It will enhance those skills and competencies that are required for self-mastery.

Text Books:

- The Heartfulness Way, Designing Destiny - . Kamlesh D Patel • Westland Publications Pvt Lt

Reference Books:

- Power of Intention – Dr. Wayne W Dyer
- Man,s search for meaning -Victor Franki,s
- Inner game of Tennis – Timothy Gallway
- Atomic Habits – James Clear

Subject: Human Anatomy-I					
Subject Code: 24UHNA01	Credit	Hours	Marks		Total
Course Type : Multidisciplinary	2	30	15 (I)	35 (E)	50

Objectives:

- To enable the students to review the areas of anatomy relevant to the practice of applied life sciences.

Learning Outcomes:

- The student demonstrates an understanding of human body, cell and body system.
- Identify the basic functions, location, anatomical position and motion of various bone and muscular system.
- Identify the basic functions, location, anatomical position and motion of various parts of digestives and Circulatory system.
- Introduction, Structure and Function of Respiratory system.
- Students would be able to understand the nature, structure, types of Glands.

Unit	Topic	Key Learning
I	Introduction to Human Anatomy	Anatomy & Physiology: Introduction, Need and Importance in the field of Yoga. General introduction of human body. Cell: Introduction of Cell, Tissue, Organ and System, Microscopic Structure and Functions of Cell.
II	Skeletal System and Muscular System	Introduction of Skeletal system, Classification of Bones and effect of Yogic Practices on it. Joints and its Classification, effect of Yogic Practices on it. Muscular System Introduction, Classification, Functions of muscles and effect of Yogic Practices on it.
III	Digestives system and Circulatory System	Introduction part of digestives system and the effect of asana and pranayama on digestives system. Circulatory System: Introduction, Structure and Function of heart, Types of Circulation and effect of Yogic Practices on it. Blood Pressure, Technique of measurement and effect of Yogic Practices on it.
IV	Respiratory system	Introduction, Structure and Function of Respiratory Organs, Mechanism and effect of Yogic Practices on it.
V	Endocrine System:	Introduction, Location and Structure of different Glands and effect of Yogic Practices on it.

Text Books:

- Textbook Of Anatomy By Inderbir Singh 3 (Vol) 2nd Edition-1999 Jaypee Brothers Medical Publishers.
- B.D. Chaurasia's Human Anatomy 5 (Vol) 6th Edition-2001; CBS Publishers & Distributors
- Imaging Atlas Of Human Anatomy By Jamiewar & Abraham 1st Edition-1998 Thomas Press Ltd.
- Anatomy And Physiology For Nurses- A. K. Jain
- Manav Sharer Rachana Evam Kriya Vigyan, Abrarahemad, Sadabalam and Asish Mahavar, Vardhaman Publishers
- Basic Anatomy And Physiology- A. K. Jain, Second Edition APC Publications

Subject: Human Anatomy-I (Lab)					
Subject Code: 24UHNA02	Credit	Hours	Marks		Total
			I	E	
Course Type : Multidisciplinary	1	30	35	15	50

LIST OF PRACTICALS

1. Demonstration of skeleton - articulated and disarticulated.
2. The learning of Anatomy is by demonstration only through dissected parts, slides, models, Charts etc.
3. Demonstration of dissected parts (upper extremity, lower extremity, thoracic & abdominal viscera, face and brain).
4. Demonstration of Skeletal System, Muscular System, Digestives system, Circulatory System, Respiratory system, Endocrine System.
5. To demonstrate and measurement of blood pressure.
6. To demonstrate and measurement of pulse.

Suggested Readings:

- B.D. Chaurasia's Human Anatomy 5 (Vol) 6th Edition-2001; CBS Publishers & Distributors
- Textbook of Anatomy by Inderbir Singh 3 (Vol) 2nd Edition-1999 Jaypee Brothers Medical Publishers
- Imaging Atlas of Human Anatomy by Jamiewar & Abraham 1st Edition-1998 Thomas Press Ltd

Subject: Heartful Communication					
Subject Code: 24UHNC01	Credit	Hours	Marks		Total
Course Type : Ability enhancement course (AEC)	2	30	30 (I)	70 (E)	100

Objectives: -HC is an approach that fosters a heart-centred consciousness and offers a tried and tested range of principles, practices and specific tools, drawn from the teachings of the Guides of Heartfulness, from the originator of Nonviolent Communication, and from other inspirational leaders. These support us to move from judgment and criticism, to understanding each other more deeply, connecting with empathy and acting with compassion. Central to HC is the cultivation of awareness as a first step to making changes. It supports in developing Mental and emotional well-being, fostering a deeper understanding of one's own self and the other leading to harmonious individuals, harmonious relationships and moving towards creating a harmonious universe. It helps to bring about an internal as well as external transformation through our conversations and interactions.

Learning Outcomes: - practicing the key concepts – and implementing in day to day interactions, being adept in situations where there is pressure, anger, criticism from the other end, enabling teamwork work. Being the better version of myself every day

Introduction to Heartful communication that is a blend of Heartfulness Practices. And Non-Violent communication where the intention is to be in connection with my own self as well as the other. Exploring the Basic concepts and teachings from both the branches. This is Experiential learning that Includes small group interactions, activities, plenary discussions, on basic topics that form the base of our communication. Using practical examples, the course is designed to be experiential, interactive and reflective, encouraging sharing and mutually supportive learning. Inspirational material [e.g., videos, quotations] will be included.

These sessions include topics like - How can meditation make a difference in our conversations, power of Listening, being centered in the heart so that the right words come out at the right time, Understanding Myself and Understanding the other. This will enable the students to develop a better understanding about themselves and people around them.

