



Kavikulaguru Kalidas Sanskrit University, Ramtek



YOGAARTHI

School of Indic Studies

PUNE | THANE | GOA | KARAD | RATNAGIRI

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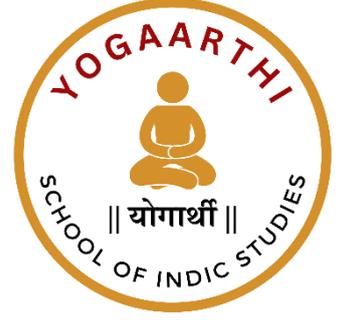
MA YOGASHASTRA

Eligibility : Graduation

Duration : 2 Years (4 Semester)

Exam Centers :

Thane | Pune | Goa | Karad | Ratnagiri



। प्रज्ञानं ब्रह्म ।

Name of the Program: -

M.A. (Yogashastra)

Choice Based Credit System (CBCS Pattern) Program Curriculum (Syllabus) (Onwards 2023-24) NEP – 2020

Approved by the Academic Council Meeting Dt.21.06.2023, Vide Item no. 08

1	Name of the Program	M.A. (Yogashastra)
2	Name of the Faculty	Indian Religion, Philosophy and Culture
3	Name of the Board of Study	Yoga and Alternative Therapies
5	Program Pattern	Semester (CBCS) / 80:20
6	Program Type (Masters/Bachelors)	Masters
7	Program Level (PG/ UG/ PG Diploma etc.)	PG
8	Evaluation System (Grade System) Yes/No	Yes
9	Follow Credit System	Yes
10	Program Total Credits	88 Credits
11	Program Total Marks	2000
12	Mode of Learning	Regular
13	External Students (Yes/No)	No
14	Medium of Instructions	Sanskrit, Marathi, Hindi, English
15	Medium of Examination	Sanskrit, Marathi, Hindi, English
16	Eligibility	Any Graduation
17	Program Description	Two years Post-Graduate Degree program as per the NEP-2020 guidelines with total 88 credits.
18	Program Objectives	To make the students competent in the subjects related to Yoga

		To make the students familiar with the interdisciplinary approach To make the students self-sufficient through skills and vocational education
19	Program Outcomes	Promotion of the Traditional Yoga knowledge by the passed-out students Application of the Yogic knowledge by the passed-out students for the improvement of life and well-being of people. Promotion of the allied sciences to the Yoga by passed-out students.
20	Subject (under which subject the program is included in the faculty as per the University Notification no. 131 dtd 11.03.2020)	Yogashastra
21	Program Code	MAYOGA
22	Program Abbreviation	MAY
23	Internship Duration	As per UGC norms

Course Code	Course Title	L/W	T/W or P/W	Internal (Pr/ Desr / Viva/ Oral/ Test/ Sessional etc.)		Theory		Other		Subject Total		No. of Credits
				A		B		C		A + B + C		
				Max	Passing	Max	Passing	Max	Passing	Max	Passing	
Semester I												
MAY-I-01	Fundamentals Of Indian Philosophy - I	75		20	08	80	32			100	40	5
MAY-I-02	Yoga Tradition	60		20	08	80	32			100	40	4
MAY-I-03	Research Methodology	60		20	08	80	32			100	40	4
MAY-I-04	Practical		150	20	08			80	32	100	40	5
Elective Course Group A												
MAY-I-05	Stress Management by Yoga	60		20	08	80	32			100	40	4
Total										500	200	22
Semester II												
MAY-II-01	Indian Philosophy and Yogasutra	75		20	08	80	32			100	40	5
MAY-II-02	Yoga-Upanishad and Modern Yoga	60		20	08	80	32			100	40	4
MAY-II-03	Internship	60		20	08	80	32			100	40	4
MAY-II-04	Practical		150	20	08			80	32	100	40	5
Elective Course Group B												

MAY-II-05	Applied Yoga I	60		20	08	80	32			100	40	4
Total										500	200	22

Course Code	Course Title	L/W	T/ W or P/ W	Internal (Pr/ Desr / Viva/ Oral/ Test/ Sessional etc.)		Theory		Other		Subject Total		No. of Credits
				A		B		C		A + B + C		
				Max	Passing	Max	Passing	Max	Passing	Max	Passing	
Semester III												
MAY-III-01	Classical Yoga Texts	75		20	08	80	32			100	40	5
MAY-III-02	Yoga And Allied Sciences	60		20	08	80	32			100	40	4
MAY-III-03	Research Project	60		20	08	80	32			100	40	4
MAY-III-04	Practical		150	20	08			80	32	100	40	5
Elective Course Group A												
MAY-III-05	Yoga Application	60		20	08	80	32			100	40	4
Total										500	200	22
Semester IV												
MAY-IV-01	Traditional Yoga Texts	60		20	08	80	32			100	40	4
MAY-IV-02	Western Psychology	60		20	08	80	32			100	40	4
MAY-IV-03	Dissertation	90		20	08	80	32			100	40	6
MAY-IV-04	Practical		120	20	08			80	32	100	40	4
Elective Course Group B												
MAY-IV-05	Yoga Therapy and Other Therapies	60		20	08	80	32			100	40	4
Total										500	200	22

