

 Estd. 1962 "A++" Accredited by NAAC (2021) With CGPA 3.52	SHIVAJI UNIVERSITY, KOLHAPUR 416 004, MAHARASHTRA PHONE : EPABX - 2609000, BOS Section - 0231-2609094, 2609487 Web : www.unishivaji.ac.in Email: bos@unishivaji.ac.in शिवाजी विद्यापीठ, कोल्हापूर, ४१६ ००४, महाराष्ट्र दूरध्वनी - इपीबीएक्स - २०६०९०००, अभ्यासमंडळे विभाग : ०२३१- २६०९०९४, २६०९४८७ वेबसाईट : www.unishivaji.ac.in ईमेल : bos@unishivaji.ac.in		
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Ref.: SU/BOS/ IDS /228

Date: 06 - 07- 2026

The Principal,
All concerned Affiliated Colleges/Institutions
Shivaji University, Kolhapur

Subject : Regarding revised syllabi of **B. A. Yoga Part II** degree programme under the Faculty of Inter- Disciplinary Studies as per NEP-2020 (2.0)

Sir/Madam,

With reference to the subject mentioned above, I am directed to inform you that the university authorities have accepted and granted approval to the revised syllabi (nature of question paper, equivalence etc.) of **B. A. Yoga Part II** degree programme under the Faculty of Inter- Disciplinary Studies as per National Education Policy, 2020 (NEP 2.0).

This syllabus (nature of question paper, equivalence etc.) shall be implemented from the academic year **2026-2027** onwards. A soft copy containing the syllabus is attached herewith and it is also available on university website www.unishivaji.ac.in NEP-2020 (Online Syllabus)

The question papers on the pre-revised syllabi of above-mentioned programme will be set for the examinations to be held in October /November 2026 & March/April 2027. These chances are available for repeater students, if any.

You are therefore, requested to bring this to the notice of all students and teachers concerned.

Thanking you,

Yours faithfully,



Dy Registrar

Encl. : as above

Copy to: For information and necessary action

1	The I/C Dean, Faculty of IDS	7	P.G.Admission Section
2	Director, Board of Examination and Evaluation	8	Affiliation T. 1 & T. 2 Section
3	The Chairman, Respective Board of Studies	9	Appointment A & B Section
4	B. A. Exam Section	10	P.G.Seminar Section
5	Eligibility Section	11	I.T. Cell
6	Computer Centre	12	Internal Quality Assurance Cell (IQAC)

SHIVAJI UNIVERSITY, KOLHAPUR



Established: 1962

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New Syllabus For
Bachelor of Arts
B.A. (Yoga)

UNDER

Faculty of Inter-Disciplinary Studies

B. A. Part - II (Semester - III and IV)

STRUCTURE AND SYLLABUS IN ACCORDANCE WITH

NATIONAL EDUCATION POLICY - 2020

HAVING CHOICE BASED CREDIT SYSTEM

WITH MULTIPLE ENTRY AND MULTIPLE EXIT OPTIONS

(TO BE IMPLEMENTED FROM ACADEMIC YEAR 2026 ONWARDS)

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SHIVAJI UNIVERSITY, KOLHAPUR

Syllabus For

B.A. (Yoga) Undergraduate (Three Years)

Syllabus Structure as per Government Resolution 2022

(As per National Education Policy 2020)

Title: B.A. (Yoga) Undergraduate (Three Years)

Year of Implementation: Syllabus will be implemented from June 2026 onwards

1. Preamble:

The term "Yoga" comes from the Sanskrit word "yuj," which means "to unite." Yoga is a practice that aims to harmonize the body, mind, and spirit, and connect individuals with a higher reality. It is mentioned in the Rigveda, one of the oldest texts, which is about 8,000-10,000 years old. Yoga helps people achieve deep self-awareness and a balanced, happy life by addressing life's challenges.

Yoga is widely recognized for its benefits in managing and preventing health issues, particularly those related to mental and physical well-being. Recent research shows that Yoga is effective in dealing with various psychosomatic disorders and is an affordable healthcare option. During the COVID-19 pandemic, Yoga has proven useful in boosting immunity and aiding in the prevention and recovery from the virus and other health conditions.

In modern education, which often focuses on science and technology, Yoga's ethical, moral, and spiritual benefits are sometimes overlooked. Incorporating Yoga into the curriculum can promote holistic development, improving physical health, mental well-being, and important values.

Yoga's global importance is highlighted by International Day of Yoga on June 21. There is an increasing demand for skilled Yoga instructors. Shivaji University in Kolhapur offers a three-year BA Yoga training programme to meet this need.

In summary, Yoga's historical, philosophical, health, and educational significance underscores its relevance today. Integrating Yoga into various aspects of life can enhance overall well-being and personal growth.

Course Introduction:

Bachelor of Yoga has been designed to impart Yoga Education and significance of corrective exercises for fostering healthy natural life. During this course the students will be taught the yogic concepts which will lead towards developing their skills, in self-realization and setting goals in life. It will also help the students to be focused towards their goal and make them physically, mentally and spiritually strong to face different challenges in life. Pursuing this course will develop leadership qualities in the students along with their personality development.

