

**1.1.2. No of Programmes where syllabus revision was carried out**

**1.2.2. No of Programmes in which choice based Credit System(CBSC/elective system has been implemented during the Year)**

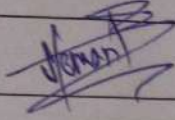
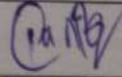

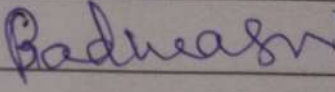

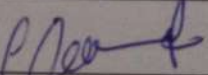
Si. No	Particulars
1.	1.1.2 Syllabus Revision during 2022 Year
2.	BOS of MSc YVT and BSc YVT
3.	BOS of MSc YT
4.	BOS of MSc YT

# Minutes<sup>10</sup> of Meeting of BOS - BSc YVT (NEP)

## Board of Studies(BOS)-2022-2023

Minutes of the Board of Studies (BOS) for Bachelor of Science in Yoga & Vedic therapy (BSc. YVT) and Master of Science in Yoga & Vedic Therapy (MSC. YVT) in division of Yoga-Spirituality held on 18<sup>th</sup> July 2022 in online at 3 pm.

### Attendees:

Name of the BOS Member	Designation	Signature
Dr. Sony Kumari	Dean of Academics	
Dr. Hemant Bhargav	BOS member, External Expert	
Dr. Nitin Patil	BOS member, External Expert	
Dr. Sushrutha	BOS member, External Expert	
Dr. Ramesh Panda	Dean of Spirituality division	
Dr. Vikas Rawat	Coordinator, M.Sc. YT program	
Dr. Satyaprakash Purohit	Coordinator, B.Sc. YT program	
Ms. Padmasri	Asst. Professor Division of Physical sciences	
Dr. Manjunath G	Associate Professor Division of Spirituality	
Ms. Maheshwari	Asst. Professor. Division of Spirituality	
Mr. Naveen Kumar	Asst. Professor. Division of Spirituality	

Dean of Academics started the meeting with prayer and welcomed all the attendees and requested Dr. Satyaprakash to give the presentation on the content from B.Sc. YT of 5 years

Dr. Satyaprakash briefed on the existing and proposed subjects for all the 3 years or 6 semesters and the revisions required as per the NEP 2020 guideline was presented; Certificate level and other 3 levels, the syllabus and credits for each subjects is all unclear.

**Dean of academics:** first semester subjects will be common for both B.Sc. YT and YVT programs

**Dr. Hemant:** He agreed with the syllabus changes proposed like adding Basics of computer Science should be in the first semester

**Dr. Satyaprakash:** 4 streams of Yoga should be replaced with Concept of Yoga

**Dr. Nitin Patil:** Let the content of 4 streams of Yoga be the same and Anatomy and physiology shouldn't be split into 1 and 2, for a better understanding of the subject

**Dr. Satyaprakash:** Agreed to Dr. Nitin Patil

**Dr. Nitin Patil:** Basics of English and Sanskrit should be given more importance; Cultural History of India can be clubbed with Basics of Yoga, but before doing that, the content should be checked

**Ms. Padmasri:** As per the discussion with Dr. Nagarathna, promotion of positive health and PDC conducting should be included in the first sem of B.Sc.

**Dr. Nitin:** That should be based on the credits

**Dr. Satyaprakash:** all theory subjects will get 3 credits (45 hours) and practical 2 credit (60 hours, including Hatha Yoga)

**Dr. Vikas:** the first years learn from the second sem seniors, therefore, PDC should be in the second sem

**Ms. Padmasri:** what skill the students acquire in the one year learning and the job opportunity for them leaving in one year of the course, keeping that in mind, PDC should be in first year

**Dr. Nitin:** would be making sense, credit hours of YIC and YIC being a basic course cannot be meeting requirement of facing such proposed subjects in 1<sup>st</sup> year of B.Sc. program

**Ms. Padmasri:** Thinking in the above listed perspective, if the proposed suggestions can work out should be re-considered; option for the students to take up more elective subjects can be taken up by the students; need for teaching certain subjects urgently here isn't understood; certain subjects which are electives and not course subjects is to be taken into consideration for those completing the course in one year.

**Dean of academics:** Beside subjects, credit and hours needed to teach should be there

**Dr. Satyaprakash:** Guruji wants the theory and practical credits to be the same

**Dr. Nitin:** Definitions are changed and hence there is a need for reviewing the matter mentioned in NEP; Program outcome should be matched with Course outcome and

**Dr. Sushrutha:** hence based on the levels the template should be made ready, skills they will gain and what is it for?, outcome of it should be well understood before further decisions are made.

**Ms. Padmasri:** after 2<sup>nd</sup> year are the students capable of teaching yoga for Obesity, Hypertension and Diabetes Mellitus and for taking classes for YIC! Should be met. As everything gaining isn't possible, whatever possible to meet the eligibility to be a junior therapist should be done,

**Dr. Sushrutha:** Objective of 1<sup>st</sup> year- preparing the enrolled to handle PDC

**Dean of academics:** outcome should be framed up

**Ms. Padmasri:** Common ailments 1, field training and Yoga therapy should be there in the 2<sup>nd</sup> year; 3<sup>rd</sup> year End, the students will be ready enough to work as Junior Therapist with the guidance of Senior therapist.

**Dr. Manjunath G:** 1<sup>st</sup> year end, the students won't be even with the basics of Yoga and hence they cannot be acting as Junior yoga therapist and basic training can be given in 2<sup>nd</sup> semester

**Dr. Hemant and Dr, Manjunath:** computer, English and Sanskrit should be given in 1<sup>st</sup> semester

**Dr. Manjunath:** Final format for 1<sup>st</sup> year should be first finalized before moving into 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semester

**Dean of Academics:** 24<sup>th</sup> a brief meeting will be conducted

**Dr. Sushrutha:** Subjects in YIC should be kept aside; for example- Basics of Yoga, which can go into a detailed study later

**Dr. Manjunath:** Regular and distance YIC subjects and teaching quality aren't known

**Dr. Hemant:** what is taught in Basics of Yoga

**Dean of Academics:** Dr. Satyaprakash should present the syllabus softcopy

**Dr. Vikas** presented the syllabus

**Dr. Hemant:** raised a query if Environmental History/ Environmental studies is required and if yes syllabus should be split; One chapter of 4 streams linking to Bhagavad Gita each can be covered in detail in each year.

**Dr. Sushrutha and Dr. Hemant:** a complete understanding the student get with this, so each of the streams can be discussed in detail in each of the 4 years

**Dr. Sushrutha:** Indian knowledge system should be added in the course, preferably in 2<sup>nd</sup> year of the course, and a course landscape should be made to bring a better understanding on the course and knowledge system outcome, for both YT and YVT

**Dr. Satyaprakash** requested Dr. Sushrutha to share the syllabus

**Dr. Sushrutha** requested to add First aid (emergency medicine with 2 credits) as a subject in addition to the Environmental studies

**Dr. Hemant:** agreed to Dr. Sushrutha and requested to add this in the course; the content of environmental studies, biodiversity, climate change, pollution, should be briefed in all 4 years of the course

**Dr. Sushrutha** asked to add Karma Yoga as a part of environmental studies

**Dean of academics** requested Dr. Satyaprakash and external experts to finalize the Subjects to be in the 1<sup>st</sup> semester:

**Dr. Nitin Patil:** even with the existing challenges, the program specific outcome mapping with the theory, practical and field training, the subjects should be finalized

**Subjects for 1<sup>st</sup> semester B.Sc. YT and YVT are:**

Theory:

- English
- Human Anatomy Physiology 1 (theory)
- Basis of Yoga
- Basic computer application

Practical:

- Bhajan/ Emotion culture
- Personality Development through Kreedha yoga
- First aid
- Yoga asana practice level -1

**Dean of academics:** the ratio of Theory to practical is to be checked

**Dr. Ramesh Panda:** 2 languages, 2 methods, 1 elective subject should be there according to NEP 2020, therefore, Sanskrit is required in the first semester; Environmental studies is mandatory; 1<sup>st</sup> aid subject can go as a practical subject; Tumkur University syllabus as a model no Zero credit course can be there in S-VYASA and he asked Mr. Naveen to present on the 2<sup>nd</sup> semester subjects of YVT

**Mr. Naveen** spoke on 2<sup>nd</sup> semester: Introduction of Vedas and Vendantas can be added for YVT and he presented the subjects for the semesters.

**Dr. Ramesh:** Student-centric education should be promoted so that even after doing the course for one year, the study can be benefitted and they can start a yoga studio or so. He strictly suggested the program coordinators to sit and discuss about the syllabus pieces of stuffs before the next meeting.

**Dean of Academics** requested the course in-charges to finalize the subjects with credits and number of hours per subject and program outcome and to share with the attendees including external expert, so that further suggestions can be sought and the next meeting will be on 24<sup>th</sup> July, Sunday. Dean asked Naveen and Dr. Satyaprakash to add the suggested subjects to the 2<sup>nd</sup> semester, in a table with all necessary contents in the table.

**Ms. Padmasri** suggested Dean to have an internal meeting before the externals join for the next meeting.

**Dean of academics** suggested to have the internal meeting on Friday.

**The meeting concluded with Shanti Mantra**



B.Sc. Honors Yoga and Vedic Therapy syllabus as per NEP 2020 (Implemented from 2022 onwards).