Question Paper Structure:

Question No.	Type of Question	Ques/Choice	Unit	Marks Distribution
Semester Exam – Theory (80 Marks)				
Note- All questions will carry equal marks . Answer any 5 out of 8 questions, carrying 16 Marks each). It is compulsory to have equal questions on every Unit.				
Question 1	Long Question/ Short Questions/ Short Notes/ Objectives/ Reference to context/ Or Any other Type	As per Examiner Choice	Unit 1, Unit 2, Unit 3 and Unit 4	16
Question 2			(Compulsory from all the four Units)	16
Question 3				16
Question 4				16
Question 5				16
Question 6				16
Question 7				16
Question 8				16
				Total = 80

Program - M.A. Yogashastra

- Eligibility** : Any graduate from any recognized university/Institute. Physically fit to do asana
Medium : Sanskrit, Marathi, Hindi, English
Age : 21-60 yrs.
Note : The students should produce Medical Fitness Certificate at the time of admission.
Duration : Two Academic years (June - March) Four Semesters
Medium : Marathi, Sanskrit, Hindi, English
Total Marks : 2000 (First Year - Semester I =500 & Semester II =500,
Second Year - Semester III =500 & Semester IV =500)
Credit Points : Total 88 credits for M.A. Program. 4 to 5 Credits per course.
One Credit is construed as corresponding to 15 learning hours.
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The performance of the learners shall be evaluated into two components. The learner's performance shall be assessed by Internal Assessment with 40% marks in the first component by conducting the Semester End Examinations with 60% marks in the second component. The allocation of marks for the Internal Assessment and Semester End Examinations are as shown below:

a) Internal Assessment - 20% for each course (20 Marks)

Sr. No.	Particulars	Marks
1	One periodical class test held in the given semester/Library work	05 Marks
2	Subject specific Term Work Module / Assessment modes - at least two - as decided by the department in the beginning of the Semester (like Extension / field / Experimental work, Short Quiz; Objective test, lab practical, open book test etc. and written assignments, Case study, Projects, Posters and exhibits etc. for which the assessment is to be based on class presentations wherever applicable) to be selflessly assessed by the teacher/s concerned.	10 Marks
3	Active participation in routine instructional deliveries (and in practical work, tutorial, field work etc. as the case may be) Overall conduct as a responsible learner, mannerism and articulation and exhibit of leadership qualities in organizing related academic activities.	05 marks

Semester I

Course -I			
Fundamentals Of Indian Philosophy - 1			
Semester I		Subject Code: MAY-I-01	
Total Hrs.: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Internal Assessment
			Demonstration+VIVA
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> • To learn about the fundamental concepts of Indian Philosophy • To understand the concepts of Jeeva, Jagat and Ishwara • To understand the concept of Pramana • To know the types of Pramanas 		
Course Outcomes	<ul style="list-style-type: none"> • Students will be able to differentiate between the different Schools of Philosophy • Students will comprehend the basic concepts of Indian philosophy • Students will understand the Pramanas and their everyday relevance 		

(Nine Systems of Philosophy)

Module I -	Jeev, Jagat, Ishwar, Avidya (each separate topic)
Module II -	Pramana Definition of Prama and Pramana, Number and nature of Pramana, Types of Pramana

Reference Books:

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|--------------------------------------|--|
| 1. Bharatiya Tattwajnan | Shri.Srinivasa Dikshit, Any Popular Book Stall . |
| 2. Encyclopedia of Indian Philosophy | Motilalbanarasidas, New Delhi |
| 3. SarvadarshanA Samgraha | Chowkhamba Sanskrit Sansthan, Varanasi |

Course II			
Yoga Tradition			
Semester I		Subject Code: MAY-I-02	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Internal Assessment
			Demonstration+VIVA
80	10+05+05=20		
Course Objectives	<ul style="list-style-type: none"> • To get introduction of the Bhagavadgeeta • To understand the fundamentals of Ch.6 and Ch. 16 of Bhagavadgeeta • To get introduction of Amritanada Upanishad • To get introduction of Tejobindu Upanishad • To get introduction of Yogatattva Upanishad 		
Course Outcomes	<ul style="list-style-type: none"> • Students will understand the importance of Bhagavadgeeta • Students will comprehend the basic concepts as given in Bhagavadgeeta • Students will understand the basic concepts as given in Amritanada, Tejobindu and Yogatattva Upanishads 		