1) Programme Educational Outcomes (PEOs):

1. Graduates will understand the core philosophy, history, and main principles of yoga and its branches.
2. Graduates will be skilled in practicing and teaching various yogic techniques, such as postures, breath control, meditation, and relaxation.

3. Graduates will use yogic principles to enhance overall well-being and health, reducing stress and improving mental and physical health.
4. Graduates will critically engage with yogic texts and research, contributing to the field through their studies and findings.
5. Graduates will effectively teach and communicate yogic practices and philosophy to different groups, adapting to individual needs.
6. Graduates will understand the cultural and ethical aspects of yoga, showing sensitivity and integrity in their practice and teaching.

2) Programme Outcomes (PO's):

1. It will popularize yoga and corrective education among the masses.
2. It will make people aware of the therapeutic and preventive value of Yoga.
3. It will bring peace and harmony in the society at large by introducing the yogic way of life.
4. It will create competent professional Yoga Trainers and Therapists of high caliber to make the society free from stress and lifestyle related diseases.
5. It will promote health awareness towards holistic approach of health.
6. This course looks at training the enthusiasts to become Yoga Therapist so that they could teach yoga under the supervision of a physician for health and healing.

3) Programme Specific Outcomes (PSOs):

1. This certificate course will bring peace and harmony to the student's life.
2. It will help them in self-realization and setting goals in life.
3. It will make them focused on their goals and make them mentally strong enough to face different challenges in life.
4. It will make them physically strong, and healthy and will keep them away from diseases.
5. It will also help them in self-management and living a disciplined life.
6. It will help students in decision-making and solving their problems.
7. It will help students cope with conflict and depression.
8. It will make students aware of the functions of various systems of the body.
9. It will develop positive attitudes and moral values among the students.

4) Duration:

Bachelor of Arts in **B.A. (Yoga)** programme shall be **A Full Time Course** of 3/4 Years– 6/8 Semesters Duration with 22 Credits per Semester. (Total Credits = 132/176)

5) Medium of Instruction:

The medium of instruction shall be ENGLISH or MARATHI. The students will have option to write Answer-Scripts in **Marathi or English**.

6) Eligibility for Admission:

The candidate who has qualified **Senior Secondary School Examination (10 + 2) OR Equivalent** from a recognized board/institute is eligible for admission for this course. The criteria for admissions are as per the rules and regulations set from time to time by concerned departments, HEIs, university, government, and other relevant statutory authorities.

7) SCHEME OF TEACHING AND EXAMINATION PATTERN

Theory/Practical/Internal)

The pattern of examination will be Semester End Examination with Internal Assessment/Evaluation.

8) STRUCTURE OF PROGRAMME:

(Credit Distribution Structure for with Multiple Entry and Exit Options **B. A. II** in B.A. (Yoga))

COURSE CATEGORY	ABBREVIATION (Only 2 Letters)	DESCRIPTION
MAJOR	Mandatory (MM)	Major – Mandatory Course
	Elective (ME)	Major – Elective Course
MINOR	Minor (MN)	Minor - Course
IDC/MDC/ GEC/OE	IDC (ID)	Interdisciplinary Course
	MDC (MD)	Multi-Disciplinary Course
	GEC (GE)	General Elective Course
	OE (OE)	Open Elective Course (Generic Course not from Major or Minor Category)
VSC/SEC	VSC (VS)	Vocational Skill Course
	SEC (SE)	Skill Enhancement Course
AEC/VAC/IKS	AEC (AE)	Ability Enhancement Course
	VAC (VA)	Value Added Course
	IKS (IK)	Indian Knowledge System
OJT/FP/CEP/CC/ RP	OJT (OJ)	On Job Training
	FP (FP)	Field Project
	CEP (CE)	Community Engagement Project
	CC (CC)	Co-curricular Course
	RP (RP)	Research Project

Note: (Annexure-II)

A) Second Year Bachelor of Arts (B.A. - II) (UG DIPLOMA):

YEAR:	B.A. – II
SEMESTER:	III and IV
LEVEL:	5.0
TOTAL CREDITS	22 + 22= 44
DEGREE AWARDED:	UG CERTIFICATE (AFTER 44 CREDITS IN TOTAL)

B. A. Programme Structure for Level 5.0													
B. A. - II - Semester – III													
Teaching Scheme								Examination Scheme					
Sr. No.	Theory (TH)				Practical (PR)			Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No. of Lectures	Hours	Credits	Practical	Hours	Credits	Paper Hours	Max	Min	Internal	Max	Min
1.	MM –III	4	4	4				2	60	21	Assignment	40	14
2.	MM - IV	4	4	4				2	60	21		40	14
3.	MN				4	8	4		60	21		40	14
4.	OE - III	2	2	2				1	30	11		20	07
5.	VSC - I	2	2	2				1	30	11		20	07
6.	SEC - IV	2	2	2				1	30	11		20	07
7.	AEC	2	2	2				1	30	11		20	07
8.	IKS (Sp.)	2	2	2				1	30	11		20	07
Total		18	18	18			4	---	330	---		220	---
												SEE + IA = 330+220= 550	
B. A. Programme Structure for Level 5.0													
B. A. - II - Semester – IV													
Teaching Scheme								Examination Scheme					
Sr. No.	Theory (TH)				Practical			Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No. of Lectures	Hours	Credits	Practical Period	Hours	Credits	Paper Hours	Max	Min	Internal	Max	Min
1.	MM –V	4	4	4				2	60	21	Assignment	40	14
2.	MM - VI	4	4	4				2	60	21		40	14
3.	MN	4	4	4	4	8	4		60	21		40	14
4.	OE - IV	2	2	2				1	30	14		20	04
5.	VSC – II	2	2	2				1	30	14		20	04
6.	SEC – VI	2	2	2				1	30	14		20	04
7.	AEC	2	2	2				1	30	14		20	04
8.	VEC- EVS	2	2	2				1	30	14		20	04
Total		18	18	18			4	---	330	---		220	---
												SEE + IA = 330+220= 550	

