

SHRI VISHWAKARMA SKILL UNIVERSITY

(A STATE GOVERNMENT SKILL UNIVERSITY ESTABLISHED BY GOVT OF HARYANA)

Name of the Skill Faculty: Skill Faculty of Applied Science and Humanities

Name of the Program: Diploma in Yoga

Duration of the Program: 1 Year (2 semesters)

Batch : 2021- 2022

**Diploma in Yoga
Programme Scheme**

Semester-I														
Subject	Code	Credits			Hours			Theory (Marks)			Practical (Marks)			Total
		T	P	To	T	P	To	I	E	To	I	E	To	
Communication Skill (संचार कौशल)	ENG-504	2	0	2	30	-	30	30	70	100	-	-	-	100
Foundations of Yoga (योग के आधारभूत तत्व)	YOG-501	4	0	4	60	-	60	30	70	100	-	-	-	100
Yoga Sutra (योगसूत्र)	YOG-502	2	0	2	30	-	30	30	70	100	-	-	-	100
GEC Total		08	0	08	120	-	120	90	210	300	-	-	-	300
Human Anatomy (I) (मानव शरीर क्रिया विज्ञान)	YOG-503	2	1	3	30	30	60	15	35	50	35	15	50	100
	YOG-503L													
Principal of Hatha Yoga (हठयोग के सिद्धांत)	YOG-504	2	1	3	30	30	60	15	35	50	35	15	50	100
	YOG-504L													
Yoga Practical (I) (प्रयोगात्मक योग)	YOG-505L	0	4	4	-	120	120	-	-	-	70	30	100	100
OJT/Practical		0	12	12	0	360	360	-	-	-	245	105	350	350
SEC Total		4	18	22	60	540	600	30	70	100	315	135	450	650
Total		12	18	30	180	540	720	120	280	400	315	135	450	950

Semester-II														
Subject	Code	Credits			Hours			Theory (Marks)			Practical (Marks)			Total
		T	P	To	T	P	To	I	E	To	I	E	To	
उद्यमिता विकास (Entrepreneurship Development)	FDGE-201	4	0	4	60	0	60	30	70	100	0	0	0	100
योग स्वास्थ्य एवं सेहत (Yoga Health & Wellbeing)	YOG-506	4	0	4	60	0	60	30	70	100	0	0	0	100
डिजिटल साक्षरता (Digital Literacy)	FDGE-203	2	2	4	30	60	90	15	35	50	35	15	50	100
	FDGE-203P													
GEC Total		10	2	12	150	60	210	75	175	250	35	15	50	300
प्रयोगात्मक योग II (Yoga practical-II)	YOG-507	0	3	3	0	90	90	0	0	0	70	30	100	100
शिक्षण विधियाँ एवं उन्नत योग (Methods of Teaching & Advanced Yoga)	YOG-508	2	1	3	30	30	60	15	35	50	35	15	50	100
	YOG-508L													
OJT/Practical		0	12	12	0	360	360	0	0	0	245	105	350	350
SEC Total		2	16	18	30	480	510	15	35	50	350	150	500	550
Total		12	18	30	180	540	720	90	210	300	385	165	550	850

Detailed Syllabus

Subject: Communication Skills

Category: General Education Component

Subject code: ENG-504

Objectives:

- Develop effective communication skills among the students and enable them to make effective use of communication skills in diverse situations.

Learning Outcomes:

- Able to understand the channels, types and essentials of good communication.
- Able to understand the significance of listening skill and use it effectively in diverse communication situations.
- Able to understand and make sentences in diverse cultural contexts independently.
- Able to read the English text/documents, and understand its implicit and explicit meanings (intermediate level).
- Able to draft formal and informal letters, emails, notices, minutes of meetings.
- Able to understand the basics of interview for desired job roles and perform effectively in interviews.

Unit	Topic	Key Learning
I	Communication	<ul style="list-style-type: none">• Meaning of Communication,• Importance of Communication in Yoga,• Types of Communication- Verbal, non-verbal communication• Process of Communication,• Barriers to Communication,• Essentials of good Communication.• Listening-Types, barriers and essentials of effective listening skills <p>Note: The teacher should adopt a task based approach/situational approach with special emphasis on developing the target skills.</p>
II	Grammar and Usage	<ul style="list-style-type: none">• Parts of Speech: Noun, Pronoun, Adjectives, Adverbs, Articles and Verbs.• Tenses: Past, Present and Future;• Reported Speech• Conjunctions• Punctuation
III	Reading & Writing Skills	<ul style="list-style-type: none">• Reading skills: skimming, scanning, intensive and extensive reading: Comprehension-barriers, effective strategies of comprehension, Discourse markers; (The teacher would use newspaper articles or selected paragraphs to develop these skills)• Business Letters, Job Applications and Resume Writing (Students should be able to write various types of business letters and job applications;• Emails,• Agenda, Minutes of the Meeting,

		<ul style="list-style-type: none"> • Notice. <p>Note: The teacher should adopt a task based approach/situational approach with special emphasis on developing the target skills.</p>
IV	Communication in Practice	<ul style="list-style-type: none"> • Preparing for interviews- types of interviews, process of interview (Teacher will conduct two mock interviews for all the students) • Group Discussion (Teacher will hold three GDs on the current topics) • Self-Introduction (Teacher will ask the students to give their introduction, at least in three minutes, for three times during the semester) • Effective ways of performing well in interviews; • Speech and Debates(Teacher will conduct at least two speech and debates each, where all the students will participate in both the activities)

Instructional Strategies:

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Shri Vishwakarma Skill University

Evaluative Strategies:

