



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 ॥

B.A. Yogashastra Choice Based Credit System (CBCS Pattern) Course Curriculum (Syllabus)

Approved by the Academic Council Meeting No. 02/2015, Dt. 25.06.2015, Item no. 56.

(Onwards 2015-2016)

Name of the Course	B.A. Yogashastra
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Semester
Course Duration	06 Semesters
Total Credits	120
Eligibility	H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11(old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English,

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Sem I & II	400	140	480	168	120	42	1000	350	40	--
Sem III & IV	400	140	480	168	120	42	1000	350	40	-
Sem V & VI	400	140	480	168	120	42	1000	350	40	
Final Total	1200	420	1440	504	360	126	3000	1050	120	--

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

Name of the Course	4.5 - B.A. Yogashastra
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Semester
Course Duration	06 Semesters
Total Credits	120
Eligibility	H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11(old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English,

Paper Code	Paper Title	Internal (Pr/Desr /Viva/Oral/ Test/Sessional etc.)		Theory B		Other C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		A		Max	Passing	Max	Passing	Max	Passing	
Semester I										
BAY1-I-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	40	14	60	21	-	-	100	35	4
BAY1-I-02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञान	40	14	60	21	-	-	100	35	4
BAY1-I-03	Schools of Yoga. योगसंप्रदायाः	40	14	60	21	-	-	100	35	4
BAY1-I-04	Yoga Practical योगप्रात्यक्षिक	40	14	-	-	60	21	100	35	4
BAY1-I-05	Educational Principles& Practices of Yoga. योगाध्यापनपद्धतयः	40	14	60	21	-	-	100	35	4
Semester I-Total Marks		200	70	240	84	60	21	500	175	20
Semester II										
BAY1-II-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	40	14	60	21	-	-	100	35	4
BAY1-II -02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञानञ्च	40	14	60	21	-	-	100	35	4
BAY1-II -03	Schools of Yoga. योगसंप्रदायाः	40	14	60	21	-	-	100	35	4
BAY1-II -04	Yoga Practical योगप्रात्यक्षिक	40	14	-	-	60	21	100	35	4
BAY1-II -05	Educational Principles& Practicesof Yoga. योगाध्यापनपद्धतयः	40	14	60	21	-	-	100	35	4
Semester II-Total Marks		200	70	240	84	60	21	500	175	20

Semester III										
BAY2-III-01	Sanskrit II संस्कृतभाषा- II	40	14	60	21	-	-	100	35	4
BAY2-III-02	Philosophy of Yogashastra योगतत्त्वज्ञानम्	40	14	60	21	-	-	100	35	4
BAY2-III-03	Yoga Therapy योगोपचार-पद्धतिः	40	14	60	21	-	-	100	35	4
BAY2-III-04	Yoga Practical योगप्रात्यक्षिकम्	40	14	-	-	60	21	100	35	4
BAY2-III-05	Anatomy and Physiology शरीररचना- कार्यशास्त्रम्	40	14	60	21	-	-	100	35	4
Semester III-Total Marks		200	70	240	84	60	21	500	175	20
Semester IV										
BAY2-IV-01	Sanskrit II संस्कृतभाषा- II	40	14	60	21	-	-	100	35	4
BAY2-IV-02	Philosophy of yogashastra योगतत्त्वज्ञानम्	40	14	60	21	-	-	100	35	4
BAY2-IV-03	Yoga Therapy योगोपचार-पद्धतिः	40	14	60	21	-	-	100	35	4
BAY2-IV-04	Yoga Practical योगप्रात्यक्षिकम्	40	14	-	-	60	21	100	35	4
Elective Papers (Any one of the following can be opted)										
BAY2-IV-05 Elective - I	Anatomy and Physiology शरीररचना- कार्यशास्त्रम् (Advanced Yoga)	40	14	60	21	-	-	100	35	4
BAY2-IV-05 Elective - II	Yoga (For Non Yoga Students)	40	14	60	21	-	-	100	35	04
BAY2-IV-05 Elective - III	Social Sciences	40	14	60	21	-	-	100	35	04
BAY2-IV-05 Elective - IV	Jyotisha	40	14	60	21	-	-	100	35	04
BAY2-IV-05 Elective - V	Education	40	14	60	21	-	-	100	35	04
BAY2-IV-05 Elective - VI	Pali	40	14	60	21	-	-	100	35	04
Semester IV-Total Marks		200	70	240	84	60	21	500	175	20

Semester V										
BAY3-V-01	Sanskrit III संस्कृतभाषा— III	40	14	60	21	-	-	100	35	4
BAY3-V-02	Philosophy of Yogashastra योगतत्त्वज्ञानम्— I	40	14	60	21	-	-	100	35	4
BAY3-V-03	Applied Yogaयोगप्रयोगः	40	14	60	21	-	-	100	35	4
BAY3-V-04	Yoga Practical योगप्रात्यक्षिकम्	40	14	-	-	60	21	100	35	4
Elective Papers (Any one of the following can be opted)										
BAY3-V-05/ Elective – I	Yoga and Positive Health योगःतथा अनुकूल—स्वास्थ्यम् (Advanced Yoga)	40	14	60	21	-	-	100	35	4
BAY3-V-05/ Elective – II	Yoga (For Non Yoga Students)	40	14	60	21	-	-	100	35	04
BAY3-V-05/ Elective – III	Social Sciences	40	14	60	21	-	-	100	35	04
BAY3-V-05/ Elective – IV	Jyotisha	40	14	60	21	-	-	100	35	04
BAY3-V-05/ Elective – V	Education	40	14	60	21	-	-	100	35	04
BAY3-V-05/ Elective – VI	Pali	40	14	60	21	-	-	100	35	04
Semester V-Total Marks		200	70	240	84	60	21	500	175	20

Semester VI										
BAY3-VI-01	Sanskrit III संस्कृतभाषा- III	40	14	60	21	-	-	100	35	4
BAY3-VI-02	Philosophy of Yogashastra योगतत्त्वज्ञानम्- I	40	14	60	21	-	-	100	35	4
BAY3-VI-03	Applied Yogaयोगप्रयोगः	40	14	60	21	-	-	100	35	4
BAY3-VI-04	Yoga Practical योगप्रात्यक्षिकम्	40	14	-	-	60	21	100	35	4
Elective Papers (Any one of the following can be opted)										
BAY3-VI-05/ Elective - I	Yoga and Positive Health योगःतथा अनुकूल-स्वास्थ्यम् (Advanced Yoga)	40	14	60	21	-	-	100	35	4
BAY3-VI-05/ Elective - II	Yoga (For Non Yoga Students)	40	14	60	21	-	-	100	35	04
BAY3-VI-05/ Elective - III	Social Sciences	40	14	60	21	-	-	100	35	04
BAY3-VI-05/ Elective - IV	Jyotisha	40	14	60	21	-	-	100	35	04
BAY3-VI-05/ Elective - V	Education	40	14	60	21	-	-	100	35	04
BAY3-VI-05/ Elective - VI	Pali	40	14	60	21	-	-	100	35	04
Semester VI-Total Marks		200	70	240	84	60	21	500	175	20
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Sem V & VI	400	140	480	168	120	42	1000	350	40	
Final Total	1200	420	1440	504	360	126	3000	1050	120	

B.A. (YOGA SHASTRA)

Eligibility :-	H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11(old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English
Age :-	17 to 60 Years (Physically fit)
Note :-	The students should produce Medical Fitness Certificate at the time of admission.
Medium :-	Marathi, Sanskrit, Hindi, English
Duration :-	Three academic Years (June to March every year) six semesters
Numbers of COURSEs :-	5+ Practical COURSE each semester
Total Marks :-	3000

NOTE: Elective Paper - Paper V in Sem – IV, Sem - V & Sem – VI is elective paper. The Student can opt any one from the subjects offered as paper V.

