

Ref.No. SUK/BOS/ 197

Date: 02 /04/2024

To,
 The Principals,
 All Concerned Affiliated Colleges / Institutions.
 Shivaji University, Kolhapur.

Subject: Regarding syllabi of M.A. Part – II (Sem III & IV) under the Faculty of Inter-Disciplinary Studies.

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 syllabi of nature of question and equivalence M.A. Part - II (Sem III & IV) as per NEP-2020 (2.0) degree programme under the Faculty of Inter-Disciplinary Studies.

1)	M.A. Part - II (Sem III & IV) Yoga shastra.
2)	M.A. Part - II (Sem III & IV) Mass Communication.
3)	M.A. Part - II (Sem III & IV) Tabla.
4)	M.A. Part - II (Sem III & IV) Vocal/Instrumental Music.
5)	M.A. Part - II (Sem III & IV) Dramatics

This
 syllabus, nature of question and equivalence shall be implemented from the academic year 2024-2025 onwards. A soft copy containing the syllabi is attached herewith and it is also available on university website www.unishivaji.ac.in. (Online Syllabus)

The question papers on the pre-revised syllabi of above mentioned course will be set for the examinations to be held in October / November 2024 & March/April 2025. 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,


 Dr. S.M.Kubal
 Dy Registrar

Copy to:

1	Director, Board of Evaluation and Examination	7	Centre for Distance Education
2	The Dean, Faculty of IDS	8	Computer Centre / I.T.cell
3	The Chairman, Respective Board of Studies	9	Affiliation Section (U.G.) / (P.G.)
4	B.A.,B.Com.,B.Sc. Exam	10	P.G.Admission / P.G.Seminar Section
5	Eligibility Section	11	Appointment Section -A/B
6	O.E. I, II, III, IV Section	12	Dy.registrar (On/ Pre.Exam)

SHIVAJI UNIVERSITY, KOLHAPUR

DEPARTMENT OF LIFELONG LEARNING AND
EXTENSION, SHIVAJI UNIVERSITY, KOLHAPUR.



A++

Accredited By NAAC

Syllabus For

M.A. Yogashastra

Post Graduate Program (Two Years)

Faculty of Inter Disciplinary Studies

(Subject to the modifications to be made from time to time)

Syllabus implemented from June 2023 Onwards.

Framed as per National Education Policy -2020

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SHIVAJI UNIVERSITY, KOLHAPUR
BOARD OF STUDIES in PHYSICAL EDUCATION, SPORTS
(Subcommittee)

[M.A. YogashastraPG Course]

Sr. No.	Name	Designation and Address	Position
1	Dr. M. A. Kadampatil	HEAD, Department of Physical Education Venutai chavan college, Karad. Tal. Karad Dist. Satara 415124	Chairman
2	Dr. R. G. Pawar	Director, Department of lifelong learning and extension, Shivaji University, Kolhapur.	Member
3	Dr. S. A. Kharade	HEAD, Department of Physical Education Bhogawati Mahavidyalaya, Kurukali At Post - Kurukali, Tal. Karveer, Dist. Kolhapur. 416001	Member
4	Dr. R. S. Kamble	HEAD, Department of Physical Education Patangrao Kadam Mahavidyalaya, Sangli 19, Sangli-Ashta Rd, Sangalwadi, Sangli, Maharashtra 416416	Member
5	Dr. R.R. Waman	S.N. Arts, D.J.M. Commerce and B.N. Science college (Autonomous), Sangamner. Dist- Ahmednagar 422605	Member
6	Dr. S. R. Patil	Krishna Mahavidyalaya Rethare Bk, Post- Shivr Nagar Tal- Karad (Dist. Satara) 415 108	Member
7	Shree. S.A. Jarde	Ex. HEAD, Department of Physical Education Mahavir college, 416003	Member

A] Ordinance and Regulations: As applicable to M.A. Yogashastra

B]

SHIVAJI UNIVERSITY, KOLHAPUR

Syllabus For

M.A. Yogashastra Post Graduate (Two Years)

Syllabus Structure as per Government Resolution 2022.

(As per National Education Policy 2020)

A semester with Credits and the CIE System of Examination

[Faculty of Interdisciplinary]

**1. TITLE: M.A. Yogashastra Post Graduate (Two Years)
(Under the Faculty of Inter disciplinary)**

2. YEAR OF IMPLEMENTATION:

Syllabus will be implemented from June 2023 onwards.