Module I -	Yoga in Bhagvad Gita - Ch. 6 & 16
Module II -	Yoga Upanishads
	1. Amritanada Upanishad 2. Tejobindu Upanishad 3. Yogatattva Upanishad

Reference Books

- | | |
|------------------|--|
| 1. Bhagavadgita | Gitapress, Any Popular Book Stall |
| 2. YogaUpanishad | Chowkhamba Sanskrit Sansthan P.O. No: 1008, Varanasi |

Course - III Research Methodology			
Semester I		Subject Code: MAY-I-03	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
Course Objectives	<ul style="list-style-type: none"> To understand the concept of Research and Research Methodology To get familiar with different Research Tools To understand the fundamental concepts of statistics To get familiar with Research in the field of Yoga 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of Research in Yoga Students will comprehend the basic concepts of Research Methodology Students will calculate basic values using statistical tools Students will know the current status of research in the field of Yoga 		

Unit 1 – Introduction to Research Methodology [15 Hrs.]

Meaning and definitions of research; Aim and objectives of research; Significance of research; Types of research; Research Approaches; Research methods Vs. methodology; criteria of good research; important qualities of good researcher; Steps involved in research process;

Unit 2 - Research Methodology [15 Hrs.]

Selection of Problem, Review of Literature, Data collection, Data analysis, Research out line, Hypothesis, Synopsis, Abstract, Research Paper, Thesis format

Unit 3 – Descriptive Statistics [15 Hrs.]

Statistics in research; Normal distribution; Frequency distribution; Measures of central tendency, mean, median, mode; Measures of dispersion, range, variance and standard deviation; Measures of Asymmetry, Skewness and kurtosis; Graphical presentation of data– Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change.

Unit 4 – Yoga Research, Yoga Research Institutes and Yoga Journals [15 Hrs.]

Meaning and Nature of Yoga research; Need and scope of Research in the field of Yoga; Experimental research; Philosophic-literary research;s

Prominent Institutes involved in the field of Yoga research, history and review of their research work; Yoga research journals as well as journals of yoga and allied sciences, National and International.

Reference Books

1. Kothari C. R., Research Methodology: Methods and Techniques. New Age International, 2009.
2. Kumar R., Research Methodology, Sage Publishing, 2014.
3. Agrawal B. L., Basic Statistics, New Age International, 2013.
4. Research Perspectives in Yoga Kaivalyadham, Lonavla

Course - IV Yoga Practical I			
Semester I		Subject Code: MAY-I-04	
Total Hrs.: 150		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Practical +VIVA	
		80+20=100	
Course Objectives	<ul style="list-style-type: none"> To learn the correct methods of doing various Yogic practices To get familiar with the indications and contra-indications of Yogic practices To understand the benefits of various Yogic practices To perform the practical of these Yogic practices under the guidance 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of doing Yogic practices Students will understand the benefits of Yogic practices Students will be able to perform the Yogic practices correctly Students will experience the physiology behind these Yogic practices 		

A. Asanas (Cultural Asanas)

1. Standing

1. Ardha Kati Chakrasana
2. Padahastasana
3. Ardha-Chakrasana
4. Trikonasana
5. Tadasana

2. Sitting Position

1. Parvatasana
2. Vakrasana
3. Shashankasana
4. Janushirasana

3. Prone on Position

1. Bhujangasana
2. ArdhaShalabhasana
3. Shalabhasana
4. Naukasana

4. Supine Position

1. Viparita-Karani
2. Pavanmuktasana
3. UttanaVakrasana
4. Setubandhasana

5. Relaxative Asanas

1. Shavasana
2. Makarasana

B. SukshmaVyayama -

1. Kapola Shakti Vikasak
2. Karna Shakti Vardhak
3. Greevha Shakti Vikasak
4. Karatala Shakti Vikasak
5. Manibandha Shakti Vikasak
6. PurnaBhuja Shakti Vikasak
7. Vakshasthala Shakti Vikasak
8. Jangha Shakti Vikasak
9. Padamula Shakti Vikasak

C. Loosening Exercise -

1. Twisting
2. Side bending
3. Forward-backward bending
4. Twisting and Bending

D. Breathing Exercises -

1. Hands in and out breathing
2. Tadasana-Shwasana
3. Rabbit-breathing
4. Shwan-Shwasana

E. Surya Namaskar

F. Kriya/Pranayama -

1. Kapalbhathi
2. Deep Breathing
3. Sectional breathing with Mudra
4. Suryabhedan

Reference Books:

1. BharatiyaTatwadnyan - Dr.Shrinivas Dixit, Central Book Depot, Nagpur.
2. Yoga Sutra with Bhashya (Marathi) - Shri Rele, Prasad Prakashan, Pune.
3. Yoga Sutra with Bhashya(Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat.
4. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.
5. Bhagvadgeeta (Marathi) - Geeta Press, Gandhibag, Nagpur.
6. Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
7. Teaching Methods in Yoga - Dr.Gharote, Kaivalyadham, Lonavala.