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A-I) B.A-II Semester - III (Total credits -2.2): (Note Put ‘-’ wherever ‘Not Applicable’)				
Course Category		Course Name	Course Code	Credits
Course -1	MM II	Patanjali yoga - Darshan - I		04
Course-2	MM IV	Hatha Yoga texts-I (Hatta Pradipika)		04
Course-3	MN	Yogic Practical's.		04
OE	OE III	Yogic Text -I (Bhagavad-Gita)		02
VSC	VSC I	Yogic Kriya III		02
SEC	SEC III	Methods of teaching and Evaluation in yoga-I		02
AEC	AEC III	English		02
IKS	IKS	Fundamental of Ayurveda		02
		Credits for B.A-II SEM III		22

A-2) B.A II semester- IV (Total credits-22): (Note put '-' wherever Not Applicable)

Course Category		Course Name	Course code	Credits
Course-1	MM - V	Patanjali Yoga Darshana - II		04
Course-2	MM - VI	Hatha yoga Texts -II (Hatta Pradipika)		04
Course-3	MN	Yogic Practical's		04
OE	OE IV	Fundamentals of Naturopathy		02
VSC	VSC II	Yogic Kriya IV		02
SEC	SEC-IV	Methods of teaching and Evaluation in yoga-II		02
AEC	AEC - IV	English		02
VEC	VEC	EVS		02
Total		Credits for B.A. – II Sem. IV		22
		CREDITS FOR B.A. - II, SEM - III:		22
CREDITS FOR B. A. - II, SEM – III AND IV:			22 + 22= 44	
SPECIAL NOTE: If student wants to ‘EXIT’ after completion of B.A. I (SEM I and II), he/she must acquire --- credits through SUMMER INTERNSHIP of ----- hours and submit the report. After verification by concerned authority he/she will be awarded the UG CERTIFICATE degree. This Certificate is a pre-requisite for admission or ‘ENTRY’ in B.A. II courses i. e. DIPLOMA. The Nature of SUMMER INTERNSHIP:				

10. STANDARDS OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS

Shivaji University has adopted 10-point Grading System as follows:

➤ **In each semester, marks obtained in each course (Paper) are converted to grade points:**

○ If the total marks of course are 100 and passing criteria is 35%, then use the following Table 1 for the conversion.

○ If total marks of any of the course are different than 100 (e. g. 50) and passing criterion is 35%, then marks obtained are converted to marks out of 100 as below:

$$\frac{\text{Marks obtained by student in that course}}{\text{Marks out of 100}} = \times 100$$

Total marks of that course and then grade points are computed using Marks out of 100 as per Table 1.

Table 1: Conversion of Marks out of 100 to grade point (Passing: 35)

Here is a common system for converting marks out of 100 to grade points, assuming a passing threshold of 35%:

Conversion Table: Marks to Grade Points

Marks (%)	Grade Point	Description
91 - 100	10	Outstanding
81 - 90	9	Excellent
71 - 80	8	Very Good
61 - 70	7	Good
51 - 60	6	Above Average
41 - 50	5	Average
35 - 40	4	Pass
Below 35	0	Fail

Key Points:

1. **Passing Marks:** Students must score at least 35% (Grade Point: 4) to pass.
2. **Grade Points Scale:** Typically ranges from **0 to 10**, with **10** being the highest.
3. **Interpretation of Scores:**
 - Marks above 90% are rewarded with the highest-grade point.
 - Gradual reduction in grade points corresponds to declining performance.

Table 2: Conversion of Marks out of 50 to grade point (Passing: 18)

Here is the conversion of marks out of 50 to grade points, with a passing threshold of 40%:

Conversion Table: Marks (Out of 50) to Grade Points

Marks (Out of 50)	Marks (%)	Grade Point	Description
46 - 50	91 - 100%	10	Outstanding
41 - 45	81 - 90%	9	Excellent
36 - 40	71 - 80%	8	Very Good
31 - 35	61 - 70%	7	Good
26 - 30	51 - 60%	6	Above Average
21 - 25	41 - 50%	5	Average
18 - 20	35 - 40%	4	Pass
Below 18	Below 35%	0	Fail

Key Details:

1. **Passing Marks:** A minimum of 20 out of 50 (40%) is required to pass (Grade Point: 4).
2. **Grade Points Scale:** Ranges from **0 to 10**, reflecting performance from Fail to Outstanding.
3. **Percentage Conversion:** Marks out of 50 are converted to percentage for grade determination.

