



Kavikulaguru Kalidas Sanskrit University
University established by State Government of Maharashtra and UGC Recognized u/s 2f and 12B
Ramtek Office : Administrative Building, Mauda Road, Ramtek - 441106, Dist.Nagpur
Nagpur Office : 05th Floor, NIT Commercial Complex, Near Morebhavan, Sitabuldi, Nagpur 440012



योगेनचित्तस्य पदेन वाचा मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

M.A. Yogashastra **Course Curriculam (Syllabus)**

Approved by the Academic Council Meeting No. 01/2013, Item no. 14, Dt. 01.06.2013
(Onwards 2013-2014)

Name of the Course	M.A. Yogashastra
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Semester
Course Duration	02 years (04 Semesters)
Total Credits	100
Eligibility	Any Graduate

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year (Sem I & II)	400	140	480	168	120	42	1000	350	50	--
Second Year (Sem III & IV)	400	140	480	168	120	42	1000	350	50	-
Final Total	800	280	960	336	240	84	2000	700	100	--

Curriculum Charges : (NET copy Rs.30/-)
(Print Copy Rs. 7/- per page)

Name of the Course	4.5 - M.A. Yogashastra
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Semester
Course Duration	04 Semesters
Total Credits	100
Eligibility	B.A.Yogashastra or Any Graduates with Yoga as one of the subject or PG Diploma in Yogic Sciences ,or any graduation with one year diploma in yoga.

Paper Code	Paper Title	Internal (Pr/Desr /Viva/Oral/ Test/Sessional etc.) A		Theory B		Other C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	
First Year - Semester I										
MAY1-I-01	SANSKRIT	40	14	60	21					5
MAY1-I-02	FUNDAMENTALS OF INDIAN PHILOSOPHY - 1	40	14	60	21					5
MAY1-I-03	STRESS MANAGEMENT BY YOGA	40	14	60	21					5
MAY1-I-04	YOGA TRADITION	40	14	60	21					5
MAY1-I-05	PRACTICAL	40	14	-	-	60	21	-	-	5
First Year - Semester II										
MAY1-II-01	FUNDAMENTALS OF INDIAN PHILOSOPHY - 2	40	14	60	21					5
MAY1-II-02	YOGASUTRA	40	14	60	21					5
MAY1-II-03	YOGA- UPANISHAD AND MODERN YOGA	40	14	60	21					5
MAY1-II-04	APPLIED YOGA I	40	14	60	21					5
MAY1-II-05	PRACTICAL	40	14	-	-	60	21	-	-	5
First Year Total		400	140	480	168	120	42	1000	350	50
Second Year - Semester III										
MAY2-III-01	CLASSICAL YOGA TEXTS	40	14	60	21					5
MAY2-III-02	YOGA AND ALLIED SCIENCES	40	14	60	21					5
MAY2-III-03	RESEARCH METHODOLOGY	40	14	60	21					5
MAY2-III-04	YOGA APPLICATION	40	14	60	21					5
MAY2-III-05	PRACTICAL	40	14	-	-	60	21	-	-	5

Second Year - Semester IV										
MAY2-IV-01	TRADITIONAL YOGA TEXTS	40	14	60	21					5
MAY2-IV -02	WESTERN PSYCHOLOGY	40	14	60	21					5
MAY2-IV -03	YOGA RESEARCH & THESIS FORMAT	40	14	60	21					5
MAY2-IV -04	YOGA THERAPY AND OTHER THERAPIS	40	14	60	21					5
MAY2-IV -05	PRACTICAL, DISSERTATION AND VIVA-VOCE	40	14	-	-	60	21	-	-	5
Second Year Total		400	140	480	168	120	42	1000	350	50
Final Total		800	280	960	336	240	84	2000	700	100

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year (Sem I & II)	400	140	480	168	120	42	1000	3500	50	--
Second Year (Sem III & IV)	400	140	480	168	120	42	1000	350	50	--
Final Total	800	280	960	336	240	84	2000	700	100	--

Program - M.A. YOGASHASTRA

- Eligibility** : One who has passed the final year exam of B.A. Yoga Shastra.,
OR
One who has passed the final year exam of degree of any discipline and has Obtained one year P.G. Diploma in Yoga of K.K.S.U or Diploma in Yoga from any recognized university / Institute..
OR
Any graduate with Yoga as one of the subjects at degree level & physically fit to do asana etc.
- 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 100 credits for M.A. Programme. 5 Credits per course.
One Credit is construed as corresponding to approximately 30 to 40 learning hours.