ELECTIVE Group A

Course - V			
Stress Management by Yoga			
Semester I		Subject Code: MAY-I-05	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> • To get introduction of the concept of stress • To understand Yoga as a remedy for managing the stress • To get familiar with the different Traditions of meditation • To learn the remedial properties of Meditation over stress 		
Course Outcomes	<ul style="list-style-type: none"> • Students will understand the importance of Stress management • Students will get familiarity with the types of meditation • Students will be able to relate the practice of meditation to stress management • Students will be able to implement the learnings in their professional life 		

- Module I - Stress and its management by Yoga
Stress, Types of stress, Yoga method of managing stress
- Module II - Meditation, Traditions of Meditation
Patanjala Dhyan
Zen meditation
Vipassana
Preksha Dhyan
Cyclic Meditation
Nadanusandhan
- Module III - Types and importance of Prayer in world religions
(Both Individual and Group)
Hindu, Bauddha, Jain, Christian, Sikh, Muslim

Semester II

Course - I			
Indian Philosophy & Yogasutra			
Semester II		Subject Code: MAY-II-01	
Total Hrs.: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> To learn about the fundamental concepts of Indian Philosophy To understand the concept of Moksha To get familiar with Samkhya philosophy To understand the Sutras of Yoga philosophy 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of Samkhya and Yoga philosophy Students will be able to differentiate between the different Schools of Philosophy Students will comprehend the basic concepts of Samkhya philosophy Students will understand the important concepts of Patanjali's Yoga philosophy 		

- Module I - **Moksha**
Realised Soul (Jeevanmukta) Yogin, Sthitaprajna, Arhat, Bodhisattwa
- Module III - **Introduction to Sankhya Philosophy**
Prakriti, Purusha, Gunaconcept, Creation, Satkaryavada, Kaivalya
- Module IV - **Salient features of Yoga Philosophy (Patanjali)**
Definition of Yoga, Yoga samkhya relation
Chittavritti, Klesha, Chittaprasadanaupaya
- Module II - **Patanjala Yoga sutra (first two padas)**
(I pada Bhashya and II pada only sutra)

Reference Books:

1. Bharatiya Tatwadnyan - Dr. Shrinivas Dixit, Central Book Depot, Nagpur.
2. Bhartiya Darshan - Shri. Baldev Upadhyay, Chaukhamba, Banaras.
3. Yoga Sutra with Bhashya (Marathi) - Shri Rele, Prasad Prakashan, Pune.
4. Yoga Sutra with Bhashya (Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat.
5. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.

Course - II			
Yoga-Upanishad and Modern Yoga			
Semester II		Subject Code: MAY-II-02	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> To get introduction of the Yoga Upanishads To understand the fundamentals of Shandilya Upanishad and DhyanaBindu Upanishad To get familiarity with the contribution of Modern yoga thinkers to the Yoga To get familiarity with the opinions of different thinkers about Yoga 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of Yoga Upanishads Students will comprehend the basic concepts as given in Shandilya Upanishad and DhyanaBindu Upanishad Students will get the importance of the contribution of modern Yoga thinkers Students will be able to differentiate between the traditional thoughts on Yoga and modern thoughts on Yoga 		

Module I - Yoga-Upanishad

- | | |
|------------------------|----------------|
| 1. Shandilya Upanishad | 2. DhyanaBindu |
|------------------------|----------------|

Module II - Modern thinkers on Yoga

- | | |
|------------------------|-------------------------|
| 1. Shri. Aurobindo | 2. Swami Vivekanand |
| 3. J. Krishnamurthy | 4. SatyanandaSaraswati |
| 5. Swami Kuvalayananda | 6. Swami Shivananda |
| 7. Mahesh Yogi | 8. Acharya Rajnish |
| 9. B.K.S. Ayyangar | 10. RamkrishnaParamhans |

Reference books:

