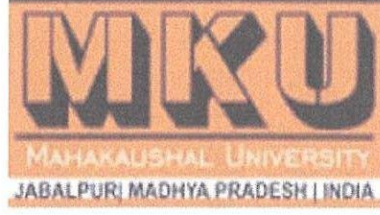


MAHAKAUSHAL UNIVERSITY, JABALPUR M.P.



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.)

SYLLABUS

For

B.A. Yogic Science
Subject Code: BAYS
Department of Yoga
Faculty of Arts

Duration of Course : 1 Year

Examination Mode : Yearly

Examination System : Non Grading

MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)
Village Anthakheda Chargawan Road, Post- Tilwara
Jabalpur Madhya Pradesh - 482003
2021-2022✓



MAHAKAUSHAL UNIVERSITY,
JABALPUR (M.P.)

SYLLABUS

For

B.A. in Yogic Science
Subject Code: BAYS
Department of Yoga
Faculty of Arts

Duration of Course : 3 Years

Examination Mode : Yearly

Examination System : Non Grading

MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)
Village Anthakheda Chargawan Road, Post- Tilwara
Jabalpur Madhya Pradesh - 482003

2021-2024

1st Year



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

**Department of Higher Education Govt. Of M.P. Under Graduate year
wise syllabus As recommended by central board of studies and
approved by The governor of M.P.**

उच्च शिक्षा विभाग, म.प्र.शासन
स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम
केन्द्रीय अध्ययन मण्डल द्वारा अनुशंसित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित

Class	:	B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- I Year
Subject	:	Foundation Course (आधार पाठ्यक्रम)
Paper	:	I
Paper Name	:	हिन्दी भाषा और नैतिक मूल्य (Hindi Language & Moral Values)
Compulsory/Optional:		Compulsory
Max Marks	:	नियमित (Hindi Language = 25) +(Moral Values = 05)+ CCE 05 = 35
Code	:	3AYS101
Particulars/विवरण		
Unit-I	हिन्दी भाषा	
		1. स्वतंत्रता पुकारती (कविता) – जयशंकर प्रसाद 2. पुष्प की अभिलाषा (कविता) – माखनलाल चतुर्वेदी 3. वाक्य संरचना और अशुद्धियाँ (संकलित)
Unit-II	हिन्दी भाषा	
		1. नमक का दरोगा (कहानी) – प्रेमचंद 2. एक थे राजा भोज (निबंध) – डॉ. त्रिभुवननाथ शुक्ल 3. पर्यायवाची, विलोम, एकार्थी, अनेकार्थी एवं शब्दयुग्म शब्द (संकलित)
Unit-III	हिन्दी भाषा	
		1. भगवान बुद्ध (निबंध) – स्वामी विवेकानंद 2. लोकतंत्र एक धर्म है (निबंध) – डॉ. सर्वपल्ली राधाकृष्णन 3. नहीं रुकती है नदी – हीरालाल बाछोतिया 4. पल्लवन
Unit-IV	हिन्दी भाषा	
		1. अफसर (निबंध) – शरद जोषी 2. हमारी सांस्कृतिक एकता (निबंध) – रामधारी सिंह दिनकर (एक भारत श्रेष्ठ भारत के अन्तर्गत) 3. संक्षेपण (संकलित)
Unit-V	नैतिक मूल्य	
		1. नैतिक मूल्य परिचय एवं वर्गीकरण (आलेख) – डॉ. शशि राय 2. आचरण की सभ्यता (निबंध) – सरदार पूर्णसिंह 3. अंतर्ज्ञान और नैतिक जीवन (लेख) – स्वामी श्रद्धानंद

नोट:-नियमित विद्यार्थियों के लिए 30 अंको की सैद्धांतिक परीक्षा तथा 05 अंको का आंतरिक मूल्यांकन होगा
अंक विभाजन – नियमित विद्यार्थियों के लिए कुल 30 अंक

खण्ड – अ – प्रत्येक इकाई से एक वस्तुनिष्ठ प्रश्न 1 X 5 = 5

खण्ड – ब – इकाई एक से चार तक तीन लघु उत्तरीय प्रश्न आंतरिक विकल्प के साथ 3 X 3 = 9

खण्ड – स – इकाई दो से पांच तक चार दीर्घ उत्तरीय प्रश्न 4 X 4 = 16



MAHAKAUSHAL UNIVERSITY,

JABALPUR (M.P.)

**Department of Higher Education Govt. Of M.P.
Under Graduate year wise syllabus
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उच्च शिक्षा विभाग, म.प्र.शासन
स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम
केन्द्रीय अध्ययन मण्डल द्वारा अनुशंसित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित

Class : B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- **I Year**
Subject : Foundation Course (आधार पाठ्यक्रम)
Paper : II
Paper Name : English Language
Compulsory/Optional: Compulsory
Max Marks : 30 + Internal Assessment (5) = 35

Code - **BAYS 102**

Particulars/विवरण

Unit-I	1. Where the mind is without fear : Rabindranath Tagore. 2. The Hero: R.K. Narayan. 3. Tryst with Destiny Jawaharlal Nehru. 4. Indian weavers : Sarojnini Naidu. 5. The portrait of a lady : Khushwant Singh. 6. The Solitary Reaper : Willian Wordsworth.
Unit-II	Basic Language Skills : Vocabulary, Synonyms, Antonyms, Word formation, Prefixes Suffixes.
Unit-III	Basic Language Skills : Uncountable nouns, verbs, tenses, adverbs.
Unit-IV	Comprehension / Unseen Passage.
Unit-V	Composition and Paragraph writing.

नोट:-नियमित विद्यार्थियों के लिए 30 अंको की सैद्धांतिक परीक्षा तथा 05 अंको का आंतरिक मूल्यांकन होगा

अंक विभाजन - नियमित विद्यार्थियों के लिए कुल 30 अंक

खण्ड - अ - प्रत्येक इकाई से एक वस्तुनिष्ठ प्रश्न $1 \times 5 = 5$

खण्ड - ब - इकाई एक से चार तक तीन लघु उत्तरीय प्रश्न आंतरिक विकल्प के साथ $3 \times 3 = 9$

खण्ड - स - इकाई दो से पांच तक चार दीर्घ उत्तरीय प्रश्न $4 \times 4 = 16$



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

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उच्च शिक्षा विभाग, म.प्र.शासन
स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम
केन्द्रीय अध्ययन मण्डल द्वारा अनुशंसित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित

Class : B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- **I Year**
Subject : Foundation Course (आधार पाठ्यक्रम)
Paper : III
Paper Name : उद्यमिता विकास (Entrepreneurship Development)
Compulsory/Optional: Compulsory
Max Marks : 25 + Internal Assessment (5) = 30

Code :- **BAYS 103**

Particulars/विवरण

Unit-I	Entrepreneurship Development - Concept and importance, function of enterpriser, Goal determination- Problems Challenges and solutions.
	उद्यमिता विकास: अवधारणायें एवं महत्व, उद्यमी के कार्य, लक्ष्य निर्धारण, समस्या चुनौतियाँ एवं समाधान।
Unit-II	Project Proposal - need and Objects – Nature of organization, Production Management, Financial Management, Marketing Management, Consumer Management.
	परियोजना प्रस्ताव: आवश्यकता एवं उद्देश्य – संगठन का स्वरूप, उत्पादन प्रबंधन, वित्तीय प्रबंधन, विपणन एवं उपभोक्ता प्रबंधन।
Unit-III	Role of regulatory Institutions, Role of development Organizations and self employment oriented schemes, Various growth schemes.
	उद्यमिता हेतु नियामक संस्थाओं की भूमिका। विकासात्मक संस्थाओं की भूमिका, स्वरोजगार मूलक योजनायें, विभिन्न अनुदान योजनायें।
Unit-IV	Financial Management for Project – Financial institution and their role, Capital estimation and arrangement, cost and price determination, accounting management
	परियोजना हेतु वित्तीय प्रबंधन: पूंजी अनुमान एवं व्यवस्था, लागत एवं मूल्य निर्धारण, लेखा – जोखा रखना।
Unit-V	Problem of entrepreneur – Problem relating capital, Problem relating Registration, administration problem and how to overcome
	पूंजी संबंधी समस्याएँ, पंजीकरण संबंधी समस्याएँ, प्रशासकीय समस्याएँ एवं उपरोक्त समस्याओं का समाधान।