3. PREAMBLE:

The term "yoga" has its roots in ancient Sanskrit, an Indo-European language of India. The word "yoga" is derived from the Sanskrit word "yuj," which means "to unite," "to join," or "to yoke." At its core, yoga is a practice that seeks to unite or harmonize various aspects of the individual, including the body, mind, and spirit, as well as the individual with the universe or a higher reality. Yoga is found to be a part of the oldest book of human history, The Rigveda which is about 8-10 thousand years old. Yoga is a philosophy for achieving the purest form of self-awareness, devoid of all thoughts and sensations. Our ancient Yoga masters taught us the art of living, a life for blissful experiences of even flow of happiness by removal of miseries of our life. Yoga is essentially a spiritual way of life, its efficacy in the management and prevention of diseases and its promotional aspects have been very well-established since time immemorial. We are aware that most of the diseases are psychosomatic in origin. Recent research has shown the effectiveness of Yoga in the management of many psychosomatic disorders which have increased during the past few decades.

Thus, Yoga is emerging as one of the cost-effective and economical healthcare options for our nation and the world at large. While the entire world is currently witnessing the COVID 19 pandemic, Yoga has emerged as the most effective way of building immunity, thus helping not only in the prevention, treatment, and rehabilitation of COVID-19 but also in other health problems especially lifestyle diseases.

Yoga has great relevance in the present education system. The modern education system emphasizes science and technology in which material progress is being achieved, but the inculcation of ethical, moral, and spiritual values and the promotion of a healthy lifestyle appears to have been neglected. In this context, it is an urgent need to integrate Yoga into the modern education system in order to make all-around development relating to body, mind, and spirit symphonically and thereby prevent the erosion of human values. The integration of Yoga education in the present system of education can endorse human

values to reform attitude and behavior, relieve stress and strain, build a healthy lifestyle, shape up higher moral character, and develop a refined personality of the student so as to make a complete well-being. Hence, we have to understand the importance of Yoga in education and introduce it as a discipline and thereby focus on the process of integration into the curriculum. However, Yoga practices can lead students to the attainment of self-realization. The world has recognized the importance of Yoga and even celebrates “International Yoga Day” on the 21st of June every year. So, it is the need of the hour to build skilled manpower to deliver the knowledge of Yoga in a systematic way.

Presently Shivaji University, Kolhapur is running a one-year skill-based training program in Yoga which is getting good responses not only from the local community but also from neighboring districts of Solapur. In response to this huge national and global requirement for more extensive and advanced training in the field of Yoga, our university has rightly accepted to start a postgraduate course in Yoga i.e. MA (Yoga).

In summary, the preamble effectively communicates the historical, philosophical, healthcare, and educational significance of Yoga. It highlights its potential to promote holistic well-being and its integration into various aspects of society, underscoring its relevance and value in contemporary times.

4. Introduction:

MA Yoga program offered by Shivaji University; Kolhapur is a two years course divided into four semesters. Each semester consists of Major (Mandatory) theory courses, Major (Elective)courses, and one practical.

Major (Mandatory) theory courses are compulsory in nature and these courses are designed to impart basic knowledge about the ancient tradition of Yoga and its fundamental concepts.

Major (Elective) theory courses are elective in nature and the student has to choose any one of the theory courses in each semester. Major (Elective) theory courses are basically designed to give knowledge of the application of Yoga and Yogic practices in different fields such as Health & Nutrition, Sports & Fitness, Mental Health, Stress Management, etc. Major (Mandatory) courses also include courses in Research Methodology to cater to the present-day need for research in the field of Yoga. Major (Mandatory) course in Teaching Methodology for Yoga is designed in such a way that students gain hands-on training to become eligible faculty in the discipline of Yoga. Through dedicated practical courses in each semester, the student gains thorough training in various core components of Yoga, such as Asanas, Bandhas, Mudras, and various techniques of Pranayama, etc. Understanding the need for research in the field of yoga, in addition to a Major (Mandatory) course in research methodology, a student has to undertake a research project in the third semester and subsequently submit the dissertation at the end of the fourth semester. Students will be allocated research projects in groups or in isolation and they have to complete the project under the guidance of a research supervisor. This enables the students not only to understand the research methodology but will encourage them to undertake research in the field of yoga in the future.