Evaluative Strategies				
Presentation / Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written / Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz/ MC	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content / subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content / subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:**Text Books:**

- Sinha, K. K. *Taxmann's Business Communication*. 4th Revised ed. New Delhi: Taxmann's Pub., 2018. Print.
- Saxena, D G, and Kuntal Tamang. *Communication Skills in English*. New Delhi: Top Quark, N P. Print.
- Gore MM: *Anatomy and Physiology of Yogic Practices*

Reference Books

- Bovee, L. Courtland, John V Thill, and Roshan Lal Raina. *Business Communication Today*. 14th ed. Noida: Pearson, 2018. Print.
- Mukherjee, Hory Sarkar. *Business Communication: Communication at Work*. 2nd ed. New Delhi: OUP, 2016. Print.
- Lata, Pushp, and Sanjay Kumar. *Communication Skills*. 2nd ed. New Delhi: OUP, 2019. Print.
- Monippally, Matthikutty, M. *Business Communication: From Principles to Practice*. New Delhi: McGraw Hill Pub., 2018. Print.

Credit	Hours	Marks		Total
		I	E	
4	60	30	70	100

Subject: Foundations of Yoga (योग के आधारभूत तत्व)

Category: General Education Component

Subject code: YOG-501

Objectives (उद्देश्य):

विद्यार्थी योग की उत्पत्ति, इतिहास एवं विकास की जानकारी प्राप्त करेंगे। इसके साथ साथ योग परिचय व योग की विभिन्नधाराओं व साहित्य के बारे में जानकारी प्राप्त करेंगे।

Learning Outcomes (अधिगम परिणाम):

- योग की परिभाषा इतिहास एवं योग स्वरूप से अवगत करवाना।
- योग के अलग अलग ग्रंथों में योग की अवधारणा।
- योग की अलग अलग पद्धतियों की जानकारी बतलाना।
- योग परम्पराओं के महान योगियों का परिचय व योग ग्रंथों की जानकारी।

Unit (इकाई)	Key Learning (विवरण)
I	योग का अर्थ, परिभाषा, इतिहास, योग का स्वरूप, योग का महत्व, योगी का व्यक्तित्व, आधुनिक युग में योग की उपयोगिता।
II	विभिन्नशास्त्रों में योग का स्वरूप : वेद, उपनिषद, गीता, सांख्यशास्त्र, बौद्धमत, वेदांत, आर्युर्वेद।
III	योगपद्धतियाँ : राजयोग, ज्ञानयोग, भक्तियोग, कर्मयोग, अष्टांगयोग, हठयोग, मंत्रयोग।
IV	योगियों एवं योगग्रंथों का सामान्य परिचय : महर्षि पतंजलि, गोरक्षनाथ, स्वामी विवेकानंद, श्रीअरविंद, स्वामी कुँवल्यानंद। योगग्रन्थ : पान्तजलयोगसूत्र, हठरत्नावली, भक्तिसागर, सिद्ध सिद्धान्तपद्धति, श्रीमद्भगवद्गीता।

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation /Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written / Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz /MCQ	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content / subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content / subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- योग मनोविज्ञान-शान्तिप्रकाशयत्रै
- योग सिद्धान्त एवं साधना-प्रो० महेश प्रसाद सिसौदी
- Dasgupta S. N: History of Indian Philosophy, Moti lal Banarsidas, Delhi, 2012

Reference Books (संदर्भ ग्रंथ):

- श्रीमद्भगवद्गीता-शांकरभाष्य
- पतंजलि योग सूत्र -गीताप्रेस गोरखपुर
- योगविज्ञान- स्वामी विज्ञानानंद सरस्वती
- भारत के संतमहात्मा- रामलाल
- भारत के महान योगी- विश्वनाथ मुखर्जी

Subject: Yoga Sutra (योग सूत्र)
Category: General Education Component
Subject code: YOG-502

Credit	Hours	Marks		Total
		I	E	
2	30	30	70	100

Objectives (उद्देश्य)

- योगसूत्र के व्यावहारिक ज्ञान से मानव जीवन पर पड़ने वाले उनके प्रभाव और मानव जीवन में उनकी उपादेयता का विश्लेषण कर सकेंगे।

Learning Outcomes (अधिगम परिणाम):

- चित्त एवम चित्त के अर्थ को समझ सकेंगे।
- विभिन्न चित्तवृत्तियों में मानवीय भावनाओं एवम स्वेदनाओं के अंतर को जान सकेंगे।
- चित्तवृत्ति निरोध के उपायों के व्यावहारिक पक्ष से अवगत हो सकेंगे।
- अष्टांगयोग के साथ साथ क्रिया योग को समझ सकेंगे।
- प्रत्याहार, ध्यान, की अवस्थाओं को समझेंगे।

Unit (इकाई)	Key Learning (विवरण)
I	पातंजल योग सूत्र का परिचय, योग की परिभाषा, चित्त, चित्तवृत्तियां, चित्तवृत्तियों के निरोध का उपाय।
II	चित्तप्रसादन के उपाय, कर्म सिद्धांत, क्रिया योग , पंचकलेश प्रमाण एवं उसके प्रकार।
III	योग के आठ अंग-नियम का स्वरूप एवं फल, आसन-परिभाषा एवं महत्व, प्राणायाम -परिभाषा, महत्व।
IV	प्रत्याहार की अवधारणा एवं महत्व, धारणा की अवधारणा एवं महत्व, ध्यान की अवधारणा एवं महत्व।

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Credit	Hours	Marks		Total
		I	E	
2	30	35	15	50

Evaluative Strategies				
Presentation /seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written /Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz/MCQ	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
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Project	Problem Identification/Content / subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

