

**Board of Studies
Of
B.A/B. Sc.
(Yoga Science and Holistic Health)**

(Effective from the Academic Year 2022-23)



**Himalayan School of Yoga Sciences
SWAMI RAMA HIMALAYAN UNIVERSITY
Swami Ram Nagar, Jolly Grant, Doiwala, Dehradun**

D.R.

G. Singh

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Registrar
Swami Rama Himalayan University

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Registrar

Swami Rama Himalayan University

Swami Rama Himalayan University
Office of the Registrar

SRHU/Reg/OO/2022-83

Date: 30th April, 2022

OFFICE ORDER

In accordance with duly approved Statute 5.07 of Swami Rama Himalayan University, the Hon'ble Vice Chancellor has constituted the Board of Studies for Programmes - BA/B.Sc. (Yoga Science & Holistic Health), Post Graduate Diploma (Yoga Science & Holistic Health) and Master Degree (M.A./M.Sc.) in Yoga Sciences under Himalayan School of Yoga Sciences (HSYS), as under:

Dr. Suresh Barnwal : External Expert
Professor,
Dev Sanskriti Vishvavidyalaya, Shanti kunj,
Haridwar

Dr. Surendra Kumar Tyagi : External Expert
Professor,
Gurukul Kangri University,
Haridwar

Dr. Somlata Jha, Assistant Professor, HSYS and Dr. Ram Narayan Mishra, Assistant Professor, HSYS shall coordinate and provide all the necessary assistance to the said Board of Studies.

By Order,


30/4/22
Registrar

Copy to: Hon'ble Chancellor } for kind information please
Hon'ble Vice Chancellor }
Pro Vice Chancellor }
In-charge, HSYS }
All concerned members }

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Registrar
Swami Rama Himalayan University

**Swami Rama Himalayan University
Office of the Registrar**

SRHU/Reg/Int/2022-128

Date: 5th May, 2022

Meeting Notice

The Meeting of the Board of Studies for Programmes - B.Sc. (Yoga Science & Holistic Health), Post Graduate Diploma (Yoga Science & Holistic Health) and Master Degree (M.A./M.Sc.) in Yoga Sciences under Himalayan School of Yoga Sciences (HSYS) and for BA/B.Sc. (Yoga Science & Holistic Health) under Hill Campus of the University, will be held on **17th May 2022, Tuesday (10:00 a.m.) at HSYS.**

The Agenda of the meeting shall be as follows:

1. To recommend, upon reference to it by the faculty, the courses of study, curriculum and methods of assessment in the subject or group of subjects within its purview.
2. To recommend programme objective and course outcome.
3. To recommend books, including text-books, supplementary reading, reference books and other study material for such courses of study.
4. To advise the faculty or faculties concerned regarding improvements in the courses of study.
5. To recommend organization of orientation and refresher courses in the subject.

Members of the said Board of Studies are requested to please make it convenient to attend the meeting.


5/5/22
Dr. Susheela Sharma
Registrar

Copy to: Hon'ble Chancellor
Hon'ble Vice Chancellor
Pro Vice Chancellor
In-charge, HSYS
All concerned of the Board of Studies } for kind information please

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Registrar
Swami Rama Himalayan University

Swami Rama Himalayan University
Himalayan School of Yoga Science

Attendance

Date: -17/05/2022

1. Prof. Suresh Lal Barnwal

Professor,
Dev Sanskriti Vishvavidyalaya, Shanti Kunj
Haridwar


(Signature)

2. Surendra Kumar

Professor,
Gurukul Kangri University
Haridwar


(Signature)

3. Dr. Somlata Jha

Assistant Professor
Himalayan School of Yoga Science
Jolly Grant


(Signature)

4. Dr. Ram Narayan Mishra

Assistant Professor
Himalayan School of Yoga Science
Jolly Grant


(Signature)



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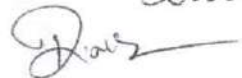
Swami Rama Himalayan University
Himalayan School of Yoga Science

BOARD OF STUDIES MAY 2022

Minutes of Meeting

In pursuance to the notification on SRHU/Reg/OO/2022-83 dated 30 April, 2022 the meeting of Board of Studies for B.Sc.(Yoga Science & Holistic Health) was held on 17/May/2022 at 10:00am in the Himalayan School of Yoga Science.

