



कविकुलगुरु कालिदास संस्कृत विश्वविद्यालय, रामटेक

रामटेक कार्यालय – प्रशासकीय भवन, मौदा रोड, रामटेक, जि. नागपूर – ४४११०६ (महाराष्ट्रम्)
वारंगा कार्यालय – शैक्षणिक परिसर, पाचवा माळा, ना.सु.प्र. संकुल, मोरभवन जवळ, सीताबर्डी, नागपूर – ४४००१२ (महाराष्ट्रम्)

Kavikulaguru Kalidas Sanskrit Vishvavidyalaya, Ramtek

Ramtek Office - Administrative Building, Mouda Road, Ramtek, Dist-Nagpur - 441106 (M.S.)

Waranga Office - 5th Floor, NIT Complex, Near Mor Bhavan, Sitabuldi, Nagpur – 440012 (M.S.)

Established on 18 September, 1997 - NAAC Accredited with A+ Grade

ACADEMIC SECTION

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Program Curriculum (Syllabus)

Program Name: Bachelor of Science (Yoga Naturpathy and Dietetics)

B.Sc. (Yoga Naturopathy and Dietetics)

(NEP-2020)

Approved by the Academic Council Meeting Dt. 09.11.2023,, Item no. 03
(AS 2024-2025 onwards)

Sr. No	Particulars	Description
1.	Name of the Program	B.Sc. (Yoga Naturopathy and Dietetics)
2.	Name of the Faculty	Faculty for Indian Religion, Philosophy and Culture
3.	Name of the Board of Study	Adhoc BoS for Yoga and Alternative Therapy
4.	Program Pattern	CBCS
5.	Program Duration	04 years (08 Semesters)
6.	Program Type (Master/Bachelor)	Bachelor
7.	Program Level (PG/ UG/ PG Diploma/ Diploma/ Certificate etc.)	UG
8.	Evaluation system (Grade System) Yes/No	Yes
9.	Follow credit System (Yes/No)	Yes
10.	Program total credits	176 Credits
11.	Program total marks	4900/4700 Marks
12.	Mode of Learning (Regular/ Distance learning)	Regular
13.	External Students (Yes/No)	No
14.	Medium of Instructions	For Shastra Subjects – Sanskrit For other Subjects – Multilingual (English, Hindi and Marathi Only)
15.	Medium of Examination	English, Hindi, Marathi and Sanskrit
16.	Eligibility	HSSC or its Equivalent
17.	Program Description	Four years UG Degree with Honors/ Research with multiple entry and exit option on the basis of NEP 2020. Exit option after completing additional four credits related to skill and vocational education.
18.	Program Objectives	To make students competent in the Subjects related to Yoga. To make the students familiar with Inter - Disciplinary approach. To make students self-sufficient through skill and vocational education.
19.	Program Outcomes	Preservation of Traditional Yoga Knowledge. Promotion of Traditional Yogic Practices. Promotion of Health and Well-being by the passed-out students Promotion of research in Yoga and inter-disciplinary subjects as well
20.	Subject (under which subject the program is included in the Faculty as per the University Notification no. 92 dtd 28.07.2022)	Yogvignyan
21.	Program Code	BYND - NEP-2020
22.	Program Abbreviation	BYND
23.	Internship duration	As Per UGC Norms



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Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year (Sem I & II)	320	112	960	336	320	112	1600	560	44	Level 4.5 UG Certificate
Second Year (Sem III & IV)	280	98	880	308	240	84	1400	490	44	Level 5.0 UG Diploma
Third Year (Sem V & VI)	200	70	800	280	-	-	1000	350	44	Level 5.5 UG Degree
Fourth Year (Sem VII & VIII)	180/140	63/49	560/560	196/196	160/-	56/-	900/700	315/245	44/44	Level 6.0 UG Honors Degree/ UG Honors with Research Degree
Final Total	980/940	343/329	3200/3200	1120/1120	720/-	252/-	4900/4700	1715/1645	176	

Abbreviations used in the syllabus

BAYS – Bachelor of Arts Yogashastra; **SSC** – School Specific Core; **DSC** – Discipline Specific Core; **DSE**-Discipline Specific Elective **VEC** – Value Enhancement Course; **VSC** – Vocational Skill Course; **AEC** – Ability Enhancement Course; **CEP** – Community Engagement Program; **CC** – Co-Curricular; **SEC** – Skill Enhancement Course; **OE** – Open Elective; **IKS** – Indian Knowledge System; **NCC** – National Cadet Course; **NSS** – National Service Scheme; **FP** – Field Project; **IN** – Internship; **AP** – Apprenticeship;



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Course Code	Course Type	Course Title	Teaching/ Activity hours	Lecture (L) /Tutorial (*T)/ Practical (*P) per week			Internal		Theory		Other		Subject Total		Credits
							(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)				(In case of joint passing)				
				A	B	C	A + B + C								
L	T	P	Max	Passing	Max	Passing	Max	Passing	Max	Passing	Max	Passing			
First Year - Semester I (Level 4.5)															
BYND 101	Major SSC	History and Development of Yoga	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 102	Major DSC	Anatomy and Physiology of Human Body	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 103	Minor	Foundation of Sanskrit	45	30	-	15	20	07	80	28	-	-	100	35	03
BYND 104	OE	History/Political Science/Sociology/English Literature/Pali/Prakit/Indian Psychology/MOOC	45	60	-	-	20	07	80	28	-	-	100	35	03
BYND 105	VSC	Yoga Practical I	60	-	-	60	20	07	-	-	80	28	100	35	02
BYND 106	AEC	English Communication I	60	-	30	30	20	07	-	-	80	28	100	35	02
BYND 107	CEP/CC	Sports/Cultural Activity	60	-	-	60	-	-	-	-	-	-	-	Grade	02
BYND 108	SEC	Desktop Publishing	30	-	30	30	20	07	80	28	-	-	100	35	02
BYND 109	IKS	IKS Based on Sanskrit	30	30	-	-	20	07	80	28			100	35	02
	Total	22	420	210	90	195	160	56	480	168	160	56	800	280	22
First Year - Semester II (Level 4.5)															
BYND 201	Major SSC	Introduction to Indian Philosophy	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 202	Major DSC	Bhaktiyoga	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 203	Minor	Effects of Yogic Practices on Human Body	45	60	-	-	20	07	80	28	-	-	100	35	03
BYND 204	OE	History/Political Science/Sociology/English Literature/Pali/Prakit/Indian Psychology/MOOC	45	60	-	-	20	07	80	28	-	-	100	35	03
BYND 205	VSC	Yoga Practical II	60	-	-	60	20	07	-	-	80	28	100	35	02
BYND 206	AEC	English Communication II	60	-	30	30	20	07	-	-	80	28	100	35	02
BYND 207	CEP/CC	NCC/NSS	60	-	-	60	-	-	-	-	-	-	-	Grade	02
BYND 208	IKS	Introduction to IKS	30	30	-	-	20	07	80	28	-	-	100	35	02
BYND 209	VEC	Environmental Education	30	30	-	-	20	07	80	28	-	-	100	35	02
	Total	22	420	270	30	150	160	56	480	168	160	56	800	280	22
	Total	22+22	840	480	120	375	320	112	960	336	320	112	1600	560	44



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							(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)						(In case of joint passing)		
				A	B	C	A + B + C								
L	T	P	Max	Passing	Max	Passing	Max	Passing	Max	Passing					
	Exit Course	Exit Option: Award of UG Certificate in Major with 40-44 credits with an additional 4 credits of Exit Course													04
	Second Year - Semester III (Level 5.0)														
BYND 301	Major SSC	Patanjala Yogasutras I	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 302	Major DSC	Effect Of Yogic Practise on Human Body	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 303	Minor	Fundametals Of Nutrition	30	30	-	-	20	07	80	28	-	-	100	35	02
BYND 304	OE	History/Political Science/Sociology/English Literature/Pali/Prakit/Indian Psychology/MOOC	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 305	VSC	Yoga Practical III	90	-	-	90	20	07	-	-	80	28	100	35	03
BYND 306	AEC	Marathi/Hindi Communication I	60	-	30	30	20	07	-	-	80	28	100	35	02
BYND 307	CEP/CC	Sports/Cultural Activity	90	-	-	90	-	-	-	-	-	-	-	Grade	02
BYND 308	FP	Field Project/CEP	60	-	-	60	-	-	-	-	-	-	-	Grade	02
BYND 309	IKS	IKS Based on Sanskrit	30	30	-	-	20	07	80	28	-	-	100	35	02
	Total	22	495	195	30	270	140	49	400	140	160	56	700	245	22
	Second Year - Semester IV (Level 5.0)														
BYND 401	Major SSC	Patanjala Yogasutras II	45	30	-	15	20	07	80	28	-	-	100	35	03
BYND 402	Major DSC	Introduction to Hathayoga Tradition	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 403	Minor	Fundamentals of Dietetics	30	30	-	-	20	07	80	28	-	-	100	35	02
BYND 404	OE	History/Political Science/Sociology/English Literature/Pali/Prakit/Indian Psychology/MOOC	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 405	VSC	Yoga Practical IV	90	-	-	90	20	07	-	-	80	28	100	35	03
BYND 406	AEC	Constitution of India	30	30	-	-	20	07	80	28	-	-	100	35	02
BYND 407	CEP/CC	NCC/NSS	60	-	-	60	-	-	-	-	-	-	-	Grade	02
BYND 408	SEC	Indian Scripts	90	-	-	90	20	07	80	28	-	-	100	35	03
	Total	22	450	195	-	255	140	49	480	168	80	28	700	245	22
	Total	22+22	945	390	30	525	280	98	880	308	240	84	1400	490	44



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							(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)					(In case of joint passing)			
				A	B	C	A + B + C								
L	T	P	Max	Passing	Max	Passing	Max	Passing	Max	Passing					
	Exit Course	Exit Option: Award of UG Certificate in Major with 80-88 credits and an additional 4 credits core NSQF course/Internship OR Continue with Major and Minor													04
	Third Year - Semester V (Level 5.5)														
BYND 501	Major SSC	Yoga Philosophy I	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 502	Major DSC	Hathayoga Text	60	40	-	20	20	07	80	28	-	-	100	35	04
BYND 503	Major DSE	Diet Counselling/Physiotherapy/Modern Diagnostic Methods/Sports Nutrition/MOOC	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 504	VSC	Community Medicine	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 505	Minor	Common Human Ailments	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 506	FP	Field Project/CEP	60	-	-	60	-	-	-	-	-	-	-	Grade	02
	Total	22	360	280	-	80	100	35	400	140	-	-	500	175	22
	Third Year - Semester VI (Level 5.5)														
BYND 601	Major SSC	Yoga Philosophy II	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 602	Major DSC	Evidence Based Yoga Therapy	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 603	Major DSC	Applied Yoga	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 604	Major DSE	Institutional Food Management/Yogic Diet/Fundamentals Of Ayurveda/MOOC	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 605	Minor	Public Nutrition	45	45	-	-	20	07	80	28	-	-	100	35	03
BYND 606	IN/AP	Internship/Apprenticeship I	120	-	-	120	-	-	-	-	-	-	-	Grade	04
	Total	22	390	270	-	120	100	35	400	140	-	-	500	175	22
	Total	22+22	750	550	-	200	200	70	800	280	-	-	1000	350	44



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Course Code	Course Type	Course Title	Teaching/ Activity hours	Lecture (L) /Tutorial (*T)/ Practical (*P) per week			Internal		Theory		Other		Subject Total		Credits
							(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)						(In case of joint passing)		
				A		B		C		A + B + C					
L	T	P	Max	Passing	Max	Passing	Max	Passing	Max	Passing	Max	Passing			
Total for UG Degree			2535	1420	150	1070	800	280	2640	924	560	196	4000	1400	132
	(Honors) Fourth Year - Semester VII (Level 6)														
BYND 701	Major SSC	Essense of Bhagvadgeeta	75	75	-	-	20	07	80	28	-	-	100	35	05
BYND 702	Major DSC	Nature Cure Therapy - I	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 703	Major DSE	Diet Counselling/Physiotherapy/Modern Diagnostic Methods/Sports Nutrition/MOOC	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 704	Minor	Research Methodology	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 705	Major DSC	Yoga Practical V	150	-	75	75	20	07	-	-	80	28	100	35	05
	Total	22	405	255	75	75	100	35	320	112	80	28	500	175	22
	(Honors) Fourth Year - Semester VIII (Level 6)														
BYND 801	Major SSC	Siddhasiddhantapaddhati	75	75	-	-	20	07	80	28	-	-	100	35	05
BYND 802	Major DSC	Nature Cure Therapy - II	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 803	Major DSE	Institutional Food Management/Yogic Diet/Fundamentals Of Ayurveda/MOOC	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND 804	Major DSC	Yoga Practical VI	150	-	75	75	20	07	-	-	80	28	100	35	05
BYND 805	IN/AP	Internship/Apprenticeship II	120	-	-	120	-	-	-	-	-	-	-	Grade	04
	Total	22	465	195	75	195	80	28	240	84	80	28	400	140	22
	Total	22+22	870	450	150	270	180	63	560	196	160	56	900	315	44