- | | |
|---------------------------|--|
| 1. Yoga Upanishad | Chowkhamba Sanskrit Sansthan, P.O.No: 1008, Varanasi |
| 2. Yoga Upanishad | Adyar Library Publication, Adyar, Chennai |
| 3. Aurobindo | Aurobindo Ashram, Pondicherry |
| 4. Swami Vivekanada | Ramakrishanshram, Dhantoli, Nagpur |
| 5. Ramakrishnaparamahansa | Ramakrishanshram, Dhantoli, Nagpur |
| 6. Acharya Rajanish | Osho Ashram, Near Zero Mile, Nagpur
17, Koregaon Park, Pune, Maharashtra |
| 7. Mahesh Yogi | Maharishi Vedavigyan Vidyapeetha, Gautam Buddha, Noida |
| 8. BKS Iyengar | Ramamani Iyengar Memorial Yoga Institute (RIMYI)
1107 B/1 Hare Krishna Mandir Road, Model Colony,
Shivajinagar, Pune - 411 016, Maharashtra. |
| 9. Satyananda Swami | Ganga Darshan, Fort, Munger, Bihar 811201, India |
| 10. Shivanada Swami | Ganga Darshan, Fort, Munger, Bihar 811201, India |
| 11. Kuvalayananda Swami | Kaivalyadham, Lonanvala, Pune |
| 12. J.Krishnamurthy | Theosophical Society |

Course – III			
Internship			
Semester II		Subject Code: MAY-II-03	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Each student has to undergo compulsory one-month internship at any organization or the organization suggested by university department, conducting the following activities:

Daily yoga class for the human resource available at an organization, either in morning or evening; Yoga therapy sessions for disorders occurred to any of the human resource; Yoga counseling sessions for the psychological disorders; Consulting sessions for the people to make them aware about different career options in yoga, also to clear the misconceptions about yoga.

The report has to be submitted along with the completion letter from an institution where the internship is being done for the final assessments.

Course – IV			
Yoga Practical II			
Semester II		Subject Code: MAY-II-04	
Total Hrs.: 150		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Practical +VIVA	
		80+20=100	
Course Objectives	<ul style="list-style-type: none"> To learn the correct methods of doing various Yogic practices To get familiar with the indications and contra-indications of Yogic practices To understand the benefits of various Yogic practices To perform the practical of these Yogic practices under the guidance 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of doing Yogic practices Students will understand the benefits of Yogic practices Students will be able to perform the Yogic practices correctly Students will experience the physiology behind these Yogic practices 		

- A. Asanas**
- I. Standing Asanas
 1. ParivartaTrikonasana 2. Vrikshasana 3. Kativakrasana (Twisting Pose)
 - II. Sitting Asanas
 1. Marjarasana 2. Ushtrasana 3. Paschimottanasana 4. Supta-Vajrasana
 - III. Supine Asanas
 1. Sarvangasana 2. Halasana 3. Matsyasana
 - IV. Prone on Asanas
 1. Dandasan 2. Dhanurasana
- B. Pranayamas**
1. Anulom-Vilom 2. Shitali 3. Sitkari 4. Ujjayi 5. Bhramari
- C. Kriyas**
1. Jal-neti 3. Vaman-dhauti 4. Trataka
- D. Mudras / Bandhas**
1. Yoga Mudra 2. Mula-bandha 3. Jalandhara-bandha 4. Uddiyana-bandha
- E. Surya Namaskar**

Elective Group B			
Course – V			
Applied Yoga			
Semester II		Subject Code: MAY-II-05	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> To understand the role of Yoga in different fields To understand the application of Yoga in Education To understand the application of Yoga in sports To understand the application of Yoga as an intervention 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of Yoga for different fields Students will learn the application of Yoga in education Students will be able to understand the role of Yoga in sports Students will understand the therapeutic application of Yoga 		

Module I - Yoga in Education

Levels of Education

1. Objectives of Education
2. Yoga Practice for Memory Improvement
3. Yoga Practice for Concentration
4. Yoga Practice for excellence in Education

Module II - Yoga in Sports

Types of Sports

1. Sports and Health
2. Objectives of Sports education
3. Yoga Practice for excellence in Sports
4. Sports Injuries & Yoga Treatment

Module III - Yoga Therapy

1. Nature of Yoga Therapy
2. Scope & Limitations of Yoga Therapy
3. Principles of Yoga Therapy
4. Techniques of Yoga Therapy
5. Benefits of Yoga Therapy

Reference Books:

1. Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga - A.K. Sinha, Bharat Manisha, Varanasi.
3. Yoga Dipika - B.K.S. Ayyangar, Orient LormenPvt.Ltd.,New Delhi
4. Yoga Therapy - Shri. Gharote, Kaivalya Dham, Lonavala

