



# 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: 05<sup>th</sup> Floor, NIT Commercial Complex, Near Morebhavan, Sitabuldi, Nagpur 440012



योगेनचित्तस्य पदेनवाचामलं शरीरस्य च वैद्यकेन ।  
योऽपाकरोत् तंप्रवरंमुनीनांपतञ्जलिंप्राञ्जलिरानतोऽस्मि ॥

## M.A. Yogashastra

### Course Curriculum (Syllabus)

Academic Council Meeting dt.. 15-02-2020

(2020-21 onwards) (Version -1.0)

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	160	480	192	120	48	1000	400	50	--
Second Year (Sem III & IV)	400	160	480	192	120	48	1000	400	50	-
Final Total	800	320	960	384	240	96	2000	800	100	--

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

Name of the Course	<b>4.5 - M.A. Yogashastra</b>
Name of the Faculty	<b>Faculty of Indian Philosophy, Religion &amp; Culture</b>
Examination Type	Semester
Course Duration	04 Semesters
Total Credits	100
Eligibility	Any Graduates

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	
<b>First Year - Semester I</b>										
MAY1-I-01	SANSKRIT	40	16	60	24			100	40	5
MAY1-I-02	FUNDAMENTALS OF INDIAN PHILOSOPHY - 1	40	16	60	24			100	40	5
MAY1-I-03	STRESS MANAGEMENT BY YOGA	40	16	60	24			100	40	5
MAY1-I-04	YOGA TRADITION	40	16	60	24			100	40	5
MAY1-I-05	PRACTICAL	40	16	-	-	60	24	100	40	5
<b>First Year - Semester II</b>										
MAY1-II-01	FUNDAMENTALS OF INDIAN PHILOSOPHY - 2	40	16	60	24			100	40	5
MAY1-II-02	YOGASUTRA	40	16	60	24			100	40	5
MAY1-II-03	YOGA- UPANISHAD AND MODERN YOGA	40	16	60	24			100	40	5
MAY1-II-04	APPLIED YOGA I	40	16	60	24			100	40	5
MAY1-II-05	PRACTICAL	40	16	-	-	60	24	100	40	5
<b>First Year Total</b>		<b>400</b>	<b>160</b>	<b>480</b>	<b>192</b>	<b>120</b>	<b>48</b>	<b>1000</b>	<b>400</b>	<b>50</b>
<b>Second Year - Semester III</b>										
MAY2-III-01	CLASSICAL YOGA TEXTS	40	16	60	24			100	40	5
MAY2-III-02	YOGA AND ALLIED SCIENCES	40	16	60	24			100	40	5
MAY2-III-03	RESEARCH METHODOLOGY	40	16	60	24			100	40	5
MAY2-III-04	YOGA APPLICATION	40	16	60	24			100	40	5
MAY2-III-05	PRACTICAL	40	16	-	-	60	24	100	40	5

<b>Second Year - Semester IV</b>										
MAY2-IV-01	TRADITIONAL YOGA TEXTS	40	16	60	24			100	40	5
MAY2-IV -02	WESTERN PSYCHOLOGY	40	16	60	24			100	40	5
MAY2-IV -03	YOGA RESEARCH & THESIS FORMAT	40	16	60	24			100	40	5
MAY2-IV -04	YOGA THERAPY AND OTHER THERAPIS	40	16	60	24			100	40	5
MAY2-IV -05	PRACTICAL, DISSERTATION AND VIVA-VOCE	40	16	-	-	60	24	100	40	5
<b>Second Year Total</b>		<b>400</b>	<b>160</b>	<b>480</b>	<b>192</b>	<b>120</b>	<b>48</b>	<b>1000</b>	<b>400</b>	<b>50</b>
<b>Final Total</b>		<b>800</b>	<b>320</b>	<b>960</b>	<b>384</b>	<b>240</b>	<b>96</b>	<b>2000</b>	<b>800</b>	<b>100</b>

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

## Program - M.A. YOGASHASTRA

<b>Eligibility</b>	:	Any graduate from any recognized university / Institute. & physically fit to do asana etc.
<b>Medium</b>	:	Sanskrit, Marathi, Hindi, English
<b>Age</b>	:	21-60 yrs
<b>Note:</b>		The students should produce Medical Fitness Certificate at the time of admission.
<b>Duration</b>	:	Two Academic years (June - March) Four Semesters
<b>Medium</b>	:	Marathi, Sanskrit, Hindi, English
<b>Total Marks</b>	:	<b>2000 (First Year - Semester I =500 &amp; Semester II =500, Second Year - Semester III =500 &amp; Semester IV =500)</b>