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							(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)						(In case of joint passing)		
							A		B		C		A + B + C		
				L	T	P	Max	Passing	Max	Passing	Max	Passing	Max	Passing	
Total for UG Honors Degree			3405	1870	300	1340	980	343	3200	1120	720	252	4900	1715	176
	(Honors with Research) Fourth Year - Semester VII (Level 6)														
BYND R01	Major SSC	Introduction To Indian Textual Criticism	75	75	-	-	20	07	80	28	-	-	100	35	05
BYND R02	Major DSC	Shastric Research Methodology	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND R03	Major DSE	Descriptive Statistics	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND R04	Minor	Research Methodology	75	75	-	-	20	07	80	28	-	-	100	35	05
BYND R05	RP	Research Proposal	60	-	-	60	-	-	-	-	-	-	-	Grade	04
	Total	22	330	270	-	60	80	28	320	112	-	-	400	140	22
	(Honors with Research) Fourth Year - Semester VIII (Level 6)														
BYND R06	Major SSC	Research in Naturopathy and Dietetics	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND R07	Major DSC	Scientific Writing	60	-	20	40	20	07	80	28	-	-	100	35	04
BYND R08	Major DSC	ICT in Research	60	60	-	-	20	07	80	28	-	-	100	35	04
BYND R09	RP	Research Project/Dissertation	270	30	-	240	-	-	-	-	-	-	-	Grade	10
	Total	22	450	150	20	280	60	21	240	84	-	-	300	105	22
	Total	22+22	780	420	20	340	140	49	560	196	160	56	700	245	44
Total for UG Honors with Research Degree			3315	1840	170	1410	940	329	3200	1120	560	196	4700	1645	176



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Basket for Generic Electives

Course Nature	Course Code	Course Title
Elective	Generic 1	History
Elective	Generic 2	Political Science
Elective	Generic 3	Sociology
Elective	Generic 4	English Literature
Elective	Generic 5	Pali
Elective	Generic 6	Prakrit
Elective	Generic 7	Indian Psychology
Elective	Generic 8	MOOC

Basket for Major Electives

Course Nature	Course Code	Course Title
Elective	Major 1	Diet Counselling
Elective	Major 2	Institutional Food Management
Elective	Major 3	Physiotherapy
Elective	Major 4	Yogic Diet
Elective	Major 5	Modern Diagnostic Methods
Elective	Major 6	Fundamentals of Ayurveda
Elective	Major 7	Sports Nutrition
Elective	Major 8	MOOC



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 वारंगा कार्यालय – शैक्षणिक परिसर, पाचवा माळ, ना.सु.प्र. संकुल, मोरभवन जवळ, सीताबर्डी, नागपूर – ४४००१२ (महाराष्ट्रम्)

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Question Paper Structure:

Question No.	Type of Question	Ques/Choice	Unit	Marks Distribution
Semester Exam – Theory (80 Marks)				
Note- All questions will carry equal marks . Answer any5 out of 8 questions, carrying 16 Marks each). It is compulsory to have equal questions on every Unit.				
Question 1	Long Question/ Short Questions/ Short Notes/ Objectives/ Reference to context/ Or Any other Type	As per Examiner Choice	Unit 1, Unit 2, Unit 3 and Unit 4 (Compulsory from all the four Units)	16
Question 2				16
Question 3				16
Question 4				16
Question 5				16
Question 6				16
Question 7				16
Question 8				16
				Total = 80
Semester Exam – Practical				
One question per subject	Randomly selected lesson plan/task for each unit	As per Examiner Choice	Compulsory from all the Units	Equal Distribution of the marks for each unit
				20
				Total = 40



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Basket for Generic Electives

This Basket containing Generic/Open Electives is offered to the students to choose one subject for Semester II, III and IV each. They can choose any subject from the same but only for one time.

History			
Semester: II/III/IV		Course Code: Generic 1	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Chapter I

- The Harappan Civilization: Extent, Town Planning, Social, Religious Condition
- Rig Vedic, Later Vedic Age: Polity, Society, Religious Condition
- Jainism, Buddhism: Origin, Tenets

Chapter II

- Chandragupta Maurya: Administration
- Ashoka: His Conquests, Dhamma
- The Gupta Dynasty: Chandra Gupta I, Samudragupta, Chandragupta Vikramaditya
- Invasions of India: Mohammad -bin-Kasim, Mohammad Ghazni, Mohammad Ghori

Chapter III

- Iltutmish: Founder of Slave Dynasty, Balban - Blood and Iron Policy
- Alauddin Khilji: Market Control Policy, His conquests
- Mohammad-bin-Tuglaq: His Experiments, Firoz Tuglaq – Administration

Chapter IV

- Bhakti Movement: Ramanand, Kabir, Nanak
- Sufi Cult: Tenets, Moinuddin Chisti
- Architecture of Sultanate Period

Reference Books:

1. The Wonder that was India - A.L. Basham
2. History & Culture of the Indian people Vols II, III, IV & V (Bharatiya Vidya Bhavan Series) - R.C. Majumdar et al.
3. Ancient India – R.C. Majumdar
4. Ancient India – V.D. Mahajan
5. Ancient Indian History & Culture S.R. Sharma.



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6. Medieval India, from Sultante to the Mughals - Satish Chandra.
7. Delhi Sultanate A.L. Shrivastava.
8. Mughal Empire. A.L. Shrivastava.
9. New History of the Marathas Vol. I G.S. Sardesai.

Political Science			
Semester: II/III/IV		Course Code: Generic 2	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Chapter I - Political Theory and State

- Political Theory: Meaning, Nature (Normative and Empirical), Scope and Significance
- State: Meaning, Basic Elements. Approaches (Liberal and Marxist)

Chapter II - Power and Authority

- Power: Meaning, Nature. Significance And Types
- Authority: Meaning, Nature, Significance and Types

Chapter III - Liberty and Equality

- Liberty: Meaning. Nature. Significance And Types
- Equality: Meaning, Nature and Significance and Types

Chapter IV - Rights and Justice

- Rights: Meaning, Nature, Types, Theory of Natural Rights. Legal Theories of Rights
- Justice: Meaning, Nature, Types, Distributive Justice
- Feminist Perspective

Reference Books –

1. Amaj Ray & Mohit Bhattacharya: Political theory and Institutions
2. Gauba O.P.: An Introduction to Political Theory, 2014
3. Sushila Ramaswami: Political Theory: Ideas and Concepts, 2010.
4. Sushila Ramaswami: Political Theory and Thought, 2010.
5. Sushila Ramaswami: Key Concepts in Political Theory, 2014.
6. Omprakash Goba: Politics-Theory and Contemplation, Discussions on Politics-Theory
7. Gavaie Jogendra, Hasham Sheikh: Political Theory, Vishwa Prakashan, Nagpur, 2013.



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8. Deshmukh Alka: Political Theory, Sainath Prakashan Nagpur, 2014.

9. Kale Ashoka: Political Theory, Vidya Prakashan, Nagpur, 2007

Sociology			
Semester: II/III/IV		Course Code: Generic 3	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Chapter I - Understanding Sociology

- Sociology: Its meaning, definition and characteristics as a science
- Relationship of sociology with other social sciences: Anthropology, History, Political Science and Economics

Chapter II - Basic Concepts in Sociology

- Groups, reference groups, association, institution, community and society
- Development of human societies: Pre-modern societies (hunting and gathering societies, pastoral and agrarian societies.), Modern industrial Society: Its characteristics- industrialism, capitalism, urbanism, liberal democracy.
- Society and Individual: A mutual relationship.

Chapter III - Socialization

- Meaning, processes and importance of socialization.
- Agencies of socialization: Family, education, religion, peer group and mass media.
- Mead's concepts of 'I', 'Me' and Socialization.

Chapter IV - Social structure

- Elements of social structure.
 - Functions and dysfunctions of social Structure.
 - Socio-cultural processes: Cooperation, conflict, accommodation, assimilation and competition
1. Bottomore, T.B., Sociology: A guide to problems and literature, George Allen and Unwin (India), BomBNY, 1972.
 2. Harlambos Michael, Martin Holborn and Robin Heald, 2000, Sociology: Themes and Perspectives, Collins.
 3. Inkeles, Alex, what is Sociology? Prentice-Hall of India, New Delhi, 1987.
 4. Jayaram, N., Introductory Sociology, Macmillan India, Madras, 1988.
 5. Johnson, Harry M., Sociology: A Systematic Introduction, Allied Publishers, New Delhi, 1995.
 6. Schaefer, Richard T. and Robert P. Lamm, Sociology, Tata-McGraw Hill, New Delhi, 1999.



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7. Ghode R.N., and BhauDaydar, Sociology: Basic concepts, S. Spectrum Publication, Nagpur.
8. Melvin M. Tumin, Social Stratification, Prentice-Hall, Inc., Englewood Cliffs, New Jersey.
9. Vivek, P.S., Sociological Perspectives and Indian Sociology, Himalaya Publishing House, Mumbai, 2002.
10. Vaidya, N. S., Samajshastra, Vidya Prakashan, Ruikar Marg, Nagpur.

English Literature			
Semester: II/III/IV		Course Code: Generic 4	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Chapter I - Poetry

Following poems Prescribed from **Selections of Literature from Elizabethan to Restoration Ages**, Edited by Kapil Singhel, Madhavi Moharil, Dhanraj Shete (Orient Black Swan)

1. Easter Edmund Spencer
2. Let Not Old Age Disgrace My High Desire: Philip Sidney
3. Sonnet to Sir Philip Sidney's Soul: Henry Constable
4. The Treasure of Our Tongue: Samuel Danial
5. Taking My Pen: Michael Drayton
6. All the World's a Stage: Shakespeare
7. A Hymn to God the Father: Ben Jonson

Chapter 2 - Prose

The following essays of Francis Bacon from Selections of Literature from Elizabethan to Restoration Ages are prescribed: of Friendship, of Travel, of Studies, of Adversity

Chapter 3 - Shakespearean Drama

Shakespeare: Merchant of Venice, Edited by Deepti Dharmani, Pankaj Sharma and Umed Singhl, Macmillan Education

Chapter 4 - Literary Forms and Terms

Forms of Drama: Tragedy, Comedy, Tragi-Comedy, Farce & Melodrama, Chronicle Play, Poetic Drama, Problem Play, Absurd Drama.

Literary Terms: Conceit, Decorum, Denouement, Dialect, Epigraph, Epiphany, Epitaph, Euphemism

Reference Books:

1. Selections of Literature from Elizabethan to Restoration Ages, Edited by Kapil Singhel, Madhavi Moharil, Dhanraj Shete (Orient Black Swan)



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2. Shakespeare: Interpreting a play: The Merchant of Venice, Edited by Deepti Dharnani, Pankaj Sharma and Umed Singh, Macmillian Edition.

Pali			
Semester: II/III/IV		Course Code: Generic 5	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Chapter I - Gajjavibhago I

Chapter II - Gajjavibhago II

Chapter III - Pajjavibhago I

Chapter IV - Pajjavibhago II

Reference Books:

1. Jataka, VRI Publication, Igatpuri
2. Dhammapada, VRI Publication, Igatpuri
3. Sanyutta Nikaya, VRIPublication, Igatpuri
4. Jatakamala & Nivadak Dhammapada, Dr. Malti Bodele
5. Majjhim Nikaya, VRI Publication, Igatpuri
6. Suttanipat, VRI Publication, Igatpuri

Prakrit			
Semester: II/III/IV		Course Code: Generic 6	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Chapter I - भाषापद निर्वचन तथा भाषापरिवार

Chapter II – भारोपीय भाषायें तथा प्राकृत

Chapter III – भारतीय आर्यभाषा परिवार



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Chapter IV - प्राकृत से अनुप्राणित- भारतीय- भाषाए

Reference Books:

1. प्राकृत साहित्य का इतिहास, डॉ. जगदीशचंद जैन, वाराणसी

NEP Implementation Points – Inclusion of Linguistically aspects in teaching learning process.

Indian Psychology			
Semester: II/III/IV		Course Code: Generic 7	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Chapter I

The Psychology of the Vedas

The Upanishads: First synthesis of Psychology

Chapter II

Samkhya and the Yoga Systems

Psychology and the Puranas

Chapter III

Introduction to Indian Perspectives: Jainism, Buddhism, Nyaya, Charvak, Bhagvadgita

Methods of knowing

Chapter IV

Yoga, Health and Well-Being

Reference Books:

1. Prachyamanovijananam, Prof. Parag Joshi, KKSU Publication, 2020.
2. Arvachinam Manovijnanm, Mamaraj Datta kapil, Varanasi, 2018

MOOC			
Semester: II/III/IV		Course Code: Generic 8	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		



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SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms.