SEMESTER I

1. COURSE I - Sanskrit (Foundation.) I	संस्कृतभाषा— I
2. COURSE II -History and Philosophy of Yogashastra	योगशास्त्रेतिहासः तत्त्वज्ञानञ्च
3. COURSE III -Schools of Yoga.	योगसंप्रदायाः
4. COURSE IV- Yoga Practical	योगप्रात्यक्षिकम्
5. COURSE V -Educational Principles& Practices of Yoga.	योगाध्यापनपद्धतयः

SEMESTER II

1. COURSE I - Sanskrit (Foundation.) I	संस्कृतभाषा— I
2. COURSE II -History and Philosophy of Yogashastra	योगशास्त्रेतिहासः तत्त्वज्ञानञ्च
3. COURSE III -Schools of Yoga.	योगसंप्रदायाः
4. COURSE IV- Yoga Practical	योगप्रात्यक्षिकम्
5. COURSE V -Educational Principles& Practices of Yoga.	योगाध्यापनपद्धतयः

SEMESTER III

1. COURSE I - Sanskrit II	संस्कृतभाषा— II
2. COURSE II -Philosophy of Yogashastra	योगतत्त्वज्ञानम्
3. COURSE III -Yoga Therapy	योगोपचार—पद्धतिः
4. COURSE IV- Yoga Practical	योगप्रात्यक्षिकम्
5. COURSE V -Anatomy and Physiology	शरीररचना—कार्यशास्त्रम्

SEMESTER IV

1. COURSE I - Sanskrit II संस्कृतभाषा— II
2. COURSE II -Philosophy of Yogashastra योगतत्त्वज्ञानम्
3. COURSE III -Yoga Therapy योगोपचार—पद्धतिः
4. COURSE IV- Yoga Practical योगप्रात्यक्षिकम्
5. COURSE V - **Elective Papers**
 - Elective – I** Advanced Yoga - Anatomy and Physiology शरीररचना—कार्यशास्त्रम्
 - Elective – II** Yoga (For Non Yoga Students)
 - Elective – III** Social Sciences
 - Elective – IV** Jyotisha
 - Elective – V** Education
 - Elective – VI** Pali

SEMESTER V

1. COURSE I - Sanskrit III संस्कृतभाषा— III
2. COURSE II -Philosophy of Yogashastra-I योगतत्त्वज्ञानम्— I
3. COURSE III -Applied Yoga योगप्रयोगाः
4. COURSE IV- Yoga Practical योगप्रात्यक्षिकम्
5. COURSE V - **Elective Papers**
 - Elective – I** Advanced Yoga -Yoga and Positive Health योगःतथा अनुकूल—स्वास्थ्यम्
 - Elective – II** Yoga (For Non Yoga Students)
 - Elective – III** Social Sciences
 - Elective – IV** Jyotisha
 - Elective – V** Education
 - Elective – VI** Pali

SEMESTER VI

1. COURSE I - Sanskrit III संस्कृतभाषा— III
2. COURSE II -Philosophy of Yogashastra-I योगतत्त्वज्ञानम्— I
3. COURSE III -Applied Yoga योगप्रयोगाः
4. COURSE IV- Yoga Practical योगप्रात्यक्षिकम्
5. COURSE V - **Elective Papers**
 - Elective – I** Advanced Yoga -Yoga and Positive Health योगःतथा अनुकूल—स्वास्थ्यम्
 - Elective – II** Yoga (For Non Yoga Students)
 - Elective – III** Social Sciences
 - Elective – IV** Jyotisha
 - Elective – V** Education
 - Elective – VI** Pali

SEMESTER - I

COURSE - I	SANSKRIT (FOUNDATION)-I	संस्कृतभाषा- I	100 MARKS
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Module-I	Nitishatakam (First five paddhati) (मूर्ख-पध्दती, विद्वत्-पध्दती, मानशौर्य-पध्दती, अर्थ -पध्दती, दुर्जन-पध्दती)	40 Marks
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Module-I	Abhyasapustakam	20 Marks
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Internal Assessment -		40 marks
Assignment – 20 Marks	Library Work – 10 Marks	
Attendace – 05 Marks	Class Interaction – 05 Marks	

Reference Books :

- नीतिशतकम् – चौखंबा प्रकाशन, वाराणसी
नीतिशतकम् – डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपूर हाउस, इलाहाबाद-211002
नीतिशतकम् – (मराठी अनुवादासह) प्राचार्य वेदकुमार वेदालंकार, पं. सिध्देश्वर महाराज, विद्याभारती प्रकाशन, लातूर
नीतिशतकम् – (मराठी अनुवादासह) डॉ. हेमा गोखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक
नीतिशतकम् – विद्याप्रसार केंद्र, सीताबर्डी, नागपूर
अभ्यासपुस्तकम् – डॉ. एच. आर. विश्वास, संस्कृतभारती प्रकाशन, अक्षरम्, बंगलूर

COURSE - II	HISTORY AND PHILOSOPHY OF YOGASHASTRA		100 MARKS
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योगशास्त्रेतिहासः तत्त्वज्ञानञ्च

Module-I	Definition of Yoga Misconceptions about Yoga History of Yoga Tradition	30 Marks
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Module-II	AshtangaYoga- Yama(2-29) Niyamas(2-30)-ethical/moral dimension, Asanas(2-31&46),Pranayama(2-49),Pratyahara(2-54),Dharana(3-01),Dhyana(3-02), Samadhi(3-03).	30 Marks
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Internal Assessment -		40 marks
Assignment – 20 Marks	Library Work – 10 Marks	
Attendace – 05 Marks	Class Interaction – 05 Marks	

Reference Books :

- | | | |
|---------------------------------------|---|---|
| 1. योगप्रक्रियांचे मार्गदर्शन | – | डॉ.एम.एल घरोटे |
| 2. पातंजल योगसूत्र | – | डॉ. ना.वि.करंबेळकर श्री.ह.व्या.प्र.मंडळ,अमरावती |
| 3. योग स्वास्थ्य कुंजी | – | डॉ. अरुण खोडसकर, बृहन महाराष्ट्र योग परिषद, अमरावती |
| 4. भारतीय मानसशास्त्र आणि योगशास्त्र- | | श्री.कोल्हटकर, प्रसाद प्रकाशन, पुणे |

COURSE - III	SCHOOLS OF YOGA		100 MARKS
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योगसंप्रदायाः

Module-I	Comparative Study of following Schools of Yoga:	50 Marks
1. Bhakti Yoga	- with reference to Narada Bhakti Sutra	10 Marks
2. Karma Yoga	- with reference to Bhagvad Geeta	10 Marks
3. Jnana Yoga	- with reference to Upanishads	10 Marks
4. Raja Yoga	- with reference to Patanjali Yoga Sutra	10 Marks
5. Hatha Yoga	- with reference to Hatha Yoga Pradipika	10 Marks

Module-II Integral Yoga of Aurobindo**10 Marks****Internal Assessment -****40 marks**

Assignment – 20 Marks

Library Work – 10 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

Reference Books :

- | | |
|----------------------------------|--|
| 1. योगा के सिद्धांत एवं अभ्यास – | डॉ.कालिदास जोशी, डॉ.गणेश शंकर सागर .विद्यापीठ, सागर (म.प्र.) |
| 2. भक्तियोग – | स्वामी विवेकानंद, रामकृष्ण मठ, धंतोली, नागपूर |
| 3. कर्मयोग – | रामकृष्ण मठ, धंतोली, नागपूर |
| 5. ज्ञानयोग – | रामकृष्ण मठ, धंतोली, नागपूर |
| 6. योग, स्वास्थ्य कुंजी – | श्री अरुण खोडस्कर, अमरावती |

COURSE - IV**YOGA PRACTICALS****100 MARKS****Practicals - 40 Marks****Viva - 20 Marks****Internal Assessment****40 marks**

Assignment – 20 Marks

Library Work – 10 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

The following practices will be taught:-

1. Sukshma Vyayama -

- | | |
|----------------------------------|--------------------------------|
| 1. Kapola Shakti Vikasaka | 2. Karna Shakti Vardhaka |
| 3. Greeva Shakti Vikasaka | 4. Karatala Shakti Vikasaka |
| 5. Manibandha Shakti Vikasaka | 6. Purna Bhuja Shakti Vikasaka |
| 7. Vakshasthala- Shakti Vikasaka | 8. Jangha-shakti vikasaka |

2. Loosening Exercises -

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

3. Breathing Exercises -

- | | |
|-------------------------------|---------------------|
| 1. Hands in and out breathing | 2. Tadasan-shavasan |
| 3. Rabbit-breathing | 4. Shwan-shwasana |
| 5. Shashankasana-shwasana | |

4. Asanas (Cultural Asanas)**A. Standing:-**

- | | |
|---------------------------|------------------|
| 1. Ardha-katichakrasana | 2. Padahastasana |
| 3. Ardha-chakrasana | 4. Trikonasana |
| 5. Parivrutta-Trikonasana | |

B. Sitting-Position:-

- | | |
|----------------------|------------------------|
| 1. Paschimottanasana | 2. Ushtrassana |
| 3. Vakrasana | 4. Ardhamatsyendrasana |
| 5. Shashankasana | 6. Suptavajrasana |