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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**

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

**SEMESTER IV**

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

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**M.A. YOGASHASTRA**  
**Syllabus Details**  
**SEMESTER I**

<b>Course I</b> संस्कृत	<b>SANSKRIT</b>	<b>100 Marks</b>
<b>Theory-</b>		<b>60 Marks</b>
Module I -	Raghuvamsham, prathamasarga	25 Marks
Module II -	Karnabharam	25 Marks
Module III -	Nibandhalekhanam	10 Marks
	<b>Subjects</b>	
	1) SanskritbhashayahaMahatwam	
	2) Bhartiya SanskritetheMahatwam	
	3) ParyavaranaMahatwam	
	4) DeshBhaktihi	
	5) Arshakavye	
	6) Mahakavyani	
	7) GranthalayaMahatwam	
	8) Deepavalihi	
	9) SanskriteVidnyanam	
	10) Shikshayog	

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

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

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

1. Bharatiyatattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall .
2. Encyclopaedia of Indian Philosophy Motilalbanarasidas, New Delhi

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<b>COURSE - III</b>	<b>STRESS MANAGEMENT BY YOGA</b>	<b>100 Marks</b>
	योगद्वारामानसिक—उद्वेगनियन्त्रणम्	

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Module I -	Stress and its management by Yoga	20 marks
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Stress, Types of stress, Yoga method of managing stress

Module II -	Meditation, Traditions of Meditation	20 Marks
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PatanjalaDhyan

Zen meditation

Vipassana

PrekshaDhyan

Cyclic Meditation

Nadanusandhan

Module III -	Types and importance of Prayer in world religions	20 Marks
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(both Individual and Group)

Hindu, Bauddha, Jain, Christian, Sikh, Muslim

<b>Internal Assessment</b>		<b>40 marks</b>
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Assignment –	20 Marks,	Library Work –	10 Marks
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Attendance –	05 Marks,	Class Interaction –	05 Marks
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<b>COURSE - IV</b>	<b>YOGA TRADITION</b>	<b>100 Marks</b>
	योगसम्प्रदायः	

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Module I -	Yoga in Bhagvad Gita - Ch. 6 & 16	30 Marks
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Module II -	Yoga-Upanishad	30 Marks
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1. Amritanada Upanishad

2. Tejobindu Upanishad

3. Yogatattva Upanishad.

<b>Internal Assessment</b>		<b>40 marks</b>
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Assignment –	20 Marks,	Library Work –	10 Marks
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Attendance –	05 Marks,	Class Interaction –	05 Marks
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**Reference Books**

1. Bhagavadgita	Gitapress, Any Popular Book Stall
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2. YogaUpanishad	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
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<b>COURSE - V</b>	<b>PRACTICAL (प्रात्यक्षिकम्)</b>	<b>100 Marks</b>
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A)	Practical (Demonstration - 40 and Viva-Voce - 20)	60 Marks
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**Demonstration (4 practices - each 10 marks) + Viva/Oral (20)**

<b>Internal Assessment</b>		<b>40 marks</b>
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Assignment –	20 Marks,	Library Work –	10 Marks
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Attendance –	05 Marks,	Class Interaction –	05 Marks
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## A. Asanas (Cultural Asanas)

### 1. Standing

1. Ardha Kati Chakrasana
2. Padahasthasana
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.

## SEMESTER II

<b>COURSE - I</b>	<b>PRINCIPLES OF INDIAN PHILOSOPHY</b>	<b>100 Marks</b>
भारतीयदर्शनस्य तत्त्वानि		

**(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, Gunaconcept, Creation, Satkaryavada, Kaivalya	15 Marks
Module IV - Salient features of Yoga Philosophy (Patanjali) Definition of Yoga, Yoga samkhya relation Chittavritti, Klesha, Chittaprasadanaupaya	15 Marks

<b>Internal Assessment</b>	<b>40 marks</b>
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.

<b>COURSE - II</b>	<b>YOGASUTRA योगसूत्राणि</b>	<b>100 Marks</b>
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Module II - Patanjala Yoga sutra (first two padas) (I padabhashya and II pada only sutra)	60 Marks
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<b>Internal Assessment</b>	<b>40 marks</b>
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.

