



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



योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।
 योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

M.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	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 Ancient Indian Sciences and Fine Arts
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	-	-	100	35	5
MAY1-I-02	FUNDAMENTALS OF INDIAN PHILOSOPHY - 1	40	14	60	21	-	-	100	35	5
MAY1-I-03	STRESS MANAGEMENT BY YOGA	40	14	60	21	-	-	100	35	5
MAY1-I-04	YOGA TRADITION	40	14	60	21	-	-	100	35	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	-	-	100	35	5
MAY1-II-02	YOGASUTRA	40	14	60	21	-	-	100	35	5
MAY1-II-03	YOGA-UPANISHAD AND MODERN YOGA	40	14	60	21	-	-	100	35	5
MAY1-II-04	APPLIED YOGA I	40	14	60	21	-	-	100	35	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	-	-	100	35	5
MAY2-III-02	YOGA AND ALLIED SCIENCES	40	14	60	21	-	-	100	35	5
MAY2-III-03	RESEARCH METHODOLOGY	40	14	60	21	-	-	100	35	5
**Elective Papers (Any one of the following can be opted)										
MAY2-III-04 Elective - I	YOGA APPLICATION (Advanced Yoga)	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - II	Yoga (For Non Yoga students)	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - III	Darshan	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - IV	Vedanta	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - V	Vyakarana	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - VI	Sahitya	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - VII	Jyotish	40	14	60	21	-	-	100	35	05
MAY2-III-05	PRACTICAL	40	14	-	-	60	21	-	-	5

Second Year - Semester IV										
MAY2-IV-01	TRADITIONAL YOGA TEXTS	40	14	60	21	-	-	100	35	5
MAY2-IV -02	WESTERN PSYCHOLOGY	40	14	60	21	-	-	100	35	5
MAY2-IV -03	YOGA RESEARCH & THESIS FORMAT	40	14	60	21	-	-	100	35	5
**Elective Papers (Any one of the following can be opted)										
MAY2-IV -04 Elective - I	YOGA THERAPY AND OTHER THERAPIES (Advanced Yoga)	40	14	60	21	-	-	100	35	5
MAY2-IV -04 Elective – II	Yoga (For Non Yoga students)	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective – III	Darshan	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective – IV	Vedanta	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective – V	Vyakarana	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective - VI	Sahitya	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective - VII	Jyotish	40	14	60	21	-	-	100	35	05
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)**
- NOTE** : **Elective Paper - Paper IV in Sem – III & Sem – IV is elective paper.
The Student can opt any one from the subjects offered as paper IV.**

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
**Elective Papers (Any one of the following can be opted)			
Course IV Elective - I	Yoga Application (Advanced Yoga)	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - II	Yoga (For Non Yoga students students)	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - III	Darshan	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - IV	Vedanta	100 Marks	5 Credits

	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - V	Vyakaran	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - VI	Sahitya	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - VII	Jyotish	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 IV</u>			
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
**Elective Papers (Any one of the following can be opted)			
Course IV Elective - I	Yoga Therapy And Other Therapies (Advanced Yoga)	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - II	Yoga (For Non Yoga students students)	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - III	Darshan	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - IV	Vedanta	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - V	Vyakaran	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - VI	Sahitya	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - VII	Jyotish	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
	Dissertation	60 Marks	3 Credits
	Practical & Viva-Voce	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	30 Marks
	Definition of Prama and Pramana, Number and nature of Pramana, Types of Pramana	
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
3.	Sarvadarshan Samgraha	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

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 3. Yogatattva Upanishad.	2. Tejobindu 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)		60 Marks
Demonstration (4 practices - each 10 marks) + Viva/Oral (20)			
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. Parvatasan | 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 Bhuja 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	30 Marks
	1. Shandilya Upanishad	2. DhyanaBindu
Module II -	Modern thinkers on Yoga	30 Marks
	1. Shri. Aurobindo	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**40 marks**

Assignment – 20 Marks,
Attendance – 05 Marks,

Library Work – 10 Marks
Class Interaction – 05 Marks

SEMESTER III**COURSE - I****CLASSICAL YOGA TEXTS****100Marks**

अभिजातयोगग्रन्थाः

Module I -	Yoga Vasishtha Purvartha (उपशमप्रकरण Ch.78,90, 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**40 marks**

Assignment – 20 Marks,
Attendance – 05 Marks,

Library Work – 10 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,Pune |
| 6. Hathapradipika (Hindi) | Chowkhamba Sanskrit Sansthan, Varanasi |