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 - 40% for each course.

40 Marks

Sr.No.	Particulars	Marks
1	One periodical class test held in the given semester/Library work	10 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.	20 Marks
3	Active participation in routine instructional deliveries (and in practical work, tutorial, field work etc as the case may be)	05 marks
4	Overall conduct as a responsible learner, mannerism and articulation and exhibit of leadership qualities in organizing related academic activities.	05 marks

M.A.Yogashastra
Marks & Credits Distribution

<u>SEMESTER I</u>			
Course I	Sanskrit	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course II	Fundamentals of Indian Philosophy I	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course III	Stress Management by Yoga	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV	Yoga Tradition	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course V	Practical	100 Marks	5 Credits
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<u>SEMESTER II</u>			
Course I	Fundamentals of Indian Philosophy II	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course II	YOGASUTRA	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course III	Yoga-Upanishad And Modern Yoga	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV	Applied Yoga I	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course V	Practical	100 Marks	5 Credits
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<u>SEMESTER III</u>			
Course I	Classical Yoga Text	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course II	Yoga And Allied Sciences	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course III	Research Methodology	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV	Yoga Application	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course V	Practical	100 Marks	5 Credits
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits

SEMESTER IV

Course I	Classical Yoga Text	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course II	Western Psychology	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course III	Yoga Research And Thesis Format	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV	Yoga Therapy And Other Therapis	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course V	Practical ,Dissertation And Viva-Voce	100 Marks	5 Credits
	Practical & Viva-Voce	60 Marks	3 Credits
	Dissertation	40 Marks	2 Credits

M.A. YOGASHASTRA
Syllabus Details
SEMESTER I

Course I	SANSKRIT संस्कृत	100 Marks
Theory -		60 Marks
Module I -	Raghuvamsham, prathama sarga	25 Marks
Module II -	Karnabharam	25 Marks
Module III -	Nibandhalekhanam	10 Marks
	Subjects	
	1) Sanskritbhashayaha Mahatwam	
	2) Bhartiya Sanskritehe Mahatwam	
	3) Paryavarana Mahatwam	
	4) DeshBhaktihi	
	5) Arshakavye	
	6) Mahakavyani	
	7) Granthalaya Mahatwam	
	8) Deepavalihi	
	9) Sanskrite Vidnyanam	
	10) Shiksha yog	

Internal Assessment	40 marks
Assignment – 20 Marks,	Library Work – 10 Marks
Attendance – 05 Marks,	Class Interaction – 05 Marks

Course II	FUNDAMENTALS OF INDIAN PHILOSOPHY भारतीयदर्शनस्य प्राथमिक तत्त्वानि	100 Marks
(Nine Systems of Philosophy)		
Module I -	Jeev, Jagat, Ishwar, Avidya (each separate topic)	30 Marks
Module II -	Pramana Definition of Prama and Pramana, Number and nature of Pramana, Types of Pramana	30 Marks

Internal Assessment	40 marks
Assignment – 20 Marks,	Library Work – 10 Marks
Attendance – 05 Marks,	Class Interaction – 05 Marks

- | | |
|---------------------------------------|--|
| 1. Bharatiya tattwajnan | Shri.Srinivasa Dikshit, Any Popular Book Stall . |
| 2. Encyclopaedia of Indian Philosophy | Motilal banarasidas, New Delhi |

COURSE - III	STRESS MANAGEMENT BY YOGA योगद्वारा मानसिक-उद्वेगनियन्त्रणम्	100 Marks
Module I -	Stress and its management by Yoga Stress, Types of stress, Yoga method of managing stress	20 marks
Module II -	Meditation, Traditions of Meditation Patanjala Dhyan Zen meditation Vipassana Preksha Dhyan Cyclic Meditation Nadanusandhan	20 Marks
Module III	types and importance of Prayer in world religions (both Individual and Group) Hindu, Bauddha, Jain, Christian, Sikh, Muslim	20 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