Semester III

Course – I			
Classical Yoga Texts			
Semester III		Subject Code: MAY-III-01	
Total Hrs.: 75		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> • To learn about the fundamental concepts of Yoga Philosophy • To understand the different concepts as given in Yoga Vasistha • To get familiar with different Hathayoga concepts as given in Hathapradipika • To understand the Sutras of Yoga philosophy 		
Course Outcomes	<ul style="list-style-type: none"> • Students will understand the importance of Hathayoga and Yoga philosophy • Students will be able to differentiate between the Hathayoga and other yoga • Students will comprehend the basic concepts as given in Yoga Vasistha • Students will understand the important concepts of Patanjali's Yoga philosophy 		

Module I - Yoga VasishthaPurvartha¹/₄mi'keizdj.k Ch.79,90, fuokZ.kizdj.kCh.25¹/₂

Module II - Patanjala Yoga sutra - III pada (only sutra part)

Module III - Hathapradipika I & II Chapters

Reference Books:

- | | |
|--------------------------------------|---|
| 1. Yoga Sutra with Bhashya (Marathi) | Shri Rele, Prasad Prakashan, Pune. |
| 2. Yoga Sutra with Bhashya(Hindi) | Darshan Mahavidyalaya, Parsodi, Gujarat |
| 3. Yogasutra (Marathi) - | Shri Kolhatkar, Prasad Prakashan, Pune. |
| 4. Yogavashishtha (Hindi) | Chowkhamba Sanskrit Sansthan, Varanasi |
| 5. Hathapradipika (Marathi) | Kaivalyadham, Lonavla,Pune |
| 6. Hathapradipika (Hindi) | Chowkhamba Sanskrit Sansthan, Varanasi |

Course – II			
Yoga & Allied Sciences			
Semester III		Subject Code: MAY-III-02	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> • To learn about the concept of allied science • To understand the different systems which are allied to Yogic science • To get familiar with different therapeutic practices • To understand the benefits of the allied therapies 		
Course Outcomes	<ul style="list-style-type: none"> • Students will understand the importance of allied sciences to Yoga • Students will be able to differentiate between Yogic science with other allied subjects • Students will comprehend the basic concepts as given in Ayurveda • Students will understand the important concepts of Naturopathy 		

Module I - Study of allied systems

1. Ayurveda
History of Ayurveda, Principles, Methods & Benefits
2. Naturopathy
History, Principles, Methods and Benefits
3. Reiki & Pranik healing
History, Method, Benefits
4. Physiological effects of Yogic Practices

Effect of Yoga Asana, Pranayama, Kriya, Bandha on human body &
Physiological function

Reference Books:

- | | | |
|----|--|--|
| 1. | Yoga and allied sciences | Kaivalyadham, Lonavla |
| 2. | Yoga and Ayurveda | Morarji Deshai Yoga Institute, New Delhi |
| 3. | Naturopathy | Morarji Deshai Yoga Institute, New Delhi |
| 4. | Reiki | 2-Floor Devid Dare DadasahebReke Road,
Dadar West, Mumbai-400028, Maharashtra |
| 5. | Pranik Healing | Shop No.56, Tardeo A/C Market, Tardeo, Mumbai |
| 6. | Physiological effects of Yogic Practices | Dr.Gore, Kaivalyadahm, Lonavala |

Course - III			
Research Project			
Semester III		Subject Code: MAY-III-03	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> • To learn about the fundamental concepts of Research Methodology • To understand the different approaches of Research • To get practical experience of conducting small-scale research 		
Course Outcomes	<ul style="list-style-type: none"> • Students will understand the importance of the Research • Students will be able to carry the research on small-scale • Students will be able to plan the research outline • Students will be able to solve the problems coming while doing research 		

A research project is to be carried out by the students under the guidance of lecturer. Students have to select their topics after approval by respective guides. After successful completion of the project, report is to be submitted for the final assessment. The final assessment will be based on project report and presentation of the research project followed by VIVA.

Students can do the project individually or in a group. The group will be consisting of minimum two students to maximum 4 students depending on the scope of selected topic.