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Suggested Readings:

Text Books:

- पतंजलि योग सूत्र -गीताप्रेस गोरखपुर
- योग सूत्र (योगवार्तिक)-विज्ञान भिक्षु

Reference Books (संदर्भ ग्रंथ):

- योग सूत्र (तत्ववैशर्दी)-वाचस्पति मिश्र
- योग सूत्र (योगवार्तिक)-विज्ञान भिक्षु
- योग सूत्र (भास्वतीटिका)-हरिहरानंदअरण्यक
- पातंजलयोग प्रदीप-ओमानंदतीर्थ
- योग सिद्धान्त एवं साधना-प्रो० महेश प्रसाद सिसौदी

Credit	Hours	Marks		Total
		I	E	
1	30	35	15	50

Subject: Human Anatomy-I

Category: Skill Education Component

Subject code: YOG-503

Objectives (उद्देश्य):

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

Learning Outcomes (अधिगम परिणाम):

1. The student demonstrates an understanding of human body.
2. Identify the basic functions, location, anatomical position and motion of various bone.

Unit (इकाई)	Topic	Key Learning (विवरण)
I	Introduction to Human Anatomy	Introduction to bones, surfaces of bone, anatomical planes, Anatomical terminologies, anatomical position, anatomical directions, terms related to movement
II	Skeletal system	Type of bone and Type of joints. The effect of asana on skeletal system.
III	Digestives system	Introduction part of digestives system and the effect of asana and pranayama on digestives system.
IV	Respiratory system	Brief Introduction of Respiratory system and the effect of pranayama on respiratory system.

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentatio n / Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriatenes s of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written / Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz MCQ	promptness to response	Appropriatenes s of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content / subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content / subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- 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.

Reference Books (संदर्भ ग्रंथ):

Subject: Human Anatomy-I (Lab)

Category: Skill Education Component

Subject code: YOG-503L

Credit	Hours	Marks		Total
		I	E	
2	30	15	35	50

LIST OF PRACTICALS

1. Identification and description of all anatomical structures.
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 skeleton - articulated and disarticulated.

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation / Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written / Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz / MCQ	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

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- 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- हठयोग के सिद्धांत

Category: Skill Education Component

Subject code: YOG-504

Objectives (उद्देश्य):

- हठयोग का अर्थ व सिद्धांत से विद्यार्थियों को अवगत करवाना | इसके साथ साथ सप्तांग योग, षट्कर्म, आसन, बंधमुद्रा, एवं ध्यान के सिद्धांतों की जानकारी देना |
- हठयोग एवं राजयोग के आपसी समानता असमानता से परिचय |

Learning Outcomes (अधिगम परिणाम):

- हठयोग का अर्थ, स्थान, आहार, आसन, प्राणायाम की उपादेयता |
- षट्कर्म, बंधमुद्रा समाधि की विधि एवं उपाय |
- सप्तांग योग के ग्रन्थ व षट्कर्म का संक्षिप्त परिचय |

Unit (इकाई)	Key Learning (विवरण)
I	हठयोग की परिभाषा, अभ्यास हेतु उचित स्थान, ऋतुकाल, योगाभ्यास के लिए पथ्यापथ्य निर्देश, साधना में साधक व बाधक तत्व, हठ सिद्धि का लक्षण, हठयोग की उपादेयता, हठयोग ग्रंथों का परिचय : हठयोग प्रदीपिका, घेरण्डसहिता, शिवसहिता
II	हठयोग प्रदीपिका में वर्णित आसनों की विधि व लाभ प्राणायाम की परिभाषा, प्रकार, विधि व लाभ, प्राणायाम की उपयोगिता
III	षट्कर्म वर्णन - धौति, बस्ति, नेति, नौलि, त्राटक व कपालभाति की विधि , सावधानियाँ व लाभ
IV	बंधमुद्रा वर्णन - महामुद्रा, महावेध, महाबंध, खेचरी, उड्डियान बंध, जालंधरबंध, मूलबन्ध, विपरीतकरणी, वज्रोली, शक्तिचालनी, नादानुसंधान

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation / Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written / Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz / MCQ	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर

Reference Books (संदर्भ ग्रंथ):

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर
- शिवसहिता – गीताप्रेस गोरखपुर
- आसन प्राणायाम मुद्रा एवं बंध – योगपब्लिकेशन ट्रस्ट मुंगेर बिहार
- योगरहस्य – डॉ कामाख्या कुमार

Subject- हठयोग के सिद्धांत (L)

Category: Skill Education Component

Subject code: YOG-504L

हठयोगप्रदीपिका एवं घेरण्डसहिता के कोई पांच आसनों दो प्राणायाम एक षट्कर्म, दो बंध की प्रयोगात्मक पुस्तक तैयार करके प्रस्तुत करना एवं बनाई गई पुस्तक का साक्षात्कार करना।

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation / Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
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Suggested Readings:

Text Books:

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर

Reference Books (संदर्भ ग्रंथ): * हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला

- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर
- शिवसहिता – गीताप्रेस गोरखपुर
- आसन प्राणायाम मुद्रा एवं बंध – योगपब्लिकेशन ट्रस्ट मुंगेर बिहार
- योगरहस्य – डॉ कामाख्या कुमार

Subject: - Yoga Practical (I) (प्रयोगात्मक योग- I)

Category: Skill Education Component

Subject code: YOG-505L

Credit	Hours	Marks		Total
		I	E	
4	120	70	30	100

Objectives (उद्देश्य):