**Semester – I**

SLN o	Subjects	Subject code	Credits	Total Hrs
	<b>Theory Subjects</b>			
01	Sanskritam	BSYVT T 101	3	45
02	English	BSYVT T 102	3	45
03	Basis of Yoga	BSYVT T 103	3	45
04	Human Anatomy and Physiology	BSYVT T 104	4	60
		<b>Subtotal</b>	13	195
	<b>Practical Subjects</b>			
05	Yogasana Practical level 1	BSYVT P 105	2	60
06	Yoga for Personality Development – (Krida Yoga)	BSYVT P 106	2	60
07	Yoga for emotion culture (Bhajan)	BSYVT P 107	2	60
08	Basics Computer	BSYVT P 108	2	60
		<b>Subtotal</b>	8	240
		<b>Total</b>	<b>21</b>	<b>450</b>

# Minutes of Meeting of BOS - M.Sc and B.Sc Yoga and Vedic therapy

## Board of Studies (BOS)-2023

Minutes of the Board of Studies (BOS) for Bachelor of Science in Yoga & Vedic Therapy (B.Sc.YVT) and Master of Science in Yoga & Vedic Therapy (M.Sc. YVT) in Division of Yoga-Spirituality held on 5<sup>th</sup> January 2023 in Tarangini at 9.30 am

The following members were present in the meeting: -

Sl. No	Name	Designation	Position
01	Prof. Ramesh Chandra Panda	Dean, Division of Yoga & Spirituality	Chairman
02	Prof. M. Ja <sup>y</sup> raman	Professor, Division of Yoga & Spirituality	Member
03	Dr. Ramesh M N	Dean of Academics	Member
04	Dr. Vikas Rawat	Associate Professor, Principal-School of Yoga	Member
05	Dr. Manjunath Gururaj	Associate Professor	Member
06	Prof. Ramachandra G Bhat	Distinguished Professor	External expert
07	Dr. Srigowri	Asst. Professor, School of Naturopathy	Alumni representative
08	Dr. Satyaprakash Purohit	Asst. Professor & Coordinator BSC YT	Invited member
09	Ms. Mandumula Maheshwari	Asst. Professor & Coordinator BSC YVT	Invited member
10	Mr. Naveen Kumar H	Asst. Professor & Coordinator MSC YVT	Invited member



The meeting started with the prayer.

Prof. Ramesh Chandra Panda, Dean, Division of Yoga-Spirituality welcomed all the members present in the meeting of BOS. Prof. Srikrishna Chandaka, the external member of BOS could not attend the meeting due to some reasons.

### **Agenda of the meeting:**

1. Preparation of B.Sc. YVT 2<sup>nd</sup> semester syllabus as per NEP 2020.
2. Approval of revised syllabus of M.Sc.(YVT)
3. Other matters regarding Syllabus, if any.

**Item 1: BSC YVT newly prepared NEP 2nd semester syllabus was presented and approved with small correction.**

1. Prof. Ramachandra G Bhat suggested to change the nomenclature "Introduction to Vedas and Vedangas" (2<sup>nd</sup> semester 1<sup>st</sup> paper) into "A brief Introduction to Vedas and Vedangas". Which was accepted by the members.
2. Prof. Ramachandra G Bhat suggested to mention Kundali/Jatakam (Horoscope) preparation in the place of Preparation of Kundali in 4<sup>th</sup> paper of B.Sc. YVT 2<sup>nd</sup> semester and suggestion was accepted.
3. Dr. Vikas Rawat suggested that morning Maitrimilan, evening Bhajan, etc should be added to value added courses, namely Sandhyavidhi, Agnikaryam and Pooja Vidhanam which was unanimously accepted.
4. The members of the committee unanimously decided that, As per the UGC guidelines if any student leaves the first year of B.Sc. YVT then he/she will be provided the **Certificate of Yoga and Vedic therapy.**
5. Dr. Satyaprakash Purohit suggested that in the fourth paper of 2<sup>nd</sup> Semester, instead of entire four Padas of Patanjali Yoga Sutra, only 1<sup>st</sup> and 2<sup>nd</sup> Padas may be taught and 3<sup>rd</sup> and 4<sup>th</sup> Padas may be taught in 3<sup>rd</sup> Semester. This was unanimously accepted.

Thus the members unanimously accepted the following syllabus of B.Sc. YVT 2<sup>nd</sup> semester which will be implemented from the 2022-2023 batch onwards.

NEP-2020 B.Sc YVT Semester II

Sl.No	Subjects	Subject code	Credits	Total Hrs
<b>Theory Subjects</b>				
01	A Brief Introduction to the Vedas and Vedangas	BSYVT T -201	3	45
02	Introduction to the Vedanga Jothisha and medical astrology.	BSYVT T – 202	3	45
03	Environmental studies and basics of Yajna	BSYVT T - 203	3	45
04	Patanjali Yoga Sutras-1 (Samadhi and Sadhana paada)	BSYVT T - 204	3	45
<b>Subtotal</b>			<b>12</b>	<b>180</b>
<b>Practical Subjects</b>				
05	Vedic principles and practices 1	BSYVT P-205	2	60
06	Sanskrita Sambhashana and Chanting of Bhagavad Gita	BSYVT P-206	2	60
07	Practice of Yogasana and Pranayama level 2	BSYVT P-207	2	60
08	Preparation of Kundali/Jatakam (Horoscope)	BSYVT P-208	2	60
09	Vedic Practices: Sandhya Vandanam, Agnikaryam & Poojavidhi	BSYVT P-209	1	30
10	Jnana Yoga, Karma Yoga, Bhakti Yoga Raja Yoga (Maintri Milan, Bhajan & Karma Yoga)	BSYVT P-210	1	30
<b>Subtotal</b>			<b>10</b>	<b>300</b>
<b>Total</b>			<b>22</b>	<b>480</b>

## Item 2: Approval of revised syllabus of M.Sc. (YVT)

### In the meeting the BOS unanimously took the following resolutions

1. The revised syllabus of the third paper of first semester- applied Sanskrit grammar where Krit, Taddhita and feminine suffixes are added newly.
2. In Yoga Philosophy, 1<sup>st</sup> semester paper 4, the topics and sub topics were rearranged in a sequence and the topics like Vedanga, Upanga and Purusharthas were added. In the same course, 4<sup>th</sup> and 5<sup>th</sup> units have been revised as follows
  - 4<sup>th</sup> unit- Astika and Nastika darshanas
  - 5<sup>th</sup> unit-Bhagavad gita related literature like Bhagavad Gita, Narada bhakti sutras and Yoga Vaasishta.
3. The revised syllabus of Yoga philosophy, unit 1 of the same course as given below.

### Unit1: Introduction to Vedic Tradition

- Veda Parampara
  - The Risi tradition and concept of Apaurusheya.
  - Role of Maharshi Vyasa and organisation of the Vedas.
  - Vedangas, Upa-Vedas and Upangas.
- Contents of the Vedas
  - Karma Kanda –Samhita and Brhamana, Yajnas, Nitya, Naimittika, Kaamya and Prayashchitta.
  - Jnana Kanda –Aranyaka, Upanishads, Upasanas and Metaphysical discussions, Upanishad Prakriyas (10 Upanishads teaching techniques in brief).
- Key Vedic concepts–
  - Purushartha - Four Human goal
  - Dharma: Literal Meaning of Dharma and Nyayavs Dharma
  - Concept of Varna and divisions
  - Concept of Ashrama and divisions

4. In 3<sup>rd</sup> semester, the third paper, Yajna- a healing science few topics were added as given below.

### Unit 1 Conceptual Introduction of Yajna- Basic Concepts, Literature

- Etymological and Lexical discussions on the word Yajna, Yaga, Homa, Havana, Satra, Kratu
- Textual Sources of Yajnas – the Vedas, Shrautasutras, the GitaSmritis and Puranas
- Yajnas and Human Life span (Brahmacharya, Grahastha, Vanaprastha and Samnyasa)

### Unit 2 Types of Yajnas

- Vedic YajnaSamstha
- Panchamahayajnas of the Aranyakas
- Yajna in the Mahanarayana Upanishad
- Yajnas of the Bhagavadgita
- Yajnas of Puranas and other related literature

### Unit 3 Men, Material and Procedure of Yajnas

- **Men:** The 18 Participants/priests of Vedic Yajnas, and the priests and participants of other Yajnas and Diksha (Preparation) for Participation in Yajnas
- **Material:** Dravyas for Yajnas and implements of Yajnas (Samagree, Yajnyayudhas) – For Vedic and other Yajnas
- **Procedure:**
  - The qualifying practices of Sandhyavandana, Samidadhana and Aupasana – Daily Healing
  - Procedure of Agnihotra– Ritualistic installation of Dakshinagni, Garhapatyagni, Ahavaniyagni, Dakshinagni, Sabhya and Avasthyagni, Procedure of practice of Agnihotra
  - Homas in the context of Grihya rituals – Samskaras – wellbeing for various stages of life
  - Homa Vidhana – Ganapati and other Devata Homas– Well being for various purposes in Life

### Unit 4 Rituals and Yajnas for health and Healing Ayurveda and Jyotisha

- Vedic Yajnas and their health & wellness benefits
- The concept of Daivavyapashraya Chikitsa on Ayurveda and the prescriptions of Homas

- Parihara Rituals in Jyotisha for Health and Wellbeing – Homa prescriptions

#### **Unit 5 Research Evidences on Health and Wellness from Yajnas**

- Effect of yajna on human energy field/consciousness field
- Effect of yajna on electro photonic imaging
- Effect of yajnas on environment, seed germination, plant growth
- Effect of yajnas on human brain waves

