

Bachelor of Arts (B.A.) – Yoga

Duration: 3 Years (6 Semesters)

Semester – I

S. No.	Paper Code	Paper Title
1	BAY-101	Introduction to Yoga
2	BAY-102	History & Philosophy of Yoga
3	BAY-103	Human Anatomy & Physiology
4	BAY-104	Practical Yoga – I (Asanas & Breathing)

Course Details (Semester – I)

- Origin, meaning and scope of Yoga
 - Yogic philosophy and schools of Yoga
 - Basic human anatomy and body systems
 - Practice of basic asanas and breathing techniques
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Semester – II

S. No.	Paper Code	Paper Title
1	BAY-201	Yogic Diet & Nutrition
2	BAY-202	Asanas & Kriyas
3	BAY-203	Physiology & Yoga
4	BAY-204	Practical Yoga – II

Course Details (Semester – II)

- Principles of yogic nutrition and lifestyle
 - Practice of cleansing techniques and advanced asanas
 - Physiological effects of Yoga practices
 - Supervised practical training
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Semester – III

S. No.	Paper Code	Paper Title
1	BAY-301	Yoga & Mental Health
2	BAY-302	Pranayama & Bandhas
3	BAY-303	Yoga for Wellness
4	BAY-304	Practical Yoga – III

Course Details (Semester – III)

- Psychological benefits of Yoga
 - Practice of pranayama, bandhas, and mudras
 - Yoga applications for health and wellness
 - Advanced practical sessions
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Semester – IV

S. No.	Paper Code	Paper Title
1	BAY-401	Yoga Therapy
2	BAY-402	Stress Management through Yoga
3	BAY-403	Yoga for Lifestyle Disorders
4	BAY-404	Practical Yoga – IV

Course Details (Semester – IV)

- Therapeutic application of Yoga
 - Stress management and relaxation techniques
 - Yoga practices for lifestyle-related diseases
 - Practical demonstrations and assessment
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Semester – V

S. No.	Paper Code	Paper Title
1	BAY-501	Patanjali Yoga Sutra
2	BAY-502	Teaching Methods of Yoga
3	BAY-503	Yoga & Naturopathy

S. No.	Paper Code	Paper Title
4	BAY-504	Practical Yoga – V

Course Details (Semester – V)

- Study of Patanjali Yoga Sutra
 - Yoga teaching techniques and class management
 - Yoga and naturopathy integration
 - Teaching-oriented practical sessions
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Semester – VI

S. No.	Paper Code	Paper Title
1	BAY-601	Research Methodology in Yoga
2	BAY-602	Yoga & Spiritual Development
3	BAY-603	Internship / Project Work
4	BAY-604	Practical Yoga – VI & Viva Voce

Course Details (Semester – VI)

- Research methods and documentation
 - Spiritual aspects and advanced yogic practices
 - Internship / project-based learning
 - Final practical evaluation and viva
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Scheme of Examination (General)

- **Theory:** 50–70 Marks
- **Practical:** 30–50 Marks
- **Total:** 100 Marks per Paper