- यौगिक अभ्यास से पूर्व वैदिक मंत्रों का कौशलपूर्वक उच्चारण व महत्व से अवगत करवाना। योग के क्रियात्मक पक्ष सूक्ष्मभ्यास, सूर्यनमस्कार आसन, प्रणायाम व ध्यान को सावधानी पूर्व सिखाना।

Learning Outcomes (अधिगम परिणाम):

- वैदिक मंत्रों का उच्चारण, सूक्ष्म व्यायाम सूर्य नमस्कार का अभ्यास करना
- शरीर की स्थिरता के लिए विभिन्न प्रकार के आसनो का अभ्यास करना
- मन की शान्ति, आंतरिक संतुलन के लिए बन्धव प्रणायाम को करना
- शरीर शुद्धि के लिए षट्कर्म के अभ्यास में कुशलता प्राप्त करना।

Unit	Topic	Key Learning		
I	प्रार्थना / मंत्र	कक्षा शुरुआत	ॐ उच्चारण, गायत्री मंत्र,	
II	क्रिया /शुद्धि तकनीक	कपालभाति	शुद्धि / श्वास सफाई	
		त्राटक	आंखों का व्यायाम, देखना, घूमना, एकाग्रता,	
		नेति (जल और सूत्र)	नासिका सफाई	
		धौति (वामन)	गैस्ट्रो -इसफागेल ट्रेक सफाई	
		बस्ति (लघुशंकाप्रशालन)	गैस्ट्रो - इंटेस्टइनल ट्रेक सफाई	
III	आसन / शारीरिक स्थिति	श्वास अभ्यास	➤ खड़े होकर : हाथ अंदर बाहर, हाथों का खींचाव, टकने का खींचाव	
			➤ बैठकर : बाघ, स्वान, खरखोश श्वास	
			➤ उल्टालेटकर : भुजंसन और शलभासन श्वास,	
		तेयारी अभ्यास	➤ सीधालेटकर : सीधेपैर उठाकर (अकेला और समूह सेतु:बंधासन, नौकासन श्वास	
			मुक्त /शिथिल अभ्यास	➤ खड़े होकर : जॉगिंग , मुखधोती, झुकना (आगे, पीछे, साइड), मुड़ना
				➤ बैठकर : भुनमनासन, चक्की चालन, बटर फ्लाय (आधा और पूर्ण चलित पश्चामोतानासन - हलासन.
		प्रारंभिक स्टार्टअप	➤ उल्टालेटकर : चलित धनुरासन	
			➤ सीधालेटकर : पवनमुक्तआसन क्रिया, साइकलिंग.	
		सूर्यनमस्कार	➤ 12 Counts सूर्यनमस्कार	
		➤ 10 Counts सूर्यनमस्कार		
खड़े होकर	ताड़ासन, अर्धाकाटिक्रासन, अर्धाचक्रासन, पदाहस्तासन, त्रिकोणासन, परिवर्तित्रिकोणासन, पार्श्वकोणासन, वक्रासन, वीरभद्रासन			
बैठकर	दंडासन, सिद्धासन, पद्मासन, योगमुद्रासन, शशांकासन, वज्रासन, सुप्तवज्रासन, वीरासन, पश्चिमोतानासन, उष्ट्रासन, अर्धमत्स्यद्रासन, मयूरासन			
उल्टा लेटकर	मकरासन, भुजगासन, शलभासन, धनुरासन			
सीधा लेटकर	शवासन, हलासन, सर्वांगासन, विपरीतकरणी, चक्रासन, मत्स्यासन,			
उल्टे /सिर के बल	अर्धशीर्षासन, शीर्षसन			
IV	प्राणायाम/ श्वास का विनियमन	प्रारंभिक स्टार्टअप	भस्त्रिका, कपालभाति	
		प्राणायाम/ श्वास का विनियमन	उदरीय, वक्षीय, हँसली श्वास और पूर्ण यौगिक श्वास	
		ठंडे प्राणायाम	शीतली, सीत्कारी	
		अन्य प्राणायाम	नाडीशोधन, भ्रामरी, उज्जीय, नादानुसन्धान (A- U-M) मंत्र	

	ध्यान/Meditation		उच्चारण.
		कुंभक मुद्रा बंध	अन्तः, बाह्य, केवल, सहज, नासिका, चिन, चिन्मय, आदि, ब्रह्मा, मूला, उड्डियान, जालंधर
		प्रणवोपसना	ओम ध्यान
		ध्यान	साइक्लिक ध्यान, प्रेक्षाध्यान
		स्वाध्याय / आत्मावलोन	स्वयं द्वारा

Instructional Strategies

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2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Shri Vishwakarma Skill University

Evaluative Strategies

Evaluative Strategies				
Presentation / Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
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For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- आसन प्राणायाम मुद्रा एवं बंध –योग पब्लिकेशन ट्रस्ट मुंगेर बिहार
- Brahmachari Swami Dharendra: Yogic SukhmaVyayama, Dharendra Yoga Publications, New Delhi
- Brahmachari, Swami Dharendra: YogasanaVijnanaDheerendra Yoga Prakashana, New Delhi

Reference Books (संदर्भ ग्रंथ):

- आसन प्राणायाम मुद्रा एवं बंध –योग पब्लिकेशन ट्रस्ट मुंगेर बिहार
- योग रहस्य – डॉ कामाख्या कुमार
- यौगिक प्राणायाम – ओरियंट पेपर बैक नईदिल्ली
- षट्कर्म - आई. वार्ड. बासवारेड्डी एवंअन्य
- घेरण्डसहिता – योगपब्लिकेशन ट्रस्ट मुंगेर बिहार

Books for Reference:

1. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
2. Dasgupta S. N: History of Indian Philosophy, MotilalBanarsidas, Delhi, 2012
3. Gore MM: Anatomy and Physiology of Yogic Practices

