

Department of Yoga Education

School of Educational Studies



Curriculum Framework

B.A./B.Sc. (Yogic Science)

(Based on National Education Policy- 2020)

Doctor Harisingh Gour Vishwavidyalaya

(A Central University)

Sagar (M.P.) 470003

Approved in the Meeting of BoS in Yoga Education:

Date of BoS Meeting: 15-09-2022 at 02.00 P.M

1. Prof. A.P.Tripathi

2. Prof. Asmita Gajbhiye

3. Dr. Arun Kumar Sao

4. Dr. J. P. Sharma

5. Dr. Sanjeev Patra

6. Prof. Ganesh Shankar (HOD & Chairman)

Approved in the Meeting of School Board in SES:

Date of SB Meeting: 19-09-2022 at 02.00 P.M

1. Prof. A.P.Tripathi

2. Prof. Asmita Gajbhiye

3. Dr. Arun Kumar Sao

4. Dr. Sanjay Sharma

5. Dr. Preeti Vadhvani

6. Dr. Rashmi Jain

7. Prof. S. P. Singh

8. Prof. B. R. Kukreti

9. Prof. D. S. Baghel

10. Prof. Ganesh Shankar (DEAN & Chairman)

Approved in the Meeting of Academic Council on 22.09.2022

8. Structure of the Programme:

Level: 5 Semester I			
Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major-1	YSC-DSM-111	Fundamental Concepts of Yoga	4
	YSC-DSM-112	Yoga Practicum	2
Discipline Specific Major-2	Other Department		6
Multi-Disciplinary Major-3	YSC-MDM-113	Yoga Practicum	6
Ability Enhancement Course (AEC)	YSC-AEC-114	Mainstreams of Yoga	2
Skill Enhancement Course (SEC)	YSC-SEC-115	Shrimad Bhagvad Gita & Holistic Living	2

Semester II			
Nature of Course	Course Code	Course Title	Credits
Discipline Specific Major-1	YSC-DSM-211	Principles of Hatha Yoga	4
	YSC-DSM-212	Yoga Practicum	2
Discipline Specific Major-2	Other Department		6
Multi-Disciplinary Major-3	YSC-MDM-213	Yoga Practicum	6
Ability Enhancement Course (AEC)	YSC-AEC-214	Concept of Yoga in Principal Upanishads	2
Skill Enhancement Course (SEC)	YSC-SEC-215	Pranayama & Meditation for Healing	2

9. Exit: Certificate in Yogic Science

10. Teaching Learning Approach:

Mainly this programme will be transacted through the following pedagogic approach-

- Lecture/ Seminar format
- Demonstration/ Practical Yoga
- Readings/written assignments and Field Projects
- Group discussions/tutorial
- Community visit/ visit to renowned Yoga Institutions
- Project work
- Field Visit/Survey/Dissertation

11. Assessment

The learner in the programme will be assessed throughout the duration of the programme in a formative and summative evaluations i.e. Mid (I & II) and End Semester Examinations. To be eligible to appear in End Semester Examination, a student must appear in Mid Semester Examinations along with 75 per cent attendance in classroom processes.