Unit	Topic	Key Learning
I	Introduction to Heartful Communication (No of Modules: 2)	Introduction to Heartful Communication, Co-creating ground rules, Understanding and experiencing “centeredness”, Delving into the article of Adi Guru of Heartfulness Shri Ram Chandra’s Principles of Communication, putting into Practice the guidance in the article of Adi Guru of Heartfulness Shri Ram Chandra’s Principles of Communication with relatable scenarios from work, family life etc., Understanding the concept working towards being the best Version of oneself: through guided visualization. <i>Working with practical and relatable scenarios from the lives of the students, work space etc. By the end of the module the students will make group presentations about their learnings so far</i>
II	Needs Consciousness (No of Modules: 6)	Building awareness of our habitual way of thinking which is based on right/wrong, good/bad, winner/loser etc and language that disconnects us. Learning a new language soaked in the consciousness of shared reality and going beyond the dualities of life to foster understanding, love and compassion. Understanding feelings and emotions to understand oneself and others. <i>Working with practical and relatable scenarios from the lives of the students, work space etc. By the end of the module the students will make group presentations about their learnings so far</i>
II I	Listening & Empathy (No of Modules: 6)	2 ears and 1 mouth, the power of listening, elements that break connection while listening, types of listening based on situations. <i>By the end of the module the students will make group presentations about their learnings so far Working with practical and relatable scenarios from the lives of the students, work space etc.</i>
I V	Expressing (No of Modules: 6)	HC offers us ways to express what matters to us, while minimizing the possibility of triggering hurt in the other. Language that keeps us in our hearts, in a neutral condition, not caught up in attachments or judgments. HC offers a reliable and practical model that enables us to express with respect and care that helps us to maintain both our inner and outer peace and centeredness. We will also explore the language of neutrality and observational language. Observation Language enables us to express ourselves free from judgements, evaluation and interpretation with an intention to forge a common ground where the people can agree on the description when in conflict. Exploring the energy of

		<p>Demand vs Request and exploring ways to make a request that build connections and human relation.</p> <p><i>By the end of the module the students will make group presentations about their learnings so far Working with practical and relatable scenarios from the lives of the students, work space etc.</i></p>
V	Receiving Under pressure (No of Modules: 6)	<p>Understanding Anger and criticism through the Lense of needs and introducing the concept of “being curious not furious”.</p> <p>Exploring reliable tools to understand and transform our judgements and prejudices so that we can nurture our relationship and break from the shackles of our emotions and past experience.</p> <p>Practical tools to prepare before a difficult dialogue and how to navigate challenging conversion.</p> <p><i>Working with practical and relatable scenarios from the lives of the students, work space etc. By the end of the module the students will make group presentations about their learnings so far</i></p>
V I	Navigating Conflict & Understanding power (No of Modules: 4)	<p>Delving into the concept of “power over” and “power with”, navigating conflict through the concept of “third way” with an intention of resolving the concept by meeting the needs of both the parties.</p> <p><i>Working with practical and relatable scenarios from the lives of the students, work space etc. By the end of the module the students will make group presentations about their learnings so far</i></p>

Text Books & Articles:

Lalajis Principles of conversation (article)

Nonviolent Communication: A language of Life - Marshall B. Rosenberg

Nonviolent Communication: Companion Workbook- Lucy Leu

Reference Books:

Living Nonviolent Communication: Practical tools to connect and Communicate Skilfully in Every Situation - Marshall B Rosenberg

Subject: - Yoga Practicum-I					
Subject Code: 24UYPM01	Credit	Hours	Marks		Total
Course Type : Skill enhancement course (SEC)	4	120	70 (I)	30 (E)	100


Objectives:

- To make one aware of the skilful pronunciation and importance of Vedic mantras before the yogic practice. To carefully teach the functional aspects of yoga like micro-practice, Suryanamskar and asanas.

Learning Outcomes:

- Chanting Vedic mantras, practicing subtle exercises Surya Namaskar.
- Learning purification techniques/activities.
- Practicing Surya Namaskar and practicing sitting asanas.
- Practicing asanas while standing for peace of mind and internal balance.
- To gain proficiency in the practice of various pranayama for body purification, balance and strength.
- To do various types of breathing and meditation exercises for stability of the body.

Unit	Key Learning
I	<p>Prayer – Gayatri Mantra, Mahamrityunjaya Mantra. Pronunciation of mantras from Upanishads and Yoga scriptures. Common Yoga Protocol (CYP)</p> <p>Information about Shatkarma equipment, method of use, information about place and resources for doing Shatkarma and precautions before practicing Shatkarma.</p> <p>Shatkarma Kriya/Purification Techniques- Vata Kapalbhathi, External Bindu Tratak, Jal Neti, Rubber Neti, Dhauti. Dhauti (cloth, Kunjal, Vomandhauti) Neti (Jalneti, Sutraneiti) Tratak, Agnisar and Nauli- Left, Middle, Right, Laghu Shankhprakashalam ।</p>
II	<p>Sukshnavyayam – free/relaxed exercises while standing: jogging, mukhdhoti, bending (forward, backward, side), turning.</p> <p>Sitting: Bhunamanasana, Chakki Chalan, Butter Fly (half and full moving Paschamotanasana) Halasana. Inverted position: Chalit Dhanurasana. Straight lying position: Pawanmuktasana activity, cycling. Breathing exercises - standing: hands in and out, stretching of hands, stretching of tucks. Sitting: Tiger, Swan, Rabbit breathing. Lying upside down: Bhujansana and Shalabhasana breathing. Lying straight: With straight legs raised.</p> <p>Sukshnavyayam /mukt /shithil Abhyasa- Buddhi tatha Dhrti Shakti Vikaasak, Netr Shakti Vikaasak, kapol Shakti Vikaasak, karn Shakti Vikaasak, Greeva Shakti Sikaasak 1,2,3,4 , Skandh Shakti Vikaasak, Kohanee evan Manibandh Shakti Vikaasak, Angulee Shakti Vikaasak, Vakshah sthal Shakti Vikaasak, Udar Shakti Vikaasak -1,2,3, kati Shakti Vikaasak -1,2,3, Merudand Shakti Vikaasak -1,2,3, Jangha Shakti Vikaasak , Jaanu Shakti Vikaasak, Paadaanguli paadaprshth Shakti Vikaasak.</p>

