



## Discussion

# Proposed NEP-2020 Syllabus for 4 Years Bachelor of Science (Honours) in Yoga

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## ABSTRACT

In 2000, the University Grants Commission, Ministry of Human Resource and Development, Government of India, requested all the universities to open a new yoga department in the name of Department of Yoga and Human Consciousness. They offered academic and non-academic posts with financial support for infrastructure and other essential commodities. Some interested universities have opened yoga departments since then and continue to do so successfully. After a long gap again, in 2016 Government of India selected six central universities, one from each zone, to open the Department of Yogic Art & Science. UGC offered 11 cores for five years for the foundation and development of these departments for staffs and infrastructure. Between 2000 to 2016, UGC occasionally provided all the universities with at least to open yoga center for their communities and stakeholders. In 2016 UGC mentioned the following seven courses to be open step by step. 1. Certificate in Yoga, 2. PG Diploma In Yoga, 3. PG Diploma in Yoga Therapy, 4. B.Sc in Yoga, 5. M.Sc. in Yoga, 6. Ph.D. in Yoga, 7. Integrated M.Sc. Ph.D. in Yoga. After 2016 slowly, other central, state, private, and deemed universities started to open yoga department or converted yoga centers into a department. National Education Policy-2020 (NEP-2020), allows us to reconstruct the Yoga courses for the best benefit of our future generation.

The beauty and applicability of the NEP-2020 undergraduate course lie in its structure and functional abilities. After completing 1<sup>st</sup> Year (Sem-I and II), an admitted UG student will receive a UG Yoga Certificate. Then the student, after completing 2<sup>nd</sup> year (Sem-I to IV), the student will receive a Diploma in Yoga, and, after completion of 3 years (Sem-II to VI), will receive a UG

Yoga Degree. If the student completes four years, the student will receive a UG Degree with Honours in Yoga, and with a dissertation, the student may receive a UG Yoga Honours Degree with Research. Here we are proposing four years B.Sc. Honours of Yoga with major subject Yoga Shastra (Yogic Science) and Minor Subject Vyayama Shastra (Exercise Science) for further discussion and development.

**BACHELOR OF SCIENCE (HONOURS) in YOGA: 4 Years UG Degree****Based on NEP – 2020, Total Credit-160**

\*UG Certificate- 40 Credit (SEM-I &amp; II)

\*\* UG Diploma – 80 Credit (SEM- I to IV)

\*\*\* 3 Years UG Degree- 120 Credit (SEM-I to VI)

\*\*\*\* 4 Years UG Honours Degree-160 Credit (SEM-I to VIII)

\*\*\*\*\* 4 Years UG Honours with Research Degree-160 Credit (SEM-I to VIII)

<b>SEMESTER- I</b>				
SL No	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	YOGA-MJ-101	Bharatiya Paramparic Yoga Shastra (Indian Traditional Yoga Science)	4
02	Discipline-Specific Course (Minor)	YOGA-MN-101 (P)	Yoga and Vyayama for All - Practical	4
03	Interdisciplinary Course	YOGA-IDC-101	Human Anatomy and Physiology	3
04	Ability Enhancement Course	YOGA-AEC-01	Bengali/Sanskrit/Hindi/MIL	2
05	Skill Enhancement Course	YOGA- SEC-101 (P)	Digital and Technical Education- Practical	3
06	Common Value-Added Course	YOGA-CVAC-01	Mantra Chanting	4
07	Internship		Not Applicable	
08	Dissertation		Not Applicable	
<b>Total Credits</b>				<b>20</b>