5. The revised contents of Ashtadhyayi Pravesha 3<sup>rd</sup> paper of 4<sup>th</sup> semester are as below.

#### **Unit – 1: Learning Sanskrit through Yoga Sutras- Samadhi and Sadhana Pada**

- Understanding sandhi rules
- Understanding the declanations and case endings.
- Understanding the krit, taddhita and feminine suffixes
- Understanding the concept of samasa and its divisions
- Understanding the sentence structure, verbs and the role of different karakas

#### **Unit – 2: Learning Sanskrit through Yoga Sutras-Vibhuti and kaivalya pada**

- Understanding sandhi rules
- Understanding the declanations and case endings.
- Understanding the krit, taddhita and feminine suffixes
- Understanding the concept of samasa and its divisions
- Understanding the sentence structure, verbs and the role of different karakas

#### **Unit – 3: Learning Sanskrit through Hatha yoga pradeepika**

- Understanding sandhi rules
- Understanding the declanations and case endings.
- Understanding the krit, taddhita and feminine suffixes
- Understanding the concept of samasa and its divisions
- Understanding the sentence structure, verbs and the role of different karakas

#### **Unit – 4: Rules of interpretation applied to Sanskrit yoga texts (eg., HYP, BG etc.) – 4 steps**

- Rules of Padacheda
- Rules of padarthokti
- Rules for vighraha

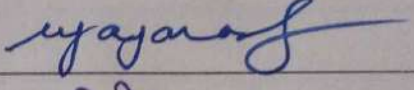
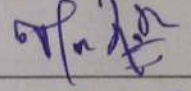
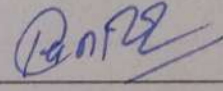
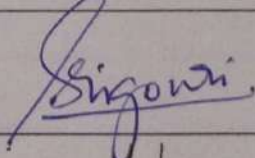
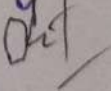

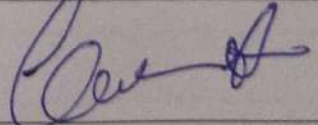
- Rules for anvaya

### Unit 5: Samskrita Sambhashanam

The revised syllabus will be implemented from 2022-2023 batch onwards.

The meeting was concluded with Shanthi Mantra and vote of thanks to the chair and the members.

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Sl. No	Name	Signature
01	Prof. Ramesh Chandra Panda	
02	Prof. M. Jayaraman	
03	Dr. Ramesh M N	
04	Dr. Vikas Rawat	
05	Dr. Manjunath Gururaj	
06	Prof. Ramachandra G Bhat	
07	Dr. Srigowri	
08	Dr. Satyaprakash Purohit	
09	Ms. Mandumula Maheshwari	
10	Mr. Naveen Kumar H	

# SEMESTERWISE THEORY AND PRACTICAL SUBJECTS

M.Sc. – Yoga & Vedic Therapy (2023)

## Semester – I

Subjects	Subject code	Credits	Tot Hrs
<b>Theory subjects</b>			
Research Methodology	MSYVTT -101	03	45
Anatomy and Physiology	MSYVTT -102	04	60
Sanskrita Bhasha Vijnanam	MSYVTT -103	03	45
Yoga Philosophy	MSYVTT -104	03	45
Hatha Yoga Pradipika	MSYVTT -105	03	45
<b>Practical subjects</b>			
Yoga practice for Emotion Culturing	MSYVTP-106	02	60
Yoga practice for personality development	MSYVTP-107	02	60
Classical Yoga practices (DE)	MSYVTP-108	02	60
	<b>Total</b>	<b>22</b>	<b>420</b>
<b>Value added courses:</b>			
Jnana Yoga, Karma Yoga and Bhakti Yoga	MSYVTPAECC-109	02	60
Raja Yoga	MSYVTPAECC-110	02	60

## Semester – II

Subjects	Subject code	Credits	Total Hrs
<b>Theory subjects</b>			
Evidence based Vedic therapy	MSYVTT-201	04	60
Evidence based Yoga Therapy	MSYVTT-202	04	60
Bhagavadgita (chapters 1 to 9) – 1	MSYVTT-203	04	60
Patanjali Yoga Sutra	MSYVTT – 204	04	60
<b>Practical subjects</b>			
Yoga Therapy Techniques – DC	MSYVTPDC-205	02	60
Methods of Scientific Writing & Synopsis (DE)	MSPYVTDE-206	02	60
Vedic Chanting 1	MSYVTPIC-207	02	60
	<b>Total</b>	<b>22</b>	<b>435</b>
<b>Value added courses:</b>			
Jnana Yoga, Karma Yoga and Bhakti Yoga	MSYVTPAECC-208	02	60
Vedic Practices: Sandhya vidhi,	MSYVTPAECC-209	2	60



### Semester – III

Subjects	Subject code	Credits	Total Hrs
<b>Theory Subjects</b>			
Bhagavadgita (Chapters 10 to 18) -2	MSYVTT-301	04	60
Upanishads-1	MSYVTT-302	04	60
Introduction to Ayurveda and Jothisha	MSYVTT -303	02	30
<b>Practical Subjects</b>			
Biostatistics (DE)	MSYVTP-304	02	60
Vedic Chanting 2	MSYVTP-305	02	60
Arogyadhama Field Training – 1	MSYVTF-306	04	120
Arogyadhama Field Training – 2	MSYVTF-307	04	120
	<b>Total</b>	<b>22</b>	<b>690</b>
<b>Value added courses:</b>			
Vedic Practices: Agni karyam,	<b>MSYVTPAECC-308</b>	<b>2</b>	<b>60</b>

### Semester – IV

Subjects	Subject code	Credits	Total Hrs
<b>Theory subjects</b>			
Upanishad -2	MSYVTT -401	04	60
<b>Practical subjects</b>			
Practical Jothisha	MSYVTFDC -402	02	60
Advanced Yoga Techniques	MSYVTPDE-403	02	60
Dissertation	MSYVTP-404	14	420
	<b>Total</b>	<b>22</b>	<b>600</b>
<b>Value added courses:</b>			
Vedic Practices: Poojavidhanam.	MSYVTPAECC-405	2	60

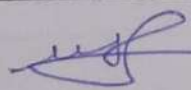
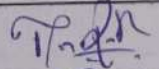
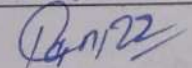
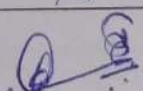
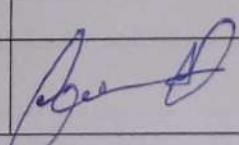
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Minutes of Meeting of B.Sc.  
Yoga and Vedic Therapy Batch-(2022 & 23)

**Board of Studies (BOS) 2023-2024**

Minutes of the Board of Studies (BOS) for **Bachelor of Science (BSc Yoga & Vedic Therapy)** in Division of Yoga and Spirituality held on **12 July 2023** at Board room of School of Yogic Sciences at 2.30 pm

**The following were present in the meeting: -**

Sl. No	Name	Designation	Signature
1	Prof M Jayaraman	Dean, Yoga Spirituality Division - Chairman BOS	
2	Prof Ramesh Mavathur	Dean of Academics - Member	
3	Dr Vikas Rawat	Principal, School of Yoga - Member	
4	Dr Gururaj Manjunath	Associate Professor, Yoga Spirituality Division	
5	Dr Sripad Ghaligi	Assoc. Professor & HOD, Online	
6	Mr Naveen Kumar H	Asst. Prof, Yoga Spirituality Division - Invitee	

**Leave of Absence**

Sl. No	Name	Designation
1	Prof Ramesh Chandra Panda	1. Former VC, Maharshi Panini Sanskrit Evam Vedic Vishwavidyalaya, Ujjain - External Member
2	Ms Vaishnavi Chavan	2. Full time instructor, Mamdev Yoga Hub - Alumni Member

**Prayer:**

The meeting started with the prayer.

**Welcome Address:**

Prof. M. Jayaraman extended welcome to the chairperson and members of BOS.

## **Agenda:**

### **Item no 1: Review of**

#### **1. Implementation of Syllabus as per New Education Policy**

- a. Presentation and discussion on the proposed syllabus for the next academic year
- b. Overview of the syllabus structure:
  - i. Core subjects
  - ii. Minor subjects
  - iii. Inter-disciplinary courses
  - iv. Ability enhancement courses
  - v. Skill enhancement courses
  - vi. Common value-added courses
- c. Addressing any concerns or questions regarding the syllabus
- d. Seeking approval from the Board for implementing the new syllabus

#### **Discussion:**

##### **Item 1: Review of BSc YVT 2022 syllabus**

- Semester 1 and 2 syllabus is already approved in the previous BOS meeting.
- Prof. Jayaraman presented the syllabus as per NEP guidelines from semester 3 to 8.