MAHAKAUSHAL UNIVERSITY,
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नोट:—नियमित विद्यार्थियों के लिए 25 अंको की सैद्धांतिक परीक्षा तथा 05 अंको का आंतरिक मूल्यांकन होगा

अंक विभाजन – नियमित विद्यार्थियों के लिए कुल 30 अंक

खण्ड – अ – प्रत्येक इकाई से एक वस्तुनिष्ठ प्रश्न $0.5 \times 5 = 2.5$

खण्ड – ब – प्रत्येक इकाई से एक लघु उत्तरीय प्रश्न आंतरिक विकल्प के

साथ $1.5 \times 5 = 7.5$ खण्ड – स – प्रत्येक इकाई से एक दीर्घ उत्तरीय

प्रश्न $3 \times 5 = 15$



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

FUNDAMENTALS OF YOGA - BAYS 104

Unit-I

Marks : 40

Introduction:

- Yoga it's Definition & Objectives.
- Historic background of Yoga
- Characteristics of a Yogi
- Relevance of Yoga in Modern age

Unit-II

Yoga in different Texts:

- Veda
- Upanishads
- Geeta
- Sankhya
- Vedanta
- Tantra

Unit-III

Types of Yoga: its brief introduction

- Hatha Yoga
- Raja Yoga
- Karma Yoga
- Gyana Yoga
- Bhakti Yoga
- Dhyana Yoga
- Mantra Yoga

Unit-IV

Contemporary Yogies of India – I :

- Maharshi Patanjali
- Gorakhnath
- Swami Vivekananda

Unit-V

Contemporary Yogies of India – II :

- Sri Aurobindo
- Swami Dayanand Sarshwati
- Maa Sharda
- Mata Bhagwati Devi

Reference Books

1. Yoga Mahavigyan – Dr. Kamakhya Kumar
2. Yoga Vijyan – Vijnanananand Saraswati
3. Vedon mein Yog Vidya – Yogendra Purusharthi

4. Yoga Sara Samgraha – Gangadhar Jha
5. Chetana ki Sikhar Yatra – Dr. Pranav Pandya.
6. Bharat ke Sant Mahatma – Ramlaal
7. Bharat ki Mahan Yogi – Vishwanath Mukharjee
8. Siddha Sant and Yogi – Shambhurat Tripathy
9. Bharat ki Mahaan Saadhikayen – Vishwanath Mukharjee
10. Kalyan (Bhakt Ank)- Gita press Gorakhpur
11. Kalyan (Sant Ank)- Gita Press Gorakhpur
12. Kalyan (Yogank)- Gita Press Gorakhpur
13. Kalyan (Yoga Tatwank)- Gita Press Gorakhpur
14. Super Science of Yoga – Dr. Kamakhya Kumar
15. Ancient Yoga and Modern Science – T.N. Anatharaman
16. The Yoga Book – Stephen Sturgess
17. The Supreme Yoga – Swami Vinkateshananada
18. Sure Ways of Success – Swami Sivananda
19. Yoga Philosophy – S. N. Dasgupta
20. Asana Prayama ka yiganik Vavachan – Dr. Devvart Acharya
21. Ashatang Yoge – Dr. Jagwanti Deshwal



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

HUMAN BIOLOGY – BAYS- 105

Unit-I

Marks : 40

Introduction:

- Definition of Anatomy and Physiology.
- Cell: Structure & Function
- Tissues: Types, Structure & Function.

Unit-II

Musculo-skeletal System:

- **Skeletal System:** General information, Different type of bone, its structure and function.
- **Muscular System:** General information, Different type of Muscle, its structure and function.

Unit-III

Digestive and excretory System:

- **Digestive system:** General information, Different parts, structure and function.
- **Excretory system:** General information, Different parts, structure and function.

Unit-IV

Respiratory & Cardio- Vascular System:

- **Respiratory System:** General information, Different parts, structure and function.
- **Circulatory system:** General information, Different parts, its structure and function.

Unit-V

Nervous System & Endocrinal System:

- **Nervous System:** General information, Different parts, its structure and function.
- **Endocrinal system:** General information, Different Glands of Endocrinal system, its structure and function

Reference Books :

- | | | | |
|----|------------------------------------|---|----------------------|
| 1- | AGlimpses of the Human Body | - | Teles Shirley |
| 3- | Anatomy and Physiology | - | J.P. Brothers |
| | शरीर रचना विज्ञान | — | मुकुन्द स्वरूप वर्मा |
| 4- | आयुर्वेदीय क्रिया शरीर | — | रंजीत सहाय देशाई |
| 5- | आयुर्वेदीय शरीर रचना विज्ञान | — | ताराचन्द्र शर्मा |
| 6- | मानव शरीरदीपिका | — | मुकुन्द स्वरूप वर्मा |
| 7- | शरीर रचना क्रिया विज्ञान | — | जे.पी.ब्रदर्स |
| 8- | शरीर क्रिया विज्ञान | — | प्रियव्रत शर्मा |



**MAHAKAUSHAL UNIVERSITY,
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MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)**

Practical :

Marks : 50

History, Evolution of Yoga and Schools of Yoga.

1. Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutras.
2. Yoga in Modern Times : Yogic Traditions of Ramakrishna and Swami Vivekananda, Shri Aurobindo.
3. Yoga traditions of Maharshi Ramana and Swami Dayanand Saraswati.
4. Introduction to Schools (Streams) of Yoga : Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana)
5. Yoga Schools with Samkhya – Yoga Tradition (Yoga of Patanjali)



MAHAKAUSHAL UNIVERSITY, **JABALPUR (M.P.)**

Principles and Practice of Hathyoga – BAYS- 106

Unit-I

Marks : 40

Introduction :

- Hatha Yoga – its Definition & Objectives.
- Origin & Tradition of Hatha Yoga.
- Importance of Place, Environment & Season for Hatha Sadhana.
- Aids & Obstructions to Hatha Sadhana.
- Prohibited & Conductive food in Hatha Sadhana.

Unit-II

Physical Purification, Stabilization & inner control disciplines -

- Shatkarma: Techniques, Benefits and Cautions.
- Asanas- their benefits and cautions

Unit-III Pranayama & Mudra :

- Pranayama –their benefits and cautions
- Mudra & Bandhas: their benefits and cautions

Unit-IV

Inner Yoga (Antarang Yoga) -

- Pratyahara
- Dhyana: Techniques, Process & Benefits.
- Types of Samadhi. & their Process
- State of Siddhi.

Unit-V

Spiritual Energy -

- Kundalini Shakti
- Chakras
- Technique of awakening Kundalini Shakti.

Reference Books :

1. Yoga Mahavigyan – Dr. Kamakhya Kumar
2. Yoga Vijyan – Vijnanananand Saraswati
3. Vedon mein Yog Vidya – Yogendra Purusharthy
4. Yoga Sara Samgraha – Gangadhar Jha
5. Chetana ki Sikhar Yatra – Dr. Pranay Pandya.

6. Bharat ke Sant Mahatma – Ramlaal
7. Bharat ki Mahan Yogi – Vishwanath Mukharjee
8. Siddha Sant and Yogi – Shambhurat Tripathy
9. Bharat ki Mahaan Saadhikayen – Vishwanath Mukharjee
10. Kalyan (Bhakt Ank)- Gita press Gorakhpur
11. Kalyan (Sant Ank)- Gita Press Gorakhpur
12. Kalyan (Yogank)- Gita Press Gorakhpur
13. Kalyan (Yoga Tatwank)- Gita Press Gorakhpur
14. Super Science of Yoga – Dr. Kamakhya Kumar
15. Ancient Yoga and Modern Science – T.N. Anatharaman
16. The Yoga Book – Stephen Sturgess



MAHAKAUSHAL UNIVERSITY, **JABALPUR (M.P.)**

Indian Philosophy – BAYS- 107

Unit-I

Marks : 40

- **Introduction:** Meaning and definition of Philosophy; General Introduction of Indian Philosophies.
- **The Charvaka Philosophy:** General Introduction & Metaphysics

Unit-II

- **Buddhist Philosophy:** General Introduction & Metaphysics (The Four Noble Truths)
- **The Jain Philosophy:** General Introduction & Metaphysics (Anekantvad, Syadvad, Theory of Jiva, Bondage and Liberation)

Unit-III

- **The Nyaya Philosophy:** General Introduction & Theology, Proof's for the Existence of God)
- **The Vaisheshika Philosophy:** General Introduction & The Theory of Atomism
- **The Mimansa Philosophy:** General Introduction & Law of Karma.