C. Relaxative Asanas :-

- | | |
|-------------|---------------|
| 1. Shavasan | 2. Makarasana |
|-------------|---------------|

D. Meditative Asanas :-

- | | | |
|---------------|--------------|-----------------|
| 1. Padmasana | 2. Vajrasana | 3. Swastikasana |
| 4. Siddhasana | 5. Sukhasana | |

Reference Books

- | | | |
|--|---|--|
| 1. Encyclopaedia of Yoga (No. 410) | - | Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 2. Introduction to the Yoga Philosophy | - | S.C. Vasu |

3. Yoga explained (No. 435)	-	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi Bengal Lancer Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
4. Yoga Philosophy in relation to other Systems of Indian Thought (No. 447)	-	S.N. Dasgupta Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

COURSE - V EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA 100 MARKS

योगाध्यापनपद्धतयः

1. Lesson Planning and Class Management Handling of Classes, direction, guidance, suggestions, counselling	30 Marks
2. Method of introducing and correcting Yoga Practices	30Marks

Internal Assessment -

40 marks

Assignment – 20 Marks

Library Work – 10 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

Reference Book;

1. Teaching Methods in Yoga	Dr. M.L. Gharote & Dr. S.K. Ganguli, Kaivalyadham, Lonavala.
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SEMESTER II

COURSE - I SANSKRIT (FOUNDATION)-I संस्कृतभाषा- I 100 MARKS

Module-I	Nitishatakam (Next five paddhati) (सुजन-पद्धती, परोपकार-पद्धती, धैर्य-पद्धती, दैव-पद्धती, कर्म-पद्धती)	40 Marks
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Module-II	Aparikshitakaragam	20 Marks
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Internal Assessment

40 marks

Assignment – 20 Marks

Library Work – 10 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

Reference Books :

नीतिशतकम् – चौखंबा प्रकाशन, वाराणसी

नीतिशतकम् – डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपूर हाउस, इलाहाबाद-211002

नीतिशतकम् – (मराठी अनुवादासह) प्राचार्य वेदकुमार वेदालंकार, पं. सिध्देश्वर महाराज, विद्याभारती प्रकाशन, लातूर

नीतिशतकम् – (मराठी अनुवादासह) डॉ. हेमा गोखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक

नीतिशतकम् – विद्याप्रसार केंद्र, सीताबर्डी, नागपूर

अपरीक्षितकारकम् – चौखंबा प्रकाशन, वाराणसी

COURSE – II	HISTORY AND PHILOSOPHY OF YOGASHASTRA	100 MARKS
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योगशास्त्रेतिहासः तत्त्वज्ञानञ्च

Module-I	Yoga as a Darshana, its place and status among other Darshanas Patanjali as a 'Sutrakara' Patanjali's time Nature and structure of Patanjali Yoga.	20 Marks
Module-II	Samkhya metaphysics as the basis of Yoga Sutras. Nirishwara Samkhya and its Dualism, Concept of Ishwara in Yoga Sutras. Pranava and its Significance Cittavrttis and Cittavikshepas, Citta prasadana.	40 Marks

Internal Assessment

Assignment – 20 Marks,
Attendance – 05 Marks,

40 marks
Library Work – 10 Marks
Class Interaction – 05 Marks

Reference Books :

- | | | |
|---------------------------------------|---|---|
| 1. योगप्रक्रियांचे मार्गदर्शन | — | डॉ.एम.एल. घरोटे |
| 2. पातंजल योगसूत्र | — | डॉ. ना.वि.करंबेळकर श्री.ह.व्या.प्र.मंडळ,अमरावती |
| 3. योग स्वास्थ्य कुंजी | — | डॉ. अरुण खोडसकर, बृहन महाराष्ट्र योग परिषद, अमरावती |
| 4. भारतीय मानसशास्त्र आणि योगशास्त्र— | — | श्री.कोल्हटकर, प्रसाद प्रकाशन, पुणे |

COURSE – III**SCHOOLS OF YOGA****100 MARKS**

योगसंप्रदायाः

Module-I	Other Schools of Yoga Prana-samyama Yoga, Kundalini Yoga, Mantra Yoga, Laya Yoga, Shaktipata Yoga.	30 Marks
Module-II	Study of different meditation techniques with reference to their Metaphysical foundations. Patanjala Yoga Meditation Zen Meditation Dynamic Meditation Vipassana Bhavatitadhyana Prekshadhyan	30 Marks
Internal Assessment	Assignment – 20 Marks Attendance – 05 Marks	40 marks Library Work – 10 Marks Class Interaction – 05 Marks

Reference Books :

- | | | |
|--------------------------------|----|--|
| 1. Yoga Techniques | -- | Dr. M.L. Gharote, Lonavala. |
| 2. योगा के सिध्दांत एवं अभ्यास | — | डॉ.कालिदास जोशी, डॉ.गणेश शंकर सागर .विद्यापीठ, सागर (म.प्र.) |
| 3 ^ए भक्तियोग | — | रामकृष्ण मठ, धंतोली, नागपूर |

4 ^ए	कर्मयोग स्वामी विवेकानंद	—	रामकृष्ण मठ, धंतोली, नागपूर
5 ^ए	ज्ञानयोग	—	रामकृष्ण मठ, धंतोली, नागपूर
6 ^ए	योग, स्वास्थ्य कुंजी	—	पंडीत हरीकृष्ण शास्त्री दातार किर्ती सौरभ प्रकाशन करेन्ट बुक एजन्सी, वाराणसी –5

COURSE - IV	YOGA PRACTICALS	100 MARKS
Practicals	40 Marks	
Viva	20 Marks	
Internal Assessment	40 marks	
	Assignment – 20 Marks	Library Work – 10 Marks
	Attendance – 05 Marks	Class Interaction – 05 Marks

The following practices will be taught:-

1. Suryanamaskara –

- Should be practised as Physiological, Psychological and Spiritual practice.
- 12 repetitions with the chanting of mantras.

2. Asanas (Cultural Asanas)

A. Prone on position:-

- | | | |
|-----------------|--------------------|-----------------|
| 1. Bhujangasana | 2. Ardhsalabhasana | 3. Shalabhasana |
| 4. Dhanurasana | | |

B. Supine position :-

- | | | |
|-----------------|-----------------|---------------|
| 1. Viparitarani | 2. Sarvangasana | 3. Matsyasana |
| 4. Halasana | | |
| 5. Shirshasana | | |

3. PRANAYAMA :-

- | | |
|---------------------------|-------------------------|
| 1. Sectional Breathing : | 2. Suryabhedan Pranyam |
| 3. Chandrabhedan Pranayam | 4. Nadishodhan Pranayam |
| 5. Shitali Pranayam | 6. Sitkari Pranayam |
| 7. Bhramari Pranayam | 8. Bhastrika Pranayama |

4. KRIYAS :-

- | | | |
|----------------|--------------|---------------|
| 1. Kapalabhati | 2. Jalaneti | 3. Sutraneeti |
| 4. Vamandhanti | 5. Dandaneti | 6. Trataka |

5. MEDITATION :- (Different techniques such as)

- Omkar Japa
- Sakshibhava
- Breath- Awareness

Reference Books

- | | | |
|---|---|--|
| 1. Encyclopaedia of Yoga (No. 410) | - | Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 2. Introduction to the Yoga Philosophy | - | S.C. Vasu
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 3. Yoga explained
(No. 435) | - | Bengal Lancer
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 4. Yoga Philosophy in relation to other
Systems of Indian Thought
(No. 447) | - | S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |

COURSE – V EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA**100 MARKS****योगाध्यापनपद्धतयः**

Module-I	Method of teaching Yoga to different age groups (Men and Women)	30 Marks
Age	12-20 : 20-30: 30-40 40-50: 50-60: 60-70: 70 above	

Module-II	Classification and importance of Methods, Teaching aids	30 Marks
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1. Classification of Teaching Methods
2. Importance of Teaching Methods
3. Teaching Aids in Yoga

Internal Assessment**40 marks**

Assignment – 20 Marks

Library Work – 10 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

Reference Book;

1. Teaching Methods in Yoga Dr. M.L. Gharote & Dr. S.K. Ganguli, Kaivalyadham, Lonavala.

SEMESTER – III**COURSE – I****SANSKRIT – II संस्कृतभाषा– II****100 MARKS****Module-I Kathopanishad (Valli I&II)****40Marks****Module-II Bhagavadgita (Ch-12)****20 Marks****Internal Assessment****40 marks**