Note: Once a student passes this course, the concerned credits will be transferred to their ABC by the University/college.

Basket for Major Electives

This Basket containing Major/ Discipline Specific Electives is offered to the students to choose one subject for Semester V, VI, VII and VIII (Honors only) each. They can choose any subject from the same but only for once.

Diet Counselling			
Semester: V/VI/VII/VIII		Subject Code: Major Elective 1	
Total Hrs: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 – Counseling for General Health [10 Hrs.]

- What is Counselling? Importance of Counselling.
- Therapeutic Diets - Type of Therapeutic Diets
- Modifications of diet.
- Malnutrition & Assessment Nutrition Status

Unit 2 – Diet and Disease – I [20 Hrs.]

- Diet Counselling for Diabetes
- Diet Counselling for Obesity

Unit 3 – Diet and Disease – II [20 Hrs.]

- Diet Counselling for Cardiovascular Diseases
- Diet Counselling for Infections & Fevers

Unit 4 – Diet and Disease – III [10 Hrs.]

- Diet Counselling for GI disorders & Liver Diseases

Recommended Readings:

1. B Srilakshmi, Dietetics, New Age International Publications, 8th Edition

Reference Books:

1. Shubhangini A Joshi, Nutrition and Dietetics with Indian Case Studies, McGraw Hill Education, 2017



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Institutional Food Management			
Semester: V/VI/VII/VIII		Subject Code: Major Elective 2	
Total Hrs: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 – Organization of Spaces & Equipment [10 Hrs.]

- Kitchen Spaces, Storage Spaces, Service areas.
- Classification and selection of equipment
- Equipment Design, Installation & Operation.
- Purchasing Equipment
- Care and Maintenance of equipment's.

Unit 2 – Food Management [25 Hrs.]

- Characteristics of food
- Food Purchasing
- Receiving and storage of food
- Menu Planning
- Food Production
- Food Service and Dish washing
- Leftover Food Management

Unit 3 – Financial Management [15 Hrs.]

- Definition and scope
- Cost concepts
- Cost control
- Pricing
- Book Keeping & Accounting

Unit 4 – Hygiene, Sanitation & Safety [10 Hrs.]

- Hygiene -Environmental & Personal
- Sanitation - Environmental & Personal
- Accidents from structural inadequacies, improper placement of equipment's, nature and behavior of people at work.
- Accidents from improper selection installation, maintenance and storage of equipment
- Safety Procedure and Training

Recommended Readings:

1. Mohini Sethi, Institutional Food Management, New Age English Publishers, Second Edition

Reference Books:



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1. Sunetra Roday, Food Hygiene and Sanitation, McGraw Hill Education, Second Edition.

Physiotherapy			
Semester V/VI/VII/VIII		Subject Code: Major Elective 3	
Total Hrs: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment + Attendance + VIVA	Demonstration + VIVA	
80	10+05+05= 20		

Unit 1 – Introduction of Exercise Therapy [15 Hrs.]

Starting Positions- Fundamental Starting Positions, Derived Positions, Muscle work for all the Fundamental starting positions

- Manual Muscle Testing
- Goniometry

Classification of movements on details-

- Voluntary Movements
- Involuntary Movements
- Active & Passive movements

Unit 2 – Techniques of relaxation [10 Hrs.]

- Principles of obtaining relaxation in various positions
- Types, factor responsible for good posture, factor responsible for poor development of good posture
- Principles & Techniques of re-education, walking aids Analysis of normal Gait with muscles work
- Various Pathological gaits; Crutch Gait- Introduction, Crutch Measurement, Various types of Crutch gait (in Delhi)

Unit 3 – Exercise [10 Hrs.]

- Mobilization Exercise
- Strengthening Exercise
- Stretching Exercise

Unit 4 – Electrotherapy [15 Hrs.]

- Shortwave Diathermy
- Microwave Diathermy
- Ultrasonic Therapy
- Interferential Therapy
- Infrared Radiation Therapy
- Ultraviolet Radiation Therapy
- Basic Principles of transcutaneous nerve stimulation & interferential therapy

Recommended Readings:



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1. Essentials of Medical Physiology, 6th Edition- K Sembulingam
2. Text Book of Bio-Mechanics and Exercise Therapy- C. Nagavani

Reference Books:

1. Guide to Evidence-Based Physical Therapist Practice by Dianne Jewell
2. Muscles: Testing and Function with Posture and Pain by Florence P. Kendall
3. Explain Pain by David S. Butler and G. Lorimer Moseley
4. Textbook Of Electrotherapy Paperback – Jagmohan Singh (Author)

Yogic Diet			
Semester: V/VI/VII/VIII		Subject Code: Major Elective 4	
Total Hrs: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit I – Introduction to Yogic Diet

Introduction to Ahara, objectives of taking ahara; concept of Mitahara; Classification of diet according to traditional yoga texts: Hatha Pradipika, Gheranda Samhita and Bhagavad Geeta; Pathya and Apathya according to these texts; Relationship of Trigunas with ahara; Importance of yogic diet for yoga practice; Role of yogic diet in healthy living;

Unit II – Dietetics in Yoga

Vegetarian vs Non-vegetarian diet; classification of diet according to Triguna; Panchabhuta; relationships of Rasa, Virya and Guna; References of specific foods in yoga texts

Unit III – Dietetics in Ayurveda

Concept of Ahara in Ayurveda; concept of Pathya and Apathya; rules for taking solid food, rules for taking liquid diet, composition of diet, ideal timing for eating food according to Ayurveda; relationship of Doshas with diet; diet according to prakirit; wrong diet habits; imbalance of doshas due to wrong diet; importance of ahara in treatment of dosha imbalance;

Unit IV – Importance of Yogics Diet in Today's Life

Importance of Mitahara; role of yogic diet in proximate principle of diet; role of yogic diet in balanced diet concept; concepts of Anahara and ati ahara; concept of upawasa, scientific bases of fasting, types and methods of fasting in India, benefits and contra-indications of fasting; concept of yogic diet as a natural diet; negative effects of packed food, junk food and fast food; control on intake of harmful diet by using yogic practices; diet and its impact on personality, yogic diet for good personality.

Fundamentals of Ayurveda			
Semester: V/VI/VII/VIII		Subject Code: Major Elective 5	
Total Hrs: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		



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Unit I – Introduction to Ayurveda

Introduction to Ayurveda, Definition, aim of Ayurveda, origin, history and propagation; Introduction to principle Ayurvedic texts, Charaka Samhita, Sushruta Samhita and Ashtanga Samghra; Ashtanga Ayurveda and its significance; Concept of Health according to Ayurveda and its utility in health promotion and prevention.

Unit II – Basic Principle of Ayurveda

Tridosha, Saptadhatu, Trimala, Pancha Mahabhuta, Prakruti & Manas; Concept and importance of Swasthavrita, Dinacharya, Ritucharya; Concept of Sadvrita and Achara Rasayana; Concept of Agni, Srotas and Ama, Concept of Dharniya and Adharniya Vega in Ayurveda; Introduction to Dravya, Guna, Karma, Virya, Vipaka and Prabhava.

Unit III – Upastambhas in Ayurveda

Concept of Upastambhas; Concept of Ahara, Ahara pachana, Pathya & Apathya in Ayurveda; Introduction to Shariraposhana; Concept of Oja in Ayurveda; Role of Ayurvedic diet in maintenance of health and prevention.

Unit IV – Panchakarmas in Ayurveda

Concept of Panchakarmas, types and importance; Role of Poorva and Paschat Karma in Panchakarma; Significance of Panchakarma in Ayurveda and Shatkarma in Yoga; Approach of Ayurveda in relation to total health.

Modern Diagnostic Techniques			
Semester: V/VI/VII/VIII		Subject Code: Major Elective 6	
Total Hrs: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 – [10 Hrs.]

- Examination of the Patient.
- Approach to a Patient.
- History taking and case sheet writing
- Symptomatology
- Examination of Vital Data
- Importance of height, weight, abdominal girth

Unit 2 – [20 Hrs.]

- General physical examination
- Examination of breasts, back, spine and genitals



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- Systemic examination of the patient like Abdomen (Digestive system),
- Cardiovascular System, Respiratory System, Renal System (Urinary system), Central nervous system, Locomotor system, Examination of ear, nose and throat and Gynecological examination for female only
- Provisional Diagnosis

Unit 3 – [20 Hrs.]

- Routine and Special Laboratory investigation for urine, stools
- Blood examination like Peripheral smear, Total WBC count, differential
- WBC count E.S.R. Hb%, Blood Sugar, Blood urea, serum uric acid, serum lipid profile, Serum Creatinine liver function last
- Radiological investigation and Contrast Radiography
- ECG – Electrocardiography, Echo-cardiography, Coronary angiography
- and – Electro-encephalography (EEG)

Unit 4 - [10 Hrs.]

- Diagnostic Thoracocentesis
- Thyroid T3, T4, TSH estimation.
- Ultra – sonography
- Computerized tomography scan (CT scan)

Practical:

- History Taking & Physical Examination of cases
- Case Sheet writing in different general cases

Recommended Readings:

1. Manual of Clinical Methods – by S.P.Shanker
2. Hutchison's Clinical Methods

Reference Books:

Clinical Diagnosis – by Jal Vakil

Sports Nutrition			
Semester: V/VI/VII/VIII		Subject Code: Major Elective 7	
Total Hrs: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit I –

Unit II –

Unit III -



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Unit IV -

MOOC			
Semester: V/VI/VII/VIII		Course Code: Major Elective 8	
Total Hrs.: 60/45		Credits: 4/3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to course related to the Yoga and allied science subjects of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms.

Note: Once a student passes this course, the concerned credits will be transferred to their ABC by the University/college.

Semester I

History and Development of Yoga			
Semester: I		Course Code: BNY101	
Total Hrs.: 45		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit I - History and Development of Yoga [15 Hrs]

General introduction to yoga, etymology of the word 'Yoga', definitions of yoga according to different texts, history of yoga, development of yogic practices from Vedic to modern period, aim and objectives of yoga, common misconceptions of yoga, importance of yoga.

Unit II – Paths of Yoga [15]

Introduction to four Traditional Paths of Yoga;

Paths of Yoga from other traditions: Hathayoga, Swarayoga, Mantrayoga etc.,

Unit III – Introduction to Yogic Terminologies [15]

Concept of Panchakosha, Concept of Pancha Prana and Upapranas, Concept of Nadi, Concept of Kundalini and Chakra



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Anatomy and Physiology of Human Body			
Semester: I		Course Code: BNY102	
Total Hrs.: 45		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit I - [15 Hrs.]

General Introduction to Cell: Cell structure and Cell organelles

Development of Tissues and Muscles

General introduction to Muscular System and Skeletal System

Unit II – [15 Hrs]

General Introduction to the Digestive System and Excretory System

General Introduction to Circulatory System and Respiratory System

Unit III – [15 Hrs.]

General Introduction to the Nervous System and Endocrine Glands

General Introduction to the Reproductive System and Special Senses

Foundation of Sanskrit			
Semester: I		Course Code: BNY103	
Total Hrs.: 45		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit I Nitishatakam (First five paddhati)

(मूर्ख पद्धती, विद्वत्- पद्धती, मानशौर्य - पद्धती, अर्थ - पद्धती, दुर्जन- पद्धती)

Unit II - Abhyasapustakam Environmental Education			
Semester: I		Course Code: BNY104	
Total Hrs.: 60		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		



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Unit 1 – Introduction to environmental studies and Ecosystem [10 Hrs.]

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; Introduction to ecosystem; structure and function of ecosystem; energy flow in an ecosystem: food chains, food webs and ecological succession.

Unit 2 – Environmental Pollution, policies & practices [20 Hrs.]

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Solid waste management: Control measures of urban and industrial waste; Environmental policies & practices; Sustainability and sustainable development; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

Reference Books:

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002.
3. Gadgil, M., This fissured land: an ecological history of India. University of California Press.
4. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
5. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment, Cambridge Uni. Press.
6. Mc Cully, P. 1996. Silenced rivers: the ecology and politics of large dams. Zed Books.

Yoga Practical I			
Semester: I		Course Code: BNY105	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Unit 1 – Loosening Exercises and Yogic Sukshma Vyayamas [15 Hrs.]

Loosening exercises: Twisting, Side bending, Forward-backward bending, Twisting and bending.

Yogic Sukshma Vyayama: Kapola shakti vikasak, karna shakti vikasaka, greeva shakti vikasaka, karatala shakti vikasaka, manibandha shakti vikasaka, poornabhooja shakti vikasaka, vakshasthala shakti vikasaka, jangha shakti vikasaka, padamoola shakti vikasaka.