Unit-IV

- **The Sankhya Philosophy:** General Introduction, Theory of Causation - Satkaryavada, Prakriti and Purusha, Theory of Evolution, Bandage and Liberation.
- **The Yoga Philosophy:** General Introduction, Chitta, Chitta-Bhumi & The Eight fold path of Yoga, Samadhi, Vibhutiyan & Existence of God.

Unit-V

The Philosophy of Vedant : General Introduction

The Advaita Vedant of Shankracharya : General Introduction & Meta physics

Reference Books :

1. Yoga Rahashya – Dr Kamakhya Kumar
2. Yogapradipika- B.K.S. Iyengar
3. Gorakh Samhita- Gorakhnath Mandeer, Gorakhpur
4. Bharat Ke Sant Mahatma – Ramlaal



MAHAKAUSHAL UNIVERSITY, **JABALPUR (M.P.)**

Practical :

Marks : 50

Yoga Practical

A. ASANS

Pawanuktasana, Tadasana, Triyak Tadasana, Katichakrasana, Vajrasana, Marjarasana, Uttanapad Asana, Swastik Asana, Vatayan Asana, Shava Asana, Ardhasalbha Asana, Surya Namaskar Asana, Detubandha Sarvang Asana, Variksha Asana, Side Chakrasana, Gomukha Asana, Janushira Asana, Manduka Asana, Ushtra Asana, Bhujanga, Ardha Halasana, Sarvang Asana, Ardha Halasana, Titibha Asana, Vrichika Asana, Hanumanasana, Nauka Asana, Baka Asana

B. BANDHA, MUDRAS

Mulabandha, Uddyan Bandha, Gyan Mudra, Prana Mudra, Apana Mudra, Jaladhar Bandh

C. SHAT KARMA

Kapal Bhati, Jal Neti, Rubbar Neti, Jala Kapalbhati

D. PRANAYAM

Yogic Breathing, Nadi Shodhan, AulomVilom

E. PRAYER

"OM" CHANTING



MAHAKAUSHAL UNIVERSITY,
JABALPUR (M.P.)

Introduction of Indian Yogics - (Part – I) – BAYS- 108

Unit-I

Marks : 40

Life Sketch and contribution of eminent yogis of india

- Shri Krishna
- Maharishi Patanjali

Unit-II

Life Sketch and contribution of eminent yogis of india

- Yogi Yagyavalkya
- Brahmrsi Vashishtha

Unit-III

Life Sketch and contribution of eminent yogis of india

- Veda Vyasa
- Maharshi Valmiki

Unit-IV

Life Sketch and contribution of eminent yogis of india

- Matsyendra natha
- Gorakhanatha

Unit-V

Life Sketch and contribution of eminent yogis of india

- Adi Shankaracharya
- Buddha

Reference Books :

- Gheranda Samhita – Swami Niranjananada Yoga Publication Trust, Munger
- The Supreme Yoga – Swami Vinkateshananda
- Sure Ways of Success – Swami Sivananada
- Yoga Philosophy – S.N. Dasgupta



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

Introduction of Yoga Institutions (Part – I) BAYS- 109

Unit-I Divine Life Society , Rishikesh

Marks : 40

- General Introduction
- Their contribution in development of yoga

Unit-II Bihar School of Yoga, Munger

- General Introduction
- Their contribution in development of yoga

Unit-III Kaivalyadhama Yoga Institute, Lonavala

- General Introduction
- Their contribution in development of yoga

Unit-IV Morarji Desai National Institute for Yoga New Delhi

- General Introduction
- Their contribution in development of yoga

Unit-V Swami Vivekananda Yoga Institute (SVYASA) Bangalore

- General Introduction
- Their contribution in development of yoga

Reference Books :

1. Sadhana Paddhation Ka Jnan Aur Vinjan – Pt. Shriram Sharma Acharya Sampoorana Bangmaya Khand-
2. Hatha Yoga Pradipika –Swami Muktibodhananda ,Yoga Publication trust , Munger
3. Gheranda Samhita- Swami Niranjananda, Yoga Publication trust , Munger
4. Yoga Rahashya – Dr Kamakhya Kumar
5. Yogapradipika- B.K.S. Iyengar
6. Gorakh Samhita- Gorakhnath Mandeer, Gorakhpur
7. Bharat Ke Sant Mahatma – Ramlaal

Practical :

Marks : 50

Visit and Seminar :

- Bihar School of Yoga, Munger
- Kaivalyadhama Yoga Institute , Lonavala
- Dev Sanskriti Vishwavidyalaya Haridwar
- Morarji Desai National Institute for Yoga, New Delhi



**MAHAKAUSHAL UNIVERSITY,
JABALPUR (M.P.)**

SYLLABUS

For

B.A. in Yogic Science

Subject Code: BAYS

Department of Yoga

Faculty of Arts

Duration of Course : 2 Year

Examination Mode : Yearly

Examination System : Non Grading

MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

Village Anthakheda Chargawan Road, Post- Tilwara

Jabalpur Madhya Pradesh - 482003

2022-2023

2nd Year



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.)**

**Department of Higher Education Govt. Of M.P. Under Graduate
year wise syllabus As recommended by central board of studies
and approved by The governor of M.P.**

उच्च शिक्षा विभाग, म.प्र. शासन
स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम
केन्द्रीय अध्ययन मण्डल द्वारा अनुशसित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित

Class : B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- II Year
Subject : Foundation Course (आधार पाठ्यक्रम)
Paper : I
Paper Name : हिन्दी भाषा और नैतिक मूल्य (Hindi Language & Moral Values)
Compulsory/Optional: Compulsory
Max Marks : नियमित (Hindi Language = 25) +(Moral Values = 05)+ CCE 05 = 35

code :- BAYS 201

Particulars/विवरण

Unit-I हिन्दी भाषा

1. वह तोड़ती पत्थर (कविता) – सूर्यकान्त त्रिपाठी निराला
2. दिमागी गुलामी (निबंध) – राहुल सांकृत्यायन
3. वर्ण – (स्वर- व्यंजन, वर्गीकरण, उच्चारण स्थान)

Unit-II हिन्दी भाषा

1. नारीत्व का अभिशाप (निबंध) – महादेवी वर्मा
2. चीफ की दावत (कहानी) – भीष्म साहनी
3. विराम चिन्ह – (संकलित)

Unit-III हिन्दी भाषा

1. चली फगुनाहट बौरे आम (ललित निबंध) – विवेकी राय
2. इन्द्रधनुष का रहस्य (वैज्ञानिक लेख) – डॉ. कपूरमल जैन
3. संधि – (संकलित)
4. पल्लवन

Unit-IV हिन्दी भाषा

1. सपनों की उड़ान (प्रेरक निबंध) – ए.पी.जे. अब्दुल कलाम
2. हमारा सौरमण्डल (संकलित)
3. समास (संकलित)

Unit-V नैतिक मूल्य

1. शिकागों व्याख्यान (व्याख्यान) – स्वामी विवेकानंद
2. धर्म और राष्ट्रवाद (लेख) – महर्षि अरविन्द
3. सादगी (आत्मकथा) – महात्मा गांधी
4. चित्त जहाँ भय शून्य (कविता) – रवीन्द्रनाथ टैगोर

नोट:-नियमित विद्यार्थियों के लिए 30 अंको की सैद्धांतिक परीक्षा तथा 05 अंको का आंतरिक मूल्यांकन होगा

अंक विभाजन – नियमित विद्यार्थियों के लिए कुल 30 अंक

खण्ड – अ – प्रत्येक इकाई से एक वस्तुनिष्ठ प्रश्न $1 \times 5 = 5$

खण्ड – ब – इकाई एक से चार तक तीन लघु उत्तरीय प्रश्न आंतरिक विकल्प के साथ $3 \times 3 =$

9 खण्ड – स – इकाई दो से पांच तक चार दीर्घ उत्तरीय प्रश्न $4 \times 4 = 16$



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उच्च शिक्षा विभाग, म.प्र.शासन
स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम
केन्द्रीय अध्ययन मण्डल द्वारा अनुशंसित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित

Class : B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- **II Year**
Subject : Foundation Course (आधार पाठ्यक्रम)
Paper : II
Paper Name : English Language
Compulsory/Optional: Compulsory
Max Marks : 30 + Internal Assessment (5) = 35

code

BAYS 202

Particulars/विवरण

Unit-I	1. Tree: Tina Morris. 2. Night of the Scorpion: Nissim Ezekiel. 3. Idgah : Premchand (translated by khushwant Singh). 4. Letter of God : G.L. Swanteh (translated by Donald A. Yates). 5. My Bank Account : Stephen Leacock. 6. God sees the truth but waits : Leo Tolstoy.
Unit-II	Basic English Language : Idioms, Proverbs and Phrasal Verbs, Tenses, Prepositions, Determiners, Verbs Articles, Nouns & Pronouns.
Unit-III	1. Short Essay on given topics. 2. Correspondence Skills (Formal & Informal letters and Application)
Unit-IV	Translation of sentences / passage English to Hindi and Hindi to English.
Unit-V	Drafting CV.