4. HiriyannaM : Outlines of Indian Philosophy, MotilalBanarsidas, Delhi, 2009
5. IyendraBKS : Light on Yoga
6. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
7. Swami DharendraBrahmachari: YogasanaVijnana, Surya Namaskara
8. Swami Kuvalyananda: Asanas, Yoga-Mimamsa Publications
9. Swami Kuvlayananda: Pranayama, Yoga-Mimamsa Publications
10. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras,2004
11. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, AdvaitaAshrama, Calcutta, 2000
12. Yoga Instructors' course Self Learning Materials, Vol-I and Vol-II, SVYP, 2009
13. MDNIY, New Delhi :Shatkarma, Yogasana, Pranayama

Books for Reference for Practical:

1. Brahmachari Swami Dhendra: Yogic SuksmaVyayama, Dharendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dhendra: YogasanaVijnanaDheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : Light on Yoga Harper Collins Publisher, New Delhi, 2005
4. Swami Kuvalyananda :Pranayam

Semester- II

Credit	Hours	Marks		Total
		I	E	
4	60	30	70	100

Subject: - उद्यमिता विकास (**Entrepreneurship Development**)

Category: General Education Component

Subject code: FDGE-201

Objectives (उद्देश्य):

- उद्यमिता विकास के क्षेत्रों को तलाशना।

Learning Outcomes (अधिगम परिणाम):

- अपने स्वयं के उपक्रमों के लिए नई परियोजनाओं की रूपरेखा तैयार करने में सक्षम होंगे।
- नए उद्यम शुरू करने के लिए आवश्यक कौशल को रेखांकित करें।
- बिजनेस प्लान विकसित करने में सक्षम होंगे।
- व्यवहार्यता रिपोर्ट के महत्व को विस्तृत करना।
- विशिष्ट परियोजना से जुड़े जोखिमों की पहचान करने में सक्षम होंगे।

Unit (इकाई)	Topic	Key Learning (विवरण)
I	उद्यमिता	अर्थ, प्रकृति और स्कोप, एक सफल उद्यमी के लक्षण और गुण, उद्यमिता विकास और आर्थिक विकास के बीच संबंध
II	उद्यमिता और समाज	उद्यमिता और समाज, नया उद्यम विकास - अर्थ और अवस्थाएँ, वित्त पोषण उद्यमिता के स्रोत, प्रबंधकीय बनाम उद्यमी दृष्टिकोण।
III	ईडीपी कार्यक्रम	ईडीपी कार्यक्रम, आर्थिक स्वतंत्रता की अवधारणा, वित्तीय बाजार और उद्यमिता
IV	उद्यमी रणनीतियों और व्यवसाय योजना	उद्यम पूंजी, एंजल कैपिटल, उद्यमी रणनीतियों और व्यवसाय योजना, निवेशकों के लिए व्यावसायिक योजनाएँ प्रस्तुत करना, भारत में योग उद्यमिता का भविष्य
V	महिला उद्यमिता	संकल्पना, महिला उद्यमिता को संचालित करने वाले कारक, महिला उद्यमिता के लिए योजनाएँ, योग में ग्रामीण उद्यमिता -संकल्पना, लाभ और चुनौतियाँ।

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
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Evaluative Strategies

Evaluative Strategies				
Presentation / Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
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For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- उद्यमिता विकास by Pankaj Jain

Reference Books (संदर्भ ग्रंथ):

- उद्यमिता विकास by Pankaj Jain

Subject: योग स्वास्थ्य एवं सेहत (Yoga Health & Wellbeing)

Category: General Education Component

Subject code: YOG-506

Credit	Hours	Marks		Total
		I	E	
4	60	30	70	100

Objectives (उद्देश्य):

मानव शरीर की संरचना और समग्र स्वास्थ्य और शरीर के विभिन्न हिस्सों पर योग के प्रभाव को जानने के लिए।

Learning Outcomes (अधिगम परिणाम):

- विद्यार्थी मानव शरीर की संरचना और मानव शरीर पर प्रार्थना और मंत्र के प्रभाव के बारे में जानने में सक्षम होंगे।
- विद्यार्थी तंदुरुस्ती, बीमारी और जीवन शैली पर योग के प्रभाव की बारीकी जान सकेंगे।
- विद्यार्थी श्वसन, परिसंचरण और मस्कुलोस्केलेटल प्रणाली पर योग (षट्कर्म, योगासन, प्राणायाम, और बंध) के महत्व को समझने में सक्षम होंगे।
- विद्यार्थी योग चिकित्सा के बारे में, और रोगियों को विभिन्न बीमारी से कैसे उबर पाएंगे, इसके बारे में जान सकेंगे।

Unit	विवरण
I	आयुर्वेद के अनुसार मानव शरीर का परिचय , यौगिक मंत्र , शांति प्रार्थना करना सुनना और इसके मानव शरीर एवं स्वस्थ पर प्रभाव
II	स्वास्थ्य का यौगिक स्वरूप , स्वस्थ एवं व्याधि, यौगिक जीवन का स्वरूप एवं इसकी प्रासंगिकता , योग एक पूर्ण चिकित्सा
III	यौगिक अभ्यास का मानव शरीर के विभिन्न तंत्र पर प्रभाव : षट्कर्म के फायदे , योगासन, प्राणायाम और बंध का श्वसन तंत्र , परिसंचरण तंत्र, कंकालपेशीय तंत्र पर प्रभाव
IV	स्वास्थ्य में आहार निद्रा ब्रह्मचर्य की भूमिका , योग चिकित्सा विहार -समान्य चयापचय और आहार ; धातुसम्यता (समस्थिति) , रोगी का बीमारी परीक्षण : इतिहास और परीक्षण