Programme Educational Outcomes (PEOs):

1. **Advanced Yogic Knowledge:** Graduates will demonstrate a deep understanding of the philosophical foundations, historical development, and theoretical principles of yoga and its various branches.
2. **Mastery of Yogic Techniques:** Graduates will be proficient in practicing and teaching a wide range of yogic techniques, including asanas (postures), pranayama (breath control), meditation, and relaxation methods.
3. **Application of Yogic Philosophy:** Graduates will apply yogic principles and philosophy to promote holistic well-being, stress reduction, and improved mental, emotional, and physical health in themselves and others.
4. **Yogic Research and Scholarship:** Graduates will be able to critically analyze yogic literature, research, and contemporary trends, contributing to the advancement of knowledge in the field through research and scholarly activities.
5. **Effective Teaching and Communication:** Graduates will possess effective communication and teaching skills to instruct diverse groups in yogic practices and philosophy, adapting methods to individual needs and backgrounds.
6. **Cultural and Ethical Awareness:** Graduates will understand the cultural contexts and ethical considerations surrounding the practice and teaching of yoga, demonstrating cultural sensitivity and integrity in their interactions.

Programme Outcomes (PO's):

1. **PO1: Deep Understanding of Yogic Philosophy:** Graduates will possess an in-depth understanding of the philosophical foundations of yoga, including its historical evolution, classical texts, and various schools of thought.
2. **PO2: Proficiency in Yogic Practices:** Graduates will demonstrate advanced proficiency in practicing and teaching a wide range of yogic techniques, encompassing asanas, pranayama, meditation, and relaxation methods.
3. **PO3: Application of Yoga in Diverse Settings:** Graduates will be capable of applying yogic principles and practices in various contexts, such as healthcare, education, stress management, and personal development.
4. **PO4: Ethical and Cultural Awareness:** Graduates will exhibit ethical conduct and cultural sensitivity when sharing and teaching yogic practices, ensuring inclusivity and respect for diverse backgrounds.
5. **PO5: Research and Critical Analysis:** Graduates will engage in critical analysis of yogic literature and research, contributing to the field by applying evidence-based insights and advancing the understanding of yogic sciences.

Programme Specific Outcomes (PSO):

1. To create curiosity among students to accept and implement yoga in their life for achieving health & developing a strong will to learn yoga teachings as per the ancient yoga scriptures.
2. To impart knowledge of Yoga and its applications to society to improve physical, mental, social, and spiritual health.
3. To facilitate the students with proper techniques of different yoga practices to avoid false methodology of doing yoga.
4. To familiarize the students with the deep concept of yoga through physiology, psychology, and philosophy by which different aspects of yoga could be acknowledged.
5. To make aware students of research methodology in the field of yoga science & make students eligible and capable to do Research on the National & International Levels.
6. To Make students eligible for appearing to NET/SET and pursuing Ph. D. in the discipline of Yoga & make them eligible for the post of Assistant Professor.
7. To make students eligible as Yoga Teachers/Instructors/Trainers in academic institutions, industries, health centers

5) DURATION:

- The course shall be a full-time course.
- The duration of the course shall be of Two years /Four Semesters.

6) PATTERN:

The pattern of examination will be Semester with Credit and Continuous Internal Evaluation [CIE].

7. FEE STRUCTURE: - As applicable to the regular course.

i) Entrance Examination Fee: Not Applicable.

ii) Course Fee-As per the University rules/norms.

(Other fees will be applicable as per university rules/norms.)

8. IMPLEMENTATION OF FEE STRUCTURE:

In case of revision of fee structure, this revision will be implemented in phase wise manner and as per the University's decision in this regard.

9. ELIGIBILITY FOR ADMISSION:

As per the eligibility criteria prescribed by the University for each course and the merit list will be prepared on the basis of entrance examination performance along with reservation norms.

10. MEDIUM OF INSTRUCTION:

The medium of instruction shall be English and Marathi.

The students will have the option to write answer scripts in English or Marathi.

11. STRUCTURE OF COURSE:

Level 6

[illegible]

1. 2 Years Four Semester P.G. Degree 88 Credits

2. 1 Year PG Diploma After 3 Year UG Degree 44 Credits

3. 1 Year PG Degree after Four Year UG Degrees 44 credits.

Major Mandatory: All Courses in Mandatory group are compulsory.

Major Elective Course: Students have to opt for one course for each Semester from the Elective Papers Group

Research Methodology is a compulsory course for First Semester.

On-Job Training/ Field Project/Internship/Apprenticeship is Compulsory for the Second Semester.