#### **Semester 3:**

##### **a. Discipline Specific Courses - Core**

1. Patanjali Yoga Sutras- 2 (Vibhuti and Kaivalya Pada)
2. Introduction to Vedic Logic: Tarka Sangraha
3. Yogasana practical Level 3
4. Vedic Mantras and Stotras Level 1
5. Vedic Practices – Agni Karya

##### **b. Minor**

1. Methods of Teaching Yoga
2. Elective 1 –Vedanta Saara

3. Elective 2-Atmbodha

**C. Inter-disciplinary courses**

1. Intro to Ayurveda

**D. Ability Enhancement courses (language)**

1. Applied Sanskrit Grammar –1

**E. Skill Enhancement courses/Internship/Dissertation**

1. Training in Organizing Festivals, Events and Competitions

**Semester 4**

**a. Discipline Specific Courses –Core**

1. Yoga therapy for Common Ailments

2. Vedic Mantras and Stotras Level 3

3. Evidence based Vedic wellness practices

4. Yoga Therapy Technique and Training

5. Vedic Practices (Shodasha Upachara puja vidhi & Poojas for selected wellness requirements)

**b. Minor**

1. Vedic Chanting Pedagogy

2. Sankshepa Ramayana

3. Contribution of ancient and contemporary Yoga Masters / Cultural History of India

4. Training for organizing Yoga personality development program for children (PDC)

**C. Ability Enhancement courses (language)**

1. Applied Sanskrit Grammar – 2

## **Semester 5**

### **a. Discipline Specific Courses -Core**

- 1.Hatha Yoga Pradipika -1
2. The Yoga of Bhagavad Gita-1
3. Vedic Wellness Practices – Yajnas

### **b. Minor**

1. Narada Bhakti Sutras
2. Practical Jothisha- Studying and understanding Horoscope

### **c. Skill Enhancement courses /Internship/Dissertation**

1. Arogyadhama field training – 1
2. Arogyadhama field training – 2

### **d. Common Value-Added Courses**

- 1.Educational Tour

## **Semester 6**

### **a. Discipline Specific Courses –Core**

- 1.Hatha Yoga Pradipika -2
2. The Yoga of Bhagaavad Gita-2
- 3.Vedic Wellness practices Yajna 2
4. Classical Yoga Practice -1

**b. Minor**

1. Research Methodology
2. Pravachanam- The Art of Traditional discourse
3. Introduction to Mimamsa
4. Diet and Nutrition

**Semester 7**

**a. Discipline Specific Courses –Core**

1. Upanishad-1
2. Yoga Vaasishta
3. Evidence Based vedic wellness practices
4. Organising Vedic wellness performance
5. PYS / Selected HYP Verses Chanting
6. Classical Yoga Practice -2

**b. Minor**

1. Scientific Writing – Synopsis
2. Elective-Bio Statistics/Textual Methodology for IKS
3. Introduction to Vaastu Vidya

**Semester 8**

**a. Discipline Specific Courses -Core**

1. Upanishad-2
2. Vishnusahasranama and Lalitasahasrana Chanting
3. Classical Yoga Practice -2

**b. Minor**

1. Yogopanishads

### c. Skill Enhancement courses/Internship/Dissertation

#### 1. Research Project/ Dissertation

**Decision:** the syllabus was reviewed and approved by committee members.

#### Item 2: Review of syllabus for 2023 academic batch

- Semester 1,6,7 and 8- There is no change in the syllabus
- Semester 2
  - a. "Introduction to Vedas and Vedangas" replaced by "Yoga Philosophy" and credits have been changed from 2 to 3.
  - b. "Patanjali Yoga sutras 1" shifted to semester 3.
  - c. Intro to Vedanga Jyotisha shifted to 4<sup>th</sup> semester.
  - d. Cultural History of India and Contributions of Ancient and Contemporary Yoga Masters were shifted from 4<sup>th</sup> semester.
  - e. "Environmental studies and Basis of Yajna" has been made separate subjects.
  - f. Contributions of Ancient and Contemporary Yoga Masters shifted from 4<sup>th</sup> semester.
  - g. Basic of Yajna and Contributions of Ancient and Contemporary Yoga Masters has been introduced as elective subjects.
  - h. Preparation of Kundali shifted to fifth Semester and replaced with Village training
- Semester 3
  - a. Patanjali yogasutra 2 shifted to Semester 4 and replaced by Patanjali yogasutras 1.
- Semester 4
  - a. Patanjali Yoga Sutras 2 shifted from 3<sup>rd</sup> Semester
  - b. Contributions of Ancient and Contemporary Yoga Masters shifted to 2<sup>nd</sup> semester and is replaced by Introduction to Vedanga Jyotisha and medical astrology from 2<sup>nd</sup> semester.
- Semester 5
  - a. Preparation of Kundali is shifted from 2<sup>nd</sup> Semester.



**Discussion:**

- Prof. Ramesh Mavatur raised a question that why there is change in the syllabus of BSc YVT for 2022 and 2023 Batch.
- Prof. Jayaraman M replied that the previous syllabus was not completely framed as per NEP Guidelines. These changes are made according to the guidelines of NEP.

**Decision:** The committee members unanimously approved the changes.

Meeting ended with vote of thanks and shanti mantra.

Batch-2022

## Semester III

Sl.No	Subjects	Subject code	Credits	Total Hrs
<b>Theory Subjects</b>				
01	Applied Sanskrit Grammar -1	BSYVT T -301	2	30
02	Patanjali Yoga Sutras 2 (Vibhuti and Kaivalya Pada)	BSYVT T -302	3	45
03	Introduction to Vedic Logic: Tarka Sangraha	BSYVT T -303	2	30
04	Methods of Teaching Yoga	BSYVT T -304	2	30
05	Intro to Ayurveda - 2	BSYVT T -305	2	30
06	Vedanta Saara 2/ Atmabodha	BSYVT T E1-306/ BSYVT T E2-306	2	30
<b>Subtotal</b>			<b>13</b>	<b>195</b>
<b>Practical Subjects</b>				
07	Yogasana practical Level 3	BSYVT P -307	2	60
08	Vedic Mantras and Stotras Level 1	BSYVT P -308	2	60
09	Training in Organizing Festivals, Events and Competitions 2	BSYVT P -309	2	60
10	Vedic Practices - Agni Karya	BSYVT P -310	2	60
<b>Subtotal</b>			<b>8</b>	<b>240</b>
<b>Total</b>			<b>21</b>	<b>435</b>

### Semester – IV

Sl.No	Subjects	Subject code	Credits	Total Hrs
<b>Theory Subjects</b>				
01	Applied Sanskrit Grammar – 2	BSYVT T -401	2	30
02	Yoga therapy for Common Ailments	BSYVT T -402	3	45
03	Contribution of ancient and contemporary Yoga Masters / Cultural History of India	BSYVT T E1-403/ BSYVT T E2-403	2	30
04	Sankeshepa Ramayana	BSYVT T -404	2	30
05	Vedic Chanting Pedagogy	BSYVT T -405	2	30
<b>Subtotal</b>			<b>11</b>	<b>165</b>
<b>Practical Subjects</b>				
06	Yoga Therapy Technique and Training	BSYVT P -406	2	60
07	Vedic Mantras and Stotras Level 3	BSYVT P -407	2	60
08	Training for organizing Yoga personality development program for children (PDC)	BSYVT P -408	4	120
09	Vedic Practices -Shodasha Upachara puja vidhi	BSYVT P -409	2	60
<b>Subtotal</b>			<b>10</b>	<b>300</b>
<b>Total</b>			<b>21</b>	<b>465</b>

## Semester – V

SL.N o	Subjects	Subject code	Credits	Total Hrs
<b>Theory Subjects</b>				
01	Hatha Yoga Pradipika -1	BSYVT T -501	3	45
02	The Yoga of Bhagavad Gita-1	BSYVT T -502	3	45
03	Narada Bhakti Sutras	BSYVT T -503	2	30
<b>Subtotal</b>			<b>8</b>	<b>120</b>
<b>Practical Subjects</b>				
04	Vedic Wellness Practices – Yajnas 1	BSYVT P -504	2	60
05	Arogyadhama field training – 1	BSYVT P -505	4	120
06	Arogyadhama field training – 2	BSYVT P -506	4	120
07	Educational Tour (2)	BSYVT P -507	2	60
08	Advanced Yoga Techniques	BSYVT P -508	2	60
<b>Subtotal</b>			<b>14</b>	<b>420</b>
<b>Total</b>			<b>22</b>	<b>540</b>

### Semester –VI

Sl.No	Subjects	Subject code	Credits	Total Hrs
<b>Theory Subjects</b>				
01	Hatha Yoga Pradipika -2 (3)	BSYVT T -601	3	45
02	The Yoga of Bhagaavad Gita-2	BSYVT T -602	3	45
03	Research Methodology (3)	BSYVT T -603	3	45
04	Pravachanam- The Art of Traditional discourse	BSYVT T -604	2	30
05	Introduction to Mimamsa	BSYVT T -605	2	30
06	Diet and Nutrition	BSYVT T -606	3	45
		<b>Subtotal</b>	<b>16</b>	<b>240</b>
<b>Practical Subjects</b>				
07	Vedic Wellness practices Yajna 2	BSYVT P -607	2	60
08	Classical Yoga Practice -1 (2)	BSYVT P -608	2	60
		<b>Subtotal</b>	<b>4</b>	<b>120</b>
		<b>Total</b>	<b>20</b>	<b>360</b>

### Semester –VII

Sl.No	Subjects	Subject code	Credits	Total Hrs
<b>Theory Subjects</b>				
1	Upanishad-1	BSYVT T -701	4	60
2	Yoga Vaasishta	BSYVT T -702	3	45
3	Textual Methodology for IKS	BSYVTT E1 -703	2	30
4	Introduction to Vaastu Vidya	BSYVT T -704	2	30
5	Evidence Based vedic wellness practices	BSYVT T -705	3	45
<b>Subtotal</b>			<b>14</b>	<b>210</b>
<b>Practical Subjects</b>				
1	Scientific Writing – Synopsis	BSYVT T -706	2	60
2	Classical Yoga Practice -2 (2)	BSYVT P -707	2	60
3	PYS and Selected HYP Verses Chanting (2)	BSYVT P-708	2	60
4	Organising Vedic wellness performance (2)	BSYVT P -709	2	60
6	Bio Statistics (Note: This is elective. Credits are already mentioned in Elective 1)	BSYVTP E2 -710		
<b>Subtotal</b>			<b>8</b>	<b>240</b>
<b>Total</b>			<b>22</b>	<b>450</b>

### Semester -VIII

Sl.No	Subjects	Subject code	Credits	Total Hrs
	<b>Theory Subjects</b>			
1	Upanishad-2 (4)	BSYVT T -801	4	60
2	Yogopanishads (2)	BSYVT T -802	2	30
		<b>Subtotal</b>	<b>6</b>	<b>90</b>
	<b>Practical Subjects</b>			
3	Classical Yoga Practice -2 (2	BSYVT P -803	2	60
4	Vishnusahasranama and Lalitasahasrana Chanting (2)	BSYVT P -804	2	60
5	Research Project/ Dissertation) (12)	BSYVT P -805	12	360
		<b>Subtotal</b>	<b>16</b>	<b>480</b>
		<b>Total</b>	<b>22</b>	<b>570</b>

Batch- 2023

**Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)**

(Deemed to be University under section 3 of the UGC act, 1956)

**Division of Yoga – Spirituality-2023-2024**

B.Sc. Honors Yoga and Vedic Therapy syllabus as per NEP 2020 (Implemented from 2022 onwards).