Instructional Strategies

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Quiz /MCQ	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- Yoga Instructors' course Self Learning Materials, Vol-I and Vol-II, SVYP, 2009
- MDNIY, New Delhi : Shatkarma, Yogasana, Pranayama
- Yoga & yogic chikitsa - Singh Prof. Ramharsh ,Chaukhamba Sanskrit pratishthan, Edition 2011

Reference Books (संदर्भ ग्रंथ):

- Swasthvat vijan – Singh Prof. Ramharsh
- Yoga & yogic chikitsa - Singh Prof. Ramharsh ,Chaukhamba Sanskrit pratishthan, Edition 2011

Subject: - डिजिटल साक्षरता Digital Literacy (T)

Category: General Education Component

Subject code: FDGE-203

Objectives (उद्देश्य):

The syllabus introduces students to basic information and communication technology and proper paradigms that need to be implemented to develop any kind of computer applications. The course will help in developing the basic technical skills by hands on experience.

Learning Outcomes (अधिगम परिणाम):

- State the applications of Computers and understand the basic components of computer. (Theory) Identify
- & describe various parts of computers like CPU, keyboard, monitor, etc. (Theory) View files and work with files and customize window (Theory)
- Able to Differentiate in various operating system. (Theory)
- Apply the office Applications for the task assigned by the authorities. (Theory)
- Outline the basics of Networking. (Theory)
- Make use of Internet and its applications when required. (Theory)

Unit	Topic	Key Learning
I	Introduction to Computer System: Basic Applications of Computer; Input Output Devices, Computer Memory, Concepts of Hardware and Software, Computer Virus: Definition, Types of viruses, Characteristics of viruses, Antivirus software,	<ul style="list-style-type: none">• State the applications of Computers and understand the basic components of computer.(Theory)• Identify & describe various parts of computers like CPU, keyboard, monitor, etc. (Theory)
II	Computer Memory: Types of Computer Memory, Primary memory, Secondary Memory, Cache Memory, Units of Memory	<ul style="list-style-type: none">• Understand the Binary Language of Computers.
III	Operating System: Overview of operating system: Definition, Functions of operating system, Need and its services, Types of operating system, Batch Processing, Multiprocessing, Multiprogramming, Time-Sharing, On-Line Processing, Real-Time Processing	<ul style="list-style-type: none">• View files, work with files and customize window (Theory)• Able to Differentiate in various operating system. (Theory)
IV	Understanding Microsoft Word and Internet: Introduction to MS Word, Menus, Shortcuts, Document types, Formatting documents, Creating email ID, Search Engines	<ul style="list-style-type: none">• Apply the office Applications for the task assigned by the authorities. (Theory)
V	Networking: Network Technologies, Introduction to Internet and protocol, Topologies, HTTP, HTTPS.	<ul style="list-style-type: none">• Outline the basics of Networking. (Theory) Make use of Internet and its applications when required. (Theory)

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects

7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written/Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz/MCQ	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- Computer Ka Parichay
- Computers and Beginners by Jain, V.K
- Computer Fundamentals by Anita Goel, Pearson.

Reference Books (संदर्भ ग्रंथ):

- Introduction to Information Technology, Leon Tech World by Leon and Leon
- Foundations of Computing, BPB Publication by Sinha, Kr. Pradeep and Preeti Sinha.
- Word Processing and Typing by Sharon Spencer, Heinemann.
- MS Office by S.S. Srivastava, Firewall Media.
- Microsoft Office 2010 by Bittu Kumar, V & S Publications
- Data Communication and Networking by Behrouz.A. Forouzan, McGraw Hill
- Web Links <http://cec.nic.in/E-Content/Pages/default.aspx>

Subject: -डिजिटल साक्षरता (Digital Literacy (Lab)

Category: General Education Component

Subject code: FDGE-203P

Objectives (उद्देश्य):

The syllabus introduces students to basic information and communication technology and proper paradigms that need to be implemented to develop any kind of computer applications. The course will help in developing the basic technical skills by hands on experience.

Learning Outcomes (अधिगम परिणाम):

- Student will learn all practical aspects of Computer according to the prescribed syllabus

Unit I			
1	Introduction to Operating System, Definition, Functions	2 Hour	Lab
2	Types of Operating system: Batch OS, Time Sharing OS, Multi programmed OS	2 Hour	Lab
3	Multi-Processing OS, Real Time OS, Distributed OS, Network O	2 Hour	Lab
4	DOS, Android OS, Windows OS, Linux OS, Spooling, Comparison between various OS	2 Hour	Lab
5	Class Test (Written Test, Quiz, Presentation)	1 Hour	
Unit II			
6	Introduction to MS Word, Typing, Font Size, Font Colour	1 Hour	Video, Lecture
7	Word Ribbon, Quick Access Toolbar, Status Bar, Header Footer, Page Border	1 Hour	PPT
8	Inserting a Picture	1 Hour	PPT
9	Inserting a table	1 Hour	Video, Discussion
10	Working with Gmail	1 Hour	Class Activity
11	Search Engines	1 Hour	Video, PPT

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation /Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written/Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz/ MCQ	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books

- Computer Ka Parichay
- Computers and Beginners by Jain, V.K.;
- Computer Fundamentals by Anita Goel, Pearson

Reference Books

- Introduction to Information Technology, Leon Tech World by Leon and Leon
- Foundations of Computing, BPB Publication by Sinha, Kr. Pradeep and Preeti Sinha;
- Word Processing and Typing by Sharon Spencer, Heinemann.
- MS Office by S.S. Srivastava, Firewall Media.
- Microsoft Office 2010 by Bittu Kumar, V & S Publications
- Data Communication and Networking by Behrouz.A. Forouzan, McGraw Hill