Computation of Semester Grade Point Average (SGPA):

Based on the grade points earned in each course in each semester, *Semester Grade Point Average (SGPA)* is computed as follows:

The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student in that semester and the sum of the number of credits of all the courses undergone by a student in that semester. The SGPA of the 1st semester is denoted by S_i . The formula is given by

$$\sum_{j=1}^k c_j \times G_j$$

$$SGPA \text{ of semester } i = S_i =$$

$\frac{\sum_{j=1}^k c_j \times G_j}{\sum_{j=1}^k c_j}$ Where c_j is the number of credits of j^{th} course, G_j is the grade points earned in the j^{th} course and k be the number of courses in i^{th} semester.

➤ Computation of Semester Grade Point Average (SGPA):

Based on the SGPA of each semester, Cumulative Grade Point Average (CGPA) is computed as follows:

The CGPA is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a programmed, $\sum_{j=1}^k c_j \times G_j$

$$SGPA \text{ of semester } i = S_i =$$

$\frac{\sum_{j=1}^k c_j \times G_j}{\sum_{j=1}^k c_j}$ Where c_j is the number of credits of j^{th} course, G_j is the grade points earned in the j^{th} course and k be the number of courses in i^{th} semester.

Based on CGPA, final letter grade is assigned as below:

Table 3: Final Cumulative Grade Point Average (CGPA) and Final Grade for course

Sr. No.	CGPA Range	Grade	Grade Descriptions
1	9.50-10.00	O	Outstanding
2	8.86-9.49	A+	Excellent
3	7.86-8.85	A	Very Good
4	6.86-7.85	B+	Good
5	5.86-6.85	B	Above Average
6	4.86-5.85	C	Average

7	4.00-4.85	P	Pass
8	0.00-3.99	F	Fail
9	Nil	AB	Absent

Remarks:

1. B+ is equivalent to 55% marks and B is equivalent to 50 % marks. The final later grade is based on the grade points in each course of entire programme and not on marks obtained each course of entire programme.
2. The SGPA and CGPA shall be round off to two decimal points.

11. NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING

I) for all Undergraduate Programme (B.A.) and programmes under the faculty of Interdisciplinary Studies, Written Examination (80) + Internal Assessment (20) = Total (100 Marks) (Four Credits)
Written Examination (40) + Internal Assessment (10) = Total (50 Marks) (Two Credits)

A) FOR FOUR CREDITS: Total Marks: 80 (Written)

Question No. 1: Multiple choice questions (10 MCQs) (02 marks each) 20 Marks

Question No. 2: Short Notes or Questions with Brief Answers

(Any Four out of Six) 20 Marks

Question No. 3: Long Question (Any One out of Two) 20 Marks

Question No. 4: Long Question (Any One out of Two) 20 Marks

**** Important Note:** The Questions of a minimum of 15 questions should be asked on each Module.
The Maximum marks per Module should not exceed 26 Marks.

B) FOR TWO CREDITS: Total Marks: 40

Question No. 1: Multiple choice questions (05 MCQs) (02 marks each) 10 Marks

Question No. 2: Long Question (Any One out of Two) 10 Marks

Question No. 3: Long Question (Any One out of Two) 20 Marks

**** Important Note:** The Questions of a minimum of 10 questions should be asked on each Module.
The Maximum marks per Module should not exceed 16 Marks.

Note: The question paper should cover all the units in the syllabus.

Written Examination: 60 + Internal Assessment: 40

= Total Marks: 100 (Four Credits)

Q. 1: Multiple choice questions (10 MCQs) (01 mark each) 10 Marks

Q. 2: Short Notes (Any Four out of Six) (5X4) 20 Marks

Q. 3: Short Answer Question (Any Four out of Six) (5X4) 20 Marks

Q. 4: Answer the following (Any One out of Two) (10X1) 10 Marks

Written Examination: 30 + Internal Assessment (20)

= Total (50 Marks) (Two Credits)

Q. 1: Multiple choice questions (05 MCQs) (01 mark each) 05 Marks

Q. 2: Short Notes (Any Two out of Four) (5X2) 10 Marks

Q. 3: Short Answer Question (Any Two out of Four) (5X2) 10 Marks

Q. 4: Answer the following (Any One out of Two) (5X1) 05 Marks

12. SYLLABUS: COURSE TITLE, CODE, CREDITS, VERTICALS NAME, REFERENCES etc.

SHIVAJI UNIVERSITY, KOLHAPUR
B.A. (Yoga)

B. A. II SEMESTER – III

Semester-III				
Sr. No	Course Type	Title of Courses	Course Code	Credits
1.	MM –III	Patanjali yoga - Darshan - I		4
2.	MM - IV	Hatha Yoga texts I (Hatha Pradipika)		4
3.	MN	Yogic Practices		4
4.	OE-III	Yogic Text -I (Bhagavad-Gita)		2
5.	VSC- I	Yogic Kriya III		2
6.	SEC - III	Methods of teaching and Evaluation in yoga-I		2
7.	AEC-III	English		2
8.	IKS (Specific)	Fundamentals of Ayurveda		2
Total				22

Course Category: B.A. (Yoga)

Course Name: Patanjali yoga Darshana - I

Course Number: Major-Mandatory 03

Course Code:

Course Credits: 04

Marks: Semester End: (T60+ IA40)

Total Marks: 100

Objectives:

To understand the concepts and practices of Patanjali yoga sutra.