**Semester – I**

Sl.No	Subjects	Subject code	Credits	Total Hours
<b>Theory Subjects</b>				
01	Sanskritam	BSYVT T 101	3	45
02	English	BSYVT T 102	3	45
03	Basis of Yoga	BSYVT T 103	3	45
04	Human Anatomy and Physiology	BSYVT T 104	4	60
<b>Subtotal</b>			13	195
<b>Practical Subjects</b>				
05	Yogasana Practical Level-1	BSYVT P 101	2	60
06	Yoga for Personality Development (Krida Yoga)	BSYVT P 102	2	60
07	Computer and its Applications	BSYVT P 103	2	60
08	Four Streams of Yoga Practicum (Jnana Yoga, Raja Yoga, Bhakti Yoga and Karma Yoga)	BSYVT P 104	2	60
09	Yoga for Emotion culture (Bhajan)	BSYVT P 105	2	60
<b>Subtotal</b>			10	300
<b>Total</b>			23	495



## Semester – II

Sl.No	Subjects	Subject code	Credits	Total Hours
<b>Theory Subjects</b>				
01	Yoga Philosophy	BSYVT T -201	3	45
02	Cultural History of India	BSYVT T – 202	2	30
03	Contributions of Ancient and Contemporary Yoga Masters / Basis of yajna	BSYVTTE1 – 203/ BSYVTTE2 – 203	3	45
04	Environmental studies	BSYVT T – 204	2	30
<b>Subtotal</b>			10	150
<b>Practical Subjects</b>				
05	Vedic principles and practices 1	BSYVT P-201	2	60
06	Sanskrita Sambhashana and Chanting of Bhagavad Gita	BSYVT P-202	2	60
07	Practice of Yogasanas and Pranayama Level – 2	BSYVT P-203	2	60
08	Village Training - SEC	BSYVT P-204	2	60
09	Vedic Practices: Sandhya Vidhi	BSYVT P-205	2	60
10	Four Streams of Yogan (Jnana Yoga, RajaYoga, Bhakti Yoga and Karma Yoga Maintri Milan, Bhajan)	BSYVT P-206	1	30
<b>Subtotal</b>			11	330
<b>Total</b>			21	480

### Semester III

Sl.No	Subjects	Subject code	Credits	Total Hours
<b>Theory Subjects</b>				
01	Applied Sanskrit Grammar -1	BSYVT T -301	2	30
02	Patanjali Yoga Sutras 1 (Samadhi and sadhana Pada)	BSYVT T -302	3	45
03	Introduction to Vedic Logic: Tarka Sangraha	BSYVT T -303	2	30
04	Methods of Teaching Yoga	BSYVT T -304	2	30
05	Intro to Ayurveda - 2	BSYVT T -305	2	30
06	Vedanta Saara 2/ Atmabodha	BSYVT T E1-306/ BSYVT T E2-306	2	30
<b>Subtotal</b>			<b>13</b>	<b>195</b>
<b>Practical Subjects</b>				
07	Yogasana practical Level 3	BSYVT P -301	2	60
08	Vedic Mantras and Stotras Level 1	BSYVT P -302	2	60
09	Training in Organizing Festivals, Events and Competitions 2	BSYVT P -303	2	60
10	Vedic Practices – Agni Karya	BSYVT P -304	2	60
<b>Subtotal</b>			<b>8</b>	<b>240</b>
<b>Total</b>			<b>21</b>	<b>435</b>

## Semester IV

Sl.No	Subjects	Subject code	Credits	Total Hours
<b>Theory Subjects</b>				
01	Applied Sanskrit Grammar – 2	BSYVT T -401	2	30
02	Yoga therapy for Common Ailments	BSYVT T -402	3	45
03	Intro to Vedanga Jyotisha and medical astrology	BSYVT T-403	2	30
04	Sankeshepa Ramayana	BSYVT T -404	2	30
05	Vedic Chanting Pedagogy	BSYVT T -405	2	30
06	Patanjali Yoga Sutras 2	BSYVT T -406	2	30
		<b>Subtotal</b>	<b>13</b>	<b>195</b>
<b>Practical Subjects</b>				
07	Yoga Therapy Technique and Training	BSYVT P -401	2	60
08	Vedic Mantras and Stotras Level 3	BSYVT P -402	2	60
09	Training for organizing Yoga personality development program for children (PDC)	BSYVT P -403	4	60
10	Vedic Practices -Shodasha Upachara puja vidhi	BSYVT P -404	2	60
		<b>Subtotal</b>	<b>10</b>	<b>240</b>
		<b>Total</b>	<b>21</b>	<b>435</b>

## Semester V

Sl.No	Subjects	Subject code	Credits	Total Hours
<b>Theory Subjects</b>				
01	Hatha Yoga Pradipika -1	BSYVT T -501	3	45
02	The Yoga of Bhagavad Gita-1	BSYVT T -502	3	45
03	Narada Bhakti Sutras	BSYVT T -503	2	30
		<b>Subtotal</b>	<b>8</b>	<b>120</b>
<b>Practical Subjects</b>				
04	Vedic Wellness Practices – Yajnas 1	BSYVT P -501	2	60
05	Arogyadhama field training – 1	BSYVT P -502	4	120
06	Arogyadhama field training – 2	BSYVT P -503	4	120
07	Educational Tour	BSYVT P -504	2	60
08	Advanced Yoga Techniques	BSYVT P -505	2	60
09	Preparation of Kundali/Jatakam(Jatakam)	BSYVT P -506	2	60
		<b>Subtotal</b>	<b>16</b>	<b>480</b>
		<b>Total</b>	<b>24</b>	<b>600</b>

## Semester –VI

Sl.No	Subjects	Subject code	Credits	Total Hours
<b>Theory Subjects</b>				
01	Hatha Yoga Pradipika -2	BSYVT T - 601	3	45
02	The Yoga of Bhagaavad Gita-2	BSYVT T - 602	3	45
03	Research Methodology	BSYVT T - 603	3	45
04	Pravachanam- The Art of Traditional discourse	BSYVT T - 604	2	30
05	Introduction to Mimamsa	BSYVT T - 605	2	30
06	Diet and Nutrition	BSYVT T - 606	3	45
		<b>Subtotal</b>	<b>16</b>	<b>240</b>
<b>Practical Subjects</b>				
07	Vedic Wellness practices Yajna 2	BSYVT P - 601	2	60
08	Classical Yoga Practice -1	BSYVT P - 602	2	60
		<b>Subtotal</b>	<b>4</b>	<b>120</b>
		<b>Total</b>	<b>20</b>	<b>360</b>

## Semester –VII

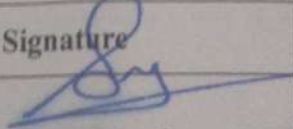
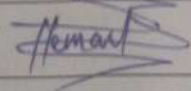
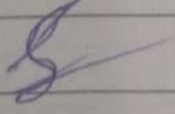
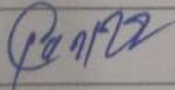

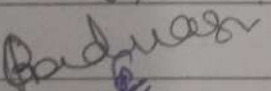

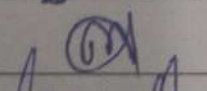
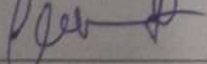
Sl.No	Subjects	Subject code	Credits	Total Hours
<b>Theory Subjects</b>				
1	Upanishad-1	BSYVT T -701	4	60
2	Yoga Vaasishta	BSYVT T -702	3	45
3	Textual Methodology for IKS	BSYVTT E1 -703	2	30
4	Introduction to Vaastu Vidya	BSYVT T -704	2	30
5	Evidence Based vedic wellness practices	BSYVT T -705	3	45
<b>Subtotal</b>			<b>14</b>	<b>210</b>
<b>Practical Subjects</b>				
1	Scientific Writing – Synopsis	BSYVT T -701	2	60
2	Classical Yoga Practice -2	BSYVT P -702	2	60
3	PYS and Selected HYP Verses Chanting (2)	BSYVT P-703	2	60
4	Organising Vedic wellness performance (2)	BSYVT P -704	2	60
5	Bio Statistics (Note: This is elective. Credits are already mentioned in Elective 1)	BSYVTP E2 -703		
<b>Subtotal</b>			<b>8</b>	<b>240</b>
<b>Total</b>			<b>22</b>	<b>450</b>

## Semester VIII

Sl.No	Subjects	Subject code	Credits	Total Hours
	<b>Theory Subjects</b>			
1	Upanishad-2	BSYVT T -801	4	60
2	Yogopanishads	BSYVT T -802	2	30
		<b>Subtotal</b>	<b>6</b>	<b>90</b>
	<b>Practical Subjects</b>			
3	Classical Yoga Practice -3	BSYVT P -801	2	60
4	Vishnusahasranama and Lalitasahasrana Chanting	BSYVT P -802	2	60
5	Research Project/ Dissertation	BSYVT P -803	12	360
		<b>Subtotal</b>	<b>16</b>	<b>480</b>
		<b>Total</b>	<b>22</b>	<b>570</b>

**MINUTES OF BOS MEETING**  
**For M.Sc. YT**  
**Date: 18<sup>th</sup> July 2022**

Attendees:

Name of the BOS Members	Designation	Signature
Dr. Sony Kumari	Dean of Academics	
Dr. Hemant Bhargav	BOS member, External Expert	
Dr. Nitin Patil	BOS member, External Expert	
Dr. Sushrutha	BOS member, External Expert	
Dr. Ramesh Panda	Dean of Spirituality division	
Dr. Vikas Rawat	Coordinator, M.Sc. YT program	
Dr. Satyaprakash Purohit	Coordinator, B.Sc. YT program	
Ms. Padmasri	Asst. Professor Division of Physical sciences	
Dr. Manjunath G	Associate Professor Division of Spirituality	
Ms. Maheshwari	Asst. Professor. Division of Spirituality	
Mr. Naveen Kumar	Asst. Professor. Division of Spirituality	

The meeting started with the prayer. Dr Sony Kumari, Dean of Academics SVYASA extended welcome to the chairperson and members of BOS.