नोट:-नियमित विद्यार्थियों के लिए 30 अंकों की सैद्धांतिक परीक्षा तथा 05 अंकों का आंतरिक मूल्यांकन होगा

अंक विभाजन - नियमित विद्यार्थियों के लिए कुल 30 अंक

खण्ड - अ - प्रत्येक इकाई से एक वस्तुनिष्ठ प्रश्न 1 X 5 = 5

खण्ड - ब - इकाई एक से चार तक तीन लघु उत्तरीय प्रश्न आंतरिक विकल्प के साथ 3 X 3 = 9

खण्ड - स - इकाई दो से पांच तक चार दीर्घ उत्तरीय प्रश्न 4 X 4 = 16



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उच्च शिक्षा विभाग, म.प्र.शासन
स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम
केन्द्रीय अध्ययन मण्डल द्वारा अनुशंसित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित

Class : B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- **II Year**
Subject : Foundation Course (आधार पाठ्यक्रम)
Paper : III
Paper Name : पर्यावरण अध्ययन (Environmental Studies)
Compulsory/Optional: Compulsory
Max Marks : 30

Code **BAYS 203**
Particulars/विवरण

Unit-I	Study of Environment and Ecology : (a.) Definition and importance. (b.) Public participation and public awareness. (c.) Ecology – Introduction. (d.) Ecosystem – Concepts, components, structure & function, energy flow. food chain. food web, ecological pyramids and types. पर्यावरण एवं पारिस्थितिक अध्ययन : (क.) परिभाषा एवं महत्व (ख.) जनभागीदारी एवं जनजागरण (ग.) पारिस्थितिकी – प्रस्तावना (घ.) पारिस्थितिक तन्त्र – अवधारणा, घटक, संरचना तथा कार्यप्रणाली ऊर्जा का प्रवाह, खाद्य शृंखला, खाद्य जाल, पारिस्थितिक पिरामिड तथा प्रकार।
Unit-II	Environmental Pollution and Population : (a.) Air, water, noise, Heat and nuclear pollution. definition, causes, effect and prevention of pollution. (b.) Population growth, disparities between countries. (c.) Population explosion, family welfare programme. (d.) Environment and human health. (e.) Cleanliness and disposal of domestic waste. पर्यावरण प्रदूषण तथा जनसंख्या (क.) वायु, जल, ध्वनि, ताप एवं आणविक प्रदूषण- परिभाषा प्रदूषण के कारण प्रभाव एवं रोकथाम।

	(ख.) जनसंख्या – वृद्धि, राष्ट्रों के बीच अन्तर। (ग.) जनसंख्या – विस्फोट, परिवार कल्याण कार्यक्रम। (घ.) पर्यावरण और मानव स्वास्थ्य। (ङ.) स्वच्छता एवं घरेलू कचरे का निष्पादन।
Unit-III	Natural Resources, Problems and Conservation : (a.) Water Resources. (b.) Forest Resources. (c.) Land Resources. (d.) Food Resources. (e.) Energy Resources. प्राकृतिक संसाधन, समस्याएँ तथा संरक्षण : (क.) जल संसाधन। (ख.) वन संसाधन। (ग.) भूमि संसाधन। (घ.) खाद्य संसाधन। (ङ.) ऊर्जा संसाधन।
Unit-IV	Bio-diversity and its Protection (a.) Introduction- Genetic, species and ecosystem diversity. (b.) Value of bio-diversity – Consumable use : Productive use. Social, Moral and Aesthetic values (c.) India as a nation of mega bio-diversity centre. bio-diversity at national and local levels. (d.) Threats to bio-diversity – Loss of habitat, poaching of wildlife, man and wildlife conflicts. जैव विविधता और उसका संरक्षण : (क.) प्रस्तावना : अनुवांशिक, जातीय तथा पारिस्थितिक विविधता। (ख.) जैव विविधता का मूल्य – उपभोग्य उपयोग, 3 उत्पादक उपयोग सामाजिक, नैतिक तथा सौन्दर्यगत मूल्य। (ग.) वृहत जैवविविधता केन्द्र के राष्ट्र रूप में भारत, राष्ट्रीय तथा स्थानीय स्तरों पर जैव विविधता। (घ.) जैव विविधता के खतरे – आवासीय हानि, वन्य जीवन में अनाधिकार घुसपैठ तथा मानव ल्य जीवन – संघर्ष।

Unit-V	Disaster Management and Environment and Environmental laws : (a.) Disaster Management – flood, earthquake, cyclones and landslides. (b.) Conservation of laws for air and water pollution. (c.) Wildlife conservation laws. (d.) Role of information technology in protecting environment and health.
	आपदा प्रबंधन तथा पर्यावरण संरक्षण कानून : (क.) आपदा प्रबंधन— बाढ़, भूकंप चक्रवात एवं भूस्खलन। (ख.) वायु तथा जल प्रदूषण— संरक्षण कानून। (ग.) वन्य प्राणी संरक्षण कानून। (घ.) पर्यावरण तथा स्वास्थ्य रक्षा में सूचना प्रौद्योगिकी की भूमिका।

नोट:—नियमित विद्यार्थियों के लिए 25 अंको की सैद्धांतिक परीक्षा तथा 05 अंको का आंतरिक मूल्यांकन होगा

Marks distribution for paper setters: for regular students

Section A : Objective Type	0.5 X 5 = 2.5
Section B : Short Answer Type	1.5 X 5 = 7.5
Section C : Long Answer Type	3 X 5 = 15
Total	25

PATANJAL YOGA SUTRA – BAYS- 204

Unit-I

Marks : 40

- Definition of Yoga according to Patanjali Yoga Sutra
- Chitta & Chitta Vrittis
- Panch Klesh & Dukha
- Yoga Antaraya

Unit-II

- Abhyasa & Vairagya
- Steps of Astanga Yoga
- Yama & Benefits of Yama siddhi
- Niyama & Benefits of Niyama siddhi
- Pranayama & its benefits

Unit-III

- Pratyahara
- Dharana
- Dhyana: Types & Benefits
- Samadhi & its types
- Kaivalya

Unit-IV

- Types of Vibhuti
- Five kinds of Siddhis

Unit-V

- Kinds of Karma
- Swaroop Pratisthan.

Reference Books

1. Sadhana Paddhatiyon Ka Gyan Aur Vigyan – Sri Ram Sharma Acharya
2. Patanjali Yoga Pradeep – Geeta Press Gorakhpur
3. Four Chapters on Freedom – Swami Satyananda Saraswati
4. Patanjali Yoga Sutra – H R Nagendra
5. Sankhya Darshan aur Yoga Darshan – Sri Ram Sharma Acharya

NATUROPATHY – BAYS- 205

Marks : 40

Unit-I Introduction:

- Brief history of Naturopathy.
- Meaning & Definition of Naturopathy.
- Principles of Naturopathy.
- Basic elements of Naturopathy.

Unit-II Hydrotherapy:

- General Principles of Hydrotherapy
- Importance of water
- Properties of water
- Different uses of water in therapy.

Unit-III Mud Therapy & Other Therapies:

- Mud Therapy: Properties of mud, Types of mud, Preparation of mud for therapy & Different uses of mud for therapy.
- Air Therapy: Air & its importance, Properties of air & Uses of air.
- Sun therapy: Importance of sun rays & Different uses of sun rays.