To understand the essence of the Patanjali yoga sutra

To understand the role of Patanjali yoga sutra in day to day life.

Module No	Module Name	Teaching Hours	Credits
1	- Patanjali Yoga Darshana-I - Introduction to yoga, Darshan of Patanjali and Patanjali Yoga Sutra - Brief introduction to traditional Commentators and Commentaries of Patanjali Yoga Sutra - Vyasa Bhasya, Tatvavisharadi, Bhoja vritti and yoga-Vartika - Concept of Mana, Buddhi, Ahankar and Chitta - vrittis and their classification.	15	1
2	- Cittavrittis Nirodhopaya (Abhyasa and vairagya) - Concept of Ishwar and Ishwar pranidhana - Concept of Samprajnata - Citta-vikshepas (Antarayas) - Concept of Cittaprasadanam - Relevance of citta prasadnam in yaga Sadhana	15	1
3	- Samadhi Pada - Concept of yoga asana - Yoga Lakshanam and its Results	15	1

	- Types of Samadhi (Samprajnatah and Asamprajnatah Samadhi) - Types of vitarka, vichara, Anand and Ashmita		
4	- Concept of Sampatti - Kinds of Concept of Sampatti (Savitri and Nirvitarka, Savichara and Nirvichara) - Types of Asamprajnatah Samadhi	15	1
Total			04

Course learning outcomes:

- Understand various modification of Mind the means of inhibiting them.
- Have an Understanding about the essence of Samadhi and Sadhana pada

Bibliography:

- 1) Swami Digambar ji and others; Glossary of the Samkhakari-Ka, Kalvalyadhama, Lonavala, 2012
- 2) Swami virupaksananda: Samkhyakarika of Svorakrisna (with tattva kamudia of Vachapati mishra), Sri Ram Krishana matha Madras, 1995
- 3) James R. Ballantyne: The Aphorisms of kapila, parimal publications, New Delhi, 2004
- 4) Swami ved Bharti; yoga sutra of Patanjali (with the exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I and II
- 5) Gaspar M. Koelmenn, S.J; patanjali yoga, papal Athenaeum, Poona, 1970

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Course Category: B.A. (Yoga)

Course Name: Hatha Yoga Texts-I

Course Number: Major-Mandatory 04

Course Code:

Course Credits: 04

Marks: Semester End: (T60+ IA40)

Total Marks: 100

Objectives:

- Have an Understanding about pre-requisites, principles about Hatha yoga
- Understand the relationship between Hatha and Raja yoga.
- Have an Understanding about the concept of Hatha yoga in classical texts.

Module No.	Module Name	Teaching Hours	Credits
01	Hatha yoga Text-I - Hatha yoga: Origin, meaning, definition, aim, Objectives - Philosophy and foundations: Hatha yoga Parampara. - Brief Introduction to eminent Hatha yogis of Nathacult - Contributions to the development of yoga.	15	1
2	Asanas: - Concept - Etymology - Definition and principles of Asanas - Relevance and importance of asanas in Hatha yoga Sadhana	15	1
3	Shatkarma: - Introduction to Shatkarma - Relevance in Hatha yoga - Sadhana Shatkarmas: mentioned in different Hatha yogic texts - Pranayama in Hatha Yoga	15	1

	- Concept of prana and pranayama.		
4	- Pranayama: phases and stages - Prerequisites of pranayama - Bandha, mudra and other practices - Concept and definition of Bandha and mudras in Hatha yoga	15	1
Total =			04

Course learning outcomes:

- 1) To give an introduction of Hatha yoga and its practices.
- 2) To give Introduction the principles of Hatha yoga.
- 3) To introduce essential Hatha yoga texts and their Importance in health and healing.

Bibliography:-

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Course Category: B.A. (Yoga)

Course Name: Yogic practical

Course Number: Minor-Mandatory

Course Code:

Course Credits: 04

Marks: Semester End: (P 60+ IA 40)

Total Marks: 100

Objectives:

- Develop foundational physical flexibility and strength
- Improve respiratory efficiency and lung capacity
- Enhance mental concentration and emotional balance
- Promote overall posture and body awareness
- Cultivate a holistic yoga practice routine

Module No	Module Name	Teaching Hours	Practical hours	Credits
1	Om & chanting Prayers		30	1
2	Sukshma Vyayam (Jogging, Forward and Backwards bending, side bending) 6 Suryanamaskar-12 counts with Mantras		30	1
3	Supine – a) Sarvangasana b) Matyasan c) Ardha Chakrasana		30	1
	Prone a) Karnhast Bhujangasan b) Niralamb Shalbhasan c) Makrasan.			
	Sitting Position a) Simhasan b) Padmbandhasan. c) Ugrasan.			
	Standing a) Padahasthasana			

	b) Triyaktadasan c) Parivartit Trikonasana.			
4	Breathing exercise Deep breathing Pranayam Chandrabheden pranayam (without Bandhas). Sitkari Pranayam (Without Bandhas) Bhastrika pranayam (without Bandhas) Ujjayi pranayam (without Bandhas) closing prayer		30	1
Total				04