Assignment – 20 Marks

Library Work – 10 Marks

Attendance – 05 Marks

Class Interaction– 05 Marks

Reference Books :

भगवद्गीता – गीताप्रेस, गोरखपुर

श्रीमद्भगवद्गीता – व्याख्याता, प. श्रीवंशीधर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी–221002

सुबोध भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जोग, 201, महात्मा फुले रोड, डोंबीवली–421202

कठोपनिषद् – गीताप्रेस, गोरखपुर

कठोपनिषद् – व्याख्याता स्वामी प्रखर प्रज्ञानंद सरस्वती, चौखंबा संस्कृत संस्थान, वाराणसी

कठोपनिषद् – डॉ. ब्रह्ममित्र अवस्थी, स्वामी केशवानंद योगसंस्थान, दिल्ली

कठोपनिषद् – आनंदवन शोध संस्थान, मुंबई

COURSE – II**PHILOSOPHY OF YOGASHASTRA****योगतत्त्वज्ञानम्****100Marks**

Module-I	Six Systems of Indian Philosophy-	25 Marks
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(Three Astika Darshan - Samkhya, Yoga and Poorva Meemaamsaa)

Module-II	Patanjala Yoga Sutras (Samadhi pada first 25 sutra)	15 Marks
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Module-III	Hatha Yoga Pradipika (First Chapter)	20 Marks
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Internal Assessment**40 marks**

Assignment – 20 Marks

Library Work – 10 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

Reference Books

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall .
2. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai

	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
3. Introduction to the Yoga Philosophy	S.C. Vasu Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
4. Yoga explained(No. 435)	Bengal Lancer Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
5. Yoga Philosophy in relation to other Systems of Indian Thought (No. 447)	S.N. Dasgupta Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
6. Hathayoga Pradipika	Kaivalyadham, Lonavla
7. Hathayoga Pradipika	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

COURSE - III	YOGA THERAPY	योगोपचार-पद्धति:	100 MARKS
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Module – I Principles of Yoga Therapy : Meaning, Tools and Principles of Yoga therapy	20 Marks
Module – II Diseases related to Nervous system and Yoga treatment for them	20 Marks
Module – III Stress and its Management by Yoga	20 Marks
Internal Assessment	40 marks
Assignment – 20 Marks	Library Work – 10 Marks
Attendance – 05 Marks	Class Interaction – 05 Marks

Reference Books

1. Physiology and Anatomy of Yogic Practices -	Dr.M.M. Gore, Lonavala.
2. Yogic Therapy -	Kuvalyananda and Dr. Vinekar
3. Structure and function of human body -	Dr. Shrikrishna, Kaivalyadham, Lonawala.
4. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) -	डॉ.म.म.गोरे, लोनावला
5. शारीरिक रोगांच्या निवारणासाठी योग -	कैवल्यधाम, लोनावला,पुणे

COURSE IV -	YOGA PRACTICAL	100 MARKS
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Practical (Demonstration-40 Marks and Viva-voce- 20 Marks) 60 Marks

Following Practices :-

Asanas:	Vrischikasana, Chakrasana, BAYurasana, Matsyendrasana
Pranayama :	Bhastrika
Bandhas :	Jalandhar Banda, Mula Bandha, Uddiyana Bandha
Mudras :	Pranayama Mudras Mahamudra, Viparita Karani Mudra
Meditation :	Pranav Sadhana, Nadanu Sadhana, Sakshibhava, Japa D
Practice of Yoga-Nidra	

Internal Assessment

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

Reference Books :

1. Hatha Yogapradipika (No. 465) -	Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001
2. Gheranda Samhita (No.415) -	Ajay Kumar Gupta,Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001

3. Hathapradipika - Kaivalyadham, lonavala,Mumbai, Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001
4. Ghaeranda Samhita - Kaivalyadham, lonavala,Mumbai, Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001

COURSE – V INRODUCTION OF ANATOMY AND PHYSIOLOGY 100 MARKS

शरीररचना—कार्यशास्त्र—परिचयः

Module-I Basic Knowledge of Anatomy and Physiology 20 Marks
(Cells, Tissues, Organs, Systems)

Module-II Anatomy and Physiology of following Systems) 40 Marks

- 1.Skeletal system
- 2.Mascular system
- 3.Respiratory system
- 4.Circulatory system
- 5.Digestive system

Internal Assessment

- Assignment – 20 Marks,
Attendance – 05 Marks,

- 40 marks**
Library Work – 10 Marks
Class Interaction – 05 Marks

Reference books:

- | | | |
|---|----|--|
| 1. Anatomy and Physiology in health and illness | -- | Ross and Wilson |
| 2. पृथकशरीरम् | — | डॉ. संयुक्ता गोखले |
| 3. दृष्टार्थ शरीरम् | — | प.ग.आठवले |
| 4. शरीर क्रिया | — | प.ग.आठवले |
| 5. Anatomy, Physiology of Yoga practices | -- | Dr. Gore, Kaivalyadham, Lonawala. |
| 6. Structure and function of human body | -- | Dr. Shrikrishna, Kaivalyadham, Lonawala. |
| 7. Yogic Therapy | -- | Kuvalyananda and Dr. Vinekar |
| 8. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) | — | डॉ.म.म.गोरे, लोनवला |

SEMESTER IV

COURSE – I SANSKRIT – II 100 MARKS

संस्कृतभाषा— II

Module-I Bhagavadgita (Ch-2) 40 marks

Module-II Shwetaketu-Aruni Katha,(छान्दोग्योपनिषद्, षष्ठ अध्याय, प्रथम खंड) 10 Marks

Yajnavalkya-Maitryi Samvad(बृहदारण्यकोपनिषद्, चतुर्थ अध्याय, पंचम ब्राह्मण) 10 Marks

Internal Assessment

- Assignment – 20 Marks,
Attendance – 05 Marks,

- 40 marks**
Library Work – 10 Marks
Class Interaction – 05 Marks

Reference Book :

भगवद्गीता – गीताप्रेस, गोरखपूर

श्रीमद्भगवद्गीता – व्याख्याता, प. श्रीवंशीधर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी—221002

सुबोध भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जोग, 201, महात्मा फुले रोड, डॉ.बीवली—421202

छान्दोग्योपनिषद – गीताप्रेस, गोरखपूर

छान्दोग्योपनिषद – संपादक, पं. गंगाधर, पं. महावीर प्रसाद, चौखंबा विद्याभवन, वाराणसी—221001

छान्दोग्योपनिषद – संपादक, विद्वान रंगनाथ कट्टी, शंकरनारायण अंगी, पूर्णप्रज्ञाविद्यापीठ, बंगलुरु—28

बृहदारण्यक उपनिषद – गीताप्रेस, गोरखपूर

बृहदारण्यक उपनिषद – चौखंबा प्रकाशन, वाराणसी

वैदिक कथा – डॉ. नंदा पुरी, क.का. संस्कृत विश्वविद्यालय प्रकाशन, रामटेक

COURSE – II		PHILOSOPHY OF YOGASHASTRA	100 Marks
		योगतत्त्वज्ञानम्	
Module-I	Six Systems of Indian Philosophy- (Three Astika Darshan – Nyaya, Vaisheshika and Vedaanta)		25 Marks
Module-II	Patanjala Yoga Sutras (Samadhipada) (from sutra 26 to the end of the first paada)		15 Marks
Module-III	Hatha Yoga Pradipika (Second Chapter)		20 Marks
Internal Assessment			40 marks
	Assignment – 20 Marks,	Library Work – 10 Marks	
	Attendance – 05 Marks,	Class Interaction – 05 Marks	
Reference Books			
1.	Bharatiya tattwajnan	Shri.Srinivasa Dikshit, Any Popular Book Stall	
2.	Encyclopaedia of Yoga (No. 410)	Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi	
3.	Introduction to the Yoga Philosophy	S.C. Vasu Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi	
4.	Yoga explained(No. 435)	Bengal Lancer Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi	
5.	Yoga Philosophy in relation to other Systems of Indian Thought	S.N. Dasgupta Chowkhamba Sanskrit Sansthan (No. 447) P.O.No: 1008, Varanasi	
6.	Hathayoga Pradipika	Kaivalyadham, Lonavla	
7.	Hathayoga Pradipika	Chowkhamba Sanskrit Sansthan	