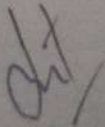
Dr Vikas Rawat, MSc YT Coordinator in absence of the Dean of the Division was asked to chair the meeting and the items on the agenda were taken up for discussion.

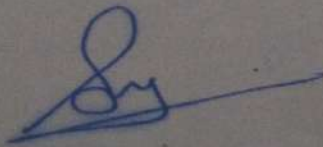
Item No. 1: It is proposed that no change is required in the present syllabus.

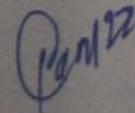
Decision: All the members present accepted.

As all the items of the agenda were discussed, the meeting concluded with vote of thanks by course coordinator.

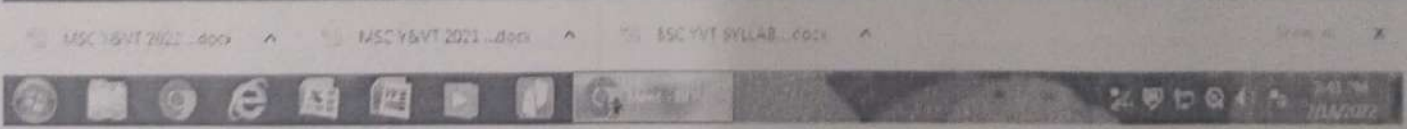
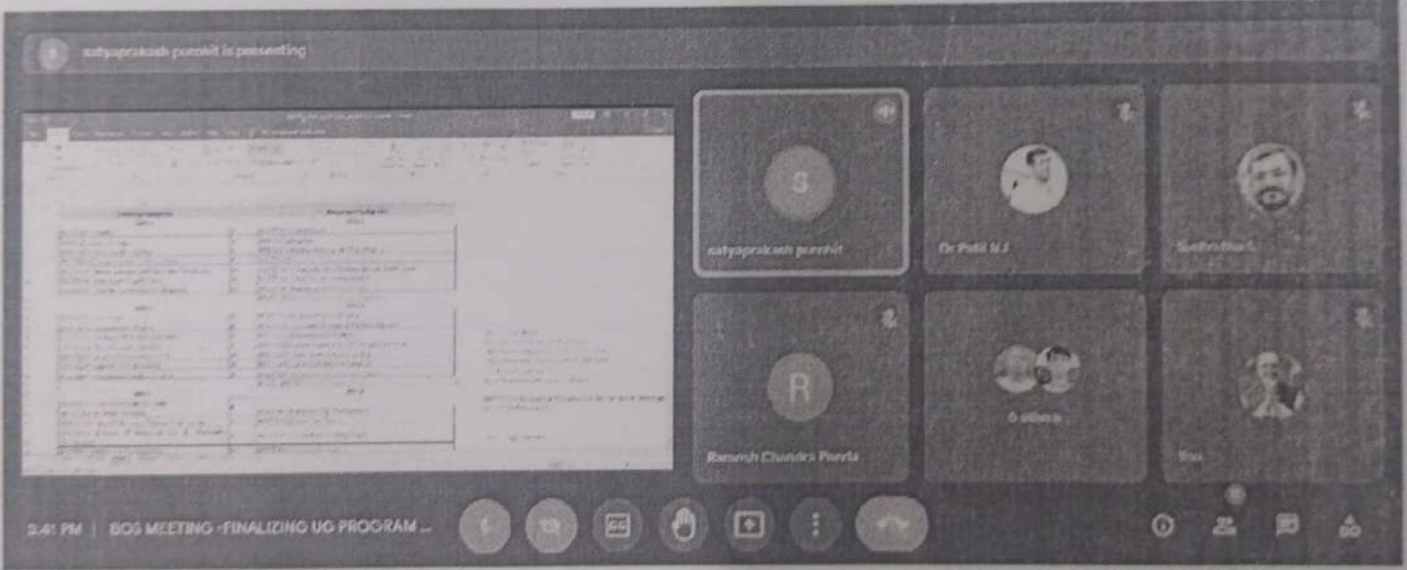
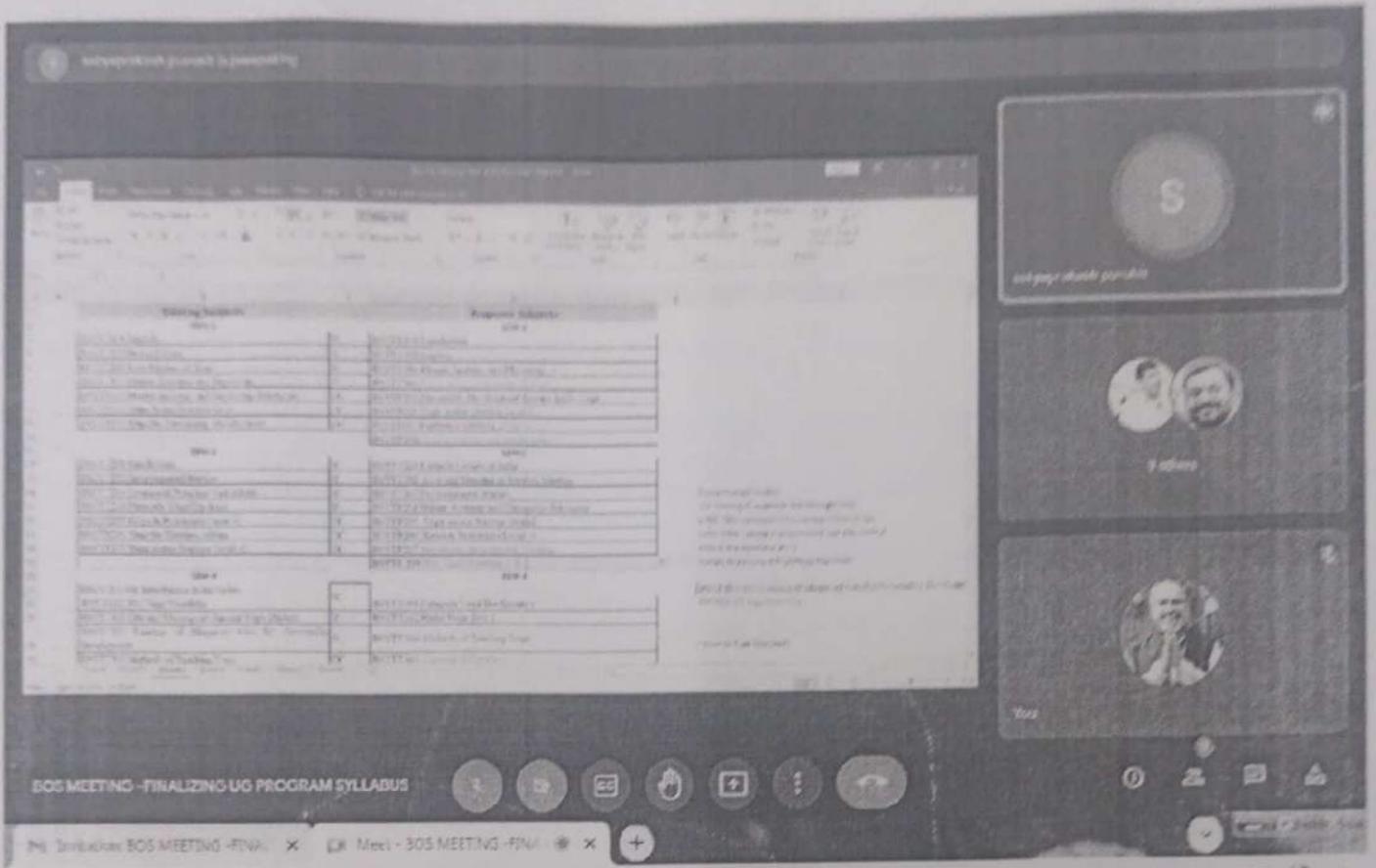
➤ The meeting concluded with Shanti Mantra.