Unit-IV Diet & its Importance:

- Role of Diet for health
- Meaning & Importance of Diet

Unit-V Fasting & its benefits:

- Rules for fasting
- Types of fasting and their benefits

Reference Books

- | | |
|----------------------------------|----------------------|
| 1. History and philosophy of | – Dr. S.J. Singh |
| 2. Philosophy of Nature Cure | – Dr. Henry Lindlhai |
| 3. The practice of Nature Cure | – Dr. Henry Lindlhai |
| 4. Diet and Nutrition | – Dr. Rudolf |
| 5. New Horizon in Chromo Therapy | – Dr. S.J. Singh |
| 6. Art of Massage | – J.H. Kellog |
| 7. Stri Rogon Ki Grih Chikitsa | – Dr. Kulranjan |
| 8. Nature Cure | – H K Bakhru |
| 9. Prakritik Ayurvigyan | – Dr. Rakesh Jindal |

Practical :

Marks : 50

Yoga and Health

1. Importance of Yogic Diet in Yog Sadhana and its role in healthy living.
2. Diet according to the body constitution (Prakriti)-Vata, Pitta and kapha as also Gunas.
3. Yogic Principles of healthy living : Ahara, Vihara, Achara and Vichara.
4. Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy living.
5. Concept of Bhavas and Bhavanas with its relevance in Health and well – being.

HUMAN CONSCIOUSNESS – BAYS- 206

Unit-I

Marks : 40

- Meaning & Definition of Consciousness.
- Stages of Consciousness: Unconscious, Sub-Conscious, Conscious & Super-Conscious.
- Crisis of Human Consciousness
- The Yogic way of evolution of Human Consciousness.

Unit-II

- Human Consciousness in Vedic literature & Upanishad (Isha, Ken & Mandukya Upanishad)
- Human Consciousness in Buddhism & Jainism

Unit-III

- Sankhya & Human Consciousness
- Advaita Vedanta & Human Consciousness
- Astrology & Human Consciousness.
- Scientific & Psychological views of Human Consciousness

Unit-IV

- Factors affecting the Human Consciousness.
- Birth & Life
- Bhagya & Purushartha

Unit-V

- Karmaphala Vidhana
- Sanskara & Punarjanam

Reference Book

1. A Study in Consciousness
2. Ayurveda and Mind
3. Seven States of Consciousness
4. भारतीय दर्शन में चेतना का स्वरूप
5. भारतीय दर्शन
6. प्रज्ञापरू का समग्र दर्शन
7. मानव चेतना एवं योग विज्ञान

YOGA & HEALTH – BAYS-207

Unit-I

Marks : 40

- Meaning of definition of Health
- Importance of Health in Human life
- Components of Health
- Yoga & Health
- General causes of disease.

Unit-II

- General introduction of Hygiene
- Components of Hygiene
- Meaning & definition of diet
- Importance and role of diet
- Components of diet: Carbohydrate, Protein, Fat, Minerals, Vitamins & Water

Unit-III

Yogic management of following diseases-I:

- Indigestion
- Hyper acidity
- Constipation
- Colitis
- High & low Blood Pressure.

Unit-IV

Yogic management of following diseases-II:

- Arthritis
- Spondylitis

Unit-V

- Diabetes
- Asthma
- Obesity

Reference Books

1. Sadhana Paddhatiyon Ka Gyan Aur Vigyan – Sri Ram Sharma Acharya
2. Asan Pranayama se Adhi Vyadhi Nivaran – Sri Ram Sharma Acharya
3. Roga Aur Yoga – Sw. Satyananda Saraswati
4. Yogic Management of Common Diseases – Sw. Satyananda Saraswati
5. Yoga Therapy – Dr Kamakhya Kumar

Practical :**Marks : 50****Yoga Practical****A. ASANS**

Pawan Muktasana, Tadasana, Triyak Tadasana, Katichakrasana, Vajrasana, Marjarasana, Uttanapad Asana, Swastik Asana, Vatayan Asana, Shava Asana, Ardhasalbha Asana, Surya Namaskar Asana, Detubandha Sarvang Asana, Variksha Asana, Side Chakrasana, Gomukha Asana, Janushira Asana, Manduka Asana, Ushtra Asana, Bhujanga, Ardha Halasana, Sarvang Asana, Ardha Halasana, Titibha Asana, Vrichika Asana, Hanumanasana, Nauka Asana, Baka Asana

B. BANDHA, MUDRAS

1. Jaladhar Bandh
2. Maha Bandh
3. Ashwaqni Mudra
4. Sambhi Mudra
5. Shanmukhi Mudra

C. SHAT KARMA

1. Nauli
2. Tratak
3. Vaman Dhauti
4. Vastra Dhauti

D. PRANAYAM

1. Surya Bhedan
2. Chandra Bhedan
3. Sheetli
4. Shitkari
5. Bhramari

E. PRAYER

'Gayatri' Mantra

Introduction of Indian Yogics (Part – II) – BAYS-208

Unit – I**Marks : 40****Life Sketch and contribution of eminent yogis of india**

1. Ramkrishna Parmhansa
2. Swami Vivekanand

Unit – II**Life Sketch and contribution of eminent yogis of india**

1. Maharshi Dayanand
2. Maharshi Arvind

Unit – III**Life Sketch and contribution of eminent yogis of india**

1. Maharshi Raman
2. Swami Shivanand

Unit – IV**Life Sketch and contribution of eminent yogis of india**

1. Swami Ramtirth
2. Acharya Shriram Sharma

Unit – V**Life Sketch and contribution of eminent yogis of india**

1. Swami Kuvalayanand
2. Swami Satyanand

Reference Books

- | | | |
|---|---|--------------------------|
| 1. Sadhana Paddhatiyon Ka Gyan Aur Vigyan | – | Sri Ram Sharma Acharya |
| 2. Asan Pranayama se Adhi Vyadhi Nivaran | – | Sri Ram Sharma Acharya |
| 3. Roga Aur Yoga | – | Sw. Satyananda Saraswati |

Introduction of Yoga Institutions II – BAYS-209

Marks : 40

Unit-I C.C.R.Y.N. , New Delhi

- General Introduction
- Their contribution in development of yoga

Unit-II Yoga Institutes, Mumbai

- General Introduction
- Their contribution in development of yoga

Unit-III Dr. Hari Singh Gour University, Sagar

- General Introduction
- Their contribution in development of yoga

Unit-IV Gurukul Kangri Vishwavidyalaya, Hardwar

- General Introduction
- Their contribution in development of yoga

Unit-V Dev Sanskriti Vishwavidyalaya Haridwar

- General Introduction
- Their contribution in development of yoga

Reference Books

- | | |
|--|----------------------------|
| 1. Roga Aur Yoga | – Sw. Satyananda Saraswati |
| 2. Yogic Management of Common Diseases | – Sw. Satyananda Saraswati |
| 3. Yoga Therapy | – Dr Kamakhya Kumar |

Practical :

Marks : 50

Visit and Seminar :

- Divine Life Society, Rishikesh
- Swami Vivekananda Yoga Institute (SVYASA) Bangalore
- Patanjali Yogpeeth Haridwar
- Gurukul Kangri Vishwavidyalaya Haridwar



**MAHAKAUSHAL UNIVERSITY,
JABALPUR (M.P.)**

SYLLABUS

For

B.A. YOGIC SCIENCE

Subject Code: BAYS

Department of Yoga

Faculty of Arts

Duration of Course	:	3 Year
Examination Mode	:	Yearly
Examination System	:	Non Grading

MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

Village Anthakheda Chargawan Road,
Post- Tilwara Jabalpur Madhya Pradesh - 482003

2023-2024

3rd Year



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	178	550



MAHAKAUSHAL UNIVERSITY, JABALPUR (M.P.)