III	<p>Beginner StartUp – Suryanamskar – 12 Counts Suryanamskar, 10 Counts Suryanamskar</p> <p>Yogasana – Sitting – Dandasana, Siddhasana, Padmasana, Yogamudrasana, Shashankasana, Vajrasana, Suptavajrasana, Veerasana, Paschimotanasana, Ustrasana, Ardhamatsydrasana, Swastikasana, Kurmasana, Gomukhasana, Shashankasana, Janushirshasana, Mandukasana, Vakrasana, Simhasana. Mayurasana.</p> <p>Standing - Tadasana, Ardhanakachakrasana, Padahastasana, Trikonasana, Parivatrikonasana, Parsvakonasana, Vakrasana, Veerbhadrasana, Tiryak-Tadasana, Vrikshasana, Garudasana, Ardha-Chakrasana.</p> <p>Lying upside down – Makarasana, Bhujgasana, Shalabhasana, Dhanurasana.</p> <p>Lying straight - Shavasana, Halasana, Pawanmuktasana series, Uttanpadasana, Ardha-Halaasana, Chakrasana, Halasana, Setubandhasana, Sarvagasana, Kandharasana, Viparitarakani, Matsyasana.</p> <p>Inverted/on head- Ardhashirasana, Shirshasana.</p> <p>Balance asanas – Bakasana, Mayurasana, Ardha Natarajasana, Padambakasana, Mayurchal, Scorpio Asana.</p> <p>Other asanas – Purna Chakrasana, Purna Shalabhasana, Purna Dhanurasana, Vatayana, Rajakapot Asana, Kukkutasana, Garbhasana, Ekapada Skandhasana, Tattibhasana, Purna Natarajasana. </p>
IV	<p>Pranayama/Regulation of breath/Kumbhaka - Breathing exercises: Hands out and in, hand stretch, ankle stretch, rabbit, tiger, dog breath, leg stretch, chest stretch breathing, breath awareness, breath control - abdominal, + thoracic + clavicle breathing and practice of complete yogic breathing, rechak, purak, stambhashwas, practice of Anta and Bahya Kumbhak.</p> <p>Initial Startup- Bhastrika, Vata Kapalbhati. Cold Pranayam- Shitali, Sittkari. Other Pranayam – Nadi Shodhana, Ujjayi, Bhramari, Pranav Pranayam. Pranayam: Bhastrika, Bahya Vritti Pranayam, Ujjayi, Nadishodhan, Suryabhedhi, Chandrabhedhi, Plavani, Bhramari, Udgeet and Pranavajapa.</p> <p>Bandha and Mudra - Mulabandha, Uddiyana Bandha, Jivabandha, Jalandhar Bandha, Mahabandha, Tribandha. Gyan Mudra, Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra.</p> <p>Hastamudra:- gyaan, yoni, praan mudra, apan mudra, agni mudra, jal mudra, prthvee mudra.</p>
V	<p>Meditation – Om Dhyana, Preksha Dhyana. Breathing meditation, Chakra meditation, Gayatri meditation. Short Yoga Nidra 20 minutes.</p>

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda YogaPrakashan, Bangalore, 2005.
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand YogaPrakashan, 2012
5. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

Subject: - Human values and professional Ethics					
Subject Code: 24UHPE01	Credit	Hours	Marks		Total
Course Type : Value –added course (VA)	2	30	30 (I)	70 (E)	100

Objectives: The course aims to inculcate core human values and professional ethics in the learners to guide them in developing a strong sense of ethics and values that can help them navigate their chosen profession with integrity and responsibility.

Learning Outcomes: After completing this course, the learners will be able to

- Understand of Human values to interact and connect with the outer world in a peaceful manner (Yama).
- To exhibit Professional Ethics at working place.
- Ability to work in team with human values and professional ethics.
- Appreciate the essential complementarity between 'VALUES' and 'SKILLS' to ensure sustained happiness and prosperity.

UNIT I

- Human Values-1: Values: Understanding values, Types of values, Role of tracking values for individual & social wellbeing.
- Integrity, Trustworthiness, Honesty, Courage, Love and Compassion, non-violence, Renunciation, Righteousness
- Co-operation: -Understanding cooperation and significance of cooperation, Team work, Cohesion of Self-Family-Society.

UNIT II

- Human Values-2: Empathy, Emotional Intelligence– Emotional Competencies – Conscientiousness. • Self-confidence, Spirituality, Character.
- Truthfulness: Understanding truthfulness, need for truthfulness and role of truthfulness in relationship and social interaction.
- Customs and Traditions -Value Education – Human Dignity – Human Rights – Fundamental Duties.

UNIT III

- Professional Ethics aiming at excellence and Harmony: Value Based Life and Profession, Professional Ethics and Right Understanding, Competence in Professional Ethics, Issues in Professional Ethics.
- Integrity, Trusteeship, Harmony, Accountability, Inclusiveness, Commitment, Respectfulness, Belongingness, Sustainability 18

UNIT IV Professional Ethics: Global Prospective:

- Globalization and MNCs –Cross Culture Issues,
- Business Ethics, Media Ethics, Environmental Ethics, Bio Ethics, Computer Ethics, War Ethics

UNIT V**Duties and Rights in Profession:**

- Concept of Duty, Professional Duties, Consensus and Controversy
- Professional and Individual Right,
- Conflict of Interest-Ethical egoism,
- Gifts and Bribes, Plagiarism

Recommended Readings:

1. Alavudeen, A, R. Kalil Rahman, and M. Jayakumaran. Professional Ethics and Human Values. Laxmi Publications, 2015.
2. Banerjee, B P. Foundation of Ethics and Management. Excel Books, 2005.
3. Gaur, R, R, R. Sangal, and G.P. Bagaria. A Foundation Course in Human Values and Professional Ethics. Excel Books, 2010.
4. Hugman, Richard. New Approaches in Ethics for the Caring Professions: Taking Account of Change for Caring Professions. Red Globe Press, 2005.
5. Hugman, Richard, and Carter Jan. Rethinking Values and Ethics in Social Work. Ney York: Red Globe Press, 2017.
6. Titus, Smith and Nolan. Living Issues in Philosophy. Oxford University Press, 1995.