COURSE - IV	YOGA TRADITION योगसम्प्रदायः	100 Marks
Module I -	Yoga in Bhagvad Gita - Ch. 6 & 16	30 Marks
Module II -	Yoga-Upanishad 1. Amritanada Upanishad 2. Tejobindu Upanishad 3. Yogatattva Upanishad.	30 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks
Refernece Books		
1.	Bhagavadgita	Gitapress, Any Popular Book Stall
2.	YogaUpanishad	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

COURSE - V	PRACTICAL (प्रात्यक्षिकम्)	100 Marks
A)	Practical (Demonstration - 40 and Viva-Voce - 20) Demonstration (4 practices - each 10 marks) + Viva/Oral (20)	60 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

A. Asanas (Cultural Asanas)

1. Standing

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

2. Sitting Position

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

3. Prone on Position

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

4. Supine Position

1. Viparita-Karani
2. Pavanmuktasana
3. Uttana Vakrasana
4. Setubandhasana

5. Relaxative Asanas

1. Shavasana
2. Makarasana

B. Sukshma Vyayama -

1. Kapola Shakti Vikasak
2. Karma Shakti Vardhak
3. Greeva Shakti Vikasak
4. Karatala Shakti Vikasak
5. Manibandha Shakti Vikasak
6. Purna Bhujja Shakti Vikasak
7. Vakshasthala Shakti Vikasak
8. Jungha Shakti Vikasak
9. Padamula Shakti Vikasak

C. Loosening Exercises -

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

D. Breathing Exercises -

1. Hands in and out breathing
2. Tadasana-Shavasana
3. Rabbit-breathing
4. Swan-Shvasana
5. Shashankasan-Shvasana

E. Suryanamaskar

F. Kriya/Pranayama -

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

Reference Books :

1. Bharatiya Tatwadnyan - 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.

SEMESTER II

COURSE - I	PRINCIPLES OF INDIAN PHILOSOPHY भारतीयदर्शनस्य तत्त्वानि	100 Marks
(Nine Systems of Philosophy)		
Module I -	Moksha	15 Marks
Module II -	Realised Soul (Jeevanmukta) Yogin, Sthitaprajna, Arhat, Bodhisattwa	15 Marks
Module III -	Introduction to Sankhya Philosophy Prakriti, Purusha, Guna concept, Creation, Satkaryavada, Kaivalya	15 Marks
Module IV -	Salient features of Yoga Philosophy (Patanjali) Definition of Yoga, Yoga samkhya relation Chittavritti, Klesha, Chittaprasadana upaya	15 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks
Reference Books :		
1. Bharatiya Tatwadnyan	-	Dr. Shrinivas Dixit, Central Book Depot, Nagpur.
2. Bhartiya Darshan	-	Shri. Baldev Upadhyay, Chaukhamba, Banaras.

COURSE - II	YOGASUTRA योगसूत्राणि	100 Marks
Module II -	Patanjala Yoga sutra (first two padas) (I pada bhashya and II pada only sutra)	60 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendace –	05 Marks,	Class Interaction – 05 Marks
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.

COURSE - III	YOGA-UPANISHAD AND MODERN YOGA योगोपनिषदः आधुनिक योगश्च	100 Marks
Module I -	Yoga-Upanishad 1. Shandilya Upanishad	30 Marks
	2. DhyanaBindu	
Module II -	Modern thinkers on Yoga 1. Shri. Aurobindo	30 Marks
	2. Swami Vivekanand	
	3. J. Krishnamurthy	4. Satyananda Saraswati
	5. Swami Kavalayananda	6. Swami Shivananda
	7. Mahesh Yogi	8. Acharya Rajnish
	9. B.K.S. Ayyangar	10. Ramkrishna Paramhans
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks

Attendance –

05 Marks,

Class Interaction – 05 Marks

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. Ramakrishnaparamahamsa Ramakrishanshram, Dhantoli, Nagpur
6. Acharya Rajanish Osho Ashram, Near Zer Mile, Nagpur
17 Koregaon Park Koregaon Park, Pune, Maharashtra
7. Mahesh Yogi Maharishi Ved Vigyan Vidya Peeth, Gautam Buddh Nagar
Sector 18, Noida, Noida
8. BKS Iyengar Ramamani Iyengar Memorial Yoga Institute (RIMYI)
1107 B/1 Hare Krishna Mandir Road, Model Colony,
Shivaji Nagar,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 - IV