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Under Graduate year wise syllabus

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उच्च शिक्षा विभाग, म.प्र.शासन

स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम

केन्द्रीय अध्ययन मण्डल द्वारा अनुषंसित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित

Class : B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- III Year

Subject : Foundation Course (आधार पाठ्यक्रम)

Paper : I

Paper Name : हिन्दी भाषा और नैतिक मूल्य (Hindi Language & Moral Values)

Compulsory/Optional: Compulsory

Max Marks : नियमित (Hindi Language = 25) +(Moral Values = 05)+ CCE 05 = 35

code

BA45-301

Particulars/विवरण

Unit-I	हिन्दी भाषा 1. मेरे सहयात्री (यात्रा वृत्तान्त) – अमृतलाल बेगड। 2. मध्यप्रदेश की लोक कलाएं (संकलित) 3. लोकोक्तियाँ एवं मुहावरे (संकलित)
Unit-II	हिन्दी भाषा 1. जनसंचार माध्यम (प्रिन्ट, इलै, एवं सोशल मीडिया) 2. टूटते हुए (एकांकी) – सुरेश पुवल चंद्र 3. संक्षिप्तियाँ
Unit-III	हिन्दी भाषा 1. पत्रकारिता के विभिन्न आयाम (संकलित) 2. मध्यप्रदेश का लोक साहित्य (संकलित) 3. पत्र लेखन – आवेदन, प्रारूपण, आदेश परिपत्र ज्ञापन, अनुस्मारक (संकलित)
Unit-IV	हिन्दी भाषा 1. राजभाषा, हिन्दी (संकलित) हिन्दी की संवैधानिक एवं व्यावहारिक स्थिति 2. दूरभाष और मोबाइल (संकलित) 3. हिन्दी की शब्द सम्पदा (संकलित) 4. अनुवाद : अर्थ प्रकार एवं अभ्यास
Unit-V	नैतिक मूल्य 1. विश्व के प्रमुख धर्म एवं महत्वपूर्ण विशेषताएं (हिन्दू धर्म, जैन धर्म, बौद्ध धर्म, सिक्ख धर्म, ईसाई धर्म, इस्लाम धर्म) 2. सत्य के साथ मेरे प्रयोग (महात्मा गाँधी की आत्म कथा का संक्षिप्त संस्करण)

नोट:-नियमित विद्यार्थियों के लिए 30 अंकों की सैद्धांतिक परीक्षा तथा 05 अंकों का आंतरिक मूल्यांकन होगा

अंक विभाजन – नियमित विद्यार्थियों के लिए कुल 30 अंक

खण्ड – अ – प्रत्येक इकाई से एक वस्तुनिष्ठ प्रश्न $1 \times 5 = 5$

खण्ड – ब – इकाई एक से चार तक तीन लघु उत्तरीय प्रश्न आंतरिक विकल्प के साथ $3 \times 3 = 9$

खण्ड – स – इकाई दो से पांच तक चार दीर्घ उत्तरीय प्रश्न $4 \times 4 = 16$



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स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम केन्द्रीय अध्ययन मण्डल द्वारा
अनुमोदित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित सत्र: 2019-20

Class : B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- III Year
Subject : Foundation Course (आधार पाठ्यक्रम)
Paper : II
Paper Name : English Language
Compulsory/Optional: Compulsory
Max Marks : 30 + Internal Assessment (5) = 35

code

BAVS-302

Particulars/विवरण

Unit-I	1. Stopping by Woods on a snowy Evening: Robert Frost. 2. Cherry Tree : Ruskin Bond. 3. The Axe : R.K. Narayan. 4. The Selfish Giant : Oscar Wilde 5. On The Rule of the Road : A.G. Gardiner. 6. The song of Kabir : Translated by Tagore
Unit-II	Basic Language Skills : Transformation of sentences, Direct-Indirect Speech, Active. Passive Voice, Confusing Words, Misused words, Similar words with different meaning.
Unit-III	Report Writing, Narration Skills, Narration of events and situations.
Unit-IV	Drafting of E-mails.
Unit-V	Drafting CV.

नोट:-नियमित विद्यार्थियों के लिए 30 अंको की सैद्धांतिक परीक्षा तथा 05 अंको का आंतरिक मूल्यांकन होगा

अंक विभाजन - नियमित विद्यार्थियों के लिए कुल 30 अंक

खण्ड - अ - प्रत्येक इकाई से एक वस्तुनिष्ठ प्रश्न $1 \times 5 = 5$

खण्ड - ब - इकाई एक से चार तक तीन लघु उत्तरीय प्रश्न आंतरिक विकल्प के साथ $3 \times 3 = 9$

खण्ड - स - इकाई दो से पांच तक चार दीर्घ उत्तरीय प्रश्न $4 \times 4 = 16$



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स्नातक कक्षाओं के लिये वार्षिक पद्धति अनुसार पाठ्यक्रम

केन्द्रीय अध्ययन मण्डल द्वारा अनुमोदित तथा म.प्र. के राज्यपाल द्वारा अनुमोदित

Class : B.A./B.Sc./B.Com./B.Sc.(Home Science)/BCA/B.A.(Mgt.) --- **III Year**

Subject : Foundation Course (आधार पाठ्यक्रम)

Paper : III

Paper Name : कम्प्यूटर के मूल तत्व एवं सूचना प्रौद्योगिकी
(Baics of Computer & Information technology)

Compulsory/Optional: Compulsory

Max Marks : 25 + Internal Assessment (5) = 30

Code - **BAYS-303** Particulars/विवरण

Unit-I **Introduction to Computer :**

Basic Organization of Computer system: Block diagram & Functions (Central Processing Unit, Input/ Output Unit, Storage Unit); Characteristics: Capabilities & Limitations.

Types of Computing Devices: Desktop Laptop & Notebook smart-Phone, Tablet PC, Server, Workstation & their Characteristics.

Primary Memory & Their Types: RAM, ROM, PROM, EPROM EEPROM, Cache Memory.

Peripheral Devices :

Input Devices : Keyboard Mouse, Trackball, Joystick, Digitizer or Graphic tablet, Scanners, Digital Camera, Web Camera, MICR, OCR,OMR, Bar-code Reader, Voice Recognition device Light pen & Touch Screen.

Output Devices : Display Devices (CRT, TFT, LCD, LED, Multimedia Projectors): Video Standard : VGA, SVGA, XGA etc, Impact Printers (Daisy Wheel, Dot Matrix & Line Printer); Non impact printer (Inkjet, Laser, Thermal);

Storage Devices :

Magnetic Tape, Cartridge, Data Drives, Hard Disk Drives (Internal & External), Floppy Disks, CD, VCD, CD-RW, Zip Drive DVD, DVD-RW, USB Flash Drive, Blue Ray Disc & Memory cards.

कम्प्यूटर का परिचय

कम्प्यूटर मण्डली के संघटन :- ब्लॉक आरेख एवं कार्य (केन्द्रीय प्रोसेसिंग इकाई, निवेशी/निर्यात इकाई)