Program Scheme Semester: II

Sr. N.	Course Type	Course Code	Nomenclature of Course	Credits			Hours			Theory (Marks)			Practical (Marks)			Total
				T	P	To	T	P	To	I	E	T	I	E	T	
1.	Major core-I	24UMT A01	Methods of Teaching and Advanced Yoga	2	0	2	30	00	30	30	70	100	0	0	0	100
2.	Major core-II		-----	0	0	0	0	0	0	0	0	0	0	0	0	0
3.	Minor core-I		-----	0	0	0	0	0	0	0	0	0	0	0	0	0
4.	Inter-Disciplinary	24UYH W01	Yoga Health & Wellbeing	2	0	2	30	0	30	30	70	100	0	0	0	100
5.	Multidisciplinary		-----	0	0	0	0	0	0	0	0	0	0	0	0	0
6.	Ability enhancement course (AEC)	24UBS K01	Basic of Sanskrit	2	0	2	30	0	30	30	70	100	0	0	0	100
7.	Skill enhancement course (sec)	24UOJ T01	OJT	0	14	14	00	420	420	0	0	0	245	105	350	350
8.	Common value-added courses (VA)		-----	0	0	0	0	0	0	0	0	0	0	0	0	0
				6	14	20	90	420	510	90	210	300	245	105	350	650

Signature 21

Subject: Methods of Teaching & Advanced Yoga					
Subject Code: 24UMTA01	Credit	Hours	Marks		Total
Course Type : Major core-I	2	30	30(I)	70 (E)	100

Objectives:

To describe various effective methods of teaching yoga.

Learning Outcomes:

- Students will be able to know more about the real meaning and scope of Yoga.
- Students will understand how to teach yoga to different groups.
- They will know how to prepare lesson plans, classroom management and lecture cum demonstration method.
- They will be able to understand program assessment, evaluation and outcomes.
- Students will learn about the importance of assessment in yoga as well as the questions asked from assessment.

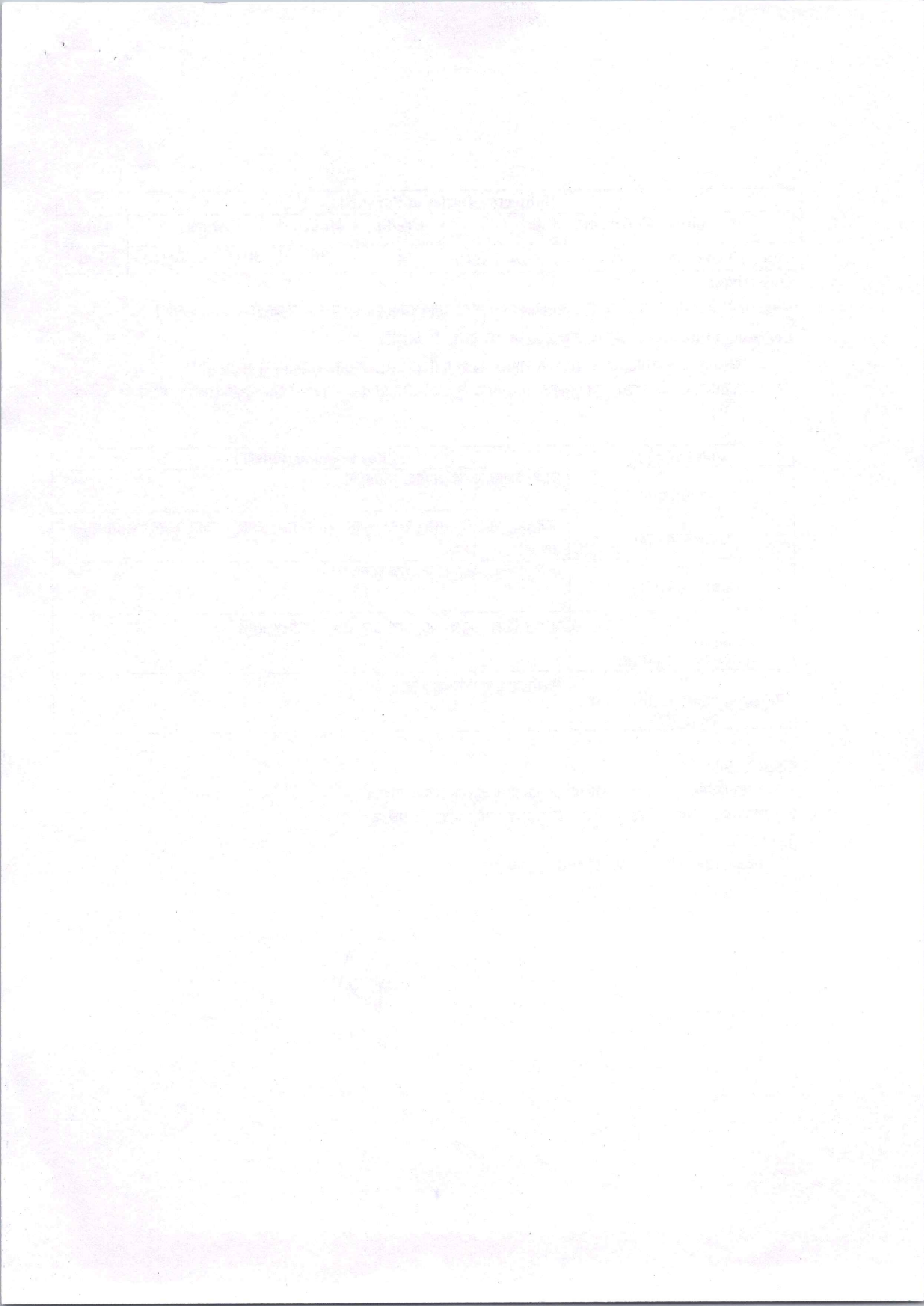
Unit	Key Learning
I	Teaching methods with special reference to Yoga: Meaning and scope, sources of teaching methods.
II	Need of teaching practice and its usefulness in yogic practice. Teaching methods in Yoga: Individual, small group and large group, advanced yoga session conducting methods like child yoga session.
III	Lesson Plan - Meaning and Need Lecture in Yoga, Lecture cum-Demonstration Method, Meaning and Importance, Classroom Management: Sitting Arrangement.
IV	Yoga Program Evaluation: - Class/Workshop/Camp, Yoga Teaching and Yoga Teacher. Yoga centre and Institute Evaluation: Criteria, Process, Tools, Results.
V	Yoga Assessment: Its Role and Importance – Continuous Comprehensive Evaluation. Evaluation techniques – oral, written, performance, self-assessment.