<b>SEMESTER- II</b>				
SL No	Course Type	Course Code	Course Title	Credit
01	Discipline Specific Course (Major)	YOGA-MJ-102	Yoga and Holistic Health	4
02	Discipline-Specific Course (Minor)	YOGA-MN-102 (P)	Therapeutic Yoga and Vyayama	4
03	Interdisciplinary Course	YOGA-IDC-102	Human Psychology	3
04	Ability Enhancement Course	YOGA-AEC-102	Bengali/ Sanskrit/ Hindi/MIL	2
05	Skill Enhancement Course	YOGA-SEC-102 (P)	Anga Mardana (Traditional Indian Massage)- Practical	3
06	Common Value-Added Course	YOGA-CVAC-102 (P)	Bharatiya Sangeet Shastra tatha Nritya Shastra – Practical (Indian Music and Dance)	4
07	Internship		Not Applicable	
08	Dissertation		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- III				
SL NO.	Course Type	Course Code	Course Title	
01	Discipline Specific Course (Major)	YOGA-MJ-201	Prakitic Chikitsa Shastra (Naturopathy)	4
02	Discipline Specific Course (Major)	YOGA-MJ-202 (P)	Yogic Kriyas and Yogasana – Practical	4
03	Discipline-Specific Course (Minor)	YOGA-MN-201 (P)	Recreational Yoga and Vyayama – Practical	4
04	Interdisciplinary Course	YOGA-IDC-201	Basics of Samskritam	3
05	Ability Enhancement Course	YOGA-AEC-201	English	2
06	Skill Enhancement Course	YOGA-SEC-201 (P)	Environmental Studies- Practical	3
07	Common Value-Added Course		Not Applicable	
08	Internship		Not Applicable	
09	Dissertation		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- IV				
SL NO	Course Type	Course Code	Course Title	
01	Discipline Specific Course (Major)	YOGA-MJ-203	Yogic Management lifestyle related Disorder	4
02	Discipline Specific Course (Major)	YOGA-MJ-204 (P)	Pranayama and Yogic Mudra	6
03	Discipline Specific Course (Major)	YOGA-MJ-205 (P)	Yoga Therapy-Practical	4
05	Discipline-Specific Course (Minor)	YOGA-MN-202 (P)	Yoga and Vyayama for Divyangjan – Practical	4
06	Interdisciplinary Course		Not Applicable	
07	Ability Enhancement Course	YOGA-AEC-202	English	2
08	Skill Enhancement Course		Not Applicable	
09	Common Value-Added Course		Not Applicable	
10	Internship		Not Applicable	
11	Dissertation		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- V				
SL NO	Course Type	Course Code	Course Title	
01	Discipline Specific Course (Major)	YOGA-MJ-301	Four Streams of Yoga	4
02	Discipline Specific Course (Major)	YOGA-MJ-302 (P)	Introduction of Vedas, Puranas and Upanishads	6
03	Discipline Specific Course (Major)	YOGA-MJ-303 (P)	Pratyahara	4
04	Discipline-Specific Course (Minor)	YOGA-MN-301 (P)	Yoga Vyayama for Senior Citizen	4
05	Interdisciplinary Course		Not Applicable	
06	Ability Enhancement		Not Applicable	
07	Skill Enhancement Course		Not Applicable	
08	Common Value-Added Course		Not Applicable	
09	Internship	YOGA-INT-301	Internship- Practical	2
<b>Total Credits</b>				<b>20</b>

SEMESTER- VI				
SL NO	Course Type	Course Code	Course Title	
01	Discipline Specific Course (Major)	YOGA-MJ-304	Yoga and Human Consciousness	4
02	Discipline Specific Course (Major)	YOGA-MJ-305	The Essence of Bhagavad Gita and Yoga Vashistha	4
03	Discipline Specific Course (Major)	YOGA-MJ-306 (P)	Dharana and Dhayana	4
04	Discipline Specific Course (Major)	YOGA-MJ-307	Ayurveda, Unani, Siddha	4
05	Discipline-Specific Course (Minor)	YOGA-MN-301 (P)	Yoga and Vyayama for Female- Practical	4
06	Interdisciplinary Course		Not Applicable	
07	Ability Enhancement		Not Applicable	
08	Skill Enhancement Course		Not Applicable	
09	Common Value-Added Course		Not Applicable	
10	Internship		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- VII				
SL NO	Course Type	Course Code	Course Title	
01	Discipline Specific Course (Major)	YOGA-MJ-401	Yoga Physiology	4
02	Discipline Specific Course (Major)	YOGA-MJ-402A/402B	Research Methodology and Statistics / Yogasana Sport Coaching Method	4
03	Discipline Specific Course (Major)	YOGA-MJ-403 (P)	Prakritic Chikitsa- (Naturopathy)- Practical	4
04	Discipline Specific Course (Major)	YOGA-MJ-404 (P)	Bharatiya aahaar tatha Poshan Shastra (Indian Diet and Nutrition) -Practical	4
05	Discipline-Specific Course (Minor)	YOGA-MN-401 (P)	Yoga Vyayama for Office Worker	4
06	Interdisciplinary Course		Not Applicable	
07	Ability Enhancement		Not Applicable	
08	Skill Enhancement Course		Not Applicable	
09	Common Value-Added Course		Not Applicable	
10	Internship		Not Applicable	
<b>Total Credits</b>				<b>20</b>

SEMESTER- VIII				
	Course Type	Course Code	Course Title	
01	Discipline Specific Course (Major)	YOGA-MJ-405	Yoga and Human Values	4
02	Discipline Specific Course (Major)	YOGA-MJ-406 (P)	Ayurveda, Unani, Siddha - Practical	4
03	Discipline Specific Course (Major)		Not Applicable	
04	Discipline Specific Course (Major)		Not Applicable	
05	Discipline-Specific Course (Minor)		Not Applicable	
06	Interdisciplinary Course		Not Applicable	
07	Ability Enhancement		Not Applicable	
08	Skill Enhancement Course		Not Applicable	
09	Common Value-Added Course		Not Applicable	
10	Internship		Not Applicable	
11	Dissertation/ Three Major Subjects #	YOGA-DIS-401		12/ 4+4+4
<b>Total Credits</b>				<b>20</b>

- #i. Yogasana Sport Coaching – Practical – 4 Credit (Any one Event) – YOGA-OP-401
- ii. Yogasana Sport Officiating- Practical- 4 Credit (Any one Event) – YOGA-OP-402
- iii. Yogasana Sports Injury Management- Practical – 4 Credit (Any one Event) YOGA-OP-403

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