Course - IV			
Yoga Practical III			
Semester III		Subject Code: MAY-III-04	
Total Hrs.: 150		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Practical +VIVA	
		80+20=100	
Course Objectives	<ul style="list-style-type: none"> To learn the correct methods of doing various Yogic practices To get familiar with the indications and contra-indications of Yogic practices To understand the benefits of various Yogic practices To perform the practical of these Yogic practices under the guidance 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of doing Yogic practices Students will understand the benefits of Yogic practices Students will be able to perform the Yogic practices correctly Students will experience the physiology behind these Yogic practices 		

A. Asanas

1. Ardha Matsyendrasana 2. Vrikshasana 3. Bhadrasana 4. Swastikasana

B. Mudras

1. VajrasanaYogamudra 2. Sinhamudra 3. Mahamudra 4. Vajroli Mudra

C. Kriyas

1. Danda Dhauti 2. Uddiyana-Agnisara3. Netra Shuddhi

D. Pranayamas

1. Bhastrika 2. Ujjayi 3. Nadishodhana - Tribandhayukta

E. Yoganidra - Pranav-Sadhana, Japa Meditation

ELECTIVE Group A

Course - V			
Yoga Application			
Semester III		Subject Code: MAY-III-05	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> To understand the role of Yoga in different fields To understand the application of Yoga in Industries To understand the concepts of Nadi and Prana To understand the application of Yoga for women To understand the application of Yoga in the field of counselling 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of Yoga for different fields Students will learn the application of Yoga for people working in the industries Students will be able to understand the application of Yoga to improve the lifestyle of women Students will understand the role of Yoga in counselling 		

Module I - Yoga in Industries

1. Different kinds of industries
2. Work-Stress in Industries
3. Yoga Practice as performance booster
4. Yoga Practice for Stress release & Management

Module II - Nadi, Prana, yogic diet

1. Types of Nadis, Their Place and Function, Nadi Shuddhi
2. Types and Nature of Prana
Prana and Mind Relation
3. Pranayama and its benefits

Module III - Yoga for Women

1. Anatomy & Physiology of Female Body
2. Age Wise Health Problems of Women
3. Yoga Practice for Women health Problems

Module IV - Yoga Counselling

1. Nature of Yoga Counselling
2. Scope & Limitations
3. Qualities in a Yoga Counsellor
4. Benefits of Yoga Counselling

Reference Books

- | | |
|-------------------------------|--|
| 1. Applied Yoga - | Dr. M.L. Gharote, Kaivalyadham, Lonavala. |
| 2. Teaching Methods in Yoga - | Dr. Gharote, Kaivalyadham, Lonavala. |
| 3. Yoga practice | JanardanswamiYogabhyasmandal, Ramnagar, nagpur |

Semester IV

Course - I			
Traditional Yoga Texts			
Semester IV		Subject Code: MAY-IV-01	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> To learn about the fundamental concepts of Yoga Philosophy To understand the different concepts as given in Yoga Vasistha To get familiar with different Hathayoga concepts as given in Hathapradipika To understand the Sutras of Yoga philosophy 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of Hathayoga and Yoga philosophy Students will be able to differentiate between the Hathayoga and other yoga Students will comprehend the basic concepts as given in Yoga Vasistha Students will understand the important concepts of Patanjali's Yoga philosophy 		

Module I - Yoga Vasishtha/4mi'keizdj.k Ch. 91,92,93fuokZ.kizdj.kCh.126½

Module II - Patanjala Yoga sutra - IV pada(only sutra part)

Module III- Hathapradipika III & IV Chapters

Reference Books :

1. Yoga Sutra with Bhashya (Marathi) - Shri Rele, Prasad Prakashan, Pune.
2. Yoga Sutra with Bhashya(Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat
3. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.
4. Yogavashishtha (Hindi) Chowkhamba Sanskrit Sansthan, Varanasi
5. Hathapradipika (Marathi) Kaivalyadham, Lonavla
6. Hathapradipika (Hindi) Chowkhamba Sanskrit Sansthan, Varanasi

Course - II			
Western Psychology			
Semester IV		Subject Code: MAY-IV-02	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> To learn about the fundamental concepts of western psychology To understand the different concepts of western psychology To get familiar with different theories of psychology To get familiar with the common psychological diseases 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of western psychology Students will be able to differentiate between the physiology and psychology Students will comprehend the basic concepts of psychology Students will understand the common psychological disorders 		

Module I - Introduction to Psychology, Principles of Psychology

Module II - Sigmund Freud, Karl Jung & Adler

Module III - Neurosis, Psychosis, Frustration, Depression

Module IV - Personality concept & traits

Reference Books :

1. Western Psychology Motilal Banarasidas, New Delhi
2. Principles of Psychology Eastern Booklinkers New Delhi
3. History of Western Psychology David Murray, Prentice Hall, New Delhi

Course - III Dissertation			
Semester IV		Subject Code: MAY-IV-03	
Total Hrs.: 90		Credits: 6	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80+20=100	
Course Objectives	<ul style="list-style-type: none"> To understand the fundamental concepts of Research Methodology To understand the process of Research To get familiar with topics of research related to the Yoga subject To carry out the research process 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of Research Methodology Students will get know the practical aspects of research Students will get to know about the challenges while doing research Students will have on hand experience of doing research 		

Instructions

- A Dissertation is to be carried out by the students under the guidance of lecturer.
- Students have to select their topics after approval by respective guides.
- After successful completion of the Dissertation, report is to be submitted for the final assessment.
- The final assessment will be based on Dissertation report and presentation of the Dissertation followed by VIVA.