The following members were present:

- | | | | |
|---------------------------|---|-----------------|--|
| 1. Dr. Suresh Lal Barnwal | - | External Expert |  |
| 2. Dr. Surendra Kumar | - | External Expert | |
| 3. Dr. Somlata Jha | - | Member |  Somlata |
| 4. Dr. Ram Narayan Mishra | - | Member |  |




Dr. Somlata Jha welcomed all the members of the committee.

The members went through the curriculum of B.Sc.(Yoga Science & Holistic Health) and given suggestions which are the following. These will be applied in after the suggested correction.

1. Program Name ~~trem~~ should be used Yogic Science.
2. Intrenship should not be Maximum Two months.
3. Graduation program should be Only B.Sc. Yogic Science on the behalf of UGC guide line.

All the members also found the pattern of examination and method of assessment to be excellent one. All of them were of the opinion after doing little deliberations, the Board of Studies approved.

The meetings ended with vote of thanks to external experts.

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B.A. /B.Sc Yoga Sciences Program-

Goals

Yoga Science could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and and to face the dualities of life with equanimity.

National Goals-

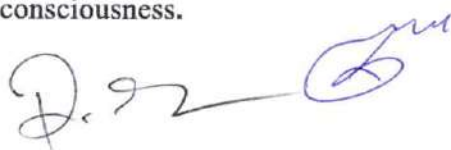
- The course aims to build physical, mental, and spiritual discipline in the students.
- To train students in Yoga so as to enable the students to become well versed in Yoga Therapy.
- To integrate Yoga with other systems of medicine to speed up the process of recovery.
- To explore the possibilities of promoting Yoga integrating medical practice at conventional medical facilities attached to the institute.
- To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
- To bring all round personality development of the students at all levels of their personality.
- To produce the therapists of high caliber who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the yoga department of the universities as an assistant professor.

Institutional Goals-

- The main goal is to develop the department as a Center of Excellence and deliver high quality teaching-learning matching the needs of the contemporary world of education and health industry. Yoga Science at SRHU. Intersects with other allied sciences.
- Goals to deliver training in advanced areas of Yoga Science and Holistic health as also high moral values in keeping with the teachings of Swami Rama and ancient Indian gurus.
- In addition to the overall personality development, this course enables the learner to be equipped with therapeutic skills and research base in yoga.
- This course includes the ancient wisdom of the Vedas, Upanishads, Bhagavad Gita, Patanjali Yoga Sutra, Hatha Yoga and Gheranda Samhita along with modern scientific-based anatomy, physiology, psychology, research methodology, and teaching skills.

Goals and Roles for the learner-

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.



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Programme Outcomes (PO)

- Integrate and apply knowledge of yoga and spiritual evolution for the practice of yoga as healthcare therapy. Use modern tools and techniques in developing yoga specialty centers.
- Design advanced yoga based therapies to meet identified needs within economic, environmental and social constraints.
- Instill the intellectual skills to analyze and solve healthcare disorders through designing specific yoga therapies
- To introduce Yoga therapy, its principles and practices of Yoga to people with various lifestyle disorders.
- Demonstrate an understanding of professional ethics in yoga science to avoid biological controversies.
- Promote the awareness for positive health and personality development in the society through yoga awareness programmers/training sessions.



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Swami Rama Himalayan University