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## SEMESTERWISE THEORY AND PRACTICAL SUBJECTS

## Semester-I

Subjects	Subject code	Credits	Total Hours	Lecture Hours	Tutorial Hours	Practical Hours	Field Work
<b>Theory subjects</b>							
Research Methodology(IC)	MSYTT101	04	60	30	10	10	10
Anatomy and Physiology (IE)	MSYTT102	04	60	50	10	00	00
Sanskrit BhashaVijnanam (DC)	MSYTT103	04	60	50	10	00	00
Yoga Philosophy(DC)	MSYTT104	04	60	30	10	10	10
<b>Practical subjects</b>							
Yoga practice for Emotion Culturing (DC)	MSYTP101	02	60	01	19	40	00
Yoga Practice for Personality development(DC)	MSYTP102	02	60	01	29	30	00
Classical Yoga practices (DE)	MSYTP103	02	60	01	29	30	00
	<b>Total</b>	<b>22</b>	<b>420</b>	<b>163</b>	<b>117</b>	<b>120</b>	<b>20</b>
<b>Value-added courses</b>							
Jnana Yoga, Karma Yoga, Bhakti Yoga , Raja Yoga.	MSPAEC105	02	240	00	10	100	130
CMTT(Cyclic Meditation Teachers Training)	MSPAEC106	02	60	05	10	45	00

NOTE: IC – Institutional Core Subject  
 IE – Institutional Elective Subject  
 DC – Divisional Core Subject  
 DE – Divisional Elective Subject

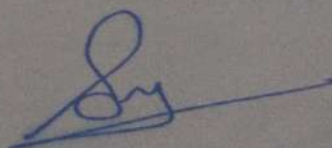
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Semester-II

Subjects	Subject code	Credits	Total Hours	Lecture Hours	Tutorial Hours	Practical Hours	Field Work
<b>Theory subjects</b>							
Hatha Yoga Pradipika	MSYTT201	03	45	30	15	00	00
Pathophysiology (DE)	MSYTT202	02	30	25	05	00	00
Evidence-based Yoga Therapy - 1 (IE)	MSYTT203	04	60	45	15	00	00
Evidence-based Yoga Therapy - 2(DC)	MSYTT204	02	30	25	5	00	00
Patanjali Yoga Sutra(IC)	MSYTT205	03	45	40	05	00	00
<b>Practical subjects</b>							
Yoga Therapy Techniques - (DC)	MSYTP201	02	60	01	19	40	00
Methods of Scientific Writing & Synopsis(DE)	MSYTP202	02	60	01	29	20	10
Advanced Yoga Techniques - 1 (DE)	MSYTP203	02	60	01	29	30	00
Yoga Techniques for Promotiion of Health-2 (DE)	MSYTP204	02	60	10	30	20	00
	<b>Total</b>	<b>22</b>	<b>450</b>	<b>178</b>	<b>152</b>	<b>110</b>	<b>10</b>
<b>Value-added courses</b>							
Jnana Yoga, Karma Yoga, Bhakti Yoga , Raja Yoga.	MSPAEC205	02	240	00	10	100	130
CMTT(Cyclic Meditation Teachers Training)	MSPAEC206	02	60	05	10	45	00

For M22



Semester-III

Subjects	Subject code	Credits	Total Hours	Lecture Hours	Tutorial Hours	Practical Hours	Field Work
Yogic Counseling (DE)	MSYTT301	02	30	20	10	00	00
Integrative Medicine Model(DE)	MSYTT302	02	60	01	39	20	00
Advanced Techniques (DC)-2	MSYTP303	02	60	01	34	20	05
Arogyadhama Field Training – 1	MSYTF301	04	120	10	110	00	00
Arogyadhama Field Training – 2	MSYTF302	04	120	10	110	00	00
Arogyadhama Field Training – 3	MSYTF303	04	120	10	110	00	00
Arogyadhama Field Training – 4	MSYTF304	04	120	10	110	00	00
	<b>Total</b>	<b>22</b>	<b>630</b>	<b>62</b>	<b>523</b>	<b>40</b>	<b>05</b>
<b>Value-added courses:</b>							
Jnana Yoga, Karma Yoga , Bhakti Yoga , Raja Yoga.	MSPAEC305	02	240	00	10	100	130
CMTT(Cyclic Meditation Teachers Training)	MSPAEC306	02	60	05	10	45	00

Semester-IV

Subjects	Subject code	Credits	Total Hours	Lecture Hours	Tutorial Hours	Practical Hours	Field Work
<b>Practical subjects</b>							
Biostatistics	MSYTP401	03	45	40	04	01	00
Classical Yoga (DE)	MSYTP402	02	60	00	30	30	00
Pranayama, Japa and Meditation(DE)	MSYTP403	02	60	00	00	60	00
Dissertation (DC)	MSYTF404	15	120	00	00	00	120
	<b>Total</b>	<b>22</b>	<b>480</b>	<b>150</b>	<b>79</b>	<b>131</b>	<b>120</b>
<b>Value-added courses</b>							
Jnana Yoga, Karma Yoga , Bhakti Yoga , Raja Yoga.	MSPAEC405	02	240	00	10	100	130
CMTT(Cyclic Meditation Teachers Training)	MSPAEC406	02	60	05	10	45	00

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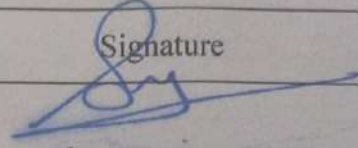
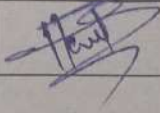
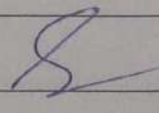
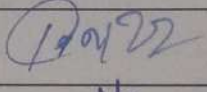
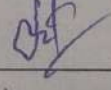
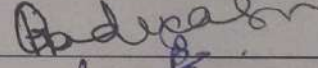
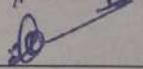
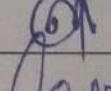
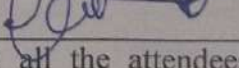
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## MINUTES OF BOS MEETING

For B.Sc. YT and YVT

Date of the meeting: 18<sup>th</sup> July 2022

### Attendees:

Name of the BOS Member	Designation	Signature
Dr. Sony Kumari	Dean of Academics	
Dr. Hemant Bhargav	BOS member, External Expert	
Dr. Nitin Patil	BOS member, External Expert	
Dr. Sushrutha	BOS member, External Expert	
Dr. Ramesh Panda	Dean of Spirituality division	
Dr. Vikas Rawat	Coordinator, M.Sc. YT program	
Dr. Satyaprakash Purohit	Coordinator, B.Sc. YT program	
Ms. Padmasri	Asst. Professor Division of Physical sciences	
Dr. Manjunath G	Associate Professor Division of Spirituality	
Ms. Maheshwari	Asst. Professor. Division of Spirituality	
Mr. Naveen Kumar	Asst. Professor. Division of Spirituality	

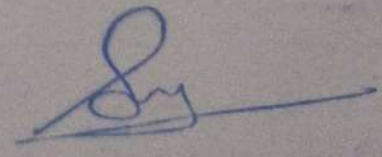
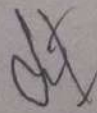
**Dean of Academics** started the meeting with prayer and welcomed all the attendees and requested Dr. Satyaprakash to give the presentation on the content from B.Sc. YT of 5 years

**Dr. Satyaprakash** briefed on the existing and proposed subjects for all the 3 years or 6 semesters and the revisions required as per the NEP 2020 guideline was presented; Certificate level and other 3 levels, the syllabus and credits for each subjects is all unclear.

**Dean of academics:** first semester subjects will be common for both B.Sc. YT and YVT programs

**Dr. Hemant:** He agreed with the syllabus changes proposed like adding Basics of computer Science should be in the first semester

**Dr. Satyaprakash:** 4 streams of Yoga should be replaced with Concept of Yoga



**Dr. Nitin Patil:** Let the content of 4 streams of Yoga be the same and Anatomy and physiology shouldn't be split into 1 and 2, for a better understanding of the subject

**Dr. Satyaprakash:** Agreed to Dr. Nitin Patil

**Dr. Nitin Patil:** Basics of English and Sanskrit should be given more importance; Cultural History of India can be clubbed with Basics of Yoga, but before doing that, the content should be checked

**Ms. Padmasri:** As per the discussion with Dr. Nagarathna, promotion of positive health and PDC conducting should be included in the first sem of B.Sc.

**Dr. Nitin:** That should be based on the credits

**Dr. Satyaprakash:** all theory subjects will get 3 credits (45 hours) and practical 2 credit (60 hours, including Hatha Yoga)

**Dr. Vikas:** the first years learn from the second sem seniors, therefore, PDC should be in the second sem

**Ms. Padmasri:** what skill the students acquire in the one year learning and the job opportunity for them leaving in one year of the course, keeping that in mind, PDC should be in first year

**Dr. Nitin:** would be making sense, credit hours of YIC and YIC being a basic course cannot be meeting requirement of facing such proposed subjects in 1<sup>st</sup> year of B.Sc. program

**Ms. Padmasri:** Thinking in the above listed perspective, if the proposed suggestions can work out should be re-considered; option for the students to take up more elective subjects can be taken up by the students; need for teaching certain subjects urgently here isn't understood; certain subjects which are electives and not course subjects is to be taken into consideration for those completing the course in one year.

**Dean of academics:** Beside subjects, credit and hours needed to teach should be there

**Dr. Satyaprakash:** Guruji wants the theory and practical credits to be the same

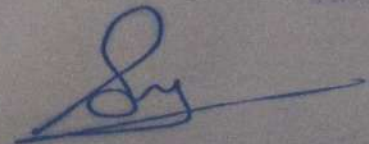
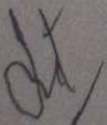
**Dr. Nitin:** Definitions are changed and hence there is a need for reviewing the matter mentioned in NEP; Program outcome should be matched with Course outcome and

**Dr. Sushrutha:** hence based on the levels the template should be made ready, skills they will gain and what is it for?, outcome of it should be well understood before further decisions are made.

