



YOGAARTHI School of Indic Studies



। प्रज्ञानं ब्रह्म ।

Affiliated by : Kavikulguru Kalidas Sanskrit University, Ramtek, Nagpur, Maharashtra

| Campus (Thane) Code : 5132: Add:- Shell College of Management Studies, CidcoRoad, Thane (W) – 400 601|

| Campus (Pune) Code : 5126: Add: - CIS Campus, Akurdi, Pune- 411035 Maharashtra India |

Summary of Program

Name of the Program	B.A. (Yogashastra)
Program Duration	03 years (06 Semesters) <i>Option for 4th Year - Honors as well is available for students with exceptional performance</i>
Program Type (Master/Bachelor)	Bachelor
Mode of Learning (Regular/ Distance learning)	Regular
Medium of Instructions	Multilingual (Sanskrit,English, Hindi and Marathi Only)
Medium of Examination	English, Hindi, Marathi and Sanskrit
Eligibility	HSC or its Equivalent

Syllabus of Program**Semester 1****Paper 1 - History and Development of Yoga (BAYS101)****Unit I - History and Development of Yoga**

General introduction to yoga, etymology of the word 'Yoga', definitions of yoga according to different texts, history of yoga, development of yogic practices from Vedic to modern period, aim and objectives of yoga, common misconceptions of yoga, importance of yoga.

Unit II – Schools of Yoga

Introduction to Jnyana Yoga, Karma yoga, Bhakati Yoga, Dhyana Yoga, Hatha Yoga,

Unit III – Introduction to Yogic Terminologies

Concept of Panchakosha, Concept of Pancha Prana and Upapranas, Concept of Nadi, Concept of Kundalini and Chakra

Paper 2 - Anatomy and Physiology of Human Body (BAYS102)

Unit I - General Introduction to Cell: Cell structure and Cell organelles , Development of Tissues and Muscles , General introduction to Muscular System and Skeletal System

Unit II – General Introduction to the Digestive System and Excretory System , General Introduction to Circulatory System and Respiratory System

Unit III – **General** Introduction to the Nervous System and Endocrine Glands , General Introduction to the Reproductive System and Special Senses

Paper 3 - Indian Psychology (BAYS103)**Unit 1: Introduction to Indian Psychology**

Historical Development of Indian Psychology , Key Concepts in Indian Philosophical Traditions, Comparison with Western Psychology

Unit 2: Theoretical Foundations

Samkhya and Yoga Psychology, Vedanta and Psychological Insights, Buddhist Psychology, Jain Psychology, Bhagavadgita Methods of knowing

Unit 3: Psychological Constructs in Indian Thought

Concepts of Self and Consciousness, Mind and Mental Processes, Emotions and their Management, Well-being and Spiritual Practices

Unit 4: Contemporary Issues and Future Directions

Integration of Indian and Western Psychology, Ethical and Cultural Considerations, Emerging Trends and Future Research

Paper 4 - IKS Based on Sanskrit**Netishatakam (First five paddhati)**

(मुख-पद्धती, विद्वत्-पद्धती, मानषौर्य-पद्धती, अर्थ-पद्धती, दुर्जन-पद्धती,)

Yoga Practical -I**Unit 1 – Loosening Exercises and Yogic Sukshma Vyayamas**

Loosening exercises: Twisting, Side bending, Forward-backward bending, Twisting and bending.

Yogic Sukshma Vyayama: Kapola shakti vikasak, karna shakti vikasaka, greeva shakti vikasaka, karatala shakti vikasaka, manibandha shakti vikasaka, poornabhooja shakti vikasaka, vakshasthala shakti vikasaka, jangha shakti vikasaka, padamoola shakti vikasaka.

Unit 2 – Pre-positions and Basic Asanas

Standing position, standing position with legs apart, relaxed standing position; sitting position, relaxed sitting position; prone position, supine position; pre-position for Surya Namaskar; switching between the positions.

Asanas in supine position: Ekapada Pavana Muktasana, Ekapada Uttana Padasana, Anantasana.

Asanas in prone position: Ardha Shalabhasana, Sahajahasta Bhujangasana;

Asanas in sitting position: Swastikasana, Vajrasana, Pada Hastasana, Hasta Shirasana, Parvatasana, Sharanagat Mudra, Vakrasana-1, Marjarasana.