B.A/B. Sc. (Yoga Science and Holistic Health)
Semester – I

S. N.	Course Code	Course Title	Course Category	Units	Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of Instruction/ Week (L-T-P)	Credits
1	BYS101	Foundations of Yoga – I	CC	I. General Introduction to Yoga	50	50	50	100	3-0-0	3
				II. General Introduction to Indian Philosophy						
				III. Brief survey of Yoga Traditions – I						
				IV. Brief survey of Yoga Traditions –II						
2	BYS102	Principles of Hatha Yoga– I	CC	I. General Introduction to Hatha Yoga	50	50	50	100	3-0-0	3
				II. Hatha Yoga: Pre-requisites						
				III. Hatha Yoga Principles						
				IV. Introduction to Basic Hatha Yoga Texts						
3	BYS103	Human Anatomy and Physiology-I	DSEC	I. Cell, Tissue & Musculo-Skeletal System	50	50	50	100	3-0-0	3
				II. Digestive System						
				III. Respiratory System						
				IV. Cardiovascular System						
4	BYS104	Basics of Sanskrit	AECC	I. Sanskrit Bhasha Parichaya, Shabdarupa & Sandhi & Vakya Nirmana	50	50	50	100	3-0-0	3
				II. Shabdarupa & Vachya (Karmavachya & Bhavavachya), Kridanta						
				III. Bhashabhyas (Adhyayan & Anuvada) Bhasha Dakshata						
				IV. Bhashabhyas (Adhyayan & Anuvada) Bhasha Dakshata						
5	BYS105	Yoga Practical –I	CC	Recitation of Hymns & Hasta Mudras, Shatkarma, Breathing Practices	50	50	50	100	0-0-6	3
6	BYS106	Yoga Practical –II	CC	Yoga Sukma Kriya(Joints & Glands), Suryanamskar, Yogasanas	50	50	50	100	0-0-8	4
7	BYS107	Human Anatomy and Physiology Practical-I	DSEC	Demonstration of Bones, Joints ,muscles Demonstration of Osteology & Myology Demonstration of Human Skeleton, Demonstration of Organs and Viscera	50	50	50	50	0-0-2	1
Total					350	350	350	650	12-0-16	20

L: Lecture

T: Tutorial

P: Practical

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Semester – II

S. N.	Course Code	Course Title	Course Category	Units		Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of Instruction / week (L:T:P)	Credits
1	BYS201	Foundations of Yoga – II	CC	I	Brief survey of Yoga Traditions – III	50	50	50	100	3-0-0	3
				II	Brief survey of Yoga Traditions – IV						
				III	Classical Schools of Yoga – I						
				IV	Classical Schools of Yoga – II						
2	BYS202	Principles of Hatha Yoga– II	CC	I	Hatha Yoga practices: Shodhanakriyas	50	50	50	100	3-0-0	3
				II	Hatha Yoga practices: Yogasanas						
				III	Hatha Yoga practices: Pranayama, Bandhas & Mudras						
				IV	Hatha Yoga practices: Pratyahara, Dharana, Dhyana and Nadanusandhana						
3	BYS203	Human Anatomy and Physiology- II	DSEC	I	Nervous system and special senses	50	50	50	100	3-0-0	3
				II	Endocrine system						
				III	Reproductive and Excretory system						
				IV	Lymphatic system and immune system						
4	BYS204	Human System According to Yoga	CC	I	Evolution of Body	50	50	50	100	3-0-0	3
				II	Pancha Kosa Theory						
				III	Chakras & Mandalas						
				IV	Vayus, Nadis & Svava Yoga						
5	BYS205	Yoga Practical – III	CC		Shatkarmas, Pranayama, Practices leading to Meditation	50	50	50	100	0-0-6	3
6	BYS206	Yoga Practical – IV	CC		Yogasana (Sitting, Prone and Supine Positions)	50	50	50	100	0-0-8	4
7	BYS207	Human Anatomy and Physiology Practical-II	DSEC		Practical demonstration will be based on Theory Paper III. Viva voce	50	50	50	50	0-0-2	1
Total						350	350	350	650	12-0-16	20