Unit-I	भण्डारण इकाई) अभिलक्षण ; क्षमताएँ एवं सीमाएँ। कम्प्यूटर युक्तियों के प्रकार : – डेस्कटॉप, लैपटॉप एवं नोटबुक, स्मार्ट-फोन, टेबलेट पीसी, सर्वर, वर्कस्टेशन एवं इनके अभिलक्षण। प्राथमिक स्मृति एवं उसके प्रकार :- RAM, ROM, कैश स्मृति। निवेश युक्तियाँ :- कुंजीपटल, मॉउस, ट्रैकबाल, जॉयस्टिक, डिजीटाईजर अथवा ग्राफिक टेबलेट, स्कैनर, डिजिटल, कैमरा, वेब कैमरा MICR, OCR, OMR, बारकोड रीडर, ध्वनि अभिज्ञान युक्तियाँ लाइट-पेन एवं टच-स्कीन निर्गत युक्तियाँ :- प्रदर्शन युक्तियाँ ; ब्लूज् जेज् स्क्वै स्क्वै मल्टीमीडिया प्रोजेक्टर), विडियो मानक, VGA, SVGA, XG। आदि। आघात प्रिंटर (डिजीव्हील, डॉट-मैट्रिक एवं लाइन प्रिंटर) ; मैर आघात प्रिंटर (इंकजेट, लेजर एवं थर्मल) ; प्लॉटर्स (ड्रम एवं पलैट – बेड) ; स्पीकर्स। चुम्बकीय टेप कॉटिज टेप, डाटा ड्राइव हार्डडिस्क ड्राइव (आंतरिक एवं बाह्य) फ्लॉपी डिस्क CD, VCD, CD-R, CD-RW, जिप ड्राइव, DVD, DVD-RW यूएसबी फ्लैश ड्राइव ब्लू रे डिस्क, स्मृति कार्ड।
Unit-II	Operating System (OS) Dos Basic: FAT, File & Directory Structure and naming rules, Booting process, DOS system files, internal & External Dos Commands. Windows Basics (only elementary ideas): Windows 7 & 8: Desktop, Control Panel: saving, remaining, moving copying and searching files & folders, restoring from recycle Bin. Creating shortcut, Establishing Network Connections. परिचालन प्रणाली के काग्न एवं प्रकार, आई-पैड एवं स्मार्ड फोन के लिये प्रयुक्त परिचालन प्रणालियों से परिचय। डॉस, विंडोज एवं लिनक्स परिचालन प्रणालियों का प्रारम्भिक ज्ञान। डॉस के मूल तत्व % FAT, फाइल एवं डायरेक्ट्री संरचना एवं उनके नामकरण के लिये, बूटिंग प्रक्रिया, डॉस प्रणाली की फाइलें। डॉस के आंतरिक एवं बाह्य निर्देश। विंडोज के मूल तत्व (केवल प्राथमिक जानकारी) : विंडोज 7 एवं 8 : डेस्कटॉप, कन्ट्रोल पैनल; फाइल एवं फोल्डर का नाम परिवर्तन, स्थानांतरण, प्रतिलिपिकरण ओर खोज; रीसायकिल बिन से फाइल एवं फोल्डर की पुनः प्राप्ति: शॉटकट बनाना, नेटवर्क कनेक्शन की स्थापना।
Unit-III	MS Word Text editing and formatting using Word file in various file formats: Previewing documents, Printing document to file / page: Protecting document Editing of selected text, Inserting Deleting and Moving text. Formatting documents: page Layout, Paragraph format, Aligning text and Paragraph, Borders and Shading, Headers and Footers. वर्ड 2007 एवं आगामी संस्करणों द्वारा पाठ्य सामग्री का संपादन एवं फॉर्मेटिंग : टेम्पलेट द्वारा दस्तावेज बनाना, वर्ड फाइल को विभिन्न फार्मेटों में सुरक्षित करना, दस्तावेज का पूर्वावलोकन, दस्तावेज को फाइल अथवा पेज पर मुद्रित करना; दस्तावेज का संरक्षण, चयनित पाठ्य सामग्री का संपादन; पाठ्य सामग्री को जोड़ना, हटाना एवं स्थानांतरित करना।

	दस्तावेजों की फॉर्मेटिंग ; पेज लेआउट, पैराग्राफ फॉर्मेट, पाठ्य सामग्री एवं पैराग्राफ का संरक्षण, बॉर्डर एवं शेडिंग हैडर एवं फुटर।
Unit-IV	MS Power Point & MS Excel : • Creating presentation using slide master and template in various themes & variants. • Working with slide, move, copy, delete, duplicate, slide layouts, presentation views. • Format menu: Font, Paragraph, drawing & editing. • Printing presentation: Print slides, notes, handouts and outlines. • Saving presentation in different file formats. • Workbook & worksheet: Entering data into worksheet (General, Number, Currency, Date, Time, Text, Accounting etc.); Renaming, Copying, Inserting, deleting & protecting worksheet. • Working with Row & Column (Inserting, deleting, Pasting, Resizing & Hiding), Cell – Cell formatting, and Concept of range. माइक्रोसॉफ्ट पावरपॉइंट और एक्सेल ☐ स्लाइड मास्टर और टेम्पलेट का उपयोग करते हुए विभिन्न थीम्स और वैरिएंट्स में प्रस्तुति बनाना। ☐ स्लाइड के साथ कार्या करना: नई-स्लाइड बनाना, मूव करना, प्रतिलिपि बनाना, डिलीट करना डुप्लीकेट बनाना, स्लाइड ले-आउट, प्रेजेंटेशन व्यूज। ☐ फॉर्मेट मेनू: फॉन्ट, पैराग्राफ, ड्राइंग और संपादन। ☐ विभिन्न फाइल स्वरूपों में प्रस्तुति का संरक्षण। ☐ स्लाइड शो को प्रस्तुत करना: सेटअप स्लाइड शो एवं रीहर्स – टाइमिंग। ☐ वर्कशीट में कार्य: वर्कशीट में डाटा (सामान्य, नंबर, करन्सी, डेट, टाइम, टेक्स्ट, एकाउंटिंग इत्यादि) प्रविष्ट करना; वर्कशीट का नाम बदलना, प्रतिलिपि बनाना, प्रविष्ट करना, हटाना तथा रक्षित करना। ☐ पंक्ति और स्तम्भ के साथ कार्य (डालना, हटाना, पेस्ट करना, आकार बदलना और छुपना) सेल और सेल फॉर्मेटिंग, रेंज की अवधारणा।
Unit-V	• Internet: World Wide Web Dial up connectivity, leased line, VSAT, Broad Band, WI-FI, URL, Domain name, Web Dial up Browser (Internet Explorer, Firebox, Google Chrome, opera, UC Browser etc.) Search Engine (Google, Bing, Ask etc); Website: Static & Dynamic; Difference between website & Portal. • E-mail: Account opening. Sending & Receiving Mails, Managing Contacts & Folders. • E-mail, Internet & Social Networking Ethics. • Types of viruses & antivirus. • Computer security Issues & its protection through firewall & antivirus. • Making secured online transactions. इंटरनेट – वर्ल्ड-वाइड-वेब, डायलअप कनेक्टिविटी, लीजड लाइन, व्ही, सेट, ब्रॉडबैंड, वायफाई, यूआरएल, डोमेन, नेम वेब-ब्राउजर (इंटरनेट एक्सप्लोरर, फायरफॉक्स, गूगल क्रोम, ऑपेरा, यूसी ब्राउजर इत्यादि); इंजन (गूगल, बिंग) इत्यादि; वेबसाइट: स्थैतिक व गतिकीय; पोर्टल और वेबसाइट में अन्तर। इमेल: खाता खोलना, मेल को भेजना एवं प्राप्त करना, कॉन्टेक्ट्स एवं फोल्डर्स को मैनेज करना। साइबर शिष्टाचार, सुरक्षा और गोपनीयता। इमेल, इंटरनेट एवं सोशल नेटवर्किंग शिष्टाचार। वायरस और एंटीवायरस के प्रकार। कम्प्यूटर सुरक्षा के मुद्दे और फायरवाल व एंटीवायरस के माध्यम से सुरक्षा। सुरक्षित तरीके से ऑनलाइन लेन-देन का निष्पादन करना।

Text Books :

- 1.R.K. Taxali.PC Software for Windows by
- 2.Fundamental of Computers by P.K. Sinha.
- 3.Computer Today by Suresh K. Basandra
- 4.Computer fundamental s and Architechture by B.Ram.
- 5.Internet Security by Kenneth Einar Himma, 2007.
- 6.Internet Security Secrets by John R. Vacca, 2007.



MAHAKAUSHAL UNIVERSITY, JABALPUR

YOGA & MENTAL HEALTH- BAYS-304

Unit-I

Marks : 40

Introduction

- Meaning & definition of Mental Health
- Importance of Mental Health
- Components of Mental Health
- Mental Health crisis
- Role of Yoga in Mental Health

Unit-II Mind & Consciousness

- Mind – Its Meaning , definition and Functions
- Stages of Mind- Unconscious , Sub-Conscious, Conscious and Super-Conscious
- Mind – Body Relation

Unit-III Psychological Approach to Mental Health

- Behavioural approach to Mental Health
- Cognitive approach to Mental Health
- Psychodynamic approach to Mental Health

Unit-IV Yogic Approach to Mental Health (Part – I)

- Maharshi Patanjali's Approach to Mental Health
- Hath Yogic Approach to Mental Health

Unit-V Yogic Approach to Mental Health (Part – II)

- Vedantic Approach to Mental Health
- Geeta's Approach to Mental Health

Reference Books

- | | |
|---|--|
| 1. Modern Abnormal Psychology | – Arun Kumar Singh |
| 2. Fundamentals of Abnormal Psychology (4 th Edi.): by | – Ronald J. Comer (2005), Pub: Worth Publications, |
| | New York. |
| 3. Hand Book of Mental Health & Aging (2 nd Edi.): | – James E. Birren, R. Bruce Slocene, Gene D. Cohen |
| 4. Essential of Psychology (6 TH Edi.) | – Spencer A Rathus (2001) Pub: Harcourt College |
| 5. Asana, Pranayama, Mudra, Bandha | – Swami Satyananda Saraswati |
| 6. Patanjali yog Pradeep | – Swami Omananda Teerth, Geetepress |
| 7. Hatha Yoga Pradipika | – Kaivalyadham Lonawala |
| 8. Patanjali Yog Sutras | – Woods |
| 9. A Study in Consciousness | – Annie Besant |
| 10. Ayurveda and Mind | – Dr. David Frawley |
| 11. Seven States of Consciousness | – Anthony Campbell |



MAHAKAUSHAL UNIVERSITY, JABALPUR

ALTERNATIVE THERAPIES – BAYS- 305

Unit-I

Marks : 40

- Meaning of Alternative Therapies & its importance.
- General introduction to following alternative Therapies-
- Naturopathy Unani
- Acupuncture Acupressure
- Sujok Siddha o Pranic healing Reiky
- Aroma

Unit-II

- Meaning & Definition of acupressure.
- Important elements of acupressure Jimi, Roller, Magic ball.
- Acupressure therapy of following Ailments: Diabetes, Constipation, Blood Pressure, Backache, Arthritis & Asthma.