Research Project: It is compulsory for semesters III and VI

*: Each Batch of 20 students will have 4 Practical hours per week (2 Batch x 8 Hrs. = 16)

12. SCHEME OF TEACHING:

SHIVAJI UNIVERSITY, KOLHAPUR

Department of Lifelong Learning and Extension

M.A. Yogashastra Part-I Semester-I

13. SCHEME OF TEACHING & EXAMINATION:

M.A. Part-I Yogashastra											
Semester-I											
Teaching Scheme						Examination Scheme					
Sr. No.	Theory (TH)				Practical (PR)	Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No of Lectures	Hours	Credits		Paper Hours	Max	Min	Internal	Max	Min
1	Major (Mandatory)	4	4	4		3	70	28		30	12
		4	4	4		3	70	28		30	12
		1	1	2		1	25	09		25	09
		4	2x8=16	4	2x4=8*	Exam is only practical				30**	12
							Max 70	Min 28			
2	Major (Elective)	4	4	4		3	70	28		30	12
3	Research methodology YG108	4	4	4		3	70	28		30	12
Total		21	33	22			375	149		175	69

	SEE+IA=375+175=550
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*** Each Batch of 20 students will have 4 Practical hours per week (2 Batch x 4 Hrs. = 8)**

**** (IA) 30 Marks (20 Marks for Record book and 10 Marks for oral Examination)**

M.A. Part-I Yogashastra											
Semester-II											
Teaching Scheme						Examination Scheme					
Sr. No.	Theory (TH)				Practical (PR)	Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No of Lectures	Hours	Credits		Paper Hours	Max	Min	Internal	Max	Min
1	Major (Mandatory)	4	4	4		3	70	28		30	12
		4	4	4		3	70	28		30	12
		1	1	2		1	25	09		25	09
		4	2x8=16	4	2x4=8*	Exam is only practical				30**	12
							Max	Min			
							70	28			
2	Major (Elective)	4	4	4		3	70	28		30	12
3	OJT/FP YG208			4		3	70	28		30	12
Total		17	29	22			375	149		175	69
									SEE+IA=375+175=550		

*** Each Batch of 20 students will have 4 Practical hours per week**

(2 Batch x 4 Hrs. = 8)

**** (IA) 30 Marks (20 Marks for Record book and 10 Marks for oral Examination)**

M.A. Part-I Yogashastra											
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		Paper Hours	Max	Min	Internal	Max	Min
1	Major (Mandatory)	4	4	4		3	70	28		30	12
		4	4	4		3	70	28		30	12

		1	1	2		1	25	09		25	09
		4	2x8 =16	4	2x4=8*	Exam is only practical				30**	12
							Max	Min			
							70	28			
2	Major (Elective)	4	4	4		3	70	28		30	12
3	FP/RP YG308	4	4	4		3	70	28		30	12
Total		21	33	22			375	149		175	69
									SEE+IA=375+175=550		

M.A. Part-I Yogashastra											
Semester-IV											
Teaching Scheme						Examination Scheme					
Sr. No.	Theory (TH)				Practical (PR)	Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No of Lectures	Hours	Credits		Paper Hours	Max	Min	Internal	Max	Min
1	Major (Mandatory)	4	4	4		3	70	28		30	12
		4	4	4		3	70	28		30	12
		4	2x8 =16	4	2x4=8*	Exam is only practical				30**	12
							Max	Min			
							70	28			
2	Major (Elective)	4	4	4		3	70	28		30	12
3	Research Project YG407	6	2x8 =16	6		3	70	28		30	12
Total		22	32	22			375	149		175	69
									SEE+IA=375+175=550		

QUESTION PAPER PATTERN FOR SEMESTER-END EXAMINATION AND INTERNAL ASSESSMENT.

M.A. Part-I Yogashastra Semester I, II, III and IV Subject Code & Paper Title:	
Day and Date:	Total Marks: 70
Time: 3 Hours	
Instructions:	
1. All questions are compulsory.	

2. Figures to the right indicated Full Marks.		
Q. No.	Type of Question	Marks
1	Objective Type Questions (Each Question carries two marks)	20
	A. Objective Type questions.	10
	B. Answer in one or two sentences	10
2	Write short notes (Any three out of five Questions)	15
3	Answer in brief (Any Two out of Three Questions)	20
4	Descriptive type question (Internal Choice)	15

An Internal Assessment

Sr. No.	Semester	Type of Internal Assessment	
		For 20 Marks	For 10 Marks
1	I	Unit test	Home Assignment
2	II	Unit test	Seminar Presentation
3	III	Unit test	Seminar Presentation
4	IV	Unit test	Reviews of Articles/Academic Writing

*For YG-103, YG-203, YG-303

There shall be 15 marks for unit tests and 10 marks for home assignments/presentations/oral exam etc.