Subject: - प्रयोगात्मक योग II (Yoga Practical (II))

Category: Skill Education Component

Subject code: YOG-507L

Objectives (उद्देश्य):

यौगिक अभ्यास से पूर्व वैदिक मंत्रों का कौशलपूर्वक उच्चारण व महत्व से अवगत करवाना। योग के क्रियात्मक पक्ष सूक्ष्मभ्यास, सूर्यनमस्कार आसन, प्राणायाम व ध्यान को सावधानी पूर्व सिखाना।

Learning Outcomes (अधिगम परिणाम):

- वैदिक मंत्रों का उच्चारण, सूक्ष्म व्यायाम, सूर्य नमस्कार का अभ्यास करना।
- शरीर की स्थिरता के लिए विभिन्न प्रकार के आसनो का अभ्यास करना।
- मन की शान्ति, आंतरिक संतुलन के लिए बन्ध व प्राणायाम को करना।
- शरीर शुद्धि के लिए षट्कर्म के अभ्यास में कुशलता प्राप्त करना।

Unit (इकाई)	Key Learning (विवरण)
I	प्रार्थना, मंत्र, जप एवं हस्तमुद्रा : प्रातः स्मरण अनुवाचन और शान्तिमन्त्र, प्रण व जप एवं सोहम जप, उपनिषद व योगग्रन्थों के मंत्रों का उच्चारण, हस्तमुद्रा- ज्ञान, हृदयभैरव, योनि, चिन। सूक्ष्मभ्यास, सूर्यनमस्कार।
II	षट्कर्म : धौति (कुंजल, वमनधौति) नेति (जलनेति, सूत्रनेति) कपालभाती इसके प्रकार, अग्निसार ।
III	आसन, बंध -मुद्रा: योगासन: बैठकर- दण्डासन, स्वस्तिकासन, पदमासन, व्रजासन, कमासन, गोमुखासन ,शशांकासन, जानुशीर्षासन, मांडूकासन, वक्रासन, अर्धमत्स्येन्द्रासन, सिंहासन। पीठकेबललेटकर: पवनमुक्तासन श्रखला, उत्तानपादासन, अर्ध-हलासन, चक्रासन, हलासन, सेतुबनधासन, सर्वांगासन, कन्धरासन। पेटकेबललेटकर: मकरासन, भुजगासन, शलभासन, मत्स्यासन, शवासन, धनुरासन, कपोतसन। खडेहोकर: ताड़ासन, तिर्यक-ताड़ासन, वृक्षासन, गरुडासन, त्रिकोणासन, पादहस्तासन, अर्ध-चक्रासन। बंध : जिह्वाबन्ध,जालधरबन्ध, उड्डियान बन्ध, मूलबन्ध,महाबन्ध,त्रिबंध
IV	प्राणायाम एवं ध्यान: श्वासअभ्यास: हाथ बाहर और अंदर, हाथ खिंचाव, टखना खिंचाव, खरगोश, बाघ, शवानश्वास, पैर खिंचाव, वरु पर खिंचाव श्वास, श्वास-जागरूकता, श्वास प्रश्वास संयम - उदर, + वक्षीय+ हंसलीका, रेचक, पुरक, स्तम्भश्वास का अभ्यास, अन्त एवम बाह्य कुम्भक का अभ्यास। प्राणायाम: भस्त्रिका, बाह्य, उज्जायी, नाडीशोधन, सूर्यभेदी, चन्द्रभेदी, प्लावनी, भ्रामरी और प्रणवजप, श्वास ध्यान एवं ऊकार, प्रेक्षा ध्यान। योगाध्यापक के लगातार मूल्यांकन हेतु।

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation /Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written/Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz/ MCQ	promptness to response	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- षट्कर्म - आई. वार्ड. बासवारेड्डी एवं अन्य
- आसन प्राणायाम मुद्रा एवं बंध -योग पब्लिकेशन ट्रस्ट मुंगेर बिहार
- यौगिक प्राणायाम - ओरियंट पेपर बैक नईदिल्ली

Reference Books (संदर्भ ग्रंथ):

- आसन प्राणायाम मुद्रा एवं बंध -योग पब्लिकेशन ट्रस्ट मुंगेर बिहार
- योग रहस्य - डॉ कामाख्या कुमार
- यौगिक प्राणायाम - ओरियंट पेपर बैक नईदिल्ली
- षट्कर्म - आई. वार्ड. बासवारेड्डी एवं अन्य
- घेरण्डसहिता - योगपब्लिकेशन ट्रस्ट मुंगेर बिहार

Subject: शिक्षण विधियाँ एवं उन्नत योग (Methods of Teaching & Advanced Yoga)

Category: Skill Education Component

Subject code: YOG-508

Objectives (उद्देश्य)

- योग शिक्षण के विभिन्न प्रभावी तरीकों का वर्णन करने के लिए।

Learning Outcomes (अधिगम परिणाम):

- विद्यार्थी योग के वास्तविक अर्थ और दायरे के बारे में अधिक जानने में सक्षम होंगे।
- छात्र समझेंगे कि विभिन्न समूहों में योग को कैसे सिखाना है।
- वे यह जान सकेंगे कि पाठ योजना, कक्षा प्रबंधन और व्याख्यान सह प्रदर्शन विधि कैसे तैयार की जाए।
- वे कार्यक्रम मूल्यांकन, मूल्यांकन और परिणाम को समझने में सक्षम होंगे।