Unit 2 – Pre-positions and Basic Asanas [20 Hrs.]



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Standing position, standing position with legs apart, relaxed standing position; sitting position, relaxed sitting position; prone position, supine position; pre-position for Surya Namaskar; switching between the positions.

Asanas in supine position: Ekapada Pavana Muktasana, Ekapada Uttana Padasana, Anantasana.

Asanas in prone position: Ardha Shalabhasana, Sahajahasta Bhujangasana;

Asanas in sitting position: Swastikasana, Vajrasana, Pada Hastasana, Hasta Shirasana, Parvatasana, Sharanagat Mudra, Vakrasana-1, Marjarasana.

Asanas in standing position: Ardha Kati Chakrasana, Hasta Padasana, Ardha Chandrasana, Trikonasana;

Relaxing Asanas: Shavasana (Supine position); Makarasana (Prone position); Tadagasana (Supine Position)

Unit 3 – Primary Breathing Techniques [15 Hrs.]

Breath awareness; Controlled breathing, fast breathing (with gradually increasing and decreasing speed), sectional fast breathing; deep breathing (With 1:1, 1:1.5 and 1:2 ratio of Inhalation: Exhalation), sectional deep breathing; Pranav mudra for sectional breathing; Rabbit breathing, Dog breathing, Tiger breathing; Abdomen, thoracic and clavicular breathing.

Unit 4 – Meditation [10 Hrs.]

Omkar chanting with 2:3:5 ratio of A: U: M; Gayatri Matra Chanting.

Reference Books:

1. Dharendra B., Yogic Sukshma Vyayama, Dharendra Yoga Prakasha, New Delhi, 1980.
2. Swami Dharendra Bhramhachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi.
3. Mandlik V., Yoga Sanjivan, Yogachaitanya Prakashana, Nashik.
4. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.
5. Mandlik V., Yoga Pravesha, Yogachaitanya Prakashana, Nashik.
6. Swami Kuvalyananda, Asana, Kaivalyadhama, Lonavla.
7. Swami Satyananda Saraswati, Asana, Pranayama, Bandha, Mudra, Yoga Publication Trust.
8. Basavaraddi, I.V. & others, Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi.
9. Swami Niranjanananda S., Mantra & Yantra, Yoga Publication Trust, Bihar.



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English Communication I			
Semester: I		Course Code: BNY106	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Unit I - Pronunciation, Stress and Intonation

1. Introduction to communication
2. Introduction to English Sound System - Consonants, vowels and diphthongs.
3. Intonations and Stress patterns
4. Weak forms of words.

Unit II - Grammar

1. Basic grammar
2. Assertive and declarative sentences.
3. Negation and Interrogation

Unit III - Vocabulary building

References:

1. Speaking- Martin Bygote, Oxford University press
2. A University Grammar of English – Quirk and Greenbaum, Longman
3. English vocabulary in use, - Redman, Cambridge Lowpriced Edition.
4. Better English pronunciation- J.D.O' Connor
(With two audio cassettes), Cambridge Low priced Edition
5. Patterns of Spoken English- Knowles
6. English: The Easy Way – Norman Schachter, South- Western publishing Company.

Sports/Cultural Activity			
Semester: I		Course Code: BNY107	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	



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Sports

Participation in Local level, Department level, College level, University level, regional level, State level and National level Sports Competitions etc.

Participation in College/ University/Institution level Regular/Special Activities

International Day of Yoga. World Environment Day. Drive of Plantation of saplings. Van Mahotsava, District level/University level leadership camp. Women empowerment- Lectures, seminars. Health Check up, Dental Check up, Blood Donation, Health Awareness Activities. Population Awareness Programme. Nirmalya Collection during the Immersion of Ganesh Idols etc.in various festivals in Maharashtra for controlling crowd & maintaining religious harmony. Road safety programme. Swachha bharat Pakhawada by organizing the following activities- Cleanliness Drive, Pledge Ceremony to Create Awareness, Cleanliness Drive in the Adopted Villages, Gram Panchayats, Mass Anti Polythene Campaign, Slogan writing and Debates on Swachhata, Workshop and Seminars on Swachhata and Create Awareness on healthy habits like washing hands before and after taking meals, use of toilets etc. Social Harmony Programme. Organ Donation Awareness campaign. Water Conservation Awareness. Food Safety Awareness Campaign. "Majhi Vasundhara" Abhiyan. Celebration of Gandhi Jayanti & Communal Harmony Day on 2nd October. Swachha Bharat Campaign. Traffic Week Celebration by conducting training on Traffic Rules & Signals in Collaboration with Police Traffic Cell. National Day for Disaster Reduction. Digital India Awareness. Self Defense Training World AIDS Day. Beti Bachao Abhiyan Awareness campaign. Skill Development/Employment Generation / career counselling. Voter Awareness, NSS Foundation Day Celebrations and other programs informed by authorities time to time.

Important Instructions:

- 1- Students will have to complete 30 hours from each unit mentioned above along with the 15 hours of activities such as preparation of activities, services, report writing etc...
- 2- Credits will be approved only after the production of valid documents such as certificate/attendance letter obtained from the organising institution/body.

Desktop Publishing			
Semester: I		Course Code: BNY108	
Total Hrs.: 90		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Unit I - Computer Fundamentals

Introduction to Computer: Functional Block Diagram

Computer: History and Development Evolution of Computer

An Introduction to Computer

Overview of Computer: Input Devices



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Evolution and Development of Microprocessors, Part-1

Operating System Software

Computer Software's - Application Software

An Introduction to Computer - Operating System

Operating System: Utility Software Tools

Unit II – Page-setup Using Word Processing Software

MS Word - Identify the various benefits of using word processing software. • Identify the main parts of the Microsoft Word window. • Identify the purpose of the commands on the menu bar. • Copy, cut and paste text. • Work with the buttons on the toolbar. • Type, edit and format text. • Work with pictures. • Work with language tools (spell check). • Open, save, save as, and print Microsoft Word files

Unit III – Working with Presentations Software

A defined Master slide, Defined Theme Font, Defined Theme Colours, Theme Effects, Empty and custom slide layouts, Animations, designs, being able to add images, audio and videos, and also editing those images and videos

The specialty of the publisher is that it has many other pre-published editions available in it. Like Newsletters, Brochure, Invitation Card, Greeting Cards, Mailing Label, Banner, Web Page, etc. all this is there in it. To prepare all above this within few minutes with the help of a wizard available on the Microsoft publisher

Semester II

Introduction to Indian Philosophy			
Semester: II		Course Code: BNY201	
Total Hrs.: 45		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I - Evolution of Darshan as Philosophy in India

Othodox System and Heterodox System

Unit II – Orthodox Systems

Brief accounts of Sankhya, Yoga, Nyaya, Vaisheshika, Mimamsa and Vedanta.

Unit III – Heterodox Systems

Brief accounts of Charvak's Thoughts, Buddhism and Jainism.

References Books:



Kavikulaguru Kalidas Sanskrit University, Ramtek

1. Karambalekar V., Sanskrit Sahityacha Sopapattik Itihasa, Vidya Bharati Prakashan
2. Dixit S., Bharatiya Tatvadyan, Phadake Prakashan, Kolhapur
3. Saraswati S., Kundalini Tantra, Yoga Publication Trust, Bihar, Second Edition.
4. Upadhyaya B., Bharitya Darshan, Chaukhamba Orientalia, Delhi.
5. Hinze O. M., Tantra Vidya, Motilal Banarasidas, Delhi, Second Edition
6. Shastri G., A Concise History of Classical Sanskrit Literature, Motilal Banarasidas, Delhi
7. Sinha H. P., Bharitya Darshana ki Rooprekha, Motilal Banarasidas, Delhi.

Introduction to Indian Philosophy			
Semester: II		Course Code: BNY202	
Total Hrs.: 45		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Basics of Nature Cure [15 Hrs.]

What is Nature cure? Definitions of Nature Cure and History of Naturopathy; Basic Principles of Nature Cure; Laws of Nature; Violations of Nature; Catechism of Nature Cure - Constructive Principle and Destructive Principle.

Unit 2 – History and Philosophy of Indian Naturopaths [10 Hrs.]

Mahatma Gandhi; Vinoba Bhave; Krishnam Raju; Lakshman Sharma; B. Venkat Rao; Vithaldas Modi; Acharya Pacha Venkatramaiah; S. J. Singh; Kulranjan Mukherjee; Dinshaw mehta.

Unit 3 – History and Philosophy of Foreign Naturopaths [10 Hrs.]

Hippocrates; Vincent Priessnitz; Sebastian Kneipp; Louis Kuhne; Henry Lindlahr; Herbert Shelton; Adolf just; Arnold Rickli; Bernard Jensen; Arnold Ehret; F.W.Collins; R.M.Mclain.

Unit 4 – Diagnostic Methods in Naturopathy [15 Hrs.]

Characteristics of the Healthy Body - Normal functions; Introduction to the science of facial expression; Historical highlights, Definition and scope of the science of facial expression; Foreign matter theory - Definition of foreign matter; The process of accumulation of foreign matter in the body; Encumbrance; Changes caused in the body due to the accumulation of foreign matter.

Recommended Readings:

1. S. J. Singh, History and Philosophy of Naturopathy, Nature Cure Council of Medical Research
2. Harry Benjamin, Everybody's guide to Nature cure, Read Books Limited



Kavikulaguru Kalidas Sanskrit University, Ramtek

3. M. K. Gandhi, Nature Cure, Navajivan Publishing House

4. H. K. Bakhru, The Complete Handbook of Nature Cure, Jaico Publishing House

Reference Books:

1. Henry Lindlahr, Iridiagnosis and other Diagnostic Methods, Creative Media Partners, LLC

2. Louis Kuhne, Science of Facial Expression, Health Research

3. Louis Kuhne, The New science healing, Health Research

Teaching Methods of Yogic Practices			
Semester: II		Course Code: BNY203	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Yoga teaching

Yoga teaching for different levels (beginners, advanced, children, youth, women etc.); Objectives of teaching asanas, aspects of teaching asanas (teaching the posture, revision and correction); Objectives of teaching pranayamas, aspects of teaching pranayamas; categories of corrections, important points for effective teaching, ethical guidelines for yoga teacher.

Unit 2 – Lesson Planning

Salient features of lesson planning; need of lesson plan in yoga teaching; essentials of good lesson plan; lesson plan content; initial part of lesson, main content, end part of lesson; Micro lesson planning; Choosing sequence of yogic practices, prayers, loosening exercises, pre-positions, preparatory movements, revision asanas, full time revision, preparatory revision, teaching new yogic practice.

Unit 3 – Lesson Plans for Different Levels

Lesson plan for Beginners class and its micro lesson planning (15 days to one month course); lesson plan for advance yoga class and its micro lesson planning (15 days to one month course); lesson plan for children and its micro lesson planning (15 days to one month course)

Unit 4 – Evaluation Methods of Yoga Class

Evaluation of yogic practices; marks distribution: evaluation of taking and releasing the position, evaluation of ideal posture, evaluation of stability, evaluation of hold time; evaluation of Pranayama; evaluation of meditation, evaluation of cleansing techniques; evaluation by clinical trials.

Reference Books:

1. Mandlik V., Yoga Teacher, Yogachaitanya Prakashana, Nashik.



Kavikulaguru Kalidas Sanskrit University, Ramtek

2. Gharote M. L., Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007.
3. Shri Krishna, Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009.
4. Mark Stephens, Teaching Yoga: Essential Foundations and Techniques, North Atlantic Books.
5. Mark Stephens, Yoga Sequencing: Designing Transformative Yoga Classes, North Atlantic Books, 2012.
6. Duggal, Satyapada, Teaching Yoga, The Yoga Institute, Mumbai.

English Communication II			
Semester: II		Course Code: BAY205	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Unit I - Grammar

1. Tense and Aspect.
2. Use of articles and Prepositions

Unit II - Functions

Introducing, greeting, requesting, asking advice, offering suggestions, complaining and apologizing etc.

Unit III - Vocabulary building

References:

1. Speaking- Martin Bygote, Oxford University press
2. A University Grammar of English – Quirk and Greenbaum, Longman
3. English vocabulary in use, - Redman, Cambridge Lowpriced Edition.
4. Better English pronunciation- J.D.O' Connor
(With two audio cassettes), Cambridge Low priced Edition
5. Patterns of Spoken English- Knowles
6. English: The Easy Way – Norman Schachter, South- Western publishing Company.



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NCC/NSS			
Semester: II		Course Code: BAY207	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	

Participation in State level Activities.

NSS Pre RD Camp and pre -SRD Camp at State Level. Socio cultural Competition “Utkarsh” "Prerana" State Level Leadership training camps. Adventure Camp at State level. Republic Day Parade Camp. Ahwan Camp and other programs informed by authorities time to time.

Participation in National level Activities.