**Ms. Padmasri:** after 2<sup>nd</sup> year are the students capable of teaching yoga for Obesity, Hypertension and Diabetes Mellitus and for taking classes for YIC! Should be met. As everything gaining isn't possible, whatever possible to meet the eligibility to be a junior therapist should be done,

**Dr. Sushrutha:** Objective of 1<sup>st</sup> year- preparing the enrolled to handle PDC

**Dean of academics:** outcome should be framed up



## 2<sup>nd</sup> Year B.Sc. YT

**Ms. Padmasri:** Common ailments 1, field training and Yoga therapy should be there in the 2<sup>nd</sup> year; 3<sup>rd</sup> year End, the students will be ready enough to work as Junior Therapist with the guidance of Senior therapist.

**Dr. Manjunath G:** 1<sup>st</sup> year end, the students won't be even with the basics of Yoga and hence they cannot be acting as Junior yoga therapist and basic training can be given in 2<sup>nd</sup> semester

**Dr. Hemant and Dr. Manjunath:** computer, English and Sanskrit should be given in 1<sup>st</sup> semester

**Dr. Manjunath:** Final format for 1<sup>st</sup> year should be first finalized before moving into 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semester

**Dean of Academics:** 24<sup>th</sup> a brief meeting will be conducted

**Dr. Sushrutha:** Subjects in YIC should be kept aside; for example- Basics of Yoga, which can go into a detailed study later

**Dr. Manjunath:** Regular and distance YIC subjects and teaching quality aren't known

**Dr. Hemant:** what is taught in Basics of Yoga

**Dean of Academics:** Dr. Satyaprakash should present the syllabus softcopy

**Dr. Hemant:** raised a query if Environmental History/ Environmental studies is required and if yes syllabus should be split; One chapter of 4 streams linking to Bhagavad Gita each can be covered in detail in each year.

**Dr. Sushrutha and Dr. Hemant:** a complete understanding the student get with this, so each of the streams can be discussed in detail in each of the 4 years

**Dr. Sushrutha:** Indian knowledge system should be added in the course, preferably in 2<sup>nd</sup> year of the course, and a course landscape should be made to bring a better understanding on the course and knowledge system outcome, for both YT and YVT

**Dr. Satyaprakash** requested Dr. Sushrutha to share the syllabus

**Dr. Sushrutha** requested to add First aid (emergency medicine with 2 credits) as a subject in addition to the Environmental studies

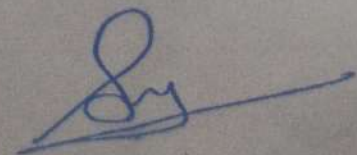
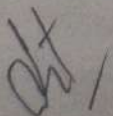
**Dr. Hemant:** agreed to Dr. Sushrutha and requested to add this in the course; the content of environmental studies, biodiversity, climate change, pollution, should be briefed in all 4 years of the course

**Dr. Sushrutha** asked to add Karma Yoga as a part of environmental studies

**Dean of academics** requested Dr. Satyaprakash and external experts to finalize the Subjects to be in the 1<sup>st</sup> semester:

**Dr. Nitin Patil:** even with the existing challenges, the program specific outcome mapping with the theory, practical and field training, the subjects should be finalized

**Dean of academics:** the ratio of Theory to practical is to be checked



**Dr. Ramesh Panda:** 2 languages, 2 methods, 1 elective subject should be there according to NEP 2020, therefore, Sanskrit is required in the first semester; Environmental studies is mandatory; 1<sup>st</sup> aid subject can go as a practical subject; Tumkur University syllabus as a model no Zero credit course can be there in S-VYASA and he asked Mr. Naveen to present on the 2<sup>nd</sup> semester subjects of YVT

**Mr. Naveen** spoke on 2<sup>nd</sup> semester: Introduction of Vedas and Vendantas can be added for YVT and he presented the subjects for the semesters.

**Dr. Ramesh:** Student-centric education should be promoted so that even after doing the course for one year, the study can be benefitted and they can start a yoga studio or so. He strictly suggested the program coordinators to sit and discuss about the syllabus pieces of stuffs before the next meeting.

**Dean of Academics** requested the course in-charges to finalize the subjects with credits and number of hours per subject and program outcome and to share with the attendees including external expert, so that further suggestions can be sought and the next meeting will be on 24<sup>th</sup> July, Sunday. Dean asked Naveen and Dr. Satyaprakash to add the suggested subjects to the 2<sup>nd</sup> semester, in a table with all necessary contents in the table.

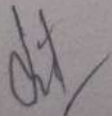
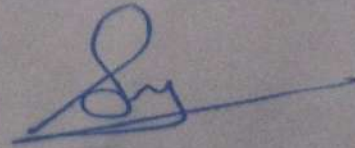
- However, after all the discussion, the following outline of the 2<sup>nd</sup> sem BSc YT syllabus unanimously approved:

Division of Yoga and Life Science	Category	Credits	Total Hours	L	T	P	F
<b>Semester- I</b>							
BSYTT101 Samskritam	Lang	3	45	30	15	0	0
BSYTT102 English	Lang	3	45	30	15	0	0
BSYTT103 Basis of Yoga	MC	3	45	30	15	0	0
BSYTT104 Human Anatomy and Physiology	MC	3	45	30	15	10	0
BSYTP105 Yogasana Practices level-1	MC	2	60	0	0	60	0
BSYTP106 Yoga for Personality Development (Krida Yoga)	Minor	2	60	0	0	60	0
BSYTP107 Emotion Culture (Bhajan)	Minor	2	60	0	0	60	0
BSYTP108 Basic Computer and Applications	Skill	2	60	0	0	60	0
<b>Total</b>		<b>20</b>					

**Legends:** MC – Major (Core) Subject, Minor - Minor Subject, Skill – Skill Development Course, VAC – Value Added Course, Lang – Language courses

- The meeting was conduct in a **hybrid mode**, all external experts are attended the meeting online. For all the internal members the venue was Tarangini

- **The meeting concluded with Shanti Mantra.**



setyaprakash purohit is presenting

**Starting syllabus**

MSVT2011	MSVT2012
MSVT2013	MSVT2014
MSVT2015	MSVT2016
MSVT2017	MSVT2018
MSVT2019	MSVT2020
MSVT2021	MSVT2022
MSVT2023	MSVT2024
MSVT2025	MSVT2026
MSVT2027	MSVT2028
MSVT2029	MSVT2030
MSVT2031	MSVT2032
MSVT2033	MSVT2034
MSVT2035	MSVT2036
MSVT2037	MSVT2038
MSVT2039	MSVT2040
MSVT2041	MSVT2042
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MSVT2045	MSVT2046
MSVT2047	MSVT2048
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MSVT2075	MSVT2076
MSVT2077	MSVT2078
MSVT2079	MSVT2080
MSVT2081	MSVT2082
MSVT2083	MSVT2084
MSVT2085	MSVT2086
MSVT2087	MSVT2088
MSVT2089	MSVT2090
MSVT2091	MSVT2092
MSVT2093	MSVT2094
MSVT2095	MSVT2096
MSVT2097	MSVT2098
MSVT2099	MSVT2100

**Proposed syllabus**

MSVT2101	MSVT2102
MSVT2103	MSVT2104
MSVT2105	MSVT2106
MSVT2107	MSVT2108
MSVT2109	MSVT2110
MSVT2111	MSVT2112
MSVT2113	MSVT2114
MSVT2115	MSVT2116
MSVT2117	MSVT2118
MSVT2119	MSVT2120
MSVT2121	MSVT2122
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MSVT2157	MSVT2158
MSVT2159	MSVT2160
MSVT2161	MSVT2162
MSVT2163	MSVT2164
MSVT2165	MSVT2166
MSVT2167	MSVT2168
MSVT2169	MSVT2170
MSVT2171	MSVT2172
MSVT2173	MSVT2174
MSVT2175	MSVT2176
MSVT2177	MSVT2178
MSVT2179	MSVT2180
MSVT2181	MSVT2182
MSVT2183	MSVT2184
MSVT2185	MSVT2186
MSVT2187	MSVT2188
MSVT2189	MSVT2190
MSVT2191	MSVT2192
MSVT2193	MSVT2194
MSVT2195	MSVT2196
MSVT2197	MSVT2198
MSVT2199	MSVT2200

**Performance Indicators**

- 1. Ability to analyze and interpret data
- 2. Ability to design and conduct an experiment
- 3. Ability to evaluate and communicate the results of an experiment
- 4. Ability to work in a team
- 5. Ability to solve problems
- 6. Ability to use laboratory equipment
- 7. Ability to use computer software
- 8. Ability to use scientific methods
- 9. Ability to use scientific instruments
- 10. Ability to use scientific literature
- 11. Ability to use scientific journals
- 12. Ability to use scientific conferences
- 13. Ability to use scientific seminars
- 14. Ability to use scientific workshops
- 15. Ability to use scientific symposia
- 16. Ability to use scientific colloquia
- 17. Ability to use scientific lectures
- 18. Ability to use scientific tutorials
- 19. Ability to use scientific courses
- 20. Ability to use scientific programs

BOC MEETING -FINALIZING UO PROGRAM SYLLABUS

meet.google.com/icc-pzpt-dic

setyaprakash purohit is presenting

Participants:

- setyaprakash purohit
- Dr. Patil HJ
- Sushruitha S
- Ramesh Chandra Panda
- 6 others
- You

3:41 PM | BOS MEETING -FINALIZING UO PROGRAM ...

MSC Y&VT 2022...dock | MSC Y&VT 2022...dock | BSC YVT SYLLAB...dock

3:41 PM 7/18/2022

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