L: Lecture

T: Tutorial

P: Practical

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Semester – III

S. N.	Course Code	Course Title	Course Category	Units	Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of Instructions/ week (L-T-P)	Credits	
1	BYS301	Patanjal Yoga Darshana – I	CC	I	50	50	50	100	3-0-0	3	
				II							Introduction to Samkya Darshan, Yoga Darshana of Patanjali and its Traditional commentaries
				II I							Concept of Chitta, Chitta-bhoomis, Chitta-vrittis and Chitta-vritti Nirodhopaya
				I V							Samadhi Pada and its Applications
2	BYS302	Yoga Education & Teaching Methodology	DSEC	I	50	50	50	100	3-0-0	3	
				II							Fundamentals of Education
				II I							Value-based Education according to Yogic Text
				I V							Basics of class Management & lesson planning
3	BYS303	Holistic Health	AECC	I	50	50	50	100	3-0-0	3	
				II							Concept of Holistic Health
				II I							Four Primitive Fountains
				I V							A Self Training Program
4	BYS304	Functional English	AECC	I	50	50	50	100	3-0-0	3	
				II							Communication: Listening & Speaking Skills
				II I							Applied Grammar & Vocabulary Building
				I V							Reading Skills
5	BYS305	Yoga Practical – V	CC		50	50	50	100	0-0-6	3	
6	BYS306	Yoga Practical – VI	CC		50	50	50	100	0-0-8	4	
7	BYS307	Holistic Health Practical	AECC		50	50	50	50	0-0-2	1	
Total					350	CC	350	650	12-0-16	20	

L: Lecture

T: Tutorial

P: Practical

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Swami Rama Himalayan University

Semester – IV

S. N.	Course Code	Course Title	Course Category	Units		Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of Instructions/ week	Credits
1.	BYS401	Patanjal Yoga Darshana – II	CC	I	Sadhana Pada	50	50	50	100	3-0-0	3
				II	Sadhana Pada and its Applications						
				III	Vibhooti Pada and its Applications						
				IV	Kaivalya Pada and its Applications						
2	BYS402	Yoga Psychology	DSEC	I	Psychology: a science of behaviour	50	50	50	100	3-0-0	3
				II	Personality and its development						
				III	Yogic Concept of Psychology and mental health						
				IV	Yogic Psychotherapy and Techniques						
3	BYS403	Yoga Diet & Nutrition	DSEC	I	Yogic concepts of diet & Nutrition	50	50	50	100	3-0-0	3
				II	Dietetics in Yoga						
				III	Biomolecules						
				IV	Nutrition Basics						
4	BYS404	Fundamentals of Ayurveda	GEC	I	General introduction to Ayurveda	50	50	50	100	3-0-0	3
				II	Swasthavritta, Dinacharya, Ratricharya, Ritucharya Sadvritta, Achararasayana.						
				III	Upasthambhas with special emphasis on Ahara						
				IV	Introduction to Panchakarma						
5	BYS405	Yoga Practical – VII	CC	Yoga Sukshma Vyamaya, Suryanamaskar, Shatkarmas, Yogasanas, Bandhs, Meditation		50	50	50	100	0-0-8	4
6	BYS406	Yoga Practical – VIII	CC	Lesson Plan, Content Plan, Teaching Methods, Teaching Aids, Class Management		50	50	50	100	0-0-6	3
7	BYS407	Ayurveda Practical	GEC	Practical @ Panchkarma etc. will be based on Ayurveda Syllabus of Theory Paper IV.		50	50	50	50	0-0-2	1
Total						350	350	350	650	12-0-16	20

L: Lecture

T: Tutorial

P: Practical





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Semester – V (B.A-YSHH)