Participation of NSS Volunteers for West Zone NSS Pre RD Camp and other programs informed by authorities time to time.

NCC Course run by University of College

Important Instructions:

Credits will be approved only after the production of valid documents such as certificate/attendance letter obtained from the organising institution/body.

Introduction to IKS			
Semester: II		Course Code: BAY208	
Total Hrs.: 30		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I: Bhāratīya Civilization and Development of Knowledge System

Genesis of the land, Antiquity of civilization, On the Trail of the Lost River, Discovery of the Saraswatī River, the Saraswatī-Sindhu Civilization, Traditional Knowledge System, The Vedas, Ancient Education System, the Takṣaśilā University, the Nālandā University, Alumni, Knowledge Export from Bhārata.

Unit II: Arts, Literature, and Scholars

Art, Music, and Dance, Naṭarāja– A Masterpiece of Bhāratīya Art, Literature, Life and works of Agastya, Lopāmudrā, Ghōṣā, Vālmīki, Patañjali, Vedavyāsa, Yājñavalkya, Gārgī, Maitreyī,



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Bodhāyana, Caraka, Suśruta, Jīvaka, Nāgārjuna, Kaṇāda, Patañjali, Kauṭīlya, Pāṇini, Thiruvalluvar, Āryabhaṭa, Varāhamihira, Ādi Śaṅkarācārya, Bhāskarācārya, Mādhavācārya.

Reference Books:

1. Textbook on The Knowledge System of Bhārata by Bhag Chand Chauhan,
2. History of Science in India Volume-1, Part-I, Part-II, Volume VIII, by Sibaji Raha, et al. National Academy of Sciences, India and The Ramkrishan Mission Institute of Culture, Kolkata (2014).
3. Pride of India- A Glimpse of India's Scientific Heritage edited by Pradeep Kohle et al. Samskrit Bharati (2006).
4. Vedic Physics by Keshav Dev Verma, Motilal Banarsidass Publishers (2012).
5. India's Glorious Scientific Tradition by Suresh Soni, Ocean Books Pvt. Ltd. (2010).
6. Textbook on IKS by Prof. B Mahadevan, IIM Bengaluru
7. Kapur K and Singh A.K (Eds) 2005). Indian Knowledge Systems, Vol. 1. Indian Institute of Advanced Study, Shimla. Tatvabodh of sankaracharya, Central chinmay mission trust, Bombay, 1995.
8. The Cultural Heritage of India. Vol.I. Kolkata: Ramakrishna Mission Publication, 1972.
4. Nair, Shantha N. Echoes of Ancient Indian Wisdom. New Delhi: Hindology Books, 2008.
9. Dr. R. C. Majumdar, H. C. Raychaudhuri and Kalikinkar Datta: An Advanced History of India (Second Edition) published by Macmillan & Co., Limited, London, 1953.
10. Rao, N. 1970. The Four Values in Indian Philosophy and Culture. Mysore: University of Mysore.
11. Avari, B. 2016. India: The Ancient Past: A History of the Indian Subcontinent from c. 7000 BCE to CE 1200. London: Routledge.

Semester III

Patanjala Yogasutras I			
Semester: III		Course Code: BNY301	
Total Hrs.: 45		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Yoga as a Darshana

Patanjali as a Sutrakra, Patanjali's time, nature and structure of PYS

Unit II – Samadhi Padha (Sutras 1-32)

Unit III – Samadhi Padha (Sutras 32-51)

Reference Books:

1. Swami Vivekananda, Raja Yoga, Advaita Ashram, Kolkata, 2000.



Kavikulaguru Kalidas Sanskrit University, Ramtek

2. Iyengar B.K.S., Light on Yoga Sutra of Patanjali, Element, 2005.
3. Kolhatkar K.K., Bharatiya Manasashastra Athava Sartha ani Savivaran Patanjali Yogdarshan, Aditya Pratishtan.
4. Arya S., Paatanjal Yoga Darshan - Philosophy of Yoga, Parimal Publications, 2017.
5. Swami Prabhavananda. Patanjali Yoga Sutras, Ramkrishna Math, Chennai
6. Iyengar B.K.S., Light on Patanjali Yoga, Schocken Books, New York, 1994.
7. Swami Satyananda S., Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali, Bihar School of Yoga, 2006.
8. Swami Satchidananda, The Yoga Sutras of Patanjali, Integral Yoga Publications, 2012.

Effects of Yogic Practices on Human Body			
Semester: III		Course Code: BNY302	
Total Hrs.: 45		Credits: 45	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Physiological effects of Asanas [15 Hrs.]

Unit 2 – Physiological effects of Cleansing Techniques [15 Hrs.]

Unit 3 – Physiological effects of Pranayamas [15 Hrs.]

Unit 4 – Physiological effects of meditation and relaxing techniques [15 Hrs.]

Reference Books:

1. Swami Maheshananda, Scientific Exposition on Pranayama, Yoga Mimansa Publications.

Fundamental of Nutrition			
Semester: III		Course Code: BNY303	
Total Hrs.: 30		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Introduction to Nutrition [15 Hrs.]

- Introduction & History



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- Definitions-Nutrition, Health, Malnutrition, Nutritional Status
- Guidelines for Good Health, Nutrients
- Functions of Food

Unit 2 – Food and our Body [15 Hrs.]

- Body Composition, Energy Metabolism (Basal metabolic Rate, BMI)
- Specific Dynamic Action (SDA)
- Post Prandial Thermogenesis (PPT)
- Calorific Value of Food
- Determining your own energy needs.
- Five Food Groups
- Food Guide Pyramid
- Exchange List System

Unit 3 – Role of Nutrients [15 Hrs.]

- Carbohydrates
- Fats
- Proteins
- Water
- Dietary Fiber
- Vitamins
- Minerals

Unit 4 – Balanced Diet & Nutrition during Normal Life Cycle [15 Hrs.]

- Utilization of Nutrients (Digestive Process)
- Recommended Daily Allowances for Indians (RDA)
- Nutrition for Normal Life cycle - Infancy to old age
- Food Additives, Food Fortification & Adulterants.

Recommended Readings:

1. Joshi S.A, Nutrition and Dietetics with Indian Case Studies, McGraw Hill Education, 2017

Reference Books:

1. Mahtab S Bamji, N Prahlad Rao, Vinodini Reddy, Textbook of Human Nutrition, Oxford & IBH publishing Company Pvt Ltd.

Yoga Practical III			
Semester: III		Course Code: BNY305	
Total Hrs.: 90		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
	10+5+5=20	80	10+10=20



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Unit 1 – Lesson Planning for Beginner Level Classes [15 Hrs.]

Lesson planning for beginner level classes; micro lesson planning for each level including starting part, main part and end part;

Unit 2 – Lesson Planning for Intermediate Level and Advance Level Classes [15 Hrs.]

Lesson planning for intermediate and advanced level classes; micro lesson planning for each level;

Reference Books:

1. Mark Stephen, Yoga Sequencing: Designing Transformative Yoga Classes, North Atlantic Books, 2012.
2. Mandlik V., Yoga Teacher, Yogachaitanya Prakashana, Nashik.
3. Gharote M. L., Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007.
4. Mark Stephens, Teaching Yoga: Essential Foundations and Techniques, North Atlantic Books.

Marathi/Hindi Communication I			
Semester: III		Course Code: BAY306	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Students can choose any one language from Marathi or Hindi as a Modern Language for this Subject.

Marathi Syllabus

Unit I - Linguistics and History of Marathi Language

Nature of the language, origin of the language, major dialects of Marathi, standard language and dialects, Marathi vocabulary, impact of other languages on Marathi, Marathi writing rules.

Unit II – Grammar

Sandhi, Samas, Case, Karak, Suddhlekhan.

Unit III – Vocabulary

Prescribed textbook:

1. Limaye, Suhas and Chuneekar, Jaywant, My Marathi 1, Textbook for Communicative Marathi Mumbai, August 2014.



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2. Limaye, Suhas and Chuneekar, Jaywant, My Marathi 2, Workbook for Communicative Marathi Mumbai, August 2014.
3. Communicative Marathi for Beginners' Level 1. DVD. Department of German, University of Mumbai 2014

Sports/Cultural Activity			
Semester: III		Course Code: BNY307	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	

Sports

Participation in Local level, Department level, College level, University level, regional level, State level and National level Sports Competitions etc.

Participation in College/ University/Institution level Regular/Special Activities

International Day of Yoga. World Environment Day. Drive of Plantation of saplings. Van Mahotsava, District level/University level leadership camp. Women empowerment- Lectures, seminars. Health Check up, Dental Check up, Blood Donation, Health Awareness Activities. Population Awareness Programme. Nirmalya Collection during the Immersion of Ganesh Idols etc.in various festivals in Maharashtra for controlling crowd & maintaining religious harmony. Road safety programme. Swachha bharat Pakhawada by organizing the following activities- Cleanliness Drive, Pledge Ceremony to Create Awareness, Cleanliness Drive in the Adopted Villages, Gram Panchayats, Mass Anti Polythene Campaign, Slogan writing and Debates on Swachhata, Workshop and Seminars on Swachhata and Create Awareness on healthy habits like washing hands before and after taking meals, use of toilets etc. Social Harmony Programme. Organ Donation Awareness campaign. Water Conservation Awareness. Food Safety Awareness Campaign. "Majhi Vasundhara" Abhiyan. Celebration of Gandhi Jayanti & Communal Harmony Day on 2nd October. Swachha Bharat Campaign. Traffic Week Celebration by conducting training on Traffic Rules & Signals in Collaboration with Police Traffic Cell. National Day for Disaster Reduction. Digital India Awareness. Self Defense Training World AIDS Day. Beti Bachao Abhiyan Awareness campaign. Skill Development/Employment Generation / career counselling. Voter Awareness, NSS Foundation Day Celebrations and other programs informed by authorities time to time.

Important Instructions:

- 1- Students will have to complete 30 hours from each unit mentioned above along with the 15 hours of activities such as preparation of activities, services, report writing etc...



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2- Credits will be approved only after the production of valid documents such as certificate/attendance letter obtained from the organising institution/body.

Field Project/CEP			
Semester: III		Course Code: BNY308	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	

Semester IV

Patanjala Yogasutras II			
Semester: V		Course Code: BAY502	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Sadhana Pada (Sutra 1-27)

Unit II - Sadhana Pada (Sutra 28-55)

Unit III – Vibhuti Pada

Unit IV – Kaivalya Pada

Reference Books:

1. Swami Vivekananda, Raja Yoga, Advaita Ashram, Kolkata, 2000.
2. Iyengar B.K.S., Light on Yoga Sutra of Patanjali, Element, 2005.
3. Kolhatkar K.K., Bharatiya Manasashastra Athava Sartha ani Savivaran Patanjali Yogdarshan, Aditya Pratishtan.



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4. Arya S., Paatanjal Yoga Darshan - Philosophy of Yoga, Parimal Publications, 2017.
5. Swami Prabhavananda. Patanjali Yoga Sutras, Ramkrishna Math, Chennai
6. Iyengar B.K.S., Light on Patanjali Yoga, Schocken Books, New York, 1994.
7. Swami Satyananda S., Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali, Bihar School of Yoga, 2006.
8. Swami Satchidananda, The Yoga Sutras of Patanjali, Integral Yoga Publications, 2012.

Introduction to Hathayoga Tradition			
Semester: IV		Course Code: BNY402	
Total Hrs.: 45		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Brief Introduction to Hatha Yoga Tradition [15 Hrs.]

Introduction to hatha yoga, history of hatha yoga tradition, Goal of Hatha Yoga, basic introduction to principle hatha yoga texts; Definition of Yoga, meaning and orging; aim and objectives of yoga; Dos and Don'ts (Sadhaka and Badhaka tattvas); Ghata and Ghatashuddhi; concept of Matha, Mitahara; concept of cleansing techniques (Shuddhi Kriyas);

Unit II – Brief Introduction to Hathayoga Texts [15 Hrs.]

Brief Intoduction to Hathapradipika, Gherand Samhita, Hatha Ratnavali, Shiva Samhita, Siddha Siddhanta Paddhati

Reference Books:

1. Swami Niranjanananda S., Gheranda Samhita, Yoga Publication Trust, Bihar.
2. Swami Muktibodhananda S., Hatha Pradipika, Yoga Publication Trust, Bihar.
3. Swami Maheshananda, Shiva Samhita, Kaivalyadham Yoga Mandir Samiti, Lonavala.
4. Gharote M. L., Hatha Ratnavali, Motilal Banarasidas, 2003.
5. Gharote M.L., Siddha Siddhanta Paddhati, The lonavala Yoga Institute, Lonavala.
6. Swami Digambarji, Gherand Samhita, Yoga Mimansa Publications, Lonavala.
7. Swami Anant B., Gheranda Samhita, Chaukhamba Oriental, 2013.
8. Devkaule V.G., Gheranda Samhita, Adarsha Vidyarthi Prakashan.
9. Devkaule V.G., Gheranda Samhita, Adarsha Vidyarthi Prakashan.