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
2. Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

BOOKS FOR REFERENCE

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007



Subject: - Basics of Sanskritam-I					
Subject Code: 24UBSK01	Credit	Hours	Marks		Total
Course Type: Ability Enhancement course (AEC)	2	30	30 (I)	70 (E)	100

Objectives:

संस्कृत भाषा के सामान्य परिचय के साथ-साथ शब्दरूप, संधि, वाक्य रचना एवं सूत्र के बारे में जानकारी प्राप्त करेंगे |

Learning Outcomes: इस पाठ्यक्रम के पश्चात्, शिक्षार्थी

- संस्कृत के बुनियादी व्याकरण और वाक्य संरचनाओं को समझने और समझाने में सक्षम होंगे।
- वाक्यरचना, धातु परिचय एवं पातञ्जलयोगसूत्रम् के सूत्रों को समझने व स्मरण करने और निबन्ध लेखन में सक्षम होंगे।

Unit (इकाई)	Key Learning (विवरण)
I भाषापरिचय:	लिपि:, वर्णोच्चारणशिक्षा, भाषामूलतत्वानी
II शब्दरूपपरिचय:	अजन्ता:- राम, हरि, गुरु , रमा, पुस्तक, हलन्ता:- , जगत्, भगवत्, राजन, सर्वनामानि - तद्, एतद्, यद्, किम्,
III अव्ययं तथा सन्धि :	विसर्गसन्धि: , अच्-सन्धि: , हल-सन्धि:
IV क्रियापदपरिचय: (वाक्यरचना अनुवादक्ष)	भू, पठ्, लिख्, गम्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ्गात्रम्)
V पातञ्जलयोगसूत्रम्-समाधिपादः (१-२५ सूत्राणि)	सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. व्याकरणवीथि: - राष्ट्रीय शैक्षिक अनुसन्धान और प्रशिक्षण परिषद्
2. अभ्यासवान भव - राष्ट्रीय शैक्षिक अनुसन्धान और प्रशिक्षण परिषद्

संदर्भग्रन्थाः

1. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि.कुलकर्णी

Subject: Yoga Health & Wellbeing					
Subject Code: 24UYHW01	Credit	Hours	Marks		Total
Course Type : Inter-Disciplinary	2	30	30 (I)	70 (E)	100

Objectives:

- To know the structure and overall health of the human body and the effect of yoga on different parts of the body.

Learning Outcomes:

- Students will be able to know about the structure of human body and the effect of prayers and mantras on human body.
- Students will be able to understand the intricacies of the impact of yoga on health, illness and lifestyle.
- Students will be able to understand the importance of yoga (Shatkarma, Yogasana, Pranayama, and Bandha) on the respiratory, circulatory, and musculoskeletal systems.
- Students will be able to learn about yoga therapy and how it helps patients recover from various illnesses.

Unit	Key Learning
I	Introduction to human body according to Ayurveda, yogic mantra, listening to peace prayers and its effect on human body and health.
II	Yogic nature of health, health and disease, Yogic nature of life and its relevance, Yoga is a complete medicine. Mental Health: Its meaning, concept, factors, importance of mental health in life and physical aspect. Role of yoga in developing better mental health.
III	Effect of Yogic practice on various systems of the human body: Benefits of Shatkarma, effect of Yogasana, Pranayama and Bandha on respiratory system, circulatory system, skeletal muscular system, endocrine system.
IV	Role of diet, sleep and Bramcharya (celibacy) in health. Yoga therapy: - Normal metabolism and diet. Dhatusamyata, disease examination of the patient:- History and test method.
V	Yoga in Ayurveda – Introduction to Ayurveda, Nature of Yoga in Ayurveda, Definition, objectives of Ayurveda according to Ayurveda texts and Objectives and goals of Yoga according to Ayurveda.

TEXT BOOKS

- Acharya Balkrishna: Ayurveda Sidhhant Rahasya, Patanjali Yogpeetha Trust.
- Acharya Balkrishna: Siddhasaar Samgrah, Divya Prakashan, Haridwar
- Dr. Ravi dutta Tripathi Dr. Brahmanand Tripathi : Ashtanga Samgraha, Chaukambha Sanskrit Pratishtan, Delhi, Reprint edition of 2003
- Dr. Shailja Srivastava, Dr Jairam Yadav,,: Ashtangasamgrah, Chaukhambha Orientelia, Varanasi Reedition 2016.

REFERENCE BOOK

- Acharya Balkrishna: Ayurveda Mahodadhi: Divya Prakashan, Haridwar, 2015
- Dr. Priyavrata Sharma : Charak samhita, Chaukhambha Oriental, Varanasi, Edition of 2008.

By -

Program costing (Rs) (discuss) *

Semester	Faculty	Cost /month	Cost on account of faculty for the program	Months	Cost (Rs)	Add 50% overheads	Total cost per semester	No of students	Cost per student
1	2			6				30	
2	2			6				30	
Average cost per student in Rs.									

* The Faculty/ trainers will be appointed on load sharing basis with other running projects/ upcoming projects

Faculty & Staff Requirement

Faculty: [Yoga 3, Human Anatomy-1, communication- 1] Total=5

Technical Staff: 1

Non-Technical Staff: 2

Minimum Infrastructure Requirement

Year	Lecture /yoga Hall with toilet	Seminar Hall/admin	Store room	Practice/Shatkarm room	Faculty /Room	Remarks
1	2+1+2	1	1	1+1	1	8+1 rooms

Yoga hall Development Requirement in House

Sr. No.	Lab/ Yoga hall	Equipment Tools	Required
1	Yoga computer lab/ Communication Skills Lab	30 Chair, Comp -Tables, I set chair table 3AC, Almira,	1 set of PC, 1 Projector / smart board with speakers Equipment's*
2	Yoga Store	Yoga equipment's & Tools	
3	Yoga hall	A fully Furnished Yoga hall with carpet, mates, change room male &female, toilet, pantry ect.	Equipment's*

*As per syllabus approved

Tools, Equipment and Other Requirements

Yoga Hall, Yoga Mats, Yoga blocks, Yoga belt, Towels, Durries, Yoga Blankets, Human Skeletal, Electrical Heater/Induction OR Gas Stove OR 5 Litre Kettle for boiling water, Container (25 lts - 50 Litres Capacity), Neti-Pot, Yoga Cushions (optional), First Aid Kit, charts of various Asanas and Mudras, posters of human muscular and skeletal system, Sound system, Sample formats of feedback forms, Sample formats of reports.