APPLIED YOGA-I
प्रायोगिक-योग:-1

100 Marks

Module I - Yoga in Education

20 Marks

Module II - Yoga in Sports

20 Marks

Module III - Yoga Therapy

20 Marks

Internal Assessment

40 marks

Assignment –

20 Marks,

Library Work – 10 Marks

Attendance –

05 Marks,

Class Interaction – 05 Marks

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 Lormen Pvt. Ltd., New Delhi
4. Yoga Therapy - Shri. Gharote, Kaivalya Dham, Lonavala

COURSE - V

PRACTICAL प्रात्यक्षिकम्

100Marks

DEMONSTRATION (4Practices- each 10 marks) + Viva (20)

60 Marks

Practical- 40 Marks

A. Asanas

I. Standing Asanas

1. Parivrutta Trikonasana 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. Sitali 3. Sitkari 4. Ujjayi 5. Bhramari
- C. Kriyas**
 1. Jal-neti 2. Sutra-neti 3. Vaman-dhauti 4. Trataka
- D. Mudras / Bandhas**
 1. Yoga Mudra 2. Mula-bandha 3. Jalandhara-bandha 4. Uddiyana-bandha
- E. Surya Namaskar**

Internal Assessment

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

40 marks

SEMESTER III

COURSE - I	CLASSICAL YOGA TEXTS अभिजातयोगग्रन्थाः	100Marks
Module I -	Yoga Vasishtha Purvartha (उपशमप्रकरण Ch.79,90, निर्वाणप्रकरण Ch.25)	20 Marks
Module II -	Patanjala Yoga sutra - III pada (only sutra part)	20 Marks
Module III -	Hathapradipika I & II Chapters	20 Marks

Internal Assessment

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

40 marks

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 AND ALLIED SCIENCES योगः तत्सम्बन्धीनि शास्त्राणि च	100 Marks
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Module I -	Study of allied systems	60 Marks
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|----|--|----------|
| 1. | Ayurveda | 15 Marks |
| 2. | Naturopathy | 15 Marks |
| 3. | Reiki & Pranik healing | 15Marks |
| 4. | Physiological effects of Yogic Practices | 15 Marks |

Internal Assessment

40 marks

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks	Class Interaction –	05 Marks

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 Dadasaheb Reke Road,
Dadar West, Mumbai-400028, Maharashtra |
| 5. | Pranik Healing | Shop No.56, Tardeo A/C Market, Tardeo,
Mumbai, Maharashtra 400034 |
| 6. | Physiological effects of Yogic Practices | Dr.Gore, Kaivalyadahm, Lonavala |

COURSE - III

RESEARCH METHODOLOGY

100 Marks

संशोधन-पद्धति:

Module I -	Research Definition and types. Classification of research (Fundamental, Action, Applied) Characteristics of good researcher & research work.	30 Marks
Module II	Selection of Problem, Review of Literature, Data collection, Data analysis, Research out line Hypothesis, Synopsis, Abstract, Research COURSE	30 Marks

Internal Assessment

40 marks

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Books :

- | | | |
|----|----------------------|--|
| 1. | Research Methodology | D.K.Sant All popular Book Stalls |
| 2. | Research Methodology | Ranjit Kumar, Pearson Education India, New Delhi |
| 3. | Research Methodology | CR Kothari, New Age International , New Delhi |

COURSE - IV

YOGA APPLICATION

योगप्रयोग:

100Marks

Module I -	Yoga in Industries	15 Marks
Module II -	Nadi, Prana,yogic diet	15 Marks
Module III -	Yoga for Women	15 Marks
Module IV -	Yoga Counselling	15 Marks

Internal Assessment

40 marks

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Books

- | | |
|-------------------|---|
| 1. Applied Yoga - | Dr. M.L. Gharote, Kaivalyadham, Lonavala. |
|-------------------|---|

2. Teaching Methods in Yoga - Dr. Gharote, Kaivalyadham, Lonavala.
3. Yoga practice Janardanswami Yogabhyas mandal, Ramnagar, nagpur