COURSE – III		YOGA THERAPY	योगोपचार-पद्धति:	100 MARKS
1) Study of following psychosomatic ailments.				60 Marks
Cardio Vascular ailments (Hyper-tension)				
Respiratory ailments (Asthma, Nasal Allergy)				
Diabetes, Obesity, Gastro intestinal disorders, Migraine, Headaches,				
Arthritis, Women's problems, Children Mental Health				
Internal Assessment			40 marks	
	Assignment – 20 Marks,	Library Work – 10 Marks		
	Attendance – 05 Marks,	Class Interaction – 05 Marks		
Reference Books				
1.	Anatomy & Physiology of Yogic Practices	-	Dr.M.M. Gore, Lonavala.	
2.	Yogic Therapy	-	Kuvalyananda and Dr. Vinekar	
3.	Structure and function of human body	-	Dr. Shrikrishna, Kaivalyadham, Lonawala.	
4.	शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी)	-	डॉ.म.म.गोरे, लोनावला	
5.	शारीरिक रोगांच्या निवारणासाठी योग	-	कैवल्यधाम, लोनावला,पुणे	

COURSE IV -	YOGA PRACTICAL	100 MARKS
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A)	Practical (Demonstration and Viva-voce)	60 Marks
	Kriyas : Nauli, Basti, Danda Dhauti, Vastra-Dhauti, Shankha Prkshalana.	20 Marks
B)	Five Lesson Plans	20 Marks
C)	Course Report (Report of the Yoga Course conducted by the student)	20 Marks

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

Reference Books :

1. Hatha Yogapradipika (No. 465) - Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001
2. Gheranda Samhita (No.415) - Ajay Kumar Gupta, Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001
3. Hathapradipika - Kaivalyadham, lonavala, Mumbai, Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001

Course V - Elective Papers (any one of the following can be opted)

- i) Advanced Yoga (For Yoga Students)
- ii) Yoga (For Non Yoga Students)
- iii) Social sciences
- iv) Jyotisha
- v) Education
- VI) Pali

Elective - I		(Advanced Yoga)
COURSE - V/*	INTRODUCTION OF ANATOMY AND PHYSIOLOGY	100 MARKS
शरीररचना—कार्यशास्त्रपरिचयः		

Module-I Anatomy and Physiology of following systems	25 Marks
1.Excretory system	
2.Nervous system	
3.Endocrine system	
4.Reproductive system	
Module-II Shatkarma (Introduction and physiological significance)	20 Marks
Module-III Nadivijnana, Panchaprana, Panchakosha,	15 marks

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

Reference books:

1. Anatomy and Physiology in health and illness -- Ross and Wilson
2. पृथकशरीरम् — डॉ. संयुक्ता गोखले
3. दृष्टार्थ शरीरम् — प.ग.आठवले

4. शरीर क्रिया	—	प.ग.आठवले
5. Anatomy, Physiology of Yoga practices	--	Dr. Gore, Kaivalyadham, Lonawala.
6. Structure and function of human body	--	Dr. Shrikrishna, Kaivalyadham, Lonawala.
7. Yogic Therapy	--	Kuvalyananda and Dr. Vinekar
8. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी)	—	डॉ.म.म.गोरे, लोनवला

Elective – II

Yoga (For Non Yoga Students)

Course - V BASIC PRINCIPLES OF YOGA 100 marks

Unit- I 20 Marks

1. Yoga defination - Concepts, misconcepts, aims and objectives.
2. History & Philosophy of Yoga- Yoga Sutra, including 8 steps of Yoga (Ashtanga Yoga)

Unit- II

1. Introduction of Asanas, Pranayams, Mudras, Bandhas and Kriyas. **20 Marks**

Unit- III

1. Difference between Yogic and non- yogic exercises.
2. Surya- Namaskar. **20 Marks**

Internal Assessment

40 marks

Assignment – 20 Marks,
Attendance – 05 Marks,

Library Work – 10 Marks
Class Interaction – 05 Marks

Reference Books-

1. खरा पातंजल योग प.पु. देशपांडे
2. योग व आयुर्वेद राजकुमार जैन
1. Anatomy and physiology of Yogic Practice. Makrand Gore
Motilal Banarasidas, Jawahar Nagar, New Delhi7
2. Concept of Ayurveda for Perfect H.S. kasture, health and Longevity, Chowkhamba Sanskrit Sansthan, P.O.Box 1008, Varanasi 221001.
3. The Yoga Sutra of Patanjali
4. The philosophy of Patanjali harihar Swamy ,howkhamba Sanskrit Sansthan
P.O.Box 1008, Varanasi 221001
5. प्रारंभिक योगासने सुलभ सांघिक आसने जनार्दन स्वामी योगाभ्यासी मंडळ, रामनगर, नागपूर 1
6. योगदिपिका बी.के एस. अय्यंगार, योगा इन्स्टिटयुट, पुणे.
7. सुर्यनमस्कार एक परिपूर्ण व्यायाम स्वामी योगाभ्यासी मंडळ, राम नगर, नागपूर.
8. योगदर्शन (व्यासंभाष्यसहित)हिन्दी स्वामी सत्यपती परिव्राजक, दर्शनम् महाविद्यालय, गुजरात
9. आरोग्य सुखसंपदा डॉ. अरुण खोडसकर, बृहन्महाराष्ट्र योग परिषद, हनुमान व्यायाम प्रसार मंडळ.
10. योगस्वास्थ्य कुंजी (हिन्दी) डॉ. अरुण खोडसकर, बृहन्महाराष्ट्र योग परिषद, हनुमान व्यायाम प्रसार मंडळ.
11. योगासन (हिन्दी) डॉ. अनिल करवंदे, अमित प्रकाशन, धंतोली , नागपूर.

Elective – III

Social Science

Course - V Social Sciences

100 marks

1. Hitopadesh - Mitralabha 30 marks
2. Bruhatsamhita -Vrukshayurveda 30 marks
3. Internal Assessment 40 marks

Elective – IV**Jyotish**

Course - V	iii) Jyotisha (Hora)	100 marks
Module- I	Chapter 1,2 & 6	20 marks
Module -II	Chapter 7,10 & 11	20 marks
Module- III	Chapter 13,14,15,16,17 & 18	20 marks
Module- IV	Internal Assessment	40 marks
Text-	Bruhatjataka of Varaha Mihira (RashiPrabheda,grahayoniPrabheda,Arishta, Ayurdaya,Karmajeeva,Rajayoga,Chandra yoga,Dwigrahayoga, RikshaShiladhyay,Chandra Rashi Shiladhyay,Rashishiladhyaya)	

Elective – V**Education**

Course - V	Education	100 marks
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EDUCATION FOR RURAL DEVELOPMENT**Objectives:****Marks: 60+40=100**

- .1. To develop an understanding of the present status, issues and prospectus of education pertaining to rural areas.
2. To develop an understanding of the role of education for rural development.
3. To appreciate the contribution of social reformers in education for rural reconstruction.
4. To develop understanding of various national and international schemes, policies and programs of education for rural development.
5. To analyses the role of a teacher in Rural Development.

Unit I- Concept of Rural Development**20**

- a) Concept of Rural Area – Definition, characteristics and structure of rural community in India
- b) Concept of Tribal area – Definition, characteristics needs of tribal community in India
- c) Concept of Rural Development – Definition, need and importance, scope of rural development.

Unit II- POLICIES, SCHEMES AND PROGRAMS FOR RURAL DEVELOPMENT **20****I) Policies**

- a) Panchayat Raj after 73rd amendment and its importance for rural education and development.
- b) Khadi and village Industries Commission: Objectives, Functions, Programs
- c) Right to education, Education for all

II) Scheme and Programs

- a) Women Empowerment- Self help group ,SEWA.
- b) Health Improvement- Gram Swachata Abhiyan, National Program of Mid day meal, National Rural Health Mission.
- c) Educational Scholarships , Integrated Child Development Services
- d) Rashtriya Sarvashiksha Abhiyan, Strengthening of teacher's training Institutes, Setting up Model schools at Block levels
- e. Role of a teacher in the implementation of above policies and schemes

Unit III – Education Status and Issues Reformers in Rural Areas.**20**

a. Education in Rural Areas- Status and Issues.

a) Status of Education in rural areas.

i) Early childhood Education in rural area. Anganwadi, Balwadi

ii) Formal education in rural area. Primary education, Secondary education, Higher Education.

iii) Non - Formal Education and Adult education.

b. EDUCATIONAL REFORMERS IN RURAL AREAS.

a) Mahatma Gandhi, Appasaheb Patwardhan, Tarabai Modak & Anutai Wagh.

c) Experiments in Anandwan.