<b>COURSE - III</b>	<b>YOGA-UPANISHAD AND MODERN YOGA</b>	<b>100 Marks</b>
योगोपनिषदः आधुनिक योगश्च		

<b>Module I - Yoga-Upanishad</b>	<b>30 Marks</b>
1. Shandilya Upanishad	2. Dhyana bindu
<b>Module II - Modern thinkers on Yoga</b>	<b>30 Marks</b>
1. Shri. Aurobindo	2. Swami Vivekanand
3. J. Krishnamurthy	4. Satyananda Saraswati
5. Swami Kuvalayananda	6. Swami Shivananda
7. Mahesh Yogi	8. Acharya Rajnish
9. B.K.S. Ayyangar	10. Ramkrishna Paramhans

<b>Internal Assessment</b>	<b>40 marks</b>
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 Vivekananda	Ramakrishanshram, Dhantoli, Nagpur
5.	Ramakrishnaparamahansa	Ramakrishanshram, Dhantoli, Nagpur
6.	Acharya Rajanish	Osho Ashram, Near Zer Mile, Nagpur
7.	Mahesh Yogi	17Koregaon Park Koregaon Park, Pune, Maharashtra Maharishi VedVigyan Vidya Peeth, Gautam Buddha Nagar Sector 18, Noida, Noida
8.	BKS Iyengar	RamamaniIyengar 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	Theosophival Society,

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**COURSE - IV**

**APPLIED YOGA-I**

**100 Marks**

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प्रायोगिक—योग:—1

Module I - Yoga in Education 20 Marks

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

Module II - Yoga in Sports 20 Marks

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

Module III - Yoga Therapy

20 Marks

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

**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
	<b>DEMONSTRATION (4Practices- each 10 marks) + Viva (20)</b>	<b>60 Marks</b>
	<b>Practical- 40Marks</b>	
<b>A. Asanas</b>		
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>B. Pranayamas</b>		
	1. Anulom-Vilom 2. Shitali 3. Sitkari 4. Ujjayi 5. Bhramari	
<b>C. Kriyas</b>		
	1. Jal-neti 3. Vaman-dhauti 4. Trataka	
<b>D. Mudras / Bandhas</b>		
	1. Yoga Mudra 2. Mula-bandha 3. Jalandhara-bandha	
	4. Uddiyana-bandha	
<b>E. Surya Namaskar</b>		

**Internal Assessment****40 marks**

**Internship** – Students should conduct compulsory 15 days yoga camp individually at any recognized institution. A detailed report should be submitted.

**SEMESTER III**

COURSE - I	CLASSICAL YOGA TEXTS	100Marks
अभिजातयोगग्रन्थाः		
Module I -	Yoga VasishthaPurvartha(उपशमप्रकरण Ch.79,90, निर्वाणप्रकरणCh.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****40 marks**

Assignment – 20 Marks, Library Work – 10 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  |

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<b>COURSE- II</b>	<b>YOGA AND ALLIED SCIENCES</b> योग: तत्सम्बन्धीनि शास्त्राणि च	100Marks
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<b>Module I -</b>	<b>Study of allied systems</b>	<b>60 Marks</b>
1.	Ayurveda History of Ayurveda, Principles, Methods & Benefits	15 Marks
2.	Naturopathy History, Principles, Methods and Benefits	15 Marks
3.	Reiki &Pranik healing History, Method, Benefits	15Marks
4.	Physiological effects of Yogic Practices Effect of Yoga Asana, Pranayama, Kriya, Bandha on human body & Physiological function	15 Marks

<b>Internal Assessment</b>	<b>40 marks</b>
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 DadasahebReke Road,<br>Dadar West, Mumbai-400028, Maharashtra |
| 5. Pranik Healing                           | Shop No.56, Tardeo A/C Market, Tardoe,<br>Mumbai, Maharashtra 400034             |
| 6. Physiological effects of Yogic Practices | Dr.Gore, Kaivalyadahm, Lonavala  |

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<b>COURSE - III</b>	<b>RESEARCH METHODOLOGY</b>	100Marks
<b>संशोधन-पद्धति:</b>		

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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	30 Marks

Hypothesis, Synopsis, Abstract, Research COURSE

**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

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**COURSE - IV YOGA APPLICATION योगप्रयोग: 100Marks**