Course outcomes (practicals)

- Make the students recite the vedic hymns skillfull
- Understand the concept and principles of shatkarimas.
- know and Understand about breathing practice

The practical examination shall be conducted as follows

A. Examiners are appointed as per the directions of SUK.

B. Marking system and performance.

From Section (A) of the practical (10 Marks)

From Section (B) of the practical

Sukshnavyayam (Micro Exercises) (10 Marks)

From Sections (C) of the practical (20 Marks)

05 Assans of Student Choice and 05 Assans Examiners' Choice

From section (C-1) of the practical 05 Marks

From section (C-2) of the practical 05 Marks

From section (C-3) of the practical 05 Marks

From section (C-4) of the practical 05 Marks

From Sections (D) of the practical (20 Marks)

Breathing Exercise 05 Marks

Pranayam 10 Marks

Anyone pray 05 Marks

OPEN ELECTIVE (OE-3)

Course Category: B.A. (Yoga)

Course Name: Yoga Text -1 (Bhagavad Gita)

Course Code:

Course Credits: 02

Marks: Semester End: (T30 + IA 20)

Total Marks: 50

Course Objectives:

- Have an idea about the major principal Upanishad
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day to day life

Course

Module No	Module Name	Teaching Hours	Credit
1	General introduction of the Bhagavad Gita - Sacred Hindu Scripture - Part of the Mahabharata (Bhisma Parva), 700 verses, 18 chapters - self-realisation, liberation (Moksha), background & starting situation	15	1
2	Chapter 6 – Dhyana Yoga (Meditation) - Yoga elements in the Dhyana Yoga – True meaning of Sannyasa & Yoga, self-friend, enemy - Qualifications of a Yogi - Practice of Meditation - Discipline in lifestyle, Control Mind, etc.	15	1
Total			02

Course learning outcomes:

- Understand and discuss Bhagavad Gita as basic philosophical and theoretical foundations of Yoga.

- These texts provides a deeper understanding to Yogic Dhyan Yoga concepts mentioned in them students will be able to relate and implement in everyday activities.

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VSC: Vocational Skill Courses (MAJOR related) VEC – 1

Course Category: B.A. (Yoga)

Course Name: Yogic kriya (योग किरिया) □

Course Code:

Course Credits: 02

Marks: Semester End (T30 + IA 20)

Total Marks: 50

Course Objectives:

- Cleanse the inner tracts - Respiratory tract and Digestive tract.
- Develop an Inner awareness
- Desensitize the possible hypersensitive reactions in the pathway (as in nasal allergy)
- Build the stamina and the for bearance capacity.

Course

Module No.	Module Name	Teaching Hours	Credit
1	Danta Dhauti: - Introduction to Danta dhauti - Meaning, types and the right method - Definition and Benefits - Preparation:- Dietary Guidelines and mental readiness - Technique: step-by-step practice of the procedure	15	01
	Danta dhauti: - Cleansing and Rejuvenating Your Sense Organs in Yoga - Cleansing of teeth, jihva (Tongue), Karna		

	(ear) - Kapal randhra (frontal Sinus), and chakshu (eye) - Precautions: - Contraindications and safety measures		
2	Antar Dhauti - Introduction to Antar Dhauti -Definition and benefits - Technique, step-by-step practice of the Procedure - Vatsara (plavini, wind) - Varisara (Sankhaprakshalana, water) - Vahnisara (Agnisar) - Bahiskrita (rectal cleaning) - Precautions:- Contraindications and Safety measures	15	01
TOTAL			02

Course learning outcomes:

- Participants will master Dant Dhauti to clean the Tongue, Ear, Frontal sinus, Eye.
- Students will develop heightened Concentration and mental clarity, leading to improved mindfulness.
- Individuals will foster a deeper Connection between body and Mind, promoting overall health and spiritual growth through these purification practices.

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SKILL ENHANCEMENT COURSES (SEC-III)

Course Category: B.A. Yoga

Course Name: Methods of teaching and Evaluation in Yoga. I

Course Code:

Course Credits: 02

Marks: Semester End (T30 + IA 20)

Total Marks: 50

Course Objectives:

- To introduce the methods and, techniques of teaching to the students.
- Understand about the class management and lesson planning in yoga.
- To introduce the concept of Evolution in yoga methods of teaching.

Course

Module No.	Module Name – I	Teaching Hours	credit
1	- Meaning and importance of (yoga) education - Salient features of yoga education - Factors of yoga education: teacher–student and teaching role - Levels/phases of teaching and qualities of a yoga guru - Teaching methods in yoga and factors influencing yoga teaching - Principles and methods of teaching in yoga science (individual and group)	15	1
2	- Concept of assessment, test and evaluation - Evaluation: meaning, definition, need, scope and purpose	15	1

	- Principles of evaluation, assessment and conduct of examinations - Characteristics of evaluation: validity and reliability - Types of evaluation: formative and summative		
Total			02

Course learning outcomes:

- This can be interpreted as what we are interested in sharing, what we think we want to emphasise in terms of personal preference and our own state of being at that time.
- It is Important to keep these ideals quite high since we often fall short.
- If our ideals very low, falling short of that would be something but far away from our potential. If our ideals are high falling short of that still is a very good.