THE ROLE AND RESPONSIBILITY

Joint role and responsibility of the SVSU and Industry Partner

- a) SVSU will form Joint Curriculum Committee consisting up to two members from SVSU, one members from company, one member from Sector Skill Council, one member from Industry and one Subject Matter Expert (SME). The objective of the committee is to develop the curriculum in line with the progressive pathways and map it with the qualification packs.
- b) To define the pedagogy of the Program (Classroom and practical/OJT), credit mechanism system, training Program, dimension and structure of the Program, on-the- job training processes, Trainers, Assessors, Assessment methodology by the Joint Curriculum Committee.
- c) To define the modular format at each level (i.e. NSQF level) and map with key job roles.
- d) To setup the governance mechanism & periodic reviews system and report the progress /performance of the students.

The role and responsibility of the University- SVSU

- a) Shall appoint dedicated nodal officer/program manager to lead the program from the Program faculty.
- b) Shall be responsible for enrolment / admission of the students in batches as per the requirements of the industry and shall maintain the databases of all the trainees. The first batch would encompass of up to 30 students.
- c) Shall conduct the student selection in consultation with the company.
- d) Shall select students through aptitude test and/or educational qualification.
- e) Shall also facilitate the students to visit of the labs in engineering/ technical institutions, field visits, associate colleges, wherever required as per curriculum for advance knowledge of new technology.
- f) Shall maintain the profile of all the trainees.
- g) Shall issue photo Identity card and will ensure wearing of the same into company premises.
- h) Shall organize in house training of trainers program for the supervisors/trainees at companies.
- i) Shall assess and provide Diploma/Advance Diploma/ Degree to the trainees after completion of the training and successfully clearing the examination.
- j) Shall provide the bridge courses wherever required to the enrolled trainee.
- k) Shall supervise the training and on-the- job training.
- l) Shall convert the working hours in the credit-based system.
- m) Shall frame rules and regulations to regulate the conduct and discipline of the trainees and shall take appropriate action wherever required.
- n) Shall not liable to pay the company for the expenses incurred during on the Job Training. The expenses include infrastructure, on the Job Training trainer cost and basic amenities.
- o) Selections would be Sole discretion of SVSU.

Personal Interview

The Personal Interview (weightage as per university norm) is essential component for admission to various courses for which a list of shortlisted candidates shall be prepared keeping in view the reservation policy and number of seats in each category. Seven times of the number of seats in respective categories on the basis of the marks of Online Entrance Test/ Marks obtained in Qualifying Exam (Online Entrance Exam is Not Applicable) shall be shortlisted for Interview. The list of shortlisted candidates shall be displayed on the Notice Board of the Institute and also on the University website. No separate communications will be sent for Interview. Physical efficiency test for Yog Practices and Spirituality. Only eligible and short listed candidates will be allowed to attend Personal Interview.

The Candidates must bring the relevant original documents along with CV and two sets of self-attested photocopies of documents/certificates/testimonials for verification at the time of Personal Interview.

Merit List

The merit will be prepared on the basis of performance in Aptitude test/ (Qualifying exam + PI).

Counselling

1. Counselling for admission to the courses mentioned above will be held in the respective Departments/ Institutes of the University as per schedule.
2. The candidates are required to present themselves in the Counselling Hall strictly according to the counseling date. They will be called for counseling one by one on the basis of rank/merit order computed as per the admission criteria.
3. Any candidate who fails to turn up for counseling at his/her turns him/her will be considered for the remaining seats at the time he/she reports for counseling.
4. The candidates will have to present all the original certificates/documents/testimonials as mentioned in Prospectus before the Admission Committee for verification. They are also required to bring two sets of self-attested copies of all such certificates/documents/testimonials. The Admission Committee will check the eligibility of the candidate. In case the candidate is found ineligible his/her candidature will be cancelled. Admission Slip will be issued only to the candidates found eligible by the Admission Committee

Fee structure

Fees	Total: INRper Semester (Subsidized)
Detail	

Hostel / Mess / Transportation Charges are as applicable:

SVSU may facilitate hostel/mess/ transportation arrangements to the students during the classroom /practical/OJT training only as per availability and charges will be as per norms of the University.

ADMISSION PROCESS

Eligibility

Candidates seeking admission to the first year of the B.Sc. Yoga and Spiritual Science degree shall be required to have passed the **10+2 in any stream with proficiency in English and Hindi** with a minimum pass marks. They should also have passed the selection process (Qualify /Entrance Exam + Interview) decided by the University.

Minimum Age: 17 years

Seats details *

Seat matrix considering Haryana Govt. current reservation policy									
Program	Total seats	All India Category (AIC)	Haryana Open General Category HOGC	S C	SC (D)	BC-A	BC-B	DA/PwD	EWS
B.Sc.Yoga & Spritual Science	30	4	12	2	3	4	3	1	1

Note: 1 for Kashmiri Migrants, 1 Industry Sponsored Candidate, 3 Women Category and 2 Seat will be reserved for Dudhola Residents in addition to the No. of seats in the B.Sc. in Yoga and Spiritual Science Program.

Dress:

The students shall be required to wear a suitable dress (****) as recommend by the University which will permit them to practice yogic exercises comfortably during practical training.

Medium: English and Hindi

Mode Application: online Application Fee

Candidates will apply their Application forms online on the University website: www.SVSU.ac.in for admission to Diploma in Yoga.

