

**SCHEME AND SYLLABUS  
FOR  
BACHELOR OF YOGA DEGREE (B.Yog.)  
PROGRAMME**

**UNDER  
CHOICE BASED CREDIT AND SEMESTER SYSTEM (CBCSS)**

**2021 - 22 Academic year onwards**

## **1. Name of the Programme: Bachelor of Yoga (B.Yog.)**

### **Introduction**

Yoga is an ancient Indian Psycho-philosophical discipline that equips man to lead life up to its highest potential. This age-old knowledge system is hailed by the whole world as a tool to reinvent a harmonious and healthy society. United Nations (UN), World Health Organization (WHO) and other pioneer institutions have taken initiatives for the promotion of Yoga. The scope of Yoga has gone beyond the limits of regions and religions nowadays. There are many institutes round the globe that offer various courses and trainings in Yoga. Prominence is given to physical aspects of Yoga in these courses. Being an academic Programme Bachelor of Yoga (B.Yog.) aims at providing adequate knowledge about the philosophical, physical and psychological aspects of Yoga. This will help the student to overcome the misconceptions and misinterpretation about Yoga. The course is designed in regular CBCSS format with more emphasis on the core subject.

### **2. Aim of the Programme**

- The aim of the course is to train the candidates to work as professional Yoga Teachers/Trainer for teaching yoga in educational institutions. It also aims at creating proficient Yoga trainers to work in institutions including MNCs for promotion of value education and for ensuring psycho-physical wellbeing of the students.
- To create qualified and trained graduates and outstanding teaching professionals of Philosophy and Practice of Yoga and Yoga Consultants/Counselors to provide integrative approach of Yoga Therapy.

### **3. Objectives of the Programme**

- To mold outstanding teaching professionals and Yoga Consultants/ Counselors to provide integrative approach of Yoga Therapy ((IAYT))
- To introduce the philosophy, psychology and practical aspects of Yoga.
- To develop an urge of self-improvement and self-entrepreneurship.
- To bring up Socially Productive, Intellectually Creative, Emotionally Balanced, Mentally Sound and Physically Strong generation of learners.

**4. Nature of the Course**

The course shall be full time regular and co-educational.

**5. Duration of the Course**

The duration of the course shall be Three academic year of Six semesters. Each semester shall have 90 working days.

**6. Eligibility for Admission**

The minimum eligibility for B.Yog. degree course and admission process or selection criteria shall be same as the Regulations framed by the University of Kerala for all Undergraduate degree programmes from time to time. The candidate shall be physically and mentally fit to undergo Yoga training.

**7. Reservation of Seats**

Reservation of seats shall be as per rules framed by the Government/ University from time to time.

**8. Medium of Instruction and Examination.**

The medium of instruction and examination of the programme shall be English/Malayalam/Sanskrit.

- 9.** All other regulations such as the Choice Based Credit & Semester System, attendance, evaluation, publication of results, issue of mark list, certificate, Grading, monitoring, transitory provision, repeal, revision of syllabi etc. of the programme shall be same as per the Regulations for the Undergraduate Program in semester patterns. If any other criteria unless otherwise specified also be followed as per Regulations for the Undergraduate Program issued by the University from time to time.

## 10. COURSE CONTENT ANDSCHEME OF EXAMINATION

Semester	Course Title	Course code	Name of the Course	L	C	CE	ESC	Practical	Viva.
I	Language Course –I (Eng 1)	EN 1111	English I	5	4	20	80		
	Lang. Course II (Adl Lan. I)	SK 1111	Second Language I	4	3	20	80		
	Foundation course – I	EN 1121	English	4	2	20	80		
	Core Course – I	YS 1141	Introduction to yoga	6	4	20	80		
	Compl. Course –I	YS 1131	Functional Sanskrit	3	2	20	80		
	Compl Course – II	YS 1132	Human Anatomy and Physiology I	3	2	20	80		
II	Lang. Course III (Eng. II)	EN 1211	English II	5	4	20	80		
	Lang. Course IV (Eng. III)	EN 1212	English III	4	3	20	80		
	Lang. Course V (Addl. Lang)	SK 1211-1	Second Language-II	4	3	20	80		
	Core Course – II	YS 1241	Indian Philosophy	6	4	20	80		
	Comple. Course III	YS 1231	Yoga Practical I	3	3	20	....	50	30
	Comple Course IV	YS 1232	Human Anatomy and Physiology II	3	3	20	80		
III	Language Course–VI (Eng IV)	EN 1311	English IV	5	4	20	80		
	Lang. Course VII (Adl Lan. III)	SK 1311-I	Second Language III	5	4	20	80		
	Foundation course – II	YS 1321	Informatics	4	3	20	80		

	Core Course – III	YS 1341	PathanjalaYogasutra I	5	4	20	80		
	Compl. Course –V	YS 1331	Yoga Practical II	3	3	20	....	50	30
	Compl Course – VI	YS 1332	Introduction to Sanskrit literature	3	3	20	80		
IV	Language Course –VIII (Eng V )	EN 1411	English V	5	4	20	80		
	Lang. Course IX (Adl Lan.)	SK 1411-1	Second Language	5	4	20	80		
	Core Course – IV	YS 1441	Pathanjala Yoga Sutra II	5	4	20	80		
	Core Course –V	YS 1442	Textual Tradition Of Hata yoga pradeepika	4	3	20	80		
	Compl Course – VII	YS 1431	Yoga Practical III	3	3	20	....	50	30
	Compl Course VIII	YS 1432	Kinesiology and Bio-mechanics	3	3	20	80		
V	Core Course VI	YS 1541	Textual tradition of Kheranda samhitha	4	4	20	80		
	Core Course VII	YS 1542	Yoga and Indian Psychology	4	4	20	80		
	Core Course VIII	YS 1543	Sports Yoga	3	2	20	80		
	Core Course IX	YS 1544	Yoga Practical IV Practical Training on Sports Yoga and Teaching method.	4	4	20	....	50	30
	Core Course X	YS 1545	Yoga and Fitness	4	4	20	80		
	Open Course I	YS 1551	Yoga for Daily life	3	2	20	80		
	Project/Dissertation	YS 1646		3		20	80		

VI	Core Course XI	YS 1641	Introduction to Upanishads	5	4	20	80		
	Core Course XII	YS 1642	Yoga in Bhagavad Githa	5	4	20	80		
	Core Course XIII	YS 1643	Yoga Practical V Internshipcum Project work/Teaching Practice	5	4	20	....	50	30
	Core Course XIV	YS 1644	Yoga therapy	4	3	20	80		
	Elective	YS 1661	Yoga and Indian system of Medicine	3	2	20	80		
	Project	YS 1646		3	4	20	80		