Unit (इकाई)	Key Learning (विवरण)
I	योग के विशेष संदर्भ के साथ शिक्षण विधियाँ : अर्थ और कार्यक्षेत्र , शिक्षण विधियों के स्रोत ।
II	शिक्षण अभ्यास की आवश्यकता एवं यौगिक अभ्यास में इसकी उपयोगिता , योग में शिक्षण विधियाँ : व्यक्तिगत , छोटे समूह और बड़े समूह , उन्नत योग सत्र संचालन विधि जैसे बाल योग सत्र ।
III	पाठ योजना अर्थ और आवश्यकता -, योग में व्याख्यान सह प्रदर्शन इसका अर्थ ; महत्व , कक्षा प्रबंधन ।
IV	कार्यक्रम मूल्यांकन योग :-कक्षा / कार्यशाला / शिविर , योग शिक्षण एवं योग शिक्षक , योग केंद्र और संस्थान मूल्यांकन : मानदंड , प्रक्रिया , उपकरण, परिणाम ।

Instructional Strategies

1. Lecture
2. Discussion
3. Presentation
4. Case Study
5. Seminar/presentation by student
6. Assignment and projects
7. Demonstration
8. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
Assignment	Content/ subject matter	Structure of the response	Presentation	Conclusion
Open book test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Written/Surprise test	Subject matter identified	Structure and organisation of the response	Comprehension skills	Appropriateness of the response
Quiz / MCQ	promptness response to	Appropriateness of the response	Application of knowledge	Communication and confidence
Report	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion
Project	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- Tiwari O.P. : Asana Why & How ?Kaivalyadhama, SMYM Samiti, Lonavla
- Brahmachari Swami Dharendra: Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi
- Brahmachari, Swami Dharendra: Yogasana Vijnana Dheerendra Yoga Prakashana, New Delhi

Reference Books (संदर्भ ग्रंथ):

- Tiwari O.P. : Asana Why & How ?Kaivalyadhama, SMYM Samiti, Lonavla

Subject- शिक्षण विधियाँ एवं उन्नत योग (Methods of Teaching & Advanced Yoga) L

Category: Skill Education Component

Subject code: YOG-508L

प्रयोगात्मक योग I, II विषय के कोई पांच आसनों दो प्राणायाम एक षट्कर्म, दो बंध एवं बालयोग कक्षा की पाठ योजना तैयार करके प्रस्तुत करना एवं बनाई गई पुस्तक का साक्षात्कार करना।

Credit	Hours	Marks		Total
		I	E	
1	30	35	15	50

Instructional Strategies

9. Lecture
10. Discussion
11. Presentation
12. Case Study
13. Seminar/presentation by student
14. Assignment and projects
15. Demonstration
16. Learning by doing

Evaluative Strategies

Evaluative Strategies				
Presentation / Seminar	Knowledge of the subject	Presentation skills	Visual Aids	Body language and confidence
Case-studies	Understanding of the case	Presentation skills	Appropriateness of reply	Interpretation and Justification
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Project	Problem Identification/Content/ subject matter	Quality of Literature survey and Objective finalisation	Methodology	Data collection, analysis, interpretation and discussion

For internal assessment, instructions mentioned in the university ordinance should be followed.

Suggested Readings:

Text Books:

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसंहिता – योग पब्लिकेशन ट्रस्ट मुंगेर

Reference Books (संदर्भ ग्रंथ):

- हठयोग प्रदीपिका – प्रकाशक कैवल्यधाम लोनावला
- घेरण्डसहिता – योग पब्लिकेशन ट्रस्ट मुंगेर
- शिवसहिता – गीताप्रेस गोरखपुर
- आसन प्राणायाम मुद्रा एवं बंध –योगपब्लिकेशन ट्रस्ट मुंगेर बिहार
- योगरहस्य – डॉ कामाख्या कुमार

Books for Reference:

1. Bhat, Krishna K.: The Power of Yoga: SuYoga Publications Mangalore, 2006
2. Dasgupta S. N: History of Indian Philosophy, Motilal Banarsidas, Delhi, 2012
3. Gore MM: Anatomy and Physiology of Yogic Practices
4. Hiriyanna M : Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
5. Iyendra BKS : Light on Yoga
6. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
7. Swami Dharendra Brahmachari: Yogasana Vijnana, Surya Namaskara
8. Swami Kuvalyananda: Asanas, Yoga-Mimamsa Publications
9. Swami Kuvlayananda: Pranayama, Yoga-Mimamsa Publications
10. Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras,2004
11. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Advaita Ashrama, Calcutta, 2000
12. Yoga Instructors' course Self Learning Materials, Vol-I and Vol-II, SVYP, 2009
13. MDNIY, New Delhi : Shatkarma, Yogasana, Pranayama

Books for Reference for Practical:

1. Brahmachari Swami Dharendra: Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dharendra: Yogasana Vijnana Dheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : Light on Yoga Harper Collins Publisher, New Delhi, 2005
4. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 1992
5. Saraswati, Swami Satyananda: Asana, Pranayama, Mudra, Bandha Bihar School of Yoga, Munger, 2006
6. Basavaraddi, I.V. : A Monograph on Yogic Suksma Vyayama, MDNIY, New Delhi, 2016
7. Basavaraddi, I.V. : A Monograph on Shatakarma, MDNIY, New Delhi, 2016
8. Basavaraddi, I.V. : A Monograph on Yogasana, MDNIY, New Delhi, 2016
9. Basavaraddi, I.V. : A Monograph on Pranayama, MDNIY, New Delhi, 2016
10. Tiwari O.P. : Asana Why & How ? Kaivalyadhama, SMYM Samiti, Lonavla