Asanas in standing position: Ardha Kati Chakrasana, Hasta Padasana, Ardha Chandrasana, Trikonasana;

Relaxing Asanas: Shavasana (Supine position); Makarasana (Prone position); Tadagasana (Supine Position)

Unit 3 – Primary Breathing Techniques

Breath awareness; Controlled breathing, fast breathing (with gradually increasing and decreasing speed), sectional fast breathing; deep breathing (With 1:1, 1:1.5 and 1:2 ratio of Inhalation: Exhalation), sectional deep breathing; Pranav mudra for sectional breathing; Rabbit breathing, Dog breathing, Tiger breathing; Abdomen, thoracic and clavicular breathing.

Unit 4 – Meditation

Omkar chanting with 2:3:5 ratio of A: U: M; Gayatri Matra Chanting.

Semester 2

Paper 1 - Introduction to Indian Philosophy (BAYS201)

Unit I - Evolution of Darshan as Philosophy in India

Othodox System and Heterodox System

Unit II – Orthodox Systems

Brief accounts of Sankhya, Yoga, Nyaya, Vaisheshika, Mimamsa and Vedanta.

Unit III – Heterodox Systems

Brief accounts of Charvak's Thoughts, Buddhism and Jainism.

Paper 2 - Bhakti Yoga (BAYS202)

Unit I – Concept of Bhaktiyoga

Unit II – Bhakti in Narada Bhaktisutras

Unit III – Prominent saints from Bhakti Movements

(Sant Kabirdasa, Sant Meerabai, Sant Tulasidasa, Sant Namdeo)

Paper 3 - Effects of Yogic Practices on Human Body (BAYS203)

Unit 1 – Physiological effects of Asanas

Unit 2 – Physiological effects of Cleansing Techniques

Unit 3 – Physiological effects of Pranayamas

Unit 4 – Physiological effects of meditation and relaxing techniques

Paper 4- IKS Based On Sanskrit

Nitishatakam (Next five paddhati)

(सुजन—पध्दती, परोपकार—पध्दती, शैर्य—पध्दती, दैव—पध्दती, कर्म—पध्दती)

Yoga Practical II (BAYS205)

Unit 1 – Surya Namaskara and Asanas

10 steps Surya Namaskara with Surya mantra chanting and breath controls;

Asanas in supine position: Dvipada uttana padasana, Pavana Muktasana;

Asanas in prone positions: Adhvasana, Naukasana;

Asanas in sitting position: Padmasana, Vakrasana-2, Ardha Paschimottanasana, Vajrasana Yogamudra-1, Vajrasana

Yogamudra-2, Ardha Matsyendrasana, Aakarna Dhanurasana-1, Aakarna Dhanurasana

Asanas in standing position: Tadasana, Tiryak Tadasana, Veerasana, Trikonasana.

Unit 2 – Cleansing Techniques

Kapalbhati, Agnisar Dhauti

Unit 3 – Bandhas and Hasta Mudras

Jalandhara Bandha, Moola Bandha, Uddiyan Bandha, Tribandha; Jivha Bandha;

Dhyana Mudra, Drona Mudra, Pranava Mudra.

Unit 4 – Pranayamas and Meditation

Suryabhedan pranayama, Chandrabhedan pranayama, Anuloma-Viloma breathing without holding the breath,

Anuloma-Viloma pranayama with kumbhaka (holding the breath); Pranayama practice with ratio of 1:2:2 (inhalation:

hold: exhalation) with jalandhara bandha only;

Omkaara Meditation: A-kara Chanting, U-kara Chanting and M-kara Chanting, AUM chanting; Mahamrutyunjay

mantra chanting.