COURSE- II**YOGA AND ALLIED SCIENCES****100 Marks**

योगः तत्सम्बन्धीनि शास्त्राणि च

Module I -	Study of allied systems	60 Marks
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,
Attendance – 05 Marks

Library Work – 10 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, Tardoe, Mumbai, Maharashtra 400034
6. Physiological effects of Yogic Practices Dr.Gore, Kaivalyadahm, Lonavala

COURSE - III	RESEARCH METHODOLOGY संशोधन-पद्धति:	100 Marks
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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 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

Elective Papers (Any one of the following can be opted)**Elective- I (Advanced Yoga)**

COURSE – IV YOGA APPLICATION	योगप्रयोग:	100Marks
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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 |

Elective – II - Yogashastra (For Non Yoga students)

Course IV - Hathayoga And Introduction To Human Anatomy & Physiology(as per Hathayoga pradipika) 100 Marks

Module I - Asanas, Pranayam, Bandha, Kriya 20 Marks
Definition, types, method and benefits

Module II - Dhyana 10 Marks
Definition, types, method and benefits and knowledge of the following meditation techniques-

1. Patanjala Dhyana	2. Buddhist Dhyana (Vipassana),
3. Jaina Dhyana(Preksha)	4. Bhavatita dhyana
5. Zen meditation	

Module III - Introduction to Human Body & System 30 Marks
Cell, Tissue, Organ, System

1) Skeletal System	2) Muscular System
3) Respiratory System	4) Circulatory System
5) Digestive System	6) Excretory System
7) Nervous System	

Internal Assessment 40 marks

Elective – III – Darshan

Course – IV – Bhagvadgeetabhashya tatha Mandukyakarika 100 Marks

Module I Bhagavadgeeta Shankarbhashya (2,3,6 Adhaya) 30 Marks

Module II Manukyakarika (Agam tatha Vaitathyaprakaran) 30 Marks

Internal Assessment 40 marks

Elective – IV – Vedant

Course – IV – Ishavasyopnishad tatha panchadashi 100 Marks

Module I Ishavasyopnishad (शांकरभाष्यम्) 30 Marks

Module II Panchadashi (प्रथमप्रकरणम्) 30 Marks

Internal Assessment 40 marks

Elective – V – Vyakarana

Course IV – Laghusiddhanta Kaumudi	100 Marks
Module I Stripratyaya prakaranam	30 Marks
Module II Atmanepada-prasmaipadaprakaranam	30 Marks
Internal Assessment	40 Marks

Elective – VI - Sahitya

Course IV - Poetics	100 Marks
Module I - History of Poetics (Bharata, Bhamaha, Dandi, Udbhata, VamanaAbhinavgupta, Kuntaka, Kshemendra, Rajashekhar, Vishwanatha, JaggannathPandit)	20 marks
Module II - Kavyaprakash (Fourth & Fifth Ullasas)	20 marks
Module III - Dhwanyaloka First Udyot	20 marks
Internal Assessment	40 marks

Elective – VII - Vedanga Jyotish

Course IV - Samudrik	100 marks
Module I - Darshanadhikara(11Chapters)	20 marks
Module II - Sparshanadhikara (3 Chapters) & Rekha vimarshan adhikara (1 to 5 chapters)	20 marks
Module III - Rekha vimarshan adhikara (6 to 8 chapters)& Karaspashta adhikar (5 chapters)	20 marks
Internal Assessment	40 marks

COURSE - V	PRACTICAL प्रात्यक्षिकम्	100 Marks
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DEMONSTRATION (4 Practices each 10 marks) + Viva (20)**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,
Attendance – 05 Marks,

Library Work – 10 Marks
Class Interaction – 05 Marks

SEMESTER IV

COURSE - I	TRADITIONAL YOGA TEXTS साम्प्रदायिक—योगग्रन्थाः	100Marks
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 पाश्चात्य—मानसशास्त्रम्	100Marks
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 योगसंशोधनं शोधप्रबंध स्वरूपं च	100Marks
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

Elective Papers (Any one of the following can be opted)

Elective - I		Advanced Yoga
COURSE – IV	YOGA-THERAPY AND OTHER THERAPIES योगचिकित्सा तथा अन्यचिकित्सा	100Marks
Module I-	Massage Therapy a] Introduction of History of massage b] Effects of the massage and Lubricants on the following systems i) Skin ii) Muscular system iii) Ligaments and skeletal system iv) Circulatory system v) Nervous system vi) Digestive system.	10 Marks
Module II -	Mud Therapy a] Sources of mud b] Preparation of mud c] Therapeutic effects of mud d] Physiological effects of mud.	10 Marks
Module III -	Magneto Therapy a] Introduction and history of magnets b] Use of magnets by Naturopathy c] Effects of Magnetism on living organism. d] Types of magnets.	10 Marks
Module IV -	Chromo Therapy a] History b] Harmonic Laws of the universe c] Solar family d] Chromo chemistry	10 Marks
Module V -	Fasting Therapy a] Theory of Fasting in animals b] History of Fasting c] philosophy of Fasting d] Physiological effects of Fasting e] Pos and cons of fasting.	10 Marks
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 :-