Question Paper Pattern for Semester-End Examination

YG-103 Introduction to Indian Philosophy, YG-203 Yoga and Mental Health, YG-303 Mantra Yog

M.A. Part-I Yogashastra Semester I, II and III Subject Code & Paper Title:		
Day and Date:		Total Marks: 25
Time: 3 Hours		
Instructions:		
1. All questions are compulsory.		
2. Figures to the right indicated Full Marks.		
Q. No.	Type of Question	Marks
1	Answer in brief (Any one out of two Questions)	10
2	Write short notes (Any two out of four)	10
3	Objective Type Questions (Each Question carries one marks)	05

M.A. Part-I Yogashastra Semester IV YG-403 Advance Teaching Practices Practical-I Theory Paper - 35 Marks, Teaching Lesions - 35 Marks, Internal Assessment - 30 Marks		
Day and Date:		Total Marks: 35
Time: 3 Hours		
Instructions:		
1. All questions are compulsory.		
2. Figures to the right indicated Full Marks.		
Q. No.	Type of Question	Marks
1	Objective Type Questions (Each Question carries one marks)	05
2	Write short notes (Any two out of three Questions)	10
3	Answer in brief (Any Two out of Three Questions)	20

<p style="text-align: center;">M.A. Part-I Yogashastra Semester II YG-208 OJT/FP Yog and Holistic Health</p> <p>Theory Paper - 50 Marks Practical examination - 50 Marks</p>
<p style="text-align: center;">M.A. Part-I Yogashastra Semester III YG-308 Field Project Research Practical</p> <p>1. Report Writing - 25 2. Report presentation - 25 3. Research work six month report - 25 4. Tolls used and data collection, References Writing - 25</p>
<p style="text-align: center;">M.A. Part-I Yogashastra Semester IV YG-407 Research Practical Dissertation</p> <p>1. Research Practical presentation - 50 2. Dissertation and vice-viva/oral Examination</p>

PRACTICAL EXAMINATION PATTERN:

For YG-104, YG-204, YG-304

A) Internal Marks - 30

20 Marks for Record book and
10 Marks for vice-viva/oral Examination

B) Practical examination marks - 70

1. Compulsory Asana - $4 \times 5 = 20$
2. Optional Asana - $4 \times 5 = 20$
3. Shuddhikriya - $2 \times 5 = 10$
4. Pranayama - $2 \times 5 = 10$
5. Meditation - $1 \times 5 = 05$
6. Any prayer - $1 \times 5 = 05$

The evaluation of the performance of the students in practical's shall be on the basis of external evaluation at the end of the semesters.

Record Book -

The Record Book will cover the following -

- i) Brief History
- ii) Various diagrams
- iii) Name of different Asanas, Pranayama, Shuddhikriya, Meditation.

Practical examination conducted-

- a) a batch of 20 students for the practical period & examination
- b) One organizer (Internal subject teacher)
- c) Two examiners appointed by the Department.
- d) Peons - Two peons equipment supply and collecting, water supply, etc.

YG 101– Foundation of Yoga

Course Objectives:

- To understand the foundation of Yoga
- To know the history of Yoga
- To understand the aims and objectives of Yoga
- To provide a comparative understanding of Yogic practices as described in different texts

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit 1 – History of Yoga

- Meaning and definitions of ‘Yoga’
- Aim and objectives
- Historical periods of Yoga development
- Common misconceptions about Yoga

Unit 2 – Four Streams of Yoga (Based on fundamental principles)

- Jnana Yoga (Vedanta Tradition)
- Bhakti Yoga (Bhagvadgeeta and Narada Bhaktisutra)
- Karma Yoga (Bhagvadgeeta)
- Raja Yoga (Patanjala Yogasutra)

Unit 3 – Contribution of Modern Yoga Thinkers

- Contribution of following yoga thinkers in the field of Yoga
- Swami Vivekananda, Maharshi Aravindo
- Maharshi Mahesh Yogi, Paramahansa Yogananda
- T. Krishnamacharya, B.K.S. Iyengar
- Swami Shivananda, Swami Satyananda Saraswati
- Contribution of Swami Kuvalayananda in the field of Yoga education