Internal Assessment

40

1. Seminar and Assignment

20+20

Elective – VI

Pali

Course - V Pali (Grammar & History of Literature)

100 marks

1. Vibhatti Paccaya -Budha, Phala, Lata, Muni, Itthi, Bhikkhu

- 25 Marks

2. Kala - Paccupanna, Anagat, Atit

- 10 Marks

3. History of Anupitak Sahitya

- 15 Marks

4. Translation- Pali Passage Translation into own Language

- 10 Marks

5. Internal Assessment

- 40 Marks

SEMESTER V

COURSE - I	SANSKRIT - III	संस्कृतभाषा- III	100 MARKS
Module-I	Meghadut (Purvamegh)		40 Marks
Module-II	Bhagavadgita (Ch-III)		20 Marks

Internal Assessment

Assignment – 20 Marks,
Attendance – 05 Marks,

Library Work – 10 Marks
Class Interaction – 05 Marks

40 marks**Reference Book :**

भगवद्गीता – गीताप्रेस, गोरखपुर

श्रीमद्भगवद्गीता – व्याख्याता, प. श्रीवंशीधर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002

सुबोध भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जोग, 201, महात्मा फुले रोड, डोंबीवली-421202

मेघदूतम् – एम. आर. काळे, मोतीलाल बनारसीदास प्रकाशन, न्यु दिल्ली

मेघदूतम् – चौखंबा, सुरभारती प्रकाशन, वाराणसी

COURSE - II	PHILOSOPHY OF YOGASHASTRA-I	योगशास्त्रेतिहासः तत्त्वज्ञानञ्च- I	100 MARKS
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Module-I Three Systems of Indian Philosophy- (Nastika Darshan Charvaka &Bauddha)**30 Marks****Module-II** Gheranda Samhita**30 Marks****Internal Assessment**

Assignment – 20 Marks,
Attendance – 05 Marks,

Library Work – 10 Marks
Class Interaction – 05 Marks

40 marks**Reference Books**

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall .
2. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
3. Introduction to the Yoga Philosophy S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
4. Yoga explained(No. 435) Bengal Lancer
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
5. Yoga Philosophy in relation to other Systems of Indian Thought S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
(No. 447) P.O.No: 1008, Varanasi
6. Hathayoga Pradipika Kaivalyadham, Lonavla
7. Hathayoga Pradipika Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi

COURSE - III	APPLIED YOGA योगप्रयोगः	100 MARKS
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A) Planning and conducting at least month long Yoga Courses for Students: 60 Marks

- | | |
|--|------------------------------------|
| a. Health Courses | b. Personality development courses |
| c. Yoga for memory and concentration | d. Yoga for eyesight improvement |
| e. Yogic games | f. Yoga for value based education |
| g. Yoga course for Patients (with the help of doctors only) | |
| h. Yoga therapy for:
Hyper-tension, diabetes, Asthma, Anxiety, neurosis, Head ache, migraine,
Acidity and ulcers, Insomnia, joint pains, women's problems. | |
| i. Discussions with patients, counselling, precautions, motivation. | |

Internal Assessment

Assignment – 20 Marks,
Attendance – 05 Marks,

40 marks
Library Work – 10 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 |

COURSE IV -**YOGA PRACTICAL****100 MARKS****Demonstration (40) & Viva (20) -****60 Marks,****Internal Assessment**

Assignment – 20 Marks,
Attendance – 05 Marks,

40 marks
Library Work – 10 Marks
Class Interaction – 05 Marks

The following practices will be taught:-

1. Suryanamaskara –

- Should be practised as Physiological, Psychological and Spiritual practice.
- 12 repetitions with the chanting of mantras.

2. Asanas (Cultural Asanas)**A. Standing:-**

- | | |
|---------------------------|------------------|
| 1. Ardha-katichakrasana | 2. Padahastasana |
| 3. Ardha-chakrasana | 4. Trikonasana |
| 5. Parivrutta-Trikonasana | |

B. Sitting-Position:-

- | | |
|----------------------|------------------------|
| 1. Paschimottanasana | 2. Ushtrassana |
| 3. Vakrasana | 4. Ardhamatsyendrasana |
| 5. Shashankasana | 6. Suptavajrasana |

C. Prone on position:-

- | | |
|-----------------|--------------------|
| 1. Bhujangasana | 2. Ardhsalabhasana |
| 3. Shalabhasana | 4. Dhanurasana |

D. Supine position :-

- | | |
|-----------------|-----------------|
| 1. Viparitarani | 2. Sarvangasana |
| 3. Matsyasana | 4. Halasana |
| 5. Shirshasana | |

E. Relaxative Asanas :-

- | | |
|--------------|---------------|
| 1. Shavasana | 2. Makarasana |
|--------------|---------------|

F. Meditative Asanas :-

- | | |
|--------------|--------------|
| 1. Padmasana | 2. Vajrasana |
|--------------|--------------|

3. Swastikasana 4. Siddhasana

5. Sukhasana

BAYurasan, Vrishchikasan, Chakrasa and Matsyendrasan

Course V - Elective Papers (any one of the following can be opted)

- i) **Advanced Yoga (For Yoga Students)**
- ii) **Yoga (For Non Yoga Students)**
- iii) **Social sciences**
- iv) **Jyotisha**
- v) **Education**
- Vi) **Pali**

Elective - I
Advanced Yoga

COURSE - V	YOGA AND POSITIVE HEALTH योग: तथा अनुकूल-स्वास्थ्यम्	100 MARKS
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Module 1.	Concept of Holistic Health and WHO Concept of Adhi, Vyadhi and Panchakosh	15 Marks
Module 2.	Basic Theories of Psychology. (Psycho analysis, Individuation theory, Psychosynthesis, Gestalt psychology)	30 Marks
Module 3.	Oriental and occidental concept of mind, and mental states.	15 Marks
Internal Assessment		40 marks
	Assignment – 20 Marks,	Library Work – 10 Marks
	Attendance – 05 Marks,	Class Interaction – 05 Marks

Reference Books:

- | | | | |
|----|----------------------------|---|--|
| 1 | योग से मनश्चिकित्सा | – | डॉ. बी.के.बान्द्रे, 76 धारकोठी कॉलनी, इंदोर. |
| 2. | रोग मनाचा शोध मनाचा | – | श्रीकृष्ण व्यवहारे, घंटाळी कॉलनी, ठाणे (पश्चिम) |
| 3. | Yoga Practices for Anxiety | - | Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression
Vivekanand Kendra, Bangalore. |
| 4. | Yoga Techniques | . | Dr. M.L. Gharote
Gulmohar Apartment, Bhangarwadi, Lonavala. |
| 5. | पातञ्जल योगसूत्र भाष्य | – | डॉ.एन् व्ही. करंबेळकर, हनुमान व्यायम प्रसारक मंडळ,
अमरावती |

Elective – II

Yoga (For Non Yoga Students)

Course - V	ii) Yoga (SWASTHAVRITTA)	100 marks
Unit I	Concept of health & necessity of Swasthavritta Individual health- Daily resume (Dinacharya) Seasonal resume (Rutucharya) The Pillars of Health (Trayopastambha)	20Marks

Unit II**20Marks**

Social health, Environmental health
Air, Water, Light
Garbage & Swage disposal)Aapaddravya Nivarana)
Industrial health & Method o maintaining it
Epidemiology or infectious diseases (Selected Five)

Unit III**20Marks**

Primary health Prevention
national health Programme
Family welfare Programme

Internal Assessment**40 marks**

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

Reference Books :

- | | | |
|----|------------------------------------|---|
| 1. | आयुर्वेदिक स्वस्थवृत्त | दत्तात्रेय जळुकर |
| 2. | आरोग्य शास्त्र | चतुरसेन |
| 3. | स्वस्थवृत्त विज्ञान | रामहर्षसिंह |
| 4. | स्वस्थवृत्तम | शिवकुमार गौड |
| 5. | Preventive & SocialMedicine | J.V. Park |
| 6. | स्वस्थवृत्त | डॉ. रानडे, परांजपे |
| 7. | प्रारंभिक योगासने सुलभ सांघिक आसने | जनार्दनस्वामी योगाभ्यासी, रामनगर, नागपूर –1 |
| 8. | योगदिपीका | बी.के. एस. अय्यंगार, अय्यंगार योगा इन्स्टिटयुट, पूणे. |

Elective – III**Social Science**

Course - V	i) Social Sciences	100 marks
1.	Manusmriti Ch. 7	40 marks
2.	KautilyaArthashastra 3.11 - RunadanaPrakaranam KautilyaArthashastra 2.19 - Tulamanpoutavam	20 marks
3.	Internal Assessment	40 marks

Elective – IV**Jyotish**

Course - V	iii) Jyotisha (Kundali Vidnyana)	100 marks
Module- I	Natakala Sadhan ,Dasham Iagna Sadhan, Sasandhi Dwadashabhava sadhan	20 marks
Module -II	Madhyamayyu Sadhan,Spashtayyu Sadhan,Uccha-Neecha-	

Module- III	Swagrihadi Ayu Vichar,ChakrardhaHaani,RashmiSadhan Abhijit Dasha,Yogini Dasha.(Mishra Prakaran of B.K.V) Videsh Kundali Sadhan-rekhansha,Akshamsha,Velantar Kranti,Char,Dinman,Deshantar Sadhan.	20 marks
Module- IV	Internal Assessment	20 marks 40 marks
Text-	1) Bharatiya Kundali Vidnyan- by Meethalal Ojha, Varanasi. 2) Jyotish sobati.	
Note:	Calculation and examples are covered in Internal Assessment.	