COURSE - V **PRACTICAL** प्रात्यक्षिकम् **100 Marks**

DEMONSTRATION (4 Practices each 10 marks) + Viva (20) **60 Marks**

Practical - 60 Marks

A. Asanas

1. Ardhamatsyendrasana 2. Vrikshasana 3. Vhadrasana 4. Swastikasana

B. Mudras

1. Vajrasansata Yogamudra 2. Simhamudra 3. Mahamudra 4. Vajroli Mudra

C. Kriyas

1. Danda Dhauti 2. Vastradhauti 3. Uddiyana-Agnisara 4. Netra Suddhi

D. Pranayamas

1. Bhastrika 2. Ujjayi 3. Nadishodhana - tribandhayukta

E. Yoganidra - Pranav-Sadhana, Japa Meditation

Internal Assessment

40 marks

Assignment – 20 Marks, Library Work – 10 Marks
Attendance – 05 Marks, Class Interaction – 05 Marks

SEMESTER IV

COURSE - I **TRADITIONAL YOGA TEXTS** **100Marks**
साम्प्रदायिक—योगग्रन्थाः

Module I - Yoga Vasishtha (उपशमप्रकरण Ch. 91,92,93 निर्वाणप्रकरण Ch.126) 20 Marks

Module II - Patanjala Yoga sutra - IV pada (only sutra part) 20 Marks

Module III- Hathapradipika III & IV Chapters 20 Marks

Internal Assessment

40 marks

Assignment – 20 Marks, Library Work – 10 Marks
Attendance – 05 Marks, Class Interaction – 05 Marks

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** **100Marks**
पाश्चात्य—मानसशास्त्रम्

Western Psychology		60 Marks
Module I - Introduction to Psychology, Principles of Psychology		15 marks
Module II - Sigmund Freud, Karl Jung & Adler		15 Marks
Module III - Neurosis, Psychosis, Frustration, Depression		15 Marks
Module IV - Personality concept & traits		15 Marks

Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

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
4. The Great Psychologists	R.I.Watson, Prentice Hall, New Delhi

COURSE - III	YOGA RESEARCH & THESIS FORMAT	100Marks
	योगसंशोधनं शोधप्रबंध स्वरूपं च	

Module I- Meaning, Nature, Need and scope of Research in the field of Yoga.	15 Marks
Module II - Yoga research in India, Yoga journals	15 Marks
Module III - Yoga Research Report preparation	15 Marks
Module IV - Thesis format	15 Marks

Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

Reference Books :

1. Research Perspectives in Yoga	Kaivalyadham, Lonavla
2. Yoga Research	Kaivalyadham, Lonavla
3. Yoga Research	Tiffany Field, New Bharatiya Book Corporation, New Delhi

COURSE - IV	YOGA-THERAPY AND OTHER THERAPIES	100Marks
	योगचिकित्सा तथा अन्यचिकित्सा	

Module I- Massage Therapy		10 Marks
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		10 Marks
a] Sources of mud	b] Preparation of mud	
c] Therapeutic effects of mud	d] Physiological effects of mud.	
Module III - Magneto Therapy		10 Marks
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

10 Marks

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

Module V - Fasting Therapy

10 Marks

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

Module VI - Hydro Therapy

10 Marks

Internal Assessment

40 marks

Assignment – 20 Marks,
Attendance – 05 Marks,

Library Work – 10 Marks
Class Interaction – 05 Marks

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) प्राकृतिक चिकित्सा की देन — युगलकिशोर
- 9) चुंबकीचिकित्सा — चौखम्बा संस्कृत संस्कृत संस्थान पो.बॉ. नं. 1008, वाराणसी—221001

COURSE - V

PRACTICAL, DISSERTATION AND VIVA-VOCE

प्रात्यक्षिकम शोधनिबन्धः मौखिकी च

100Marks

DEMONSTRATION (4 Practices+ viva)

40 Marks

Practical - 40 Marks

A. Asanas

- 1.Vrischikasana 2. Mayurasana 3. Garudasana 4. Bakasana 5. Shirsasana

B. Pranayamas

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

C. Kriyas

1. Vasana neti 2. Rubber Neti

D. Bandhaa/Mudras

1. Jivhabandha 2. Mahabandha 3. Khechari Mudra

Relaxation/Meditation : IRT, QRT, DRT, Cyclic Meditation, Nadanusandhana

DISSERTATION AND VIVA-VOCE

60 marks

The student is expected to submit a dissertation on any topic of the previous COURSES.

Dissertation =40 Marks, Viva-Voce = 20 Marks

Note: Each assignment should be on the topics related to the subject of courses.