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IKS (Specific)

Course Category: **B.A. Yoga**

Course Name: **Fundamentals of Ayurveda**

Course Code:

Course Credits: 02

Marks: Semester End: (T 30 + IA 20)

Total Marks: 50

Course Objectives:

- To understand the basic principles and concepts of Ayurveda.
- To understand the role of Ayurveda in healthy Lifestyle.
- To understand the role of Ayurveda in prevention and Management of disease.
- To understand Relation between Yoga and Ayurveda.

Course

Module No.	Module Name	Teaching Hours	Credits
1	- Ayurveda: Its meaning, definitions, - aims and objectives of Ayurveda - Origin, History, and Development of Ayurveda - Principle of Ayurveda.	15	01
2	- Important Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha / Ashtanga Hridaya) - Basic principles of Ayurveda Tridosha (Vata, Pitta, Kapha) Triguna (Sattva, Rajas, Tamas) - Core pharmacological concepts of Dravyaguna (Ayurvedic pharmacology)	15	01

SHIVAJI UNIVERSITY, KOLHAPUR

B. A. II (Yoga)

SEMESTER – IV

	Semester-IV			
Sr. No	Course Type	Title of Courses	Course Code	Credits
1.	MM –V	Patanjali Yoga Darshana - II		4
2.	MM - VI	Hath Yoga Texts - II		4
3.	MN	Yogic practical		4
4.	OE- IV	Fundamentals of Naturopathy		2
5.	VSC- II	Yogic Kriya IV		2
6.	SEC – IV	Methods of teaching and evaluation in Yoga -II		2
7.	AEC-IV	ENG – IV		2
8.	VEC	EVS		2
Total				22

B. A. II SEMESTER – IV

Course Category: B.A. (Yoga)

Course Name: Patanjali Yoga Darshana - II

Course Number: Major-Mandatory 05

Course Code:

Course Credits: 04

Marks: Semester End (T60 + IA 40)

Total Marks: 100

Objectives:

- To understand the concepts and practices of Patanjali Yoga sutra
- To understand the essence of the Patanjali Yoga sutra
- To understand the role of Patanjali Yoga sutra in day to day life.

Module No	Module Name	Teaching Hours	Credit
1	Sadhanapada – - Kriyā Yoga, Duḥkhavāda, and Concept of Dr̥ṣṭa–Dr̥śya (Prakṛti) - Concept of Kriyā Yoga (Patañjali, Yoga Sūtra II.1–II.2) - Theory of Kleshas – Avidya, Asmitā, Rāga, Dveṣa, Abhiniveśa - Concept of Duḥkhavada (Theory of Suffering) - Dr̥ṣṭa–Dr̥śya Nirūpaṇa (Relation between Seer and Seen – Prakṛti)	15	1
2	- Drashti Nirupanam Purusha Prakriti - Purusha Yoga - Brief Introduction to Ashtanga Yoga - Concept of Asana and Pranayama and their siddhis - Concept of Pratyahara and its siddhis	15	1

3	- Vibhuti and Kaivalya pada - Introduction of Dharana, Dhyana and Samadhi - Samyama and its siddhis - Three types of chitta parinamah: Bhootaraja, Indriya Jaya and their Siddhis	15	1
4	- Vivek jnana Nirupinam, kaivalya Nirvachana Role of Dharana - Dhyana, Samadhi and its 26 applications - Five Types of Siddhis and Jatyantarparinamh - Concept of Nirman Chitta and four types of Karmas - concept of Vasana and the concept of Bahyapadartha (external element) and its abilities	15	1
Total			04

Course learning out comes:

- Understand various modification of mind and the means of inhibiting them.
- Have an Understanding about the essence of Sadhanapada.
- Understand the essence of vibhuti and kaivalyapada.

Bibliography:

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Course Category: B.A (Yoga)

Course Name: Hath Yoga Texts - II

Course Number: Major-Mandatory 06

Course Code:

Course Credits: 04

Marks: Semester End: (T60 + IA 40)

Total Marks: 100

Objectives:

- To give an introduction of Hatha Yoga and its practices
- To introduce the principles of Hatha Yoga
- To introduce essential Hatha Yoga texts and their importance in health and healing

Module No	Module Name	Teaching Hours	Credit
1	- Ghata Yoga and its applications in Gheranda Samhita - Shat kriyas - Classification, practising methods and benefits - Asana - Classification, practising methods and benefits - Mudra - Introduction, 25 Mudras – Classification - Techniques of practising Mudra and their benefits.	15	1
2	- Pranayama, Pratyahara, Dhyana, and Samadhi in Gheranda Samhita - Pranayama - classification, practising	15	1

	methods and benefits - Pratyahara - classification, practising methods and benefits - Meditation - classification, practising methods and benefits - Classification of Samadhi and Its Practice		
3	- Hatha Yoga practices in Goraksha Samhita and Sidhisiddhanta Paddhati - Concept of Shadanga Yoga, concept of Life - Different components of Shadanga Yoga: Yoga-Asana, pranayam, pratyahara, Dharana and samadhi. - Nadi, chakra and kundalini in Goraksha Samhita, control of the mind	15	1
4	- Concept of Avadhuta - Nature of the Avadhuta - Concept of pinda. - Brief difference in Hatha Pradipika, Gheranda Samhita and Hatha Ratnavali	15	1

Course learning outcomes:

- The teaching of Hatha Yoga text subject to students is to introduce and provide them with knowledge of the Yogic practices quoted in Hatha Yoga and their values and benefits for human being
- It will also provide Understanding of the prerequisites of Hatha Yoga, to introduce the principles of Hatha Yoga and essential Hatha Yoga text.