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10. Tripathi H.P., Shiva Samhita, Chaukhamba Krishnadasa Academy, Varanasi.

11. Swami Dwarikadasa S., Siddha Siddhanta Paddhati, Chaukhamba Sanskriti Prakashana, 2014.

Fundamentals of Dietetics			
Semester: IV		Course Code: BNY402	
Total Hrs.: 30		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Introduction to Dietetics [15 Hrs.]

- Introduction – Therapeutic Diets
- Diet Therapy and type of Therapeutic Diets – Health Care team, Role of Dietitian.
- Hospital Diet and progressive modifications of diet
- Modifications of diet during illness and convalescence
- Types of Feeding

Unit 2 – Diet during Energy Imbalance -High and Low-Calorie Diets [15 Hrs.]

- Energy Balance
- Definition, Types & Causes of Obesity
- Measurement of Obesity -Body Mass Index
- Importance of Weight Regulation
- Diet During Obesity
- Fad Diets
- Maintenance Diet
- Diet for Underweight Persons

Unit 3 – Diet and Disease – I [15 Hrs.]

- Diet for Diabetes
- Diet for Cardiovascular Diseases
- Diet for Infections & Fevers

Unit 4 – Diet and Disease – II [15 Hrs.]

- Diet for GI disorders & Liver Diseases
- Diet for Kidney Diseases

Recommended Readings:

1. B Srilakshmi, Dietetics, New Age International Publications, 8th Edition

Reference Books:



Kavikulaguru Kalidas Sanskrit University, Ramtek

1. Shubhangini A Joshi, Nutrition and Dietetics with Indian Case Studies, McGraw Hill Education, 2017

Yoga Practical IV			
Semester: IV		Course Code: BNY405	
Total Hrs.: 90		Credits: 3	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Unit 1 – Asanas [20 Hrs.]

Asanas in supine positions: Ardha Chakrasana, Viprit Karani;

Asanas in prone positions: Saral hasta Bhujangasana, Poorna Shalabhasana;

Asanas in sitting position: Samasana, Sinhasana, Paschimottanasana, Padmasana Yogamudra-1, Padmasana Yogamudra-2, Baddha Padmasana, Utthit Padmasana, Padangushtasana.

Asanas in standing position: Vrikshasana, Parivarta Trikonasana, Ekpada Hastasana, Patangasana;

Unit 2 – Cleansing Techniques [10 Hrs.]

Danta Dhauti (Danta Moola, Jivha Moola, Karna-randhra, Kapala-randhra), Vaman Dhauti, Jala Neti, Nasagra Drishti.

Unit 3 – Mudras and Pranayamas [15 Hrs.]

Mahamudra, Chin Mudra, Chinmayi Mudra, Brahma Mudra;

Nadishuddhi Pranayama, Ujjayi Pranayama, Bhramar-Bhramari Pranayama; pranayama practice with inhalation: hold: exhalation ratio of 1:2:2 with Jalandhar bandha only.

Unit 4 – Meditation and Relaxation Techniques [15 Hrs.]

Soham Meditation: so-ham chanting, ham-so chanting, so-ham and ham-so alternate chanting; Ajapa Gayatri; Yoga Nidra level-1 (BNY).

Reference Books:

1. Mandlik V., Yoga Pravesha, Yogachaitanya Prakashana, Nashik.
2. Swami Niranjanananda S., Prana & Pranayama, Yoga Publication Trust, Bihar.
3. Mandlik V., Pranayama, Yogachaitanya Publication Trust, Nashik.
4. Mandlik V., Shudhikriya, Yogachaitanya Publication Trust, Nashik.
5. Swami Satyananda S., Yoga Nidra, Yoga Publication Trust, Bihar.
6. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.



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7. Om Swami, The Ancient Science of Mantras, Jaico Publishing House.
8. Swami Satyananda S., Asana Pranayama Mudra and Bandha, Yoga Publication Trust, Bihar.
9. Iyengar B. K. S., Light on Pranayama, Element, 2005.
10. Swami Niranjanananda S., Hatha Yoga: Book 3: Shatkarma, Bihar School of Yoga, Bihar, 2014.

Marathi/Hindi Communication II			
Semester: IV		Course Code: BNY406	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Students can choose any one language from Marathi or Hindi as a Modern Language for this Subject.

Marathi Syllabus

Unit I - Composition

(sayings) Lokokti, (Use and meaning of sayings) Mahnicha arth aani upyog, Viram chinhanca upyog. (use of punctuations)

Unit II – Comprehension and Appreciation

Comprehension of unseen passages one from prose, one from poetry for summarization, amplification, explanation followed by answering questions arising out of them in order to test the candidate's power of comprehension, appreciation and expression.

Unit III – Vocabulary

Prescribed textbook:

1. Limaye, Suhas and Chuneekar, Jaywant, My Marathi 1, Textbook for Communicative Marathi Mumbai, August 2014.
2. Limaye, Suhas and Chuneekar, Jaywant, My Marathi 2, Workbook for Communicative Marathi Mumbai, August 2014.
3. Communicative Marathi for Beginners' Level 1. DVD. Department of German, University of Mumbai 2014
4. Sugam Marathi Vyakaran- M. R. Valimbe, Maharashtra Sahitya parishad, Pune-411030
5. Shastriya Marathi Vyakran –M. R. Damle– Deshmukh and company, Budhwar peth Pune.02.



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6. Marathi swayamshikshak –Dr. G. N. Sathe-Maharashtra Rahstra bhasha Prakashan, Narayanpeth, Pune-411030.

7. Learning Marathi through English by Kalyan Kale & Anjali Soman, Dimond Publication, Pune.

NCC/NSS			
Semester: IV		Course Code: BAY407	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	

Participation in State level Activities.

NSS Pre RD Camp and pre -SRD Camp at State Level. Socio cultural Competition “Utkarsh” "Prerana" State Level Leadership training camps. Adventure Camp at State level. Republic Day Parade Camp. Ahwan Camp and other programs informed by authorities time to time.

Participation in National level Activities.

Participation of NSS Volunteers for West Zone NSS Pre RD Camp and other programs informed by authorities time to time.

NCC Course run by University of College

Important Instructions:

Credits will be approved only after the production of valid documents such as certificate/attendance letter obtained from the organising institution/body.

Semester V

Yoga Philosophy - I			
Semester: V		Course Code: BNY501	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Isha Upanishad [15 Hrs.]



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Brief Introduction to principal Upanishads, their origin, principal theories and conclusion;

Ishavasya Upanishad: Essence of Ishopanishad; concept of Karmanishta; concept of Vidya and Avidya; Knowledge of Brahman and Atman;

Unit 2 – Katha Upanishads [10 Hrs.]

Kathopanishad: Nature of aatma, definition of Yoga; Importance of Self Realization

Unit 3 – Mundaka and Mandukya Upanishads [20 Hrs.]

Mundaka Upanishad: Brahma vidya, Para vidya and Apra vidya; The worthlessness of Selfish karma; concept of Tapas and Gurubhakti; Brahman as a target of Meditation;

Unit 4 – Taittiriya Upanishad [15 Hrs.]

Taittiriya Upanishad Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhruguvalli.

Reference Books:

1. Radhakrishnan S., Principal Upanishads, Harpercollins, 2006.
2. Swami Satyananda S., Nine Principal Upanishads, Bihar School of Yoga, 2006.
3. Bapatshastri V.V., Subodha Upanishad Sangraha, Vol. I and II, Pan. D. V. Jog, 2007.
4. Bhagvat H. R., Sartha Upanishad Sangraha, Vasant Krishna Nulkar, 2012.
5. Ishadi Nau Upanishads, Gita Press, Gorakhpur.

Hatha Yoga Texts			
Semester V		Subject Code: BNY502	
Total Hrs: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 – Asanas and Mudras in Hathapradipika and Gheranda Samhita [20 Hrs.]

Types and definitions of Asanas, features of Asanas in Hatha Pradipika and Gheranda Samhita; benefits, precautions and contra-indications of Asanas according to Hatha Pradipika and Gherand Samhita; Dasha Mudra, their definitions and features, benefits precautions and contra-indication of Mudras in Hatha Pradipika and Gherand Samhita;

Unit 2 – Pranayamas in Hathapradipika and Gheranda Samhita [15 Hrs.]



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Types and definitions of Pranayamas, features of Pranayamas in Hatha Pradipika and Gheranda Samhita; benefits, precautions and contra-indications of Pranayamas;

Unit 3 – Shatkarmas and other practices in Hathapradipika and Gherand Samhita [15 Hrs.]

Types of Shuddhikriyas and their definitions according to Hatha Pradipika and Gheranda Samhita, features of Shuddhikriyas; benefits, precautions and contra-indications of Shuddhikriyas; Concept of Pratyahara, Dharana and Dhyana, features, benefits and precautions of Pratyahara, Dharana and Dhyana according to Gheranda Samhita; Concept and features of Nadanusandhana; four avasthas of Nadanusandhana; relation between Raja yoga and Hatha Yoga.

Recommended Readings:

1. Swami Niranjanananda S., Gheranda Samhita, Yoga Publication Trust, Bihar.
2. Swami Muktibodhananda S., Hatha Pradipika, Yoga Publication Trust, Bihar.
3. Swami Maheshananda, Shiva Samhita, Kaivalyadham Yoga Mandir Samiti, Lonavala.
4. Gharote M. L., Hatha Ratnavali, Motilal Banarasidas, 2003.
5. Gharote M.L., Siddha Siddhanta Paddhati, The lonavala Yoga Institute, Lonavala.

Reference Books:

1. Swami Digambarji, Gherand Samhita, Yoga Mimansa Publications, Lonavala.
2. Swami Anant B., Gheranda Samhita, Chaukhamba Oriental, 2013.
3. Devkaule V.G., Gheranda Samhita, Adarsha Vidyarthi Prakashan.
4. Devkaule V.G., Gheranda Samhita, Adarsha Vidyarthi Prakashan.
5. Tripathi H.P., Shiva Samhita, Chaukhamba Krishnadasa Academy, Varanasi.
6. Swami Dwarikadasa S., Siddha Siddhanta Paddhati, Chaukhamba Sanskriti Prakashana, 2014.

Community Medicine			
Semester V		Subject Code: BNY503	
Total Hrs: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 – Introductory Concepts of Community Medicine [10 Hrs.]

- Ancient Medicine, Scientific Medicine, Modern Medicine, Medical Evolution



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- Concepts in Community Health, Concepts of Development. Concepts of Disease. Concepts medicine, Health Services, Planning and management, Development of Health services of Prevention, Disease control & Eradication, Public Health, Social Medicine, Community
- Screening of Diseases, criteria for screening, sensitivity and specificity and specificity.

Unit 2 – Epidemiology of communicable Diseases [10 Hrs.]

- Respiratory infection – small Pox, Varicella, Measles, Rubella, Mumps, influenza, Diphtheria, pertussis, tuberculosis
- Intestinal infections – Polio, viral hepatitis, cholera, acute diarrheal Diseases,
- Typhoid, Food poisoning, Ancylosomiasis, Taoniasis
- Yellow fever, Japanese Encephalitis, Malaria, Filarial
- Rabies Trachoma, Tetanus, Leprosy, STD, AIDS

Unit 3 – Epidemiology of non-communicable diseases [10 Hrs.]

- Hypertension, Cancer, Cardio-vascular Diseases, Diabetes, Obesity, Blindness, Rheumatic heart diseases and Accidents.
- **Demography & family planning** – Demographic cycle, Population trends, Fertility related statistics, Health aspects of Family Planning, Contraceptive Methods and delivery system, National family welfare Programme.
- Preventive Medicine in obstetrics, Pediatrics & Geriatrics – Antenatal, intranatal, Postnatal care, Low birth weight, infant feeding, growth and development, growth chart, national health services, behavioral Problems, geriatrics

Unit 4 – [30 Hrs.]

1. Environment & Health - & occupational health

- Purification of water & water Quality Standards, Air, Ventilation, Lighting, Noise, Radiation,
- Air temperature & Humidity, Housing, Solid wastes disposal & control, excreta disposal,
- Water carriage system, sewage treatment, Entomology - Mosquito, housefly, lice, ichite , Cyclopes, Rat Flea, Rodents, Insecticides hazards, diseases, Preplacement examination, measures for general health, Protection of workers, Prevention of Occupational diseases, Legislation.

Unit 5 Health education and communication.

- Health planning – management – international health organization planning cycle.
- Management methods & techniques, National health policy. Health planning in India, five-year plan, health systems in India – at centre, state and district levels, Panchayat Raj.
- Rural development schemes.
- Health care of community – health systems and national health programs.
- Levels of health care. Health for all primary health service and system, Voluntary health agencies, national health programmes.