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Module I - Yoga in Industries 15 Marks

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 15 Marks

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

Module III - Yoga for Women 15 Marks

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

Module IV - Yoga Counselling 15 Marks

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

**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 JanardanswamiYogabhyasmandal, Ramnagar, nagpur

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### COURSE - V

### PRACTICAL प्रात्यक्षिकम्

100 Marks

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

60 Marks

### Practical - 60Marks

#### A. Asanas

- 1.ArdhaMatsyendrasana
2. Vrikshasana
3. Bhadrasana
4. Swastikasana

#### B. Mudras

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

#### C. Kriyas

1. DandaDhauti
2. Uddiyana-Agnisara
3. Netra Shuddhi

#### D. Pranayamas

- 1.Bhastrika
2. Ujjayi
3. Nadishodhana - Tribandhayukta

#### E.Yoganidra - Pranav-Sadhana, Japa Meditation

### Internal Assessment

40 marks

**Internship** – Students should conduct compulsory 15 days yoga camp individually at any recognized institution. A detailed report should be submitted.

## SEMESTER IV

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### COURSE - I

### TRADITIONAL YOGA TEXTS

100Marks

साम्प्रदायिक-योगग्रन्थाः

Module I - Yoga Vasishtha(उपशमप्रकरण Ch. 91,92,93निर्वाणप्रकरणCh.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

<b>COURSE - II</b> पाश्चात्य—मानसशास्त्रम्	<b>WESTERN PSYCHOLOGY</b>	<b>100Marks</b>
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<b>Western Psychology</b>		<b>60 Marks</b>
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

<b>Internal Assessment</b>		<b>40 marks</b>
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

<b>COURSE - III</b>	<b>YOGA RESEARCH &amp; THESIS FORMAT</b> योगसंशोधनं शोधप्रबंध स्वरूपं च	<b>100Marks</b>
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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

<b>Internal Assessment</b>		<b>40 marks</b>
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

<b>COURSE - IV</b>	<b>YOGA-THERAPY AND OTHER THERAPIES</b> योगचिकित्सा तथा अन्यचिकित्सा	<b>100Marks</b>
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Module I - <b>Massage Therapy</b>		<b>10 Marks</b>
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 - <b>Mud Therapy</b>	<b>10 Marks</b>	
a] Sources of mud	b] Preparation of mud	
c] Therapeutic effects of mud	d] Physiological effects of mud.	



### Module III - **Magneto Therapy**10 Marks

- Introduction and history of magnets
- Use of magnets by Naturopathy
- Effects of Magnetism on living organism.
- Types of magnets.

### Module IV - **Chromo Therapy**10 Marks

- History
- Hormonic Laws of the universe
- Solar family
- Chromo chemistry

### Module V - **Fasting Therapy**10 Marks

- Theory of Fasting in animals
- History of Fasting
- philosophy of Fasting
- Physiological effects of Fasting
- Pros and cons of fasting.

### Module VI - **Hydro Therapy**10 Marks

#### Internal Assessment

40 marks

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

#### Reference Books:-

- Philosophy of Nature Cure - Henry Lindlohr
- Human Care and Nature - Dr. E.O. Babit
- History and Philosophy of Nature Cure - S.O. Singh
- My Nature Cure - M.K. Gandhi
- Practical Nature Cure - Dr.K.Laxman Sharma
- New Science of Healing - Louis Khune
- Naturopathy - V.M. Kulkarni
- प्राकृतिकचिकित्सा की देन – युगलकिशोर
- चुंबकीचिकित्सा – चौखम्बासंस्कृतसंस्कृतसंस्थानपो.बॉ. नं. 1008

#### COURSE - V

#### PRACTICAL, DISSERTATION AND VIVA-VOCE

प्रात्यक्षिकम शोधनिबन्धः मौखिकी च 100Marks

#### DEMONSTRATION (4 Practices+ viva)

40 Marks

#### Practical - 40Marks

##### A. Asanas

- Vrischikasana
- Mayurasana
- Garudasana
- Bakasana
- Shirshasana

##### B.Pranayamas

- Bhastrika
- Sitali
- Sitkari
- Bhramari

##### C. Kriyas

- Sutraneti
- Rubber Neti
- Vastradhauti

##### D. Bandhaa/Mudras

- Jivhabandha
- Mahabandha
- 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.**

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