Unit 4 – Introduction to Yogic Terminologies

- Concept of Panchakosha (with special reference to Taittiriya Upanishad)
- Concept of Pancha Prana and Upapranas
- Concept of Nadi
- Concept of Kundalini and Chakra

Reference Books:

1. Singh S. P., History of Yoga, PHISPC, Centre for Studies in Civilization
2. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi
3. Kumar K., Yoga Mahavigyana, Standard Publishers, New Delhi.
4. Swami Vivekananda, Raja Yoga, Ramakrishna Math.
5. C. (2014). Taittiriya Upanishad. India: Central Chinmaya Mission Trust.
6. भारतीय मानसशास्त्र अर्थात् सार्थ व सविवरण पातंजल योगदर्शन लेखक - कृष्णाजी केशव कोल्हटकर
7. शारीरिक व मानसिक आरोग्याची गुरुकिल्ली योगासन: लेखक: अरुण देशमुख प्रकाशक: मनोरमा प्रकाशन, मुंबई
8. प्राणायाम: लेखक: अरुण जी. देशमुख प्रकाशक: मनोरमा प्रकाशन, मुंबई आवृत्ती: २०१६

Course Objectives:

- To understand the fundamental principles of anatomy and physiology
- To understand the role and importance of anatomy and physiology
- To know the utility of Yoga in modern science
- To apply yogic practices for masses
- To develop the sound understanding about Yoga in modern era

Course Outcomes:

- To understand ancient yogic concepts based on modern understanding
- To understand the effects of Yogic practices on different systems
- To understand the integrated effect on different systems together
- To highlight the ancient wisdom of Yoga through modern parameters

Unit 1 – Effects of Yogic Practices on Musculoskeletal System

- Cell Physiology
- Anatomy and Physiology of Muscular System
- Anatomy and Physiology of Skeletal System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on Musculoskeletal system

Unit 2 – Effects of Yogic Practices on Digestive and Excretory System

- Anatomy and Physiology of Digestive system
- Anatomy and Physiology of Excretory System
- Anatomy and Physiology of Urinary System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

Unit 3 – Effects of Yogic Practices on Nervous system and Glands

- Anatomy and Physiology of Nervous System
- Anatomy and Physiology of Endocrines Glands
- Anatomy and Physiology of Exocrine Glands
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

Unit 4 – Effects of Yogic Practices on Reproductive, Respiratory and Circulatory System

- Anatomy and Physiology of Reproductive System
- Anatomy and Physiology of Respiratory System
- Anatomy and Physiology of Circulatory System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

Reference Books:

1. Waugh A., Grant A., Ross and Wilson Anatomy and Physiology, Elsevier Hs, 2018.
2. Gore M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
3. Mandlik V. Yoga Parichaya: Sharira Shastra, Yogachaitanya Prakashana, Nashik.
4. Shirley Telles, Nagendra H.R., A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
5. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it, Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988
6. Charu, Supriya, Sarir Rachanaevam Kriya Vigyan
7. Mandlik V., Yoga Parichaya, Yogachaitanya Prakashana, Nashik.
8. Evelyn, C. Pearce, Anatomy and Physiology for Nurses (Faber and Faber Ltd. London, 1968)
9. Chatterjee, C.C., Human Physiology (Vol. I & II) (Medical Allied Agency, Calcutta, 1992)
10. John N.A., Human physiology, CBS Publishers and Distributors.
11. Venkatesh D. Sudhakara H., Basics of Medical Physiology, Wolters Kluwer India.
12. Gharote M.M., Therapeutic Reference in Traditional Yoga Texts, The Lonavala Yoga Institute

YG 103– Introduction to Indian Philosophy

Course Objectives:

- To understand the philosophical aspects of Yoga
- To know the history of Yoga
- To understand the aims and objectives of Yoga
- To provide a comparative understanding of different philosophies

Course Outcomes:

- To understand the fundamental knowledge of Indian philosophy
- To understand the different concepts of philosophical speculations
- To understand the interrelation between different philosophies
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit 1 – Sankhya and Yoga Darshan