Recommended Readings:

1. Text Book of Preventive and Social Medicine – By J.E. Park & K.Park
2. Text Book of Preventive and Social Medicine – By B.K. Mahajan & M.C. Gupta.



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Common Human Ailments			
Semester: VI		Course Code: BNY505	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – [15 Hrs.]

Cardiovascular disorders: Hypertension: Atherosclerosis / Coronary artery disease: Ischemic Heart disease, Angina pectoris / Myocardial Infarction, Cardiac asthma;

Respiratory disorders: Allergic Rhinitis & Sinusitis; COPD: Chronic Bronchitis, Tuberculosis;

Endocrinal and Metabolic Disorder - Diabetes Mellitus, Type I and Type II; Hypo Thyroidism and Hyper Thyroidism; Obesity; Metabolic Syndrome;

Unit 2 – [15 Hrs.]

Musculo-Skeletal Disorders: Back Pain, Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylitis, Psychogenic Lumbago; Neck pain: Cervical Spondylosis; Arthritis: Rheumatoid Arthritis, Osteoarthritis;

Cancer: Types, Causes, Symptoms; Lung Cancer, Blood Cancer, Stomach Cancer, Breast Cancer, Ovarian Cancer, Prostate cancer;

Unit 3 – [15 Hrs.]

Gastrointestinal disorders: Acute & Chronic Gastritis, Dyspepsia, Peptic Ulcers; Constipation, Diarrhea, Irritable Bowel Syndrome, Ulcerative colitis;

Obstetrics and Gynecological Disorders: Menstrual disorders, Dysmenorrhea, Oligomenorrhea, Menorrhagia, Premenstrual Syndrome, Menopause and peri-menopausal syndrome; PCOS;

Unit 4 – [15 Hrs.]

Neurological Disorders: Headaches, Migraine, Tension headache; Epilepsy; Parkinson's disease;

Psychiatric disorders: Neurosis, Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder; Phobias: Depression, Dysthymia, Major depression; Psychosis: Schizophrenia, Bipolar affective disorder.

Recommended Readings:

1. Rodale J. I. & others, The Encyclopedia of Common Disease, Literary Licensing, 2011.



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2. Swami Karmananda S., Yogic Management of Common Diseases, Yoga Publication Trust, Bihar, 2001.

Reference Books:

1. Nagarthna R. & others, Yoga for common ailments and IAYT for different diseases, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
2. Narain J. P., Kumar R., Textbook of Chronic Noncommunicable Diseases: The Health Challenge of 21st Century, Jaypee Digital.
3. Sinha P., Yogic Cure for Common Diseases, Orient Paperbacks, 2005.

Field Project/CEP			
Semester: V		Course Code: BNY506	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	

Semester VI

Yoga Philosophy II			
Semester: VI		Course Code: BNY601	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Yoga in Kena Upanishad

Kena Upanishad: Self and the mind; Indwelling power; senses and inner self (Indriya and Antahkaran), intuitive realization of truth, concept of Yaksha Upakhyana;

Unit 2 – Yoga in Prashna Upanishads

Prashna Upanishad: Concept of Prana and rayi (creation); Pancha pranas; The five main questions;

Unit 3 – Yoga in Mandukya Upanishad

Mandukya: Four States of Consciousness and its relation to the syllables in Omkara.

Unit 4 – Yoga in Aitareya Upanishad



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Aitareya: Concept of Atma, Universe and Brahman;

Reference Books:

1. Radhakrishnan S., Principal Upanishads, Harpercollins, 2006.
2. Swami Satyananda S., Nine Principal Upanishads, Bihar School of Yoga, 2006.
3. Bapatshastri V.V., Subodha Upanishad Sangraha, Vol. I and II, Pan. D. V. Jog, 2007.
4. Bhagvat H. R., Sartha Upanishad Sangraha, Vasant Krishna Nulkar, 2012.
5. Ishadi Nau Upanishads, Gita Press, Gorakhpur.

Yoga Therapy			
Semester: VI		Course Code: BNY603	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+5+5=20

Unit I - Principles of Yoga Therapy

Unit II - Diseases related to Nervous system and Yoga treatment for them

Unit III - Stress and its Management by Yoga

Unit IV – Yogic intervention for Gynecological Problems

Reference Books

1. Physiology and Anatomy of Yogic Practices
 2. Yogic Therapy, Kuvalyananda and Dr. Vinekar
 3. Structure and function of human body
 4. शरीर विज्ञान और योगाभ्यास (हिन्दी - मराठी)
 5. शारीरिक रोगांच्या निवारणासाठी योग Dr.M.M. Gore, Lonavala.
- Dr. Shrikrishna, Kaivalyadham, Lonawala.

Applied Yoga			
Semester: V		Course Code: BNY603	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		



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Unit I – Yoga for Students

Health characteristics and needs of the students; Yogic practices to fulfill the health needs of the students.

Unit - Yoga for Women

Health characteristics and needs of the women in different phase; Yogic practices to fulfill the health needs of the women.

Unit III - Yoga for Sport persons

Health characteristics and needs of the Sports-persons; Yogic practices to fulfill the health needs of the Sports-persons.

Unit IV - Yoga for Senior Citizens

General introduction to Geriatric Care; Ageing: Causes and features; Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management;

Reference Books:

1. Dhonde V., Sulabh Prasuti Ani Yoga, Yogachaitanya Prakashan, Nashik
2. Mandlik V., Jyeshthankarita Yogasadhana, Yogachaitanya Prakashan, Nashik.
3. Iyengar B.K.S., Yoga for Sports: A Journey Towards Health and Healing, Westland, 2015.
4. Iyengar G. S., Yoga: A Gem for Women, Allied Publishers.
5. Goel A., Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.
6. Jayadev H. J., Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004.
7. Chanchani R., Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008.
8. Iyenger B. K. S., The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001.
9. Mandlik V., Chotyankarita Yoga, Yogachaitanya Prakashan, Nashik.
10. Vad M., Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice at Home, Om Capital Management, 2011.
11. Carson K., Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility, and Pain Relief, New Harbinger, 2017.
12. Sparrowe, L. and others, The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness.
13. Clennell, B and Iyengar, G.S., The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness)



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Public Nutrition			
Semester VI		Subject Code: BNY605	
Total Hrs: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment + Attendance + VIVA	Demonstration + VIVA	
80	10+05+05= 20		

Unit 1 – Public Nutrition [15 Hrs.]

Public nutrition: concept, scope, future projections, health care, role of public nutritionists in health care delivery; Nutritional problems in India: protein energy malnutrition, micronutrient deficiencies and vitamin deficiencies;

Unit 2 – Population Dynamics and Nutritional Assessment [15 Hrs.]

Population dynamics: demography, demographic transition and demographic cycle; population structure, vital statistics and implications of vital statistics in population growth, population policy, relationship between fertility, nutrition and quality of life; Assessment of Nutritional Status: Population Sampling, Anthropometry, Clinical Assessment, Biochemical Assessment, Dietary Assessment;

Unit 3 – Nutrition Monitoring [15 Hrs.]

Nutrition Monitoring and its current programmes Nutrition Surveillance: Nutrition Policy and Programmes: Integrated Child Development Services (ICDS) Programme, Nutrient Deficiency Control Programme, Supplementary Feeding Programme, Food Security Programme, Self-Employment and Wage Employment Schemes;

Unit 4 – Nutritional Problems [15 Hrs.]

Strategies to Combat National Nutritional Problems: Introduction, Diet or Food Based Strategies, Nutrient Based Strategies, Immunization; Nutrition and Health Education: Definition, Importance, Nutrition Education Methods, Teaching aids used in Nutrition Education, Mass communication media used in Nutrition Education, Nutrition Education through Educational Institutions, and Role of Nutrition Education Programs in Eradication of Malnutrition.

Recommended Readings:

1. Wadhwa, A. and Sharma, S. (2003) Nutrition in the Community - A text book of Nutrition in the Community.
2. Jelliffe, D. B and Jelliffe, E.F.P. (1989) Community Nutritional Assessment, Oxford University Press.

Reference Books:

1. Beaton GH and Bengoa JM. Nutrition in Preventive Medicine. WHO (1976).



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2. FAO/WHO. Preparation and use of food based dietary guidelines. Report of a joint FAO/WHO consultation: Nicosia, Cyprus. Nutrition Programme, WHO, Geneva (1996).
3. Gibney M. J., Margetts B. M., Kearney J. M. and Arab L. Public Health Nutrition. Blackwell Publishing Company (2013).
4. National Nutrition Policy. Department of Women and child Development, Ministry of Human Resource Development, New Delhi, Government of India, 1993.
5. Park.K. (2017) Park's Textbook of Preventive and Social Medicine, 24th ed. M/s Banarsida Bhanot, Jabalpur.

Internship/Apprenticeship I			
Semester: VI		Course Code: BNY606	
Total Hrs.: 120		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	

Students will have to spend min 120 hrs. by choosing between the below two types of work experiences.

Internship –

Student has to conduct the Yoga sessions at the nearest non-Yoga institute allotted by the University/College, using his/her skills acquired in the previous semesters.

Apprenticeship –

Student has to work at any Yoga institute to acquire the necessary vocational skills required for running a Yoga institute.



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Bachelors Degree With Honors

Semester VII

Essense of Bhagavadgeeta			
Semester: VII		Course Code: BNY701	
Total Hrs.: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Bhagavadgeeta Chapter 2

Unit 2 – Bhagavadgeeta Chapter 3

Unit 3 – Bhagavadgeeta Chapter 6

Unit 4 – Bhagavadgeeta Chapter 12

Nature Cure Therapy I			
Semester IV		Subject Code: BNY403	
Total Hrs: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05= 20		

Unit 1 – Nature Cure [15 Hrs.]

- Principles & Practices of Nature Cure.
- Curative Power of Earth
- Composition of Human body according to Ayurveda, Naturopathy, Yoga.
- History & Fundamental Principles of Naturopathy

Unit 2 – Hydro Therapy [15 Hrs.]



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- Introduction to Hydrotherapy – Properties and various forms in which water is used for therapy
- Effect of different temperature on body and Treatments – Hip bath, Arm bath, Spinal bath, Steam bath, Foot bath, Immersion bath, Enema.

Unit 3 – Mud Therapy [15 Hrs.]

- Introduction to Mud therapy – Collection to composition of mud,
- Preparation of pack, Types of application and Effects of MUD on the body

Unit 4 – Magneto therapy [15 Hrs.]

- Effects of Magnetism on living organism
- Magnets and their composition
- Technique of application of magnets

Recommended Readings:

1. Nature cure by Dr. H.K. Bakhru
2. Naturopathy by Dr. Om Prakash Sexena
3. Hand Book of Hydrotherapy – By show, Joel
4. Magneto therapy – Dr. H.L. Bansal

Reference Books:

1. Naturopathy V.M. Kulkarni
2. Magnetic cure for common diseases – Dr. R.S. Bansal, Dr.H.L.Bansal
3. The text book on Magneto therapy – Dr. Nanubhai painter
4. Magneto therapy and Acupuncture – Dr. A.K. Mehta
5. The healing power of Chromatography – Hari Om Gupta
6. Hydrotherapy in Practice – By Davis, B.C. & Harrison, R.A
7. Baths – By S.J.Singh
8. Rational Hydrotherapy – By Dr. J.H. Kellogg

Research Methodology			
Semester VII		Subject Code: BNY704	
Total Hrs: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 – Introduction to Research Methodology [15 Hrs.]

Meaning and definitions of research; Aim and objectives of research; Significance of research; Types of research; Research Approaches; Research methods Vs. methodology; criteria of good research; important qualities of good researcher.



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Unit 2 – Research Process [15 Hrs.]

Steps involved in research process; Identification of research problem; Review of literature; Formulation of hypotheses, types of hypotheses; Research design, types of research design; Research methodology, methods

Unit 3 – Report Writing [15 Hrs.]

Need and objectives of report writing; types of reports; mechanism of report writing

Unit 4 – Research in Yoga [15 Hrs.]

Meaning and Nature of Yoga research; Need and scope of Research in the field of Yoga; Experimental research; Philosophico-literary research; Prominent Institutes involved in the field of Yoga research, history and review of their research work; Yoga research journals as well as journals of yoga and allied sciences, National and International.

Recommended Readings:

1. Kothari C. R., Research Methodology: Methods and Techniques. New Age International, 2009.
2. Kumar R., Research Methodology, Sage Publishing, 2014.
3. Agrawal B. L., Basic Statistics, New Age International, 2013.
4. R. L. Bijlani. (2008). Medical Research, Jaypee Brothers Medical Publishers, New Delhi.
5. Mangal S.K., Research Methodology in Behavioral Sciences, Prentice Hall India, 2013.
6. Sarpotdar S. and others, Research Methodology and Medical Statistics, Manikarnika Publications, 2017.
7. Gupta S. C., Fundamentals of Statistics, Himalaya Publishing House, 2016.
8. Koli L. N., Research Methodolog

Yoga Practical V			
Semester: VII		Course Code: BNY705	
Total Hrs.: 150		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Unit 1 – Asanas and Mudra [20 Hrs.]