S.No	Course Code	Course Title	Course Category	Units	Sessional Test 1	Sessional Test 2	Day to Day assessment	End Semester	Hrs. of Instruction/ week (L-T-P)	Credits	
1.	BYS501	Bhagavadgita	AECC	I	Significance of Bhagavadgita as Synthesis of Yoga	50	50	50	100	3-0-0	3
				II	Concept of Atman, Parmatman and Characteristic of Sthita Prajna in Bhagavdgita						
				III	Karma Yoga and Bhakti Yoga in Bhagavadgita						
				IV	Concept of Ahara and Role of Bhagavadgita in Healthy Living						
2.	BYS502	Yoga Principles & Practices of Healthy Living	CC	I	Yoga concepts of health & Mind	50	50	50	100	3-0-0	3
				II	Yoga concepts for health and healing						
				III	Yoga principles and practices of healthy living						
				IV	Health benefits of Yoga practices						
3.	BYS503	Fundamentals of Biochemistry	GEC	I	Introduction to Bio-Chemistry & cell	50	50	50	100	3-0-0	3
				II	Enzymes & Concept of ATP-Energy						
				III	Carbohydrates & Proteins						
				IV	Lipids, Vitamins & Hormones						
4.	BYS504 (AT)	Generic Elective –I Principles of Yoga in different Upanishadas	GEC	I	General Introduction of Upanishad	50	50	50	100	3-0-0	3
				II	Understanding & Essence of Principle Upanishadas						
				III	Understanding & Essence of Yogopnishad- I						
				IV	Understanding & Essance of Yogopnishad - II						
	BYS504 (AT)	Generic Elective –II Various Yoga Parampara's	GEC	I	Various Yoga Parampar Part-I	50	50	50	100	3-0-0	3
				II	Various Yoga Parampara Part-II						
				III	Various Yoga Parampara Part-III						
				IV	Various Yoga Parampara Part-IV						
				V	Applied Astrology						
				VI	General Introduction of Vaastu Shastra						
				VII	Applied Vaastu Shastra						
5.	BYS505	Yoga Practical – IX	CC	Prayers, Mantra Chanting, Shatkarmas, Bandh and Mudra, Pranayama, Asanas, Meditation .		50	50	50	100	0-0-8	4
6	BYS506	Internship-I	INT	Internship will be based on Swami Rama's teaching		50	50	50	100	0-0-8	4
Total					300	300	300	600	12-0-16	20	

L: Lecture

T: Tutorial

P: Practical

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Swami Rama Himalayan University

Semester – V (B.Sc.-YSHH)

S.No	Course Code	Course Title	Course Category	Units	Sessional Test 1	Sessional Test 2	to Day assessment	End Semester	Hrs. of Instruction/ week (L-T-P)	Credits	
1.	BYS501	Bhagavadgita	AECC	I	Significance of Bhagavadgita as Synthesis of Yoga	50	50	50	100	3-0-0	3
				II	Concept of Atman, Parmatman and Characteristic of Sthita Prajna in Bhagavadgita						
				III	Karma Yoga and Bhakti Yoga in Bhagavadgita						
				IV	Concept of Ahara and Role of Bhagavadgita in Healthy Living						
2.	BYS502	Yoga Principles & Practices of Healthy Living	CC	I	Yoga concepts of health & Mind	50	50	50	100	3-0-0	3
				II	Yoga concepts for health and healing						
				III	Yoga principles and practices of healthy living						
				IV	Health benefits of Yoga practices						
3.	BYS503	Fundamentals of Biochemistry	GEC	I	Introduction to Bio-Chemistry & cell	50	50	50	100	3-0-0	3
				II	Enzymes & Concept of ATP-Energy						
				III	Carbohydrates & Proteins						
				IV	Lipids, Vitamins & Hormones						
BYS504 (ST)	Generic Elective –I Applied Astrology, Vastu Shastra & Holistic Healing Methods	GEC	I	Basics of Astrology	50	50	50	100	3-0-0	3	
			II	Applied Astrology							
			III	General Introduction of Vaastu Shastra							
			IV	Applied Vaastu Shastra							
BYS504 (ST)	Generic Elective –II Fundamentals & Application of Naturopathy	GEC	I	General Introduction, Principles and Concepts of Naturopathy	50	50	50	100	3-0-0	3	
			II	Hydrotherapy							
			III	Fasting and Chromo therapy							
			IV	Massage and Mud Therapy							
5.	BYS505	Yoga Practical – IX	CC	Prayers, Mantra Chanting, Shatkarmas, Bandh and Mudra, Pranayama, Asanas, Meditation	50	50	50	100	0-0-6	3	
6.	BYS506 (SP)	Applied Astrology, Vastu Shastra & Holistic Healing Methods	GEC	Practical will be based on theory paper of IV- Applied Astrology, Vastu Shastra & Holistic Healing Method	50	50	50	50	0-0-2	1	
	BYS506 (SP)	Naturopathy Practical	GEC	Practical will be based on theory paper of IV- Naturopathy							
7.	BYS507	Internship-I	INT	Internship will be based on Swami Rama's teachings	50	50	50	100	0-0-8	4	
Total					350	350	350	650	12-0-16	20	