Outline of Dissertation

Non-Experimental Research	Experimental Research
Index	Index
Introduction	Introduction
A) Problem Identification B) Literature Review C) Objective D) Hypothesis E) Scope & Limitations F) Research Methodology G) Research Design H) Time Frame I) Regular Chapters with References /Foot notes	A) Research Problem B) Data Collection C) Sample Selection D) Data Preparation E) Analysis - Relation between Variables F) Chapterization G) Result
Concluding Part A) Conclusion B) Future Scope C) Epilogue D) Bibliography	Concluding Part A) Conclusion B) Future Scope C) Epilogue D) Bibliography

Formatting & Other Instructions:

Font of general text matter	Times New Roman / Unicode
Character Size	12
	Font Size should be same across entire dissertation.
Headings	Bold everywhere
Margins	: 1.5 inches on the left, 1 inch each for top, bottom & right
line spacing	1.0
Reference's Format	All references in alphabetical order -title, subtitle, author-name, institute-name, publication-name, publication-year, volume, ISBN/ISSN/ISRN

Course - IV			
Yoga Practical IV			
Semester IV		Subject Code: MAY-IV-04	
Total Hrs.: 120		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Practical +VIVA	
		80+20=100	
Course Objectives	<ul style="list-style-type: none"> To learn the correct methods of doing various Yogic practices To get familiar with the indications and contra-indications of Yogic practices To understand the benefits of various Yogic practices To perform the practical of these Yogic practices under the guidance 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of doing Yogic practices Students will understand the benefits of Yogic practices Students will be able to perform the Yogic practices correctly Students will experience the physiology behind these Yogic practices 		

A. Asanas

1. Vrishchikasana 2. Mayurasana 3. Garudasana 4. Bakasana 5. Shirshasana

B. Pranayamas

1. Bhastrika 2. Sitali 3. Sitkari 4. Bhramari

C. Kriyas

1. Sutraneti 2. Rubber Neti 3. Vastradhauti

D. Bandha/Mudras

1. Jivhabandha 2. Mahabandha 3. Khechari Mudra
Relaxation/Meditation: IRT, QRT, DRT, Cyclic Meditation, Nadanusandhana

Elective Group B

Course - V			
Yoga & Other Therapies			
Semester IV		Subject Code: MAY-IV-05	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		
Course Objectives	<ul style="list-style-type: none"> To learn about the concept of allied science To understand the different systems which are allied to Yogic science To get familiar with different therapeutic practices To understand the benefits of the allied therapies 		
Course Outcomes	<ul style="list-style-type: none"> Students will understand the importance of allied sciences to Yoga Students will be able to differentiate between Yogic science with other allied subjects Students will comprehend the basic concepts as given in Naturopathy 		

Module I-

Massage Therapy

- a) Introduction of History of massage
b) Effects of the massage and Lubricants on the following systems
i) Skin ii) Muscular system iii) Ligaments and skeletal system
iv) Circulatory system v) Nervous system vi) Digestive system.

Module II -

Mud Therapy

- a) Sources of mud b) Preparation of mud
c) Therapeutic effects of mud d) Physiological effects of mud.

Module III - **Magneto Therapy**

- a) Introduction and history of magnets

- b] Use of magnets by Naturopathy
- c] Effects of Magnetism on living organism.
- d] Types of magnets.

Module IV - Chromo Therapy

- a] History
- b] Harmonic Laws of the universe
- c] Solar family
- d] Chromo chemistry

Module V - Fasting Therapy

- a] Theory of Fasting in animals
- b] History of Fasting
- c] philosophy of Fasting
- d] Physiological effects of Fasting
- e] Pros and cons of fasting.

Module VI - Hydro Therapy

Reference Books:-

- | | | |
|----|--|--|
| 1) | Philosophy of Nature Cure - | Henry Lindlohr |
| 2) | Human Care and Nature- | Dr. E.O. Babit |
| 3) | History and Philosophy -
of Nature Cure | S.O. Singh |
| 4) | My Nature Cure - | M.K. Gandhi |
| 5) | Practical Nature Cure - | Dr.K.Laxman Sharma |
| 6) | New Science of Healing- | Louis Khune |
| 7) | Naturopathy - | V.M. Kulkarni |
| 8) | izkd`frdfpfdRlk dh nsu & | ;qxyfd'kksj |
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