Online Application Fees

General : INR -/- (As per University norm)
 BC/Kashmiri Migrants : INR -/- As per University norm
 SC/ST : As per University norm
 DA/PwD : As per University norm
 Female : As per University norm

Admission procedure

Candidate needs to apply against the advertisement and meet minimum requirement as per the guidelines as mentioned on university website www.svsu.ac.in.

SVSU' Scholarship Scheme

As per SVSU ordinance.

Industry's Stipend support

Stipend will be given during the OJT / Internship / Industrial Training as per the Spiritual Institute /industry rules / policies.

ASSESSMENT PROCESS AND AWARDS

Theory/practical assessment by SVSU

- There will be two components of examination: internal and external. Every course will have marks as per the scheme of the Program.
- Course may have both practical as well theory component as per the scheme in such cases 50% marks will be assigned to theory and 50% mark to the practical exam as stated in the scheme with its credits.
- In case of theory examinations, the 70% will be awarded on the basis of external examination and 30% will be awarded on the basis of continuous internal assessment.
- In case of practical the 30% will be awarded on the basis of external examination and 70% will be awarded on the basis of continuous internal assessment.

Grading system

The University will follow system of grading for all (irrespective of no. of students) based on absolute marks (after applying moderation if any) as given below:

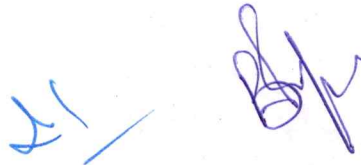
Marks	Grade	Grade Point	Category
90-100	O	10	Outstanding
80≤marks<90	A+	9	Excellent
70≤marks<80	A	8	Very good
60≤marks<70	B+	7	Good
50≤marks<60	B	6	Above Average
45≤marks<50	C	5	Average
40≤marks<45	P	4	Pass
<40	F	0	Fail
Absent	AB	0	Absent

SVSU's merit awards

As per SVSU ordinance/guidelines.

Job Role's description

Sr No.	Month/Year	Targeted Job roles	Job roles description
1	1 year UG Certificate	Health Sector with focus on Trainer / instructor/	<p>After 1st year UG Certificate of completion the student can be easily absorb The.</p> <p>Brief Job Description: A Yoga Trainer is a professionally trained individual with extensive additional training to be able to work with the guests on conducting yoga postures, asanas, pranayama's, meditation and relaxation techniques. The individual must exhibit knowledge of the principles and practices of Yogic techniques to explain and respond to the guest questions.</p>



Subject: OJT					
Subject Code: 24UOJT01	Credit	Hours	Marks		Total
Course Type : Skill enhancement course (sec)	14	420	245 (I)	105 (E)	350

OJT+Field work report – Village/Industry/Any other institute Placement Program

Duration – All OJT days

Nature of program – To teach and train villagers/employs/other in yoga.

PHASE I (चरण 1)

Pre Practice - Duration- Two days (पूर्व अभ्यास - अवधि- 2दिन)

PHASE II (चरण II)

Teaching Practice- Four days (शिक्षण अभ्यास- 4 दिन)

During this period, he/she shall teach/practice minimum of 04(General yoga class, BAL yoga class, Women yoga class, Old age yoga class, General yoga therapy) lessons in each yoga practical subject under the supervision of mentor teachers.

इस अवधि के दौरान वह गुरु शिक्षकों की देखरेख में प्रत्येक योग व्यावहारिक विषय में कम से कम चार पाठ(सामान्य योग कक्षा , बाल योग कक्षा ,महिला योग कक्षा, सामान्य योग चिकित्सा)

पढ़ाएगा/अभ्यास करवाएगा ।

PHASE III (चरण III)

Places of posting for Field work (कार्य क्षेत्र के लिए पोस्टिंग का स्थान)

Yoga Therapy/practical Treatment/yoga Canter of the University /other canter.

योग चिकित्सा/व्यावहारिक उपचार/योग केंद्र/विश्वविद्यालय का अन्य केंद्र।

Yoga units of any other hospitals recognized by the Govt. / University.

सरकार द्वारा मान्यता प्राप्त किसी अन्य अस्पताल की योग इकाइयां। / विश्वविद्यालय।

PHASE IV (चरण IV)

Post Practice and evaluation – Duration – One Week (अभ्यास के बाद और मूल्यांकन - अवधि - एक सप्ताह)

Presentation of brief report by each student teacher on his/her field work experiences.

Inviting feedback from cooperation schools/ University/industry.

प्रत्येक छात्र शिक्षक द्वारा अपने कार्य क्षेत्र अनुभवों पर संक्षिप्त रिपोर्ट की प्रस्तुति।सहयोग विद्यालयों/विश्वविद्यालयों/उद्योगों से प्रतिक्रिया आमंत्रित करना।

नोट - उपरोक्त विवरण के अनुसार विद्यार्थी गाँव /उद्योग /अन्य में योग कक्षाएँ लगाएंगे।योग कक्षाओं में योगभ्यासियों की संख्या ,कक्षा की पाठ योजना ,छायाचित्र और प्रतिक्रिया की 30-50 पृष्ठ की रिपोर्ट प्रस्तुत करनी एवं रिपोर्ट का साक्षात्कार देना है ।