Asanas in supine position: Sarvangasana, Matsyasana, Chakrasana;

Asanas in prone position: Vakrahasta Bhujangasana, Dhanurasana;

Asanas in sitting position: Siddhasana, Tolangulasana, Ekpada Hastasana, Ugrasana, Ardha Padma Bandhasana, Hansasana, Ekpada Shirasana, Gaumukhasana,



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Asanas in standing position: Shirshasana, Sankatasana, Garudasana, Hatha Ugrasana;

Mudras: Mahabandha, Agochari Mudra, Kaki Mudra, Hridaya Mudra;

Unit 2 – Cleansing Techniques [10 Hrs.]

Danda Dhauti, Danda Neti, Trataka, Laghu shankha prakshalana.

Unit 3 – Pranayamas [20 Hrs.]

Shitali Pranayama, Sitkari Pranayama, Bhastrika Pranayama; practice of pranayama without holding the breath with ratio 1:0:2 (inhalation: hold: exhalation); pranayama practice with inhalation: hold: exhalation ratio of 1:2:2 with Jalandhara Bandha only.

Unit 4 – Meditation and Relaxation Techniques [10 Hrs.]

Shatachakra Dhyana; Yoga Nidra level-2 (BNY)

Unit 5 – Lesson Planning for teaching Yoga to different groups

Lesson plan and Micro lesson plan for conducting Yoga program targeting different groups.

Reference Books:

1. Mandlik V., Shudhikriya, Yogachaitanya Prakashana, Nashik
2. Mandlik V., Pranayama, Yogachaitanya Prakashana, Nashik
3. Swami Satyananda S., Yoga Nidra, Yoga Publication trust, Bihar.
4. Mandlik V., Yoga Parichaya: Yogasane, Yogachaitanya Prakashana, Nashik.
5. Mandlik V., Yogasane (Prabodha), Yogachaitanya Prakashana, Nashik.
6. Swami Niranjananada S., Prana and Pranayama, Yoga Publication Trust, Bihar.
7. Swami Satyananda S., Asana Pranayama Mudra Bandha, Yoga Publication Trust, Bihar.
8. Om Swami, The Ancient Science of Mantras, Jaico Publishing House, 2017.
9. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.
y (Hindi), Y K Publishers, 2014.



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Semester VIII

Siddhasiddhanta Paddhati			
Semester: VIII		Course Code: BNY801	
Total Hrs.: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I - Introduction to the Text; Structure and salient features of the text;

Unit II - Concept of Pindotpatti; Five stages of Jiva; 10 Nadis and 10 Vayus; Concept of Chakra; Concept of Shakti; Concept of Kundalini;

Unit III - Eightfold yoga;

Unit IV - Importance of Guru; Siddhis through yoga; Concept of Omkar; Concept of Mumukshu;

Reference Books:

1. Shastri D., Siddhasiddhanta Paddhati, Chaukhamba Surbhararti Prakashan.

Nature Cure Therapy II			
Semester VIII		Subject Code: BNY802	
Total Hrs: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05= 20		

Unit 1 – Introduction to Manipulative therapy [15 Hrs.]

- Introduction and History of Massage.
- Effects of the pressure of hand and Lubricants on the following systems
- Massage (side effects and benefits)
- Movement of Joints
- Special type of massage in different diseases.
- Massage to women, infants and children and elderly persons

Unit 2 – Fasting [10 Hrs.]

- Fasting therapy (Process, Technique, Method, Precautions, Limitations, Benefits)



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Unit 3 – Chromo Therapy [10 Hrs.]

- History of chromo therapy.
- Physiological chemical properties of sunlight.
- Effects of sunlight on vegetable & micro-organisms.
- Sun Bath.
- Practice of exercise in sunlight.
- Chromo diagnosis & Chromo hygiene.
- Chromo philosophy. Refraction., Reflection, Absorption
- The source of light- The sun forming resources- The solar atmosphere- Sun
- power- color effects- influence of sunlight on skin, muscles, digestive
- Organs and bones.
- Chromo therapy prescriptions for different diseases

Unit 4 – Introduction to Iridology [15 Hrs.]

- The importance of Nabhi Pareeksha, the methods of Nabhi Pareeksha & the techniques of correction.
- Introduction to Iridology, Definition of Iridology
- Instructions in methods of application: - Technique in Iris reading
- The normal and abnormal Iris, colour of the Iris , Study of density of the iris

Recommended Readings:

1. Philosophy of Nature Cure – Hentry Lindlahr
2. Human culture & cure – Dr. E.D. Babbitt
3. Massage Therapy –Dr. J.H. Koloa
4. Colour therapy-R.S.Amber
5. Iridiagnosis and Other Diagnostic Methods- Henry Lindlahr
6. Science of Facial Expression – Louis Kuhne

Reference Books:

1. Nature Cure Treatment – I.N.Y.S. Publications, Bangalore
2. The complete book of Massage – Clare Maxwell Hudson
3. The principles of light and color -Dr.E.D. Babbitt
4. The healing powers of chromo therapy- Hari Om Gupta
5. The Science and Practice of Iridology- Bemard Jensen
6. The New science healing – Louis Kuhne

Yoga Practical VI			
Semester: VIII		Course Code: BNY804	
Total Hrs.: 150		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20



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Unit 1 – Asanas and Mudras [20 Hrs.]

Asanas in supine position: Ashwini Mudra, Halasana;

Asanas in prone position: Niralamba Bhujangasana, Niralamba Shalabhasana;

Asanas in sitting position: Supta Vajrasana, Shashankasana, Ushtrasana, Kukkutasana, Ekapada Shirasana, Mayurasana, Utkatasana;

Asanas in standing position: Mrudangasana, Veerbhadrāsana, Vistruta Pada Shirshasana, Tiryaka Shirshasana;

Mudra: Mahavedha, Jnana Mudra, Shanmukhi Mudra, Yoni Mudra;

Unit 2 – Cleansing Techniques [10 Hrs.]

Vastra Dhauti; Sutra Neti; Vama Nauli, Dakshina Nauli, Madhya Nauli; Laghu shankhaprakshalana.

Unit 3 – Pranayamas [20 Hrs.]

Nadishuddhi pranayama, Suryabhedan pranayama, Chandrabhedana pranayama, Bhramar-Bhramari pranayama, Ujjayi pranayama; practice of pranayamas with tribandha; practice of pranayama with inhalation: hold: exhalation of 1:3:2; standard practice of 4:12:8 ratio with tribandha.

Unit 4 – Meditation and Relaxation Techniques [10 Hrs.]

Cyclic Meditation (SVYASA); Yoga Nidra level-3 (BNY)

Unit 5 – Lesson Plan for Teaching Yoga

Reference Books:

1. Mandlik V., Shudhikriya, Yogachaitanya Prakashana, Nashik
2. Mandlik V., Pranayama, Yogachaitanya Prakashana, Nashik
3. Swami Satyananda S., Yoga Nidra, Yoga Publication trust, Bihar.
4. Mandlik V., Yoga Parichaya: Yogasane, Yogachaitanya Prakashana, Nashik.
5. Mandlik V., Yogasane (Prabodha), Yogachaitanya Prakashana, Nashik.
6. Swami Niranjananada S., Prana and Pranayama, Yoga Publication Trust, Bihar.
7. Swami Satyananda S., Asana Pranayama Mudra Bandha, Yoga Publication Trust, Bihar.
8. Om Swami, The Ancient Science of Mantras, Jaico Publishing House, 2017.
9. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.



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Internship/Apprenticeship I			
Semester: VIII		Course Code: BAY805	
Total Hrs.: 120		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	

Students will have to spend min 120 hrs. by choosing between the below two types of work experiences.

Internship –

Student has to conduct the Yoga sessions at the nearest non-Yoga institute allotted by the University/College, using his/her skills aquired in the previous semesters.

Apprenticeship –

Student has to work at any Yoga institute to aquire the necessary vocational skills required for running a Yoga institute.

UG Honors with Research Degree

Semester VII

Introduction to Indian Textual Criticism			
Semester: VIII		Course Code: BNYR01	
Total Hrs.: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Kinds of Texts

Unit II – Fundamental Aspects of Textual Criticism



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Unit III – Causes of Corruption in Texts

Unit IV – Recension

Unit V – The Art of Critical Edition

Naturopathy Research Fundamentals			
Semester: VII		Course Code: BNYR02	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I -

Unit II –

Discriptive Statistics			
Semester VII		Subject Code: BAYR04	
Total Hrs: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit I – Introduction to Statistics

Unit II – Measure of Central Tendency and Dispersion

Unit III – Measure of Assymetry

Unit IV – SPSS



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Research Methodology			
Semester VII		Subject Code: BNYR04	
Total Hrs: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 – Introduction to Research Methodology [15 Hrs.]

Meaning and definitions of research; Aim and objectives of research; Significance of research; Types of research; Research Approaches; Research methods Vs. methodology; criteria of good research; important qualities of good researcher.

Unit 2 – Research Process [15 Hrs.]

Steps involved in research process; Identification of research problem; Review of literature; Formulation of hypotheses, types of hypotheses; Research design, types of research design; Research methodology, methods

Unit 3 – Report Writing [15 Hrs.]

Need and objectives of report writing; types of reports; mechanism of report writing

Unit 4 – Research in Yoga [15 Hrs.]

Meaning and Nature of Yoga research; Need and scope of Research in the field of Yoga; Experimental research; Philosophico-literary research; Prominent Institutes involved in the field of Yoga research, history and review of their research work; Yoga research journals as well as journals of yoga and allied sciences, National and International.

Recommended Readings:

1. Kothari C. R., Research Methodology: Methods and Techniques. New Age International, 2009.
2. Kumar R., Research Methodology, Sage Publishing, 2014.
3. Agrawal B. L., Basic Statistics, New Age International, 2013.
4. R. L. Bijlani. (2008). Medical Research, Jaypee Brothers Medical Publishers, New Delhi.
5. Mangal S.K., Research Methodology in Behavioral Sciences, Prentice Hall India, 2013.
6. Sarpotdar S. and others, Research Methodology and Medical Statistics, Manikarnika Publications, 2017.
7. Gupta S. C., Fundamentals of Statistics, Himalaya Publishing House, 2016.
8. Koli L. N., Research Methodology (Hindi), Y K Publishers, 2014.



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Research Proposal			
Semester VII		Subject Code: BNYR05	
Total Hrs: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Students have to choose a topic which they will continue as a research problem for the last semester Research Project/Dissertation. On this topic they have to prepare a research proposal.

Semester VIII

Shastric Research Methodology			
Semester: VIII		Course Code: BNYR06	
Total Hrs.: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Module 1 -

Module 2 -

Module 3 –

Module 4 –

Scientific Writing			
Semester: VIII		Course Code: BNYR07	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Writing Academic Reports



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Introduction to scientific writings; Research Process; Significance of report writing; Types of academic reports - Thesis, Dissertation, Synopsis; Steps involved in writing academic report - logical analysis of subject matter, Preparation of final outline, preparation of rough draft, polishing rough draft, preparation of final draft; Layout of Research report – Preliminary Pages, Main text and End Matter; Mechanics of writing report – Size and physical design, Procedure, Layout, Treatment of quotations, footnotes, endnotes; Referencing – preparation of bibliography, APA style of references, other popular styles of references;

Unit 2 – Writing Scientific Article

Preparation of the rough draft; Selection of the journal – types of journals, impact factor, disciplines, plagiarism; preparation of final draft; submission of article; article review;

Reference Books:

1. Kothari C.R. Garg G., Research Methodology (pg. 407-422), New Age International Publishers.
2. Publication Manual of the American Psychological Association, American Psychological Association, Washington.
3. Turabian K., A Manual for Writers of Research Papers, Theses, and Dissertations, University of Chicago press.
4. Schimel J., Writing Science, Oxford University Press, 2011.
5. Glasman H., Science Research Writing for Non-Native Speakers of English, Imperial College.

ICT in Research			
Semester: VIII		Course Code: BNYR08	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Importance of ICT in Research

Unit II – Using Research Repositories

Unit III – Introduction to Creative Commons

Unit IV – Preparing Reports with Computer



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Presentation of scientific paper – Preparation of paper using MS Word; Preparation of presentation using MS Power Point; Poster Presentation.

Research Report/Dissertation			
Semester: VIII		Course Code: BNYR09	
Total Hrs.: 120		Credits: 8	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Continuing with topic submitted in the last semester, students have to execute the Research and have to submit the report after the successfully completion of the same.