Semester 3

Paper 1 - Fundamentals of Samkhya Philosophy (BAYS301)

Unit I - Introduction to Sankhya Philosophy

Etymology of the word – Samkhya

Tradition of Samkhya scholars

Goal of Samkhya Darshana

Unit II - Epistemology of Samkhya

Pratyaksha – Process of perception

Anumana – Process and three types of inference

Aptavachana – verbal testimony

Twenty-five elements of Samkhya

Unit III - Theory of causation

Satkaryavada

Triguna Theory

Pratyaya-sarga and Bhautika Sarga

Paper 2 - Teaching Methods of Yogic Practices (BAYS302)

Unit 1 – Lesson Planning for Beginner Level Classes

Lesson planning for beginner level classes; micro lesson planning for each level including starting part, main part and end part;

Unit 2 – Lesson Planning for Intermediate Level and Advance Level Classes

Lesson planning for intermediate and advanced level classes; micro lesson planning for each level;

Paper 3 – Introduction to Hathayoga Tradition (BAYS303)

Unit I – Brief Introduction to Hatha Yoga Tradition

Introduction to hatha yoga, history of hatha yoga tradition, Goal of Hatha Yoga, basic introduction to principle hatha yoga texts; Definition of Yoga, meaning and origin; aim and objectives of yoga; Dos and Don'ts (Sadhaka and Badhaka tattvas); Ghata and Ghatashuddhi; concept of Matha, Mitahara; concept of cleansing techniques (Shuddhi Kriyas);

Unit II – Brief Introduction to Hathayoga Texts

(Brief Introduction to Hathapradipika and Gherand Samhita)

Paper 4 - IKS Based on Sanskrit -III

Unit I: Bhāratiya Civilization and Development of Knowledge System

Genesis of the land, Antiquity of civilization, On the Trail of the Lost River, Discovery of the Saraswatī River, the Saraswatī-Sindhu Civilization, Traditional Knowledge System, The Vedas, Ancient Education System, the Takṣaśilā University, the Nālandā University, Alumni, Knowledge Export from Bhārata.

Unit II: Arts, Literature, and Scholars

Art, Music, and Dance, Naṭarāja– A Masterpiece of Bhāratiya Art, Literature, Life and works of Agastya, Lopāmudrā, Ghoṣā, Vālmīki, Patañjali, Vedavyāsa, Yājñavalkya, Gārgī, Maitreyī, Bodhāyana, Caraka, Suśruta, Jīvaka, Nāgārjuna, Kaṇāda, Patañjali, Kauṭīlya, Pāṇini, Thiruvalluvar, Āryabhaṭa, Varāhamihira, Ādi Śaṅkarācārya, Bhāskarācārya, Mādhavācārya.

Field Project

Yoga for Well-being: Community Outreach Project

- Plan and conduct yoga sessions in community centers, parks, or other accessible locations.
- Ensure sessions accommodate diverse skill levels and physical abilities.

- Record attendance and gather feedback from participants.

Yoga Practical - III (BAYS305)

Unit 1 – Lesson Planning for Beginner Level Classes

Lesson planning for beginner level classes; micro lesson planning for each level including starting part, main part and end part;

Unit 2 – Lesson Planning for Intermediate Level and Advance Level Classes

Lesson planning for intermediate and advanced level classes; micro lesson planning for each level;

Semester 4

Paper 1 - Patanjala Yogasutras - I (BAYS401)

Unit I – Yoga as a Darshana

Patanjali as a Sutrakara, Patanjali's time, nature and structure of PYS

Unit II – Samadhi Pada (Complete)

Unit III – Sadhana Pada (Complete)

Paper 2 – Hatha Pradipika (BAYS402)

Unit I – Pratham Upadesha

Unit II – Dwitiya Upadesha

Unit III – Trutiya Upadesha

Unit IV – Chaturtha Upadesha

Paper 3 - Yoga in Marathi Literature (BAYS403)

Unit I - Jnaneshwari Chapter 6

Unit II – Jnaneshwari Chapter 12

Paper 4 - Panchkarma Therapy (BAYS408)

Unit I-

Importance of Panchakarma

Basic Principles of panchakarma

Study of Poorvakarma (Preparatory Therapy)

Unit II :

Poorvakarma (Preparatory Therapy) by Various methods of massages

Netratarpanam

Takradhara, Ghritdhara, Shirodhara

Unit III :

Study of Pradhankarma (main detoxification Therapy)

Panchakarma (Five cleansing actions)

Nasyam (Cleansing of nasal & sinus passages)

Vamanam (Cleansing of stomach & lungs)

Vasti (Cleansing of Colon)

Raktamokshana (Cleansing of impure blood in the body)

Unit IV :

Study of Paschatkarma (Post treatment care)

Basti Kriya

Kati Vasti

Manya Vasti

Janu Vasti

Hruday Vasti

Precautions and care during and after the procedures of Panchakarma.