Elective - V
Education

Course - V	Education	100 marks
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I C T IN EDUCATION

Objectives:	Marks: 60+40=100
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1. To develop an understanding of the conceptual bases of Instructional and Communication Technology.
2. To analyze the dynamics of communication in an educational set-up.
3. To develop an understanding of the strategies for designing instruction.
4. To develop an understanding of the concept and application of e-learning.
5. To analyze the use of Information and Communication Technology in open and distance learning.

Unit I- Basics of Information and Communication Technology	20
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- a. Meaning & Characteristics of Information and Communication Technology
- b. Scope of Information and Communication Technology Areas: (Teaching learning Process, Evaluation, Research, Administration)

Unit II - Dynamics of Communication and Designing Instruction	20
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- a. Communication: Meaning, process, types and barriers
- b. Transactional Analysis: Concept, Educational implications.
- c. Role of teacher for effective communication.
- d. Instructional Design: Meaning and characteristics
- e. Self-Learning Material (Meaning, principles, guidelines for preparing SLM)
- f. Meaning of Computer Assisted Learning.
- g. Models of Teaching:(Concept Attainment Model, Inquiry Training Model)

Unit III- e- Learning	20
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- a) Meaning and characteristics of e-learning
- b) Meaning and characteristics of Online learning:
- c) Blended learning: Meaning, characteristics, Application(Online and Offline)
- d) Legal and ethical issues in the use of IC T in education.

Plagiarism, Copy right violation, hacking

- e) Open Education Resources: Meaning, types , application in education

f) M – Learning (Mobile learning):Meaning, characteristics and application software's for education

Internal Assessment **40**

1. Seminar and Assignment **20+20**

Elective – VI

Pali

Course - V Pali (Pali Prose & Poetry) 100 marks

- | | |
|-------------------------|------------|
| 1. Jatak Katha 1 to 10 | - 20 Marks |
| 2. Dhammapad (Addhyaya) | - 20 Marks |
| 1. Addhyaya -1 to 5 | - 20 Marks |
| 2. Dhammapad (Addhyaya) | - 20 Marks |
| 3. Internal Marks | - 40 Marks |
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SEMESTER VI

COURSE - I	SANSKRIT - III	संस्कृतभाषा- III	100 MARKS
Module-I	Meghadut (Uttaramegh)		40 Marks
Module-II	Viduraniti (Ch-I)		20 Marks
Internal Assessment			40 marks
Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks
Reference Book :			
मेघदूतम् – चौखंबा,सुरभारती प्रकाशन, वाराणसी			
मेघदूतम् – एम. आर. काळे, मोतीलाल बनारसीदास प्रकाशन, न्यु दिल्ली.			
विदूरनीति – डॉ. गुंजेश्वर चौधरी, चौखंबा,सुरभारती प्रकाशन,पो.बॉ.नं.1129, वाराणसी-221001			
विदूरनीति – मोतीलाल बनारसीदास प्रकाशन, न्यु दिल्ली.			
विदूरनीति – गीताप्रेस, गोरखपूर, कोलकता			
विदूरनीति – संपादक, डॉ. किरण शुक्ला, जे. पी. पब्लिशिंग हाउस, 27/28, शक्ति नगर, दिल्ली-110007			

COURSE - II	PHILOSOPHY OF YOGASHASTRA-I	100 MARKS
योगशास्त्रेतिहासः तत्त्वज्ञानञ्च-I		

Module-I Systems of Indian Philosophy- (Jain Darshan)	20 Marks
Module-II Hatha Yoga Pradipika (Chapters-Three, four and five)	40 Marks
Internal Assessment	
Assignment –	20 Marks,
Attendance –	05 Marks,
Library Work –	10 Marks
Class Interaction –	05 Marks
Reference Books	
1. Bharatiya tattwajnan	Shri.Srinivasa Dikshit, Any Popular Book Stall .
2. Encyclopaedia of Yoga (No. 410)	Dr. Ramkumar Rai Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
3. Introduction to the Yoga Philosophy	S.C. Vasu Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
4. Yoga explained(No. 435)	Bengal Lancer Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
5. Yoga Philosophy in relation to other Systems of Indian Thought (No. 447)	S.N. Dasgupta Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
6. Hathayoga Pradipika	Kaivalyadham, Lonavla
7. Hathayoga Pradipika	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

COURSE – III	APPLIED YOGA योगप्रयोगः	100 MARKS
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Application of Yoga Concepts and Practices in Allied Sciences:	60 Marks
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A) Ayurveda	15 Marks
B) Naturopathy	15 Marks
C) Psychology (Psychiatry)	15 Marks
D) Physical Education	15 Marks

Internal Assessment	40 marks
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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

COURSE – IV	YOGA PRACTICAL योगप्रात्यक्षिकम्	100 MARKS
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Demonstration (40) & Viva (20) - 60 Marks,

1. Suryanamaskara –

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

2. Pranayama:-

1. Sectional Breathing	2. Suryabhedan Pranyam
3. Chandrabhedan Pranayam	4. Nadishodhan Pranayam
5. Shitali Pranayam	6. Sitkari Pranayam
7. Bhramari Pranayam	8. Bhastrika Pranayama

3. KRIYAS :-

1. Kapalabhati	2. Jalaneti
3. Sutraneti	4. Vamandhanti
5. Dandaneti	6. Trataka

4. MEDITATION :- (Different techniques such as)

1. Omkar Japa
2. Sakshibhava
3. Breath- Awareness

5. MUDRA**Internal Assessment:****Internship:****40 Marks**

Organizing at least 3 Yoga courses – each of one month duration with minimum 50 participants. Collecting the required data and submitting a report.

Course V - Elective Papers (any one of the following can be opted)

- i) Advance Yoga (For Yoga Students)
- ii) Yoga (For Non Yoga Students)
- iii) Social sciences
- iv) Jyotisha
- v) Education
- Vi) Pali

Elective – I Advanced Yoga

Elective – I COURSE – V	Advanced Yoga YOGA AND POSITIVE HEALTH योग: तथा अनुकूल—स्वास्थ्यम	100 MARKS
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Module 1. Mental Wellness, Mental disorders (Causes, symptoms and Cure): 40 Marks
frustration, depression, conflict, Obsession, anxiety.