L: Lecture

T: Tutorial

P: Practical

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Semester – VI

S. N.	Course Code	Course Title	Course Category	Units	Final Test 1	Final Test 2	End Semester	Hrs. of Instruction / week (L-T-P)	Credits		
1.	BYS601	Human Values, according to different Philosophical system	CC	I	Harmony in Human Being and in Myself	50	50	50	100	3-0-0	3
				II	Harmony in Family and Society - Harmony in Human – Human relationship						
				III	Concept of Human values: Moral Education, Social Responsibility & Yoga						
				IV	Swami Rama Philosophy and Teaching						
2.	BYS602	Yoga Management of Lifestyle related disorders	AECC	I	Introduction to common ailments- Respiratory disorders and cardiovascular disorder	50	50	50	100	3-0-0	3
				II	Endocrinal, Metabolic Disorder, Obstetrics and Gynecological						
				III	Musculo-Skeletal Disorders and gastrointestinal disorders						
				IV	Neurological Disorders, Psychiatric disorders and						
3.	BYS603	Fundamentals of Environmental Science	AECC	I	Introduction to environmental studies and Ecosystem	50	50	50	100	3-0-0	3
				II	Natural Resources: Renewable and Non-renewable						
				III	Biodiversity and Conservation						
				IV	Environmental Pollution, policies and practices						
4.	BYS604	Elective-I Fundamentals of Homeopathy	GEC	I	Introduction to Basic concepts of Homeopathy	50	50	50	100	3-0-0	3
				II	Homeopathy: the Science of Therapeutics						
				III	Practice of Homeopathy						
				IV	Materia Medica						
	BYS605	Elective-II Applied Alternative Therapies	GEC	I	General introduction of Alternative Therapy, Reiki	50	50	50	100	3-0-0	3
				II	General Introduction & Applications of Magneto						
				III	General Introduction & Applications of Acupressure, Cupping & Marma Therapy						
				IV	Applications of Integrated Modality of Healing; EFT, Bach Flower Remedies, Mantrayoga; Positive Affirmation (Japayoga & Agniyoga), Kshamayoga & Ho'opono'opono						
5.	BYS606	Yoga Practical – X	CC	Prayers, Mantra Chanting, Swami Rama Teachings, Asanas and Meditation		50	50	50	100	0-0-6	3
6.	BYS607	Yoga Field Work	PW/FW	(Field Work and Study Tour) Yoga Teaching and awareness: Community camps, workshops, school health projects (Preferably extramural funding assisted)		50	50	50	50	0-0-2	1
7.	BYS608	Internship-II	INT	Internship will be based on Swami Rama's teachings		50	50	50	100	0-0-8	4
Total					350	350	350	650	12-0-16	20	

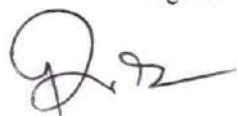
L: Lecture

T: Tutorial

P: Practical

Semester	I	II	III	IV	V	VI	Total Credits
Credits	20	20	20	20	20	20	120
Total credits to be earned for the award of Degree : 120							

Course Category					
CC	Core Course	PW/FW/INT	Project/Field Work/Internship	AECC	Ability Enhancement Compulsory Course
DSEC	Discipline Specific Elective Course	GEC	Generic Elective Course	SEC	Skill Enhancement Course





Swami Rama Himalayan University

Office of the Registrar

SRHU/Reg/OO/2022-162

Date: 23rd August, 2022

OFFICE ORDER

I am directed to inform that the Academic Council in its 26th Meeting under Agenda Item Nos. 26/8, 26/9 and 26/10 has approved the recommendations of Board of Studies for the following programmes under Himalayan School of Yoga Sciences, as enclosed herewith, for implementation:

1. B.A./B.Sc. (Yoga Science & Holistic Health).
2. Post Graduate Diploma (Yoga Science & Holistic Health).
3. M.A./M.Sc. (Yoga Sciences).

By Order,



Registrar

Encl.: As above.

Copy to: Hon'ble Chancellor
Hon'ble Vice Chancellor
Pro Vice Chancellor
Controller of Examinations
In-charge, Himalayan School of Yoga Sciences

} for kind information please