Unit V :

Study of various ayurvedic massage

Study of Swedana by various methods.

Spotting

Practical books.

Viva

Visit to the Panchakarma Center

Yoga Practical- IV (BAYS405)**Unit 1 – Asanas**

Asanas in supine positions: Ardha Chakrasana, Viprit Karani;

Asanas in prone positions: Saral hasta Bhujangasana, Poorna Shalabhasana;

Asanas in sitting position: Samasana, Sinhasana, Paschimottanasana, Padmasana Yogamudra-1, Padmasana Yogamudra-2, Baddha Padmasana, Utthit Padmasana, Padangushtasana.

Asanas in standing position: Vrikshasana, Parivarta Trikonasana, Ekpada Hastasana, Patangasana;

Unit 2 – Cleansing Techniques

Danta Dhauti (Danta Moola, Jivha Moola, Karna-randhra, Kapala-randhra), Vaman Dhauti, Jala Neti, Nasagra Drishti.

Unit 3 – Mudras and Pranayamas

Mahamudra, Chin Mudra, Chinmayi Mudra, Brahma Mudra;

Nadishuddhi Pranayama, Ujjayi Pranayama, Bhramar-Bhramari Pranayama; pranayama practice with inhalation: hold: exhalation ratio of 1:2:2 with Jalandhar bandha only.

Unit 4 – Meditation and Relaxation Techniques

Soham Meditation: so-ham chanting, ham-so chanting, so-ham and ham-so alternate chanting; Ajapa Gayatri; Yoga Nidra level-1 (BSY).

Semester 5

Paper 1 - Yoga Philosophy - I (BAYS501)

Unit 1 – Isha Upanishad

Ishavasya Upanishad: Essence of Ishopanishad; concept of Karmanishta; concept of Vidya and Avidya; Knowledge of Brahman and Atman;

Unit 2 – Katha Upanishads

Kathopanishad: Nature of aatma, definition of Yoga; Importance of Self Realization

Unit 3 – Mundaka and Mandukya Upanishads

Mundaka Upanishad: Brahma vidya, Para vidya and Aparavidya; The worthlessness of Selfish karma; concept of Tapas and Gurubhakti; Brahman as a target of Meditation;

Unit 4 – Taittiriya Upanishad

Taittiriya Upanishad Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhrguvalli

Paper 2 - Patanjala Yogasutras -II (BAYS502)

Unit I – Vibhuti Pada (Complete)

Unit II - Kaivalya Pada (Complete)

Paper 3 - Philosophy of Bhagavadgeeta (BAYS503)

Unit I

Introduction to All Chapters of Shrimadbhagavad Git

Introduction to Various Commentaries on Shrimadbhagavad Gita

Introduction to Organisations devoted to the studies of Shrimadbhagavad Gita

- a) Chinmaya Mission
- b) Swadhyaya Pariwar
- c) Gita dharma Mandal
- d) ISKON
- e) Gita Parivar

Unit II

Jnana in Shrimadbhagavad Gita

Karma in Shrimadbhagavad Gita

Bhakti in Shrimadbhagavad Gita

Reconciliation of Jnana, Karma and Bhakti

Unit III

Vishvarupa Darshan

Concept of Lokasangraha, Jnani and Yogi

Sankhya darshan theories in Gita

Yoga theories in Shrimadbhagavad Gita

Unit IV

Three types of Shraddha in Shrimadbhagavad Gita

Diet, Sacrifice and Charity in Shrimadbhagavad Gita

Paper 4 - Yoga and Allied Sciences (BAYS504)

Unit 1 – Yoga and Ayurveda

Introduction to Ayurveda; Concept of Dosha; Concept of Dhatu and Mala; Concept of Koshtha and Shakha; Concept of Ama; Concept of Prakriti; Principles of Ahara; Concept of Dinacharya and Ritucharya; Panchanidana; Chikitsa, Shodhana and Shamana Chikitsa; Yoga and Ayurveda;

Unit 2 – Naturopathy

History of Naturopathy; Principles of Naturopathy; Nature Cure Therapy: Mud therapy; Massage therapy, Hydro therapy, Diet therapy; fasting; Color therapy; Reflexology; Yoga and Naturopathy.

