

MAHAKAUSHAL UNIVERSITY, JABALPUR M.P.



SCHEME

कला एवं समाज विज्ञान संकाय

Faculty of Art & Social Science

Syllabus & Prescribed Books

Subject-Yogic Science

B.A. Yearly Examination

MAHAKAUSHAL UNIVERSITY,

JABALPUR M.P.



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

Faculty: Arts

Department: Yogic Science

Scheme of Course: BA/ in Yogic Science Course Code: BAYS

Year – 1st year

Subject Name	Title of the paper	Paper code	Distribution of Marks							
			Theory					Practical		Grand Total
			Max External (a)	Max Internal (b)	Total Max (c=a+b)	Min External	Min Internal	Max (d)	Min	Max (e=c+d)
Foundation Courses	FC-I Hindi	BAYS 101	30	5	100	10	2	-	-	100
	FC-II English	BAYS 102	30	5		10	2			
	FC-III Entrepreneurship	BAYS 103	25	5		8	2			
Principles and Fundamentals of Yoga	Fundamentals of Yoga	BAYS 104	40	10	100	13	3	50	17	150
	Human Biology	BAYS 105	40	10		13	3			
Yoga Technique and Philosophy	Principles and Practice of Hathyoga	BAYS 106	40	10	100	13	3	50	17	150
	Indian Philosophy	BAYS 107	40	10		13	3			
Eminent Yogi, Institutes and Yogic Text	Introduction of Indian Yogics (Part – I)	BAYS 108	40	10	100	13	3	50	17	150
	Introduction of Yoga Institutions (Part – I)	BAYS 109	40	10		13	3			
Total			325		400	-	-	150	-	550



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

Faculty: Arts

Department: Yogic Science

Scheme of Course: BA in Yogic Science

Course Code: BAYS

Year – 2nd year

Subject Name	Title of the Paper	Paper Code	Distribution of Marks							
			Theory					Practical		Grand Total
			Max External (a)	Max Internal (b)	Total Max (c=a+b)	Min External	Min Internal	Max (d)	Min	
Foundation Courses	FC-I Hindi	BAYS- 201	30	5	100	10	2	-	-	100
	FC-II English	BAYS -202	30	5		10	2			
	FC- III Environmental Studies	BAYS -203	25	5		8	2			
Principles and Fundamental s of Yoga	Patanjal Yoga Sutra	BAYS -204	40	10	100	13	3	50	17	150
	Naturopathy	BAYS -205	40	10		13	3			
Yoga Teachings and Philosophy	Human Consciousness	BAYS -206	40	10	100	13	3	50	17	150
	Yoga and Health	BAYS -207	40	10		13	3			
Eminent Yogi, Institutes and Yogic Text	Introduction of Indian Yogics (Part – II)	BAYS -208	40	10	100	13	3	50	17	150
	Introduction of Yoga Institutions (Part – II)	BAYS -209	40	10		13	3			
Total			325		400	-	-	150	-	550



MAHAKAUSHAL UNIVERSITY,
JABALPUR (M.P.)

Faculty: Arts

Scheme of Course: BA in Yogic Science

Course Code: BAYS

Department: Yogic Science

Year – 3rd year

Subject Name	Title of the paper	Paper code	Distribution of Marks							
			Theory					Practical		Grand Total
			Max External (a)	Max Internal (b)	Total Max (c=a+b)	Min External	Min Internal	Max (d)	Min	Max (e=c+d)
Foundat ion Courses	FC-I Hindi	BAYS- 301	30	5	100	10	2	-	-	100
	FC-II English	BAYS- 302	30	5		10	2			
	FC-III Computer Application	BAYS- 303	25	5		8	2			
Principl es and Fundam entals of Yoga	Yoga and Mental Health	BAYS- 304	40	10	100	13	3	50	17	150
	Alternative Therapies	BAYS- 305	40	10		13	3			
Yoga Techniq ue and Philoso phy	Yoga and Human Excellence	BAYS- 306	40	10	100	13	3	50	17	150
	Methods of Teaching Yoga	BAYS -307	40	10		13	3			
Eminent Yogi, Institute s and Yogic Text	Introduction of Yogics Text	BAYS- 308	40	10	100	13	3	50	17	150
	Yoga in Geeta and Upanishad	BAYS -309	40	10		13	3			
Total			325	40	400	-	-	150	17	550