Unit-III

- Pranic Healing and its importance
- Basic Chakras
- Principle of Pranic Healing
- Process of Pranic Healing.

Unit-IV

Pranic Healing of following diseases:

- Digestive disorder
- Cardiac disorders

Unit-V

- Urinary disorders
- Nervous disorders
- Endocrinal disorders.

References Books:

1. Miracles Through Pranic Healing - Master Choa
2. Advanced Pranic Healing - Kok Sui Master
3. Pranic Psychotherapy - Choa Kok Sui



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Marks : 50

Practical :

Integrated approach of Yoga Therapy in the treatment of diseases.

1. Systemic anatomy, Physiology of the related system, Pathophysiology, Stress and Disease, Medical Management.
2. Mechanism of imbalances at Psychological, Pranic, Physical, Endocrinal, Autonomic levels, Psycho-neuro-immunological aspect of the disease model, Disease specific parameter.
3. Wath, Why and how of each yogic practice, Prevention, Evidance research done on the particular disease.
4. General Parameters and Questionnaires to evaluate Health Status – GHQ, Prakriti, Guna, PSS, STAI.

Unit-I

Marks : 40

Introduction:

- Concept of Human excellence
- Self – its meaning, importance and evaluation
- Factors of Human excellence
- Human excellence in Yogic Texts

Unit-II

Factors of Human Excellence & Yoga -I

• Will Power

- Creativity
- Emotional Intelligence
- Memory

Unit-III

Human Excellence & Yoga -II

- Self esteem and Self - confidence
- Decision making

Unit-IV

Social Excellence & Yoga

- Adjustment and Social Excellence
- Leadership

Unit-V

Human Excellence & Yoga -III

- ESP
- SQ
- Perfection

Reference Books

1. Asana Pranayama Mudra Bandha — Sw. Satyananda
2. Anatomy of Hatha Yoga
3. Yogic Exercises
4. Anatomy & Physiology of Yoga — M M Gore

Methods of Teaching Yoga - BAYS-307
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Unit I principles and methods of teaching yoga**Marks : 40**

- Teaching and learning concept and relationship
- Principles of teaching
- Quality of perfect Yoga guru

Unit II principles and methods of teaching yoga

- Yogic level of learning Vidyarthi Sheesha Muktsar
- Meaning and scope of teaching methods
- Sources of teaching methods
- Role of yoga teachers and teaching training

Unit III basics of Yoga class management

- Practices of yoga at different levels
- Teaching of mass instructions
- Techniques of individual and group teaching

Unit IV lesson planning of yoga

- Essentials of good lesson planning concept need planning of teaching yoga
- Models of lesson plan
- Action research of yoga Mini roll steps in action research in Yoga teaching

Unit V educational tools of yoga teaching

- Yoga class room
- Classroom problems
- Characteristic and essentials of good yoga teaching
- Time table need types
- Principles of time table Constructions
- Time table for yoga teaching

References Books:

1. Miracles Through Pranic Healing
2. Advanced Pranic Healing
3. Pranic Psychotherapy
4. Master Choa Kok Sui Master Choa Kok Sui

Practical:**Marks : 50****Yoga Practical****A. ASANS**

Pawan Muktasana, Tadasana, Triyak Tadasana, Katichakrasana, Vajrasana, Marjarasana, Uttanapad Asana, Swastik Asana, Vatayan Asana, Shava Asana, Ardhasalbha Asana, Surya Namaskar Asana, Detubandha Sarvang Asana, Variksha Asana, Side Chakrasana, Gomukha Asana, Janushira Asana, Manduka Asana, Ushtra Asana, Bhujanga, Ardha Halasana, Sarvang Asana, Ardha Halasana, Titibha Asana, Vrichika Asana, Hanumanasana, Nauka Asana, Baka Asana

B. BANDHA, MUDRAS

1. Maha Bandha
2. Yog Mudhra
3. Shankha Mudhra
4. Viparit Karni Mudhra

C. SHAT KARMA

1. Agnisar
2. Nauli
3. Gajkarni
4. Dand Dhauti
5. Vastra Dhauti

D. PRANAYAM

- 1-Ujjai
- 2-Bhastrika
- 3-Bhramari
- 4-Aulom – Vilom

E. PRAYER

Shanti Pat

Unit I

Marks : 40

Sri Bhagavad Gita

General introduction of Geeta Geeta is a yogic text explanations of Yoga in Geeta and its importance in human life characteristics of yogi according to Gita Gyan Yog karmayog and Bhakti Yog according to Gita

Unit II

Patanjali yoga Sutra

General introduction of Patanjali yoga Sutra according to Patanjali yoga Sutra meaning and definitions of yoga Patanjali Yog Sutra is a text of parapsychology importance of yoga teachings in Yog Sutra in human life

Unit III

Yog Vashisht

General introduction of Yog Vashishth meaning and definition of yoga according to Yog Vashisht importance of yoga teaching of Yog Vashisht in human life

Unit IV

Ramcharitramanas

General introduction of ramcharitramanas meaning definitions and type of yoga according to Ramcharitramanas importance of yoga teaching in ramcharitramanas in human life

Unit V

Shrimad Bhagwat

General introduction of Shrimad Bhagwat meaning definitions and type of yoga according to Shrimad Bhagwat importance of yoga teaching in Shrimad Bhagwat in human life

References Books:

1. Miracles Through Pranic Healing
2. Advanced Pranic Healing
3. Pranic Psychotherapy
4. Master Choa Kok Sui Master Choa Kok Sui

YOGA IN GEETA & UPANISHAD – BAYS-309

Unit-I

Marks : 40

- Introduction of Geeta
- Geeta as a yogic text
- Concept of yoga in Geeta
- Obstructing & Helping element to Yoga sadhana
- Characteristics of a Yogi.

Unit-II

- Meaning & importance of Yagna
- Karma Yoga, Jyan Yoga & Bhakti Yoga in Geeta
- Ishwar & Its Vibhuties
- Triguna & Path to be Gunateeth.

Unit-III

- Introduction to Upanishad
- Importance of Upanishad
- Impact of Upanishad on Western thinkers*

Unit-IV

Yogic facts in-

- Nad-bindu (types of nada & Nadanusandhana)
- Dhyana-bindu (Importance of Dhyana & its Nature)

Unit-V

- Yoga- Tattwopanishad
- Yoga- Shikhopnishad
- Yoga- Kundalyepanishad

Reference:

- | | | |
|--------------------------------------|---|-------------------------|
| 1. Shri Mad Bhagwat Geeta | – | Geeta Press, Gorakhpur. |
| 2. Outline of Indian Philosophy | – | H.P.Sinha |
| 3. Indian Philosophy | – | Datta & Chartarjee. |
| 4. 108 Upanishada- (Vol. I, II,III) | – | Sri Ram Sharma Acharya |

Practical :

Marks : 50

Methods of Teaching Yoga

- Teaching and Learning : Concepts and Relationship between the two, Principles of Teaching, Levels and Phases of Teaching, Quality of perfect Yoga Guru.
- Yogic levels of learning, Vidyarthi, Shishya, Mumukshu.
- Meaning and scope of Teaching methods and factors influencing them, Sources of Teaching methods
- Role of Yoga Teachers and teacher training Techniques of Individualized.
- Teaching Techniques of group teaching, Techniques of mass instructions, Organization of teaching (Time Management, Discipline etc)