- 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

Elective – III – Darshan**Course – IV – Shaddarshansamuchya tatha Taitariyopanishad 100 Marks**Module I **Shaddarshansamuchya (आदितः बौद्धमतसमाप्तिपर्यन्तम्) 30 Marks**Module II **Taitariyopanishad (मूलमात्रम्) तीनवल्ली 30 Marks**

Internal Assessment 40 marks

Elective – IV – Vedanta**Course – IV – Bramhasutram tatha Geetabhashyam**Module I **Bramhasutram (सूत्रमात्रम्—प्रथमाध्यायप्रथमपाद) 30 Marks**Module II **Bhagavadgeetashankarabhashya (2,3,6, अध्यायाः) 30 Marks**

Internal Assessment 40 marks

Elective – IV Vyakarana**Course IV – History Of Sanskrit Grammar 100 Marks**Module I **Paniniya Parampara - (General Information regarding the following grammarians along with their works-Panini, Katyayan, Patanjali, Jayaditya and Vamana, Bhattojji Dikshit, Kaunda Bhatta, Bhartruhari, Madhav, Nagesh Bhatta.) 30 Marks**Module II **Paninipurva-parampara (General Information regarding the following grammarians along with their works-Indra, Chandra, Apishala, Shakatayana, Katantra.) 30 Marks**

Internal Assessment 40 marks

Elective –V Sahitya**Course IV - Poetics 100 Marks**Module I - **Kavyaprakash (Seventh Ullasa) 20 marks**Module II - **Kavyaprakash (Eighth Ullasa) 20 marks**Module III - **Dhwanyaloka (Second Udyota) 20 marks**

Internal Assessment 40 marks

Elective – VII Vedanga Jyotish

Course - VI - Shastra-Itihas	100 marks
Module I - PrathamaBhaga- Vaidik kal & vedang kaal	20 marks
Module II - Dwitiya Bhaga-Ganita skandha, madhyamadhikara	20 marks
Module III - Spashtadhikara, Samhita Skandha, Jatak Skandh	20 marks
Internal Assessment	40 marks

COURSE - V	PRACTICAL, DISSERTATION AND VIVA-VOCE	100Marks
	प्रात्यक्षिकम शोधनिबन्धः मौखिकी च	

DEMONSTRATION (4 Practices+ viva)	40 Marks
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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: 1) Each assignment should be on the topics related to the subject of courses.**

Reference Books :-
M.A. Yogshastra Sem - III

Elective – II

- | | |
|--|--|
| 1. Hathapradipika (Marathi) | Kaivalyadham, Lonavla |
| 2. Hathapradipika (Hindi) | Chowkhamba Sanskrit Sansthan, Varanasi |
| 3. Anatomy and Physiology | Ross and Wilson, Any popular Book Stall |
| 4. पृथक्शारीरम् | डॉ. संयुक्ता गोखले, नागपूर |
| 5. दृष्टार्थ शरीरम् | प.ग.आठवल,पुणे |
| 6. शरीर क्रिया | प.ग.आठवले |
| 7. Anatomy, Physiology of Yoga practices | Dr. Gore, Kaivalyadham, Lonawala. |
| 8. Structure and function of human body | Dr. Shrikrishna, Kaivalyadham, Lonawala. |
| 9. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) | डॉ.म.म.गोरे, लोनावळा |

Elective – III Paper IV Darshan

- | | |
|--------------|--|
| 1. भगवद्गीता | गीताप्रेस गोरखपुर |
| 2. भगवद्गीता | गजानन शंभु साधले, परिमल
प्रकाशन 27/28 शक्ती नगर दिल्ली 110007 |

Elective – IV Paper IV Vedanta

- | | |
|--------------------|---|
| 1. ईशावास्योपनिषद् | श्री श्रीसच्चिदानंदसरस्वती स्वामी,
प्रशांत एंटरप्राइजेस नं. 10/1 टी.
आर. नगर बंगरुळ, 28 |
| 2. पंचदशी | पं. दत्तात्रेय वासुदेव जोग,
प्रकाशक मु.द.जोग,18
दिपदर्शन सोसायटी, डोंबिवली (पश्चिम) |