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Course Category: B.A. (Yoga)

Course Name: Yogic practicals

Course Number: Minor-Mandatory

Course Code:

Course Credits: 04

Marks: Semester End: (P- 60 + IA 40)

Total Marks: 100

OBJECTIVES:

- 1) To Introduce the techniques salient points and health benefits of Yoga practices
- 2) To promote physical, mental, social and spiritual wellbeing through the practice of Yoga
- 3) To promote personality development of the practitioner
- 4) To promote the students to take Yoga as their profession

Module No	Module Name	Practical Hours	Credit
1	Om chanting, Starting & Closing prayers	30	1
2	Sukshma Vyayam. (Jogging, Forward and Backward Bending side Bending) 12 Sunyarnamaskar -12 Counts with Mantras.	30	1

3	Asanas Supine a) Halasan b) setubandhasana c) Dronasana.	30	1
	Prone a) Gupt Padmasana b) Dandasana. C) Purn Bhujangasana.		
	Sitting pose. a) Gomukhasana b) Supt vajrasana c) Ushtrasana d) Marjarasana		
	Standing pose a) Garudasana b) Natarajasana c) mrudang bandh		
4	Breathing exercise Purakh, Rechak and kumbhak. pranayam a) Udgeet mudra and Bandh. a) mool bandha b) Jalindhar bandha c) uddiyanbandha mudra d) Ashwini Mudra.	30	1
Total			04

Course learning outcomes:

- 1) To understand the underlying mechanisms of yoga practices.
- 2) Students will be able to understand how to strengthen the different Systems using yoga which will help them to prevent health problems and promote positive health.

The practical examination shall be conducted as follows

A. Examiners are appointed as per the directions of SUK.

B. Marking system and performance.

From Section (A) of the practical (10 Marks)

From Section (B) of the practical

Sukshnavyayam (Micro Exercises) (10 Marks)

From Sections (C) of the practical (20 Marks)

05 Assans of Student Choice and 05 Assans Examiners' Choice

From section (C-1) of the practical	05 Marks
From section (C-2) of the practical	05 Marks
From section (C-3) of the practical	05 Marks
From section (C-4) of the practical	05 Marks
From Sections (D) of the practical	(20 Marks)
Breathing Exercise	10 Marks
Mudra and Bandh	10 Marks

OPEN ELECTIVE (OE-4)

Course Category: **B.A. (Yoga)**

Course Name: **Fundamentals of Naturopathy**

Course Code:

Course Credits: 02

Marks: Semester End: (T- 30 + IA 20)

Total Marks: 50

OBJECTIVES:

- To introduce the basic principles of Naturopathy and its concepts.
- To Understand Basic modalities of treatment in Naturopathy
- To have an understanding about benefits of Naturopathy and lifestyle modification.
- To Understand the role of Yoga in naturopathy treatment

Course

Module No	Module Name	Teaching Hours	Credit
1	Introduction; - Brief History of Naturopathy - Meaning and Definition of Naturopathy - Principles of Naturopathy - Basic elements of Naturopathy Hydrotherapy :- - General principle of Hydrotherapy - Importance, & water and properties of water.	15	1

VSC: Vocational Skill Courses (MAJOR related) VEC – 2

Course Category: B.A. (Yoga

Course Name: Yogic Kriya (□□□□□ □□□□□□) - 4

Course Code:

Course Credits: 02

Marks: Semester End: (T 30 + IA 20)

Total Marks: 50

Course Objectives:

- 1) Understand the principle and shatkarma of each practice.
- 2) Demonstrate each practice skilfully.
- 3) Explain the procedure, precaution, benefits and limitations of each practice

Course

Module No	Module Name	Teaching Hours	Credit
1	Jal Neti and - Introduction to sutra Jal Neti definition and benefits. - Preparation - Dietary guideline and mental readiness. - Technique- step by step practice of the procedure.	15	1

SKILL ENHANCEMENT COURSES (SEC-IV)

Course Category: B.A. (YOGA)

Course Name: Methods and principles of evaluation in Yoga II

Course Code:

Course Credits: 02

Marks: Semester End: (T 30 + IA - 20)

Total Marks: 50

Course Objectives:

- To give Introduction the methods and Techniques of teaching
- understand about the class management and lesson planning in Yoga
- To Introduce the concept of evolution in Yoga methods of teaching

Course

Module No	Module Name	Teaching Hours	Credit
1	- Teaching aids, Meaning and need; its meaning of Language, Voice, fluency, clarity, and Body Language in an ideal presentation, Yoga class management - Lecture cum demonstration in Yoga: its meaning, importance, and method of its presentation	15	1

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