Unit 3 – Acupressure and Acupuncture Therapy

Basic principles of acupressure; types of acupressure therapy; Principles of Acupuncture; types of acupuncture therapy,

Unit 4 – Reiki and Pranic Healing

Concept of reiki; history, development and principles of reiki; reiki levels; Concept of pranic healing; practices of pranic healing; Marma Therapy, principles of Marma therapy; practices.

Paper 5 - Applied Yoga (BAYS505)

Unit I – Yoga for Students

Health characteristics and needs of the students; Yogic practices to fulfill the health needs of the students.

Unit - Yoga for Women

Health characteristics and needs of the women in different phase; Yogic practices to fulfill the health needs of the women.

Unit III - Yoga for Sport persons

Health characteristics and needs of the Sports-persons; Yogic practices to fulfill the health needs of the Sports-persons.

Unit IV - Yoga for Senior Citizens

General introduction to Geriatric Care; Ageing: Causes and features; Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management

Field Project

Yoga for Well-being: Community Outreach Project

- Plan and conduct yoga sessions in community centers, parks, or other accessible locations.
 - Ensure sessions accommodate diverse skill levels and physical abilities.
 - Record attendance and gather feedback from participants.
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Semester 6

Paper 1 - Yoga Philosophy- II (BAYS601)

Unit 1 – Yoga in Kena Upanishad

Kena Upanishad: Self and the mind; Indwelling power; senses and inner self (Indriya and Antahkaran), intuitive realization of truth, concept of Yaksha Upakhyana;

Unit 2 – Yoga in Prashna Upanishads

Prashna Upanishad: Concept of Prana and rayi (creation); Pancha pranas; The five main questions;

Unit 3 – Yoga in Mandukya Upanishad

Mandukya: Four States of Consciousness and its relation to the syllables in Omkara.

Unit 4 – Yoga in Aitareya Upanishad

Aitareya: Concept of Atma, Universe and Brahman;

Paper 2 - Gheranda Samhita (BAYS602)

Unit I - Asanas and Mudras in Gheranda Samhita

Unit II - Shatkarmas in Gheranda Samhita

Unit III - Pranayamas in Gheranda Samhita

Unit IV – Meditation practices in Gheranda Samhita

Paper 3 - Yoga Therapy (BAYS603)

Unit I - Principles of Yoga Therapy

Unit II - Diseases related to Nervous system and Yoga treatment for them

Unit III - Stress and its Management by Yoga

Unit IV – Yogic intervention for Gynecological Problems

Paper 4 - Meditation Techniques (BAYS604)

Unit 1 – Meditation Techniques I

Omkar Meditation with concentration on every syllable of Pranava; Soham Meditation; Ajapa Dharana; Antarmauna by Bihar School of Yoga; Breath Meditation; Shatchakra Dhyana; Raja Yoga Meditation by Brahmakumaris;

Unit 2 –Meditation Techniques II

Transcental Meditation by Maharshi Mahesh Yogi; Savita and Jyoti ki Dharana by DSVV; Cyclic Meditation by SVYASA; Mind Sound Resonance Technique by SVYASA;

Unit 3 – Yogic Practices in Jainism

Preksha Meditation:

Unit 4 – Yogic Practices in Buddhism

Vipassana meditation; Zen Meditation

Paper 5 - Yoga in Modern Times (BAYS605)

Unit I –

Contribution of Ramakrishna Paramahansa and Swami Vivekananda to Yoga.

Contribution of Mahesh Mahesh Yogi to Yoga

Contribution of Acharya Aurbindo to Yoga

Unit II –

Contribution of J. Krishnamurthy to Yoga

Contribution of T. Krishnamacharya to Yoga

Contribution of B.K.S. Iyengar to Yoga

Unit III –

Contribution of Swami Shivananda Saraswati to Yoga

Contribution of Swami Satyananda Saraswati to Yoga

Contribution of Swami Kunalayananda to Yoga

Internship/Apprenticeship I - Students will have to spend min 120 hrs

Internship –

Student has to conduct the Yoga sessions at the nearest non-Yoga institute allotted by the University/College, using his/her skills aquired in the previous semesters.

Apprenticeship –

Student has to work at any Yoga institute to aquire the necessary vocational skills required for running a Yoga institute.