- Meaning and definition of ‘Darshan’, aims and objectives of Darshan, classification of Darshanas;
- Samkhya Darshan: Meaning of the term ‘Samkhya’, scholars and literature of Samkhya philosophy, principles of Samkhya Philosophy, discussion of Pramanas; Relation of Samkhya Philosophy with Yoga Philosophy.
- Yoga Darshan: Organization of Yogasutras, Yoga Psychology, Stages of Chitta, Forms of Chitta, Modification of Chitta, kinds of Kleshas, Eight limbs of Yoga, Concept of Ishwara and Kaivalya;

Unit 2 – Nyaya and Vaisheshika Darshan

- Nyaya Darshan: Introduction to Nyaya system, scholars and literature of Nyaya Philosophy, theories and principles of logic, school of Navya-Nyaya, discussion on Pramanas, discussion on God; Relation of Nyaya Philosophy with Yoga Philosophy.
- Vaisheshika Darshan: Meaning of the term ‘Vaisheshika’, scholars and literature of Vaisheshika philosophy, discussion on Padarthas, concept of atom, Induction and destruction of the universe; Relation of Vaisheshika Philosophy with Yoga Philosophy.

Unit 3 – Purva Mimamsa and Vedanta Darshan

- Mimamsa Darshan: Meaning and nature of the Mimamsa system, scholars and literature of Mimamsa philosophy, principal theories, discussion on Pramanas. Relation of Purva Mimamsa Philosophy with Yoga Philosophy.
- Vedanta Darshan: Meaning of the term ‘Vedanta’, prominent schools of Vedanta Philosophy, their scholars and literature, principal theories of Vedanta schools, discussion on Pramanas; Relation of Vedanta Philosophy with Yoga Philosophy.

Unit 4 – Bauddha, Jain and Charvaka Darshan

- Bauddha Darshan: History of Buddhist philosophy, scholars and literature of Buddhist philosophy, schools of Buddhism, principal theories of Buddhist schools, discussion on Pramanas, comparative analysis of Bauddha Darshan with orthodox (Astika) philosophies;
- Jain Darshan: History of Jain Philosophy, scholars and literature of Jain philosophy, main schools of Jainism, principal theories of Jain Darshan, discussion on Pramanas;
- Charvaka Darshan: History of Charvaka philosophy, scholars and literature of Charvaka philosophy, discussion on elements, concept of Atma according to Charvaka system, creation and development of the universe, discussion on Pramanas.

Reference Books:

1. Radhakrishnan S., Indian Philosophy, Volume I & II, Oxford.
2. Upadhyaya B., Bharatiya Darshan ki Rooparekha, Chaukhamba Orientalia, Varanasi.
3. Chatterjee S., An Introduction to Indian Philosophy, Rupa & co.
4. Dixit S., Bharatiya Tattvajnana, Phadake Prakashan, Kolhapur
5. Puligandala R., Fundamentals of Indian Philosophy, D.K. Print World Ltd.
6. Radhakrishnan S., Bharatiya Dharshan (Hindi), Rajpal & Sons.

Course Objectives:

- To apply the textual understanding of yogic practices
- To know the techniques and importance of Asanas
- To know the techniques and importance of Pranayama
- To know the techniques and importance of Bandha and Mudras
- To know the techniques and importance of Kriyas
- To know the techniques and importance of Dharana

Course Outcomes:

- To know the difference between yogic exercises and other exercises
- To understand the higher principles of Yoga through practice
- To know the effects of Yogic practices on different systems
- To understand the fundamental teaching principle of simple to complex

Unit 1-

1. Yogic SukshmaVyayama (Microcirculation Practices)

1. Neck Movement - Griva Shakti Vikasaka (I, II, III, IV)
2. Shoulder Movement - BhujaValli Shakti Vikasaka, PurnaBhuja Shakti Vikasaka
3. Trunk Movement - Kati Shakti Vikasaka (I, II, III, IV, V)
4. Knee Movement- Jangha Shakti Vikasaka (II-A&B) ,Janu Shakti Vikasaka
5. Ankle movement - Pada-mulashaktiVikasaka – A&B
Gulpha-pada-pristha-pada-talashaktiVikasaka