The role and responsibility of the Industry Partner

- a) Shall appoint the Program Manager/Nodal Officer who will look after all the affairs of the Program.
- b) Shall engage the trainees and provide them defined on-the- job training as per the requirements of the university under NSQF.
- c) Shall provide adequate time to the students for class room studies as per the stipulated program.
- d) Shall comply with any of the statutory regulation necessary as per regulator & as decided by the Joint Curriculum Committee.
- e) Shall treat the trainee of the Program as a student of the University.
- f) Shall provide medical aid to the trainee in case of any emergency/ accident occurred in the premises of the company, and if need be, arrange an ambulance to be dropped at the place or hospital preferred by the trainee or as suggested by the SVSU within 50 Km radius of the company premises. Treatment shall be as per prevailing laws of the Land.
- g) Shall follow all the norms as per MOU to provide attendance certificates, training assessment report and completion of on the job training certificate to the university.
- h) Shall nominate internal industry trainers to teach the students for class room teaching as required for the course.
- i) Shall pay stipend to the students as agreed.
- j) Shall inform any misconduct committed by the student to the University for Further Action if any. Action shall be taken according to the "university code of conduct for the students".
- k) Shall provide uniform to the students where-ever applicable.
- l) Shall observe health and safety standards during the on-the- job-training.
- m) Shall give preference to the suitable trainee in the job recruitments.
- n) Shall ensure that the Trainees are not subject to on-the- job trainee beyond the designated work hours as per the stipulated Program.
- o) Shall not treat the Trainees as its employees for any reason whatsoever. Except in case of medical emergency.
- p) Shall be the supervising authority of the trainees at the place of on-the- job training.
- q) Shall provide basic amenities to the trainees.
- r) Shall provide the exclusive classroom which can accommodate 48 students at one point of time over every as per Academic Calendar.
- s) Shall provide timely inputs of OJT assessment, evaluation etc for the scoring and credit evaluation of the students.
- t) Shall insure all the enrolled students.

The role and responsibility of the students

- a) Shall not claim for the employment in the company; however, the company shall be at liberty to offer him/her any job if found suitable after completion of the Program.
- b) Would be required to undergo related instruction and curriculum under NSQF.
- c) Shall follow the rules of the university and disciplinary action will be taken for any gross misconduct/ violation of rule and shall be disqualified/ rusticated from the course.
- d) Have to adhere to the university and industry partner's code of conduct for the classes & shop-floor respectively.
- e) Shall enter into trainee contract with students containing the amount of stipend and place of on the job training. The trainee shall not claim any employment during or after the period of the training neither on the university nor on the company.

COMMENCEMENT OF THE PROGRAM

Orientation

There will be an orientation Program conducted for the students at the time of admission, as per the academic calendar, which will highlight the Program details, terms and conditions of University and the industry where the students will be enrolled for OJT.

Procedure of Rules of SVSU and Rules of Industry

There will be display of procedure and guidelines for the Program by SVSU and the norms that a student need to follow during the OJT will be highlighted. The students will also be made aware about the assessment criteria for the academic as well as OJT.

Attendance and leave rule

- I. A Student shall be required to maintain a minimum of 75 % of the lectures delivered (In theory and practical's combined) and 90% of On-the-Job-Training (OJT), to be eligible to appear in the final semester examination.
- II. The attendance will be counted from the date of start of session, to the date prior end of the semester i.e last working day of Project oriented on the job training / OJT whichever is later.
- III. In case of late admission in the first semester, the attendance shall be counted from the date of actual admission of the candidate by the competent authority.
- IV. The name of the student shall be struck off the rolls if he/ she remains absent for 4 consecutive working days, without leave.
- V. A student whose name has been struck off from the roll of the institution, may however be readmitted if the absence of the student was due to the circumstance beyond his/ her control and his /her request considered and approved by the Dean / competent authority
- VI. Any student who fails to appear or pass any particular exam and further thereafter remains absent from the University for a period exceeding one year from the date or re-opening of the institute following the exam in which the student had failed to appear or pass shall not be entitled to continue his/ her studies in the institute without prior, written permission of the competent authority.
- VII. The Program coordinator / Head may grant leave to the students in exceptional circumstances only to the extent of 10 days per semester, subject to the condition that the student completes the prescribed minimum attendance as per attendance rule and the leave has been prior approved by Dean SFASH.



PLACEMENT OPPORTUNITIES

A B.Sc. in yoga and Spiritual Science may lead to a career in the following related position

- Trainer / instructor/ Spiritual coach

OJT DIARY MAINTENANCE AND EVALUATION PROCEDURE

The On-the-Job-Training (OJT) is an important component of all programmers of University. The University has signed MOUs with various Industries to provide OJT to students.

OJT activity provides an opportunity for students, to gain accurate, sufficient knowledge and skills relevant to work habits necessary to become competitive in the market. The OJT also assists students in developing professionalism and interpersonal skills necessary for success at the workplace.

"STUDENT OJT DIARY" of SVSU is daily report of students on the job activities, which are recorded daily by students and regularly monitored by SVSU Mentors, Industry Mentors and Experts. This diary is cumulative reflection of Skill Process, defined at University level, which results in learning and skill enhancement of students. OJT is key for attaining skills by creating experiential learning, by hands, while working on shop floor/work floor in real manufacturing environment/business eco system.

Students will record their daily work in on "OJT Daily Report by Student" page for continuous 2 weeks. There will be a Self-Assessment by student after every 2 weeks. After this self-assessment, performance of student's is evaluated quantitatively as marking scheme with Maximum Marks = 100. Student is evaluated on 28 key skills parameters. This performance is evaluated by SVSU Mentor and vetted by Industry Mentor and Project Coordinator of SVSU. There are 2 such assessments every month which is then followed by a Monthly Assessment by Industry Mentor.

Monthly Assessments, by Industry Mentor is of 100 Marks and is of 5% value (Marks Equivalence = 17.5) in the Final OJT Marks. This process is repeated 4 times and thus equalizes to 20% value (Marks Equivalence = 70) of Final OJT Marks. 30% value of Final OJT Marks (Marks Equivalence = 105) are awarded for Attendance of student. Mid Term Via and End Term Via each are of 10% value (Marks Equivalence = 35) in Final OJT Marks.

OJT accomplishment of every student is based on analysis of cumulative OJT attributes. This is recorded for every student with inputs from OJT In charge, Course Coordinator, Dean and Dean Academics.

This is how the student's OJT performance is evaluated and recorded in Student OJT Diary. The process is expected to remain on Manual Mode of capturing the data for current and next Semester.

Industry Partners are key success enablers of the OJT and thus the regular feedback mechanism with them is planned and executed. Every Industry Partner has their own skill parameters to assess their resources. These parameters are studied to map with the actual OJT data being captured in the diary. New version of OJT will be released every time any new parameters is added.

OJT Mentor/ In-charge & OJT industry mentor

Sr. No.	Designation	Details
1	OJT Mentor	SVSU skill trainer to be hired
2	OJT In charge	To be deputed from University
3	OJT Industry Mentor	TO be deputed by the industry partner