Elective –V Paper IV Vyakaran

- | | |
|---------------------------|---|
| 1. Laghusidhhanta Kaumudi | Gomatiprasad Mishra with Shiva Commentary
(Hindi) ChowkhambaSurabharati Prakashan
K. 37/117, Gopal Mandir Lane, Vranasi221001 |
|---------------------------|---|

Elective – VI Paper IV Sahitya

- | | |
|--------------------------------|---|
| 1. ध्वन्यालोक : | आचार्यजगन्नाथपाठक, चौखंबाविद्याभवन, पो.बा.
1069, वाराणसी |
| 2. काव्यप्रकाश: | सत्यव्रत सिंह, चौखंबासुरभारतीप्रकाशन,
वाराणसी |
| 3. History of Sanskrit Poetics | Shri. S. K. De |

Elective VII Paper IV Jyotish

- Hastasanjivanam Of Surakant Jha, Choukhamba, Varanasi

M.A. Yogshastra Sem IV –**Elective –I Paper IV Yoga**

- | | | |
|--|---|---|
| 1. भगवद्गीता | | गीताप्रेस गोरखपुर |
| 2. भगवद्गीता | | गजानन शंभु साधले, परिमल
प्रकाशन 27/28 शक्ती नगर दिल्ली 110007 |
| 3. Yoga Sutra with Bhashya (Marathi) - | | Shri Rele, Prasad Prakashan, Pune. |
| 4. Yoga Sutra with Bhashya(Hindi) - | | Darshan Mahavidyalaya, Parsodi, Gujarat |
| 5. Yogasutra (Marathi) - | | Shri Kolhatkar, Prasad Prakashan, Pune. |
| 6. Encyclopaedia of Yoga | | Dr. Ramkumar Rai,(No. 410)
Chowkhamba Sanskrit Sansthan,P.O.No: 1008,
Varanasi |
| 7. Introduction to the Yoga
Philosophy | | S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 8. Yoga explained(No. 435) | | Bengal Lancer,Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 9. Yoga Philosophy in relation to
(No. 447) | | S.N. Dasgupta Chowkhamba Sanskrit Sansthan
other Systems of Indian Thought P.O.No: 1008,
Varanasi |
| 10. Applied Yoga | - | Dr. M.L. Gharote, Kaivalyadham, Lonavala. |
| 11. Perspective in Yoga | - | A.K. Sinha, Bharat Manisha, Varanasi. |
| 12. Yoga Dipika | - | B.K.S. Ayyangar, Orient Lormen Pvt. Ltd.,New
Delhi |

Elective – II Paper IV Darshan

- | | | |
|-----------------------|--|--|
| 1. षड्दर्शनसमुच्चय | | सम्पादक : महेन्द्रकुमार जैन, न्यायाचार्य प्रकाशक
भारतीय ज्ञानपीठ 18,इंस्टीटयुशनल एरिया, लोदी
रोड नवी दिल्ली 110003 |
| 2. तैत्तिरीयोपनिषद् – | | स.कृ. देवधर, प्रकाशक श्री. मनोहर य.जोशी प्रसाद
प्रकाशन , 1892, सदाशिव पेठ पुणे – 411030 |

Elective – III Paper IV Vedanta

- | | | |
|---------------------------|--|---|
| 1. ब्रह्मसूत्र शांकरभाष्य | | डॉ. श्री.द.देशमुख प्रकाशक श्री
मनोहर य. जोशी, प्रसाद प्रकाशन,1892 सदाशिवपेठ पुणे
411030 |
| 2. भगवद्गीता | | गीताप्रेस गोरखपुर |
| 3. भगवद्गीता | | गजानन शंभु साधले, परिमल प्रकाशन 27/28 शक्ती
नगर दिल्ली 110007 |

Elective –IV Paper IV Vyakaran

- | | | |
|--------------------------------------|--|---|
| Sanskrit Vyakarana Shastra ka Itihas | | Yudhishtira mimansak, Chaukhamba
Surabharati Prakashan, Varanasi |
|--------------------------------------|--|---|

Elective –V Paper IV Sahitya

1. काव्यप्रकाशः सत्यव्रत सिंह, चौखंबासुरभारतीप्रकाशन, वाराणसी
2. Kavyaprakash Dr.Gajanan Shastri
Musalgoankar, Krishnadas
Academy, Varanasi.
2. काव्यप्रकाश (मराठी खंड 1 व 2)
3. ध्वन्यालोकः आचार्यजगन्नाथपाठक
चौखंबासुरभारतीप्रकाशन, वाराणसी

Elective –VII Paper IV Jyotish

1. Bhartiya Jyotishashastra Itihas of Shankar Balkrishna Dixit.

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