Module 2. Yoga and Mental health. Role of Yoga in curing mental disorders. 20 Marks

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

Reference Books:

1. योग से मनश्चिकित्सा – डॉ. बी.के.बान्द्रे, 76 धारकोठी कॉलनी, इंदोर.
2. रोग मनाचा शोध मनाचा – श्रीकृष्ण व्यवहारे, घंटाळी कॉलनी, ठाणे (पश्चिम)
3. Yoga Practices for Anxiety - Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression Vivekanand Kendra, Bangalore.
4. Yoga Techniques . Dr. M. L. Gharote Gulmohar Apartment, Bhangarwadi, Lonavala.
5. पातञ्जल योगसूत्र भाष्य – डॉ.एन्. व्ही. करंबेळकर, हनुमान व्यायम प्रसारक मंडळ, अमरावती

Elective – II

Yoga (For Non Yoga Students)

Course - V SCHOOLS OF YOGA योगसंप्रदायाः 100 marks

Module-I Comparative Study of following Schools of Yoga: 50 Marks

1. Bhakti Yoga - with reference to Narada Bhakti Sutra 10 Marks
2. Karma Yoga - with reference to Bhagvad Geeta 10 Marks
3. Jnana Yoga - with reference to Upanishads 10 Marks
4. Raja Yoga - with reference to Patanjali Yoga Sutra 10 Marks
5. Hatha Yoga - with reference to Hatha Yoga Pradipika 10 Marks

Module-II Integral Yoga of Aurobindo 10 Marks

Internal Assessment - 40 marks

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

Reference Books :

1. योगा के सिद्धांत एवं अभ्यास – डॉ.कालिदास जोशी, डॉ.गणेश शंकर सागर .विद्यापीठ, सागर (म.प्र.)
2. भक्तियोग – स्वामी विवेकानंद, रामकृष्ण मठ, धंतोली, नागपूर
3. कर्मयोग – रामकृष्ण मठ, धंतोली, नागपूर
4. ज्ञानयोग – रामकृष्ण मठ, धंतोली, नागपूर
5. योग, स्वास्थ्य कुंजी – श्री अरुण खोडस्कर, अमरावती

**Elective – III
Social Science**

Course - V	i) Social Sciences	100 marks
1.	Gramageeta of Dr.Varnekar (First 20 Chapter)	40 marks
2.	Manusmriti(II Chapter)	20 marks
3.	Internal Assessment	40 marks

**Elective – IV
Jyotish**

Course - V	Jyotisha (Shastra Itihas)	100 marks
Module- I	Bharatiya Jyotish-swaroop and Vikas	20 marks
Module -II	Bharatiya Jyotish-KalaVargikaran-upto Adikala.	20 marks
Module- III	PurvaMadhyakala,UttaraMadhyaKaala,ArvachinaKala	20 marks
Module- IV	Internal Assessment	40 marks
Text-	Jyotishshastra Itihasa of Nemichand Shastri	

**Elective – V
Education**

Course - V	Education	100 marks
EDUCATIONAL MANAGEMENT		

Objectives:**Marks: 60+40=100**

1. To develop an understanding of the concept of Administration, Management and Governance.
2. To analyze the various aspects of Institutional Management.
3. To develop an understanding of the concept and significance of Institutional Quality and its Assessment.
4. To analyze the Educational System in India and the world.

Unit-I. 1. Concept of Educational Management.**20**

- a) Concept of Administration, Management and Governance.
- b) Educational Management: Meaning/Definition, Principles and Importance
- c) Dimensions and Characteristics of Democratic Institutional Climate

Unit- II. Institutional Management.**20**

- a) Institutional Planning: Concept, Process and Advantages
- b) Institutional Discipline: Meaning and ways of ensuring effective,
- c) Scheduling: Academic Calendar and Time Table: Types and Principles of Construction.

Unit- III. Quality Management.**20**

- a) Concept of Institutional Quality
- b) Quality Control- Performance Appraisal: Concept, Types and Criteria for Teachers' Performance Appraisal

c) Measures for Enhancing Institutional Management

Resource Management

a) Leadership: Styles, Roles, Challenges of Institutional Heads and Teachers.

b) Stress Management- Concept and Strategies,

c) Crisis Management: Concept and Strategies in relation to different types of Crisis e.g. Disaster.

Internal Assessment**40****1. Seminar and Assignment****20+20****Elective – VI****Pali****Course - V Pali (Pali Literature)****100 marks**

1. Mahaparinibbansutta (Bhanvar 4 &5)

- 40 Marks

2. Suttanipat - Uravaggo

- 20 Marks

3. Internal Assessment

- 40 Marks

Reference Books**For Education (For Sem – IV)****Reference Books:**

1. Iyer R., Moral and Political Ideas of Mahatma Gandhi, Oxford, 1975
2. Ramma Reddy G. (Ed.) Patterns of Panchayati Raj in India, Delhi, 1977
3. Mishra S. N., Rural Development and Panchayati Raj, Concept, 1981.
4. Prasad K (ed) Planning & its implementation, New Delhi, IIPA, 1984
5. Purushottam P. W.&Karmatulla M. Development Administration, a Rural perspective, Delhi, Kaniska
6. Bajpayi A. Panchayat Raj & Rural Development, SahityaPrakashan, Delhi, 1997
7. G. Ram Reddy, Patterns of Panchayati Raj in India, MacMillan, Delhi 1971
8. N.K. Yadav & A.K. Singh, Rural Retail in India
9. Mukunda Rural Development and Poverty Eradication in India 2008
10. S C Kalwar, Tejram Meena Grameen Nirdhanta Unmoolan Avem
11. S.B. Verma, Gramin Vikas 2010
12. Prof. K. Vijaya Kumar Empowerment of Weaker Sections: Future Planning and Strategies for Rural Development in India

Education (For Sem- V)**Reference Books:**

1. Abbot C. (2007) E- inclusion: Learning difficulties and digital technologies retrieved from http://archive.futurelab.org.uk/resources/documents/lit_reviews/learning_Difficulties_rev.pdf
2. Barrows, H.S. (1994), Practice based Learning: Problem based Learning applied to medical Education, Springfield, III: Southern Illinois University School of Medicine.
4. Duch, B., Groh S., Allen D. (2001). *The Power of Problem-based Learning: A Practical "how To" for Teaching Undergraduate Courses in Any Discipline*. Stylus Publishing, LLC.,

5. Kirk, Gallagher, Anastasiow & Coleman. Educating exceptional children (11th ed.) Houghton Mifflin Company. 2006.
6. Thompson J., Bakken J., Fulk B., Karlan G. (2004) 'Using Technology to improve the Literacy skills of students with disabilities' retrieved from <http://www.learningpt.org/pdfs/literacy/disability.pdf>
7. Mangal S.K. & Mangal Uma. Essentials of educational technology. PHI learning pvt. Ltd. 2010.
8. Mayer, R. E. (2001). *Multimedia learning*. New York: Cambridge University Press. ISBN 0-521-78749-1.)
9. Rajsekar, S. Computer education. Neelkamal publication. 2008.
10. Singh P.P. & Sharma S. e-learning new trends and innovations. Deep & deep public. Pvt. Ltd. 2005.
11. Vanaja, M & Rajasekhar S. Educational Technology Computer Education. Neelkamal publication. 2006.

Websites :

1. en.wikipedia.org/
2. <http://www.e-learningconsulting.com/>
3. <http://kserver.360training.com/kserver/KSERVER+Whitepaper+Ver1.pdf>
4. <http://www.timelesslearntech.com/blog/5-advantages-of-using-the-learning-management-system-lms/>
5. www.m-learning.org/

Education (For Sem – VI)

Reference Books:

1. Theories of Educational Leadership and Management [Paperback], Tony Bush (Author), 2010, Sage Publications Ltd.
2. Organizational Learning: Improving Learning, Teaching, and Leading in School Systems [Paperback], Vivienne Collinson (Author), Tanya Fedoruk Cook (Author), 2007, Sage Publications India Pvt. Ltd,
3. Essentials of Management, : An International Perspective [Paperback], Harold Koontz (Author), Heinz Weihrich (Contributor), 2009, Publishers-Tata McGraw Hill Education Pvt. Ltd.
4. Educational Management, Ashima V. Deshmukh, Anuj P. Naik, Publisher: Himalaya Publishing House (2010)
5. Administration and Management of Education (Hardcover), by Dr. S. R. Pandya, Publisher: Himalaya Publishing House Pvt. Ltd. (2001)
6. Educational Management: Redefining Theory, Policy and Practice (Paperback) by Tony Bush (Editor), Les Bell (Editor), Ray Bolam (Editor),
7. Educational Administration Supervision & School Management (Hardcover), by Mohanty, Jagannath, Publisher: Deep & Deep Publications Pvt. Ltd., (2005).
8. A Text Book of Management Information System, by Deepak Singh Publisher: Vision Publications (2009)
9. Recommendations of the National Knowledge Commission, Author: Government of India National Knowledge Commission, Publisher, Academic Foundation, 2010, ISBN 8171887678, 9788171887675.
10. Educational Administration, Supervision And School Management, By J. Mohanty, 2005, NCERT Publications of India
11. Educational Administration And Management: An Integrated Approach, by S.L. Goel, Aruna Goel
12. Sultana Shaikh, Paalimi Insaran (2012), Deccan traders, Educational publishers, Hyderabad. (Urdu)

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2. Dhammapada, VRI Edition, Igatpuri
3. Suttanipat, VRI Edition, Igatpuri
4. Dighanikaya, VRI Edition, Igatpuri
5. Pali Sahitya ka Itihas; Dr. Bharatsingh Upaddhyay
6. Pali Vyakaran; Bhikkhu Dharakshit

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