2. Yogic SthulaVyayama(Macrocirculation Practices)

1. SarvangaPushti2. HridGati (Engine run)

Unit 2 – Practice of Asanas

- Asanas in Standing Position: Tadasana, Vrikshasana, Padahasthasana, Katichakrasana, Trikonasana, Parshvakonasana, Utkatasana, Sankatasana
- Asanas in Sitting Position: Sukhasana, Swastikasana, Padmasana, Vajrasana, Siddhasana, Muktasana, Veerasana, Guptasana, Gorakshasana, Garudasana, Vrushasana, Ushtrasana, YogasanaJanushirasana, Paschimottanasana, Bhadrasana, Mandukasana, UttanaMandukasana, Shashankasana, Vakrasana, Ushtrasana, Naukasana, Merudandasana
- Asanas in Supine Position: Uttanapadasana, Ardhalasana, Viparitarani, Sarvangasana, Pavanamuktasana, Setubandhasana, Shavasana
- Asanas in Prone Position: Shalabhasana, Bhujangasana, Dhanurasana, Makarasana

Unit 3 – Practice of Cleansing Techniques

- Kapalabhati
- Agnisaradhauti
- Jalaneti
- Vamana Dhauti

Unit 4 – Practice of Pranayama and Bandhas

- Anuloma-viloma, Suryabhedana, Ujjayi
- Practice of Jalandhara, Moola and Uddiyana Bandhas separately

Unit 5 – Practice of Meditation

- Breath Meditation
- Omkara Chanting with 2:3:5 Ratio

References:

1. Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati
2. Gheranda Samhita - Srisa Chandra Vasu Sat Guru Publications 2005
3. Hatha Yoga Pradipika - Translated by Pancham Sinh
4. Ashtanga Yoga Darshan – Yogacharya Vishwas Mandalik (Marathi)
5. Asana Why & How - Shri O P Tiwari, Kaivalyadhama
6. Asana by Swami Kuvalayananda – Dr. M.L. Gharote
7. Pranayama by Swami Kuvalayananda – Dr. M.L. Gharote
8. Guidelines for Yogic Practices - Dr. M.L Gharote
9. धीरेन्द्रब्रम्हचारी, यौगिकसूक्ष्मव्यायाम, धीरेन्द्रयोगप्रकाशन

Course Objectives:

- To apply the practical understanding of yogic texts
- To know the effects of different yoga practices
- To know the application of Yoga for women and senior citizens
- To apply yogic practices for sports persons
- To apply yogic practices for masses

Course Outcomes:

- To know the application of Yoga for different age groups
- To know the need and importance of applied yoga
- To know the yogic practices for prevention, promotion and cure

Unit 1 – Yoga in Education

- Fundamentals principles of applied Yoga in ancient texts
- Need, Importance and features of Yoga for school students
- Need, Importance and features of Yoga college going students
- Need, Importance and features of Yoga for students in higher education

Unit 2 – Yoga for Women and Senior Citizen

- Need, importance and features of Yoga for adolescent and teenage girls
- Need, Importance and features of Yoga for middle age women and for women in menopause;
- Ageing, common Geriatric problems
- Application of Yoga in common Geriatric problems and their prevention

Unit 3 – Yoga for Sports Persons

- Role of yoga in sports
- Yoga for physical performance improvement of a sport person
- Yoga for mental performance improvement of a sport person
- Yoga for sport person in off season
- Yogic practices for injury prevention

Unit 4 – Yoga for Common People

- Workplace stress, its causes, symptoms and complications
- Yogic management of health hazards in computer professionals
- Yogic management of health hazards in chemical, mechanical and mining industries
- Yogic management of health hazards in service industry

References:

1. Dhonde V., Sulabh Prasuti Ani Yoga, Yogachaitanya Prakashan, Nashik
2. Mandlik V., Jyeshthankarita Yogasadhana, Yogachaitanya Prakashan, Nashik.
3. Iyengar B.K.S., Yoga for Sports: A Journey Towards Health and Healing, Westland, 2015.
4. Iyengar G. S., Yoga: A Gem for Women, Allied Publishers.
5. Goel A., Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

YG 106- Gherandsanhita

Course Objectives:

- To apply the understanding of Gherandsanhita.
- To know the effects of different Gherandsanhitas practices.
- To know the application of Gherandsanhita In daily Life.
- To apply yGherandsanhita practices for masses.

Course Outcomes:

- To know the application of Gherandsanhita for different age groups
- To know the need and importance of Gherandsanhita.

Unit-I:

Vishaypravesh-Pratham ani Dwitiy Updesh

Unit-II:

Trutiy and Chaturth Updesh

Unit-3:

Pancham and Shastha Updesh

Unit-4:

Sapt Updesh

Reference Books:

1. Pitambar Jha. Yog Parichay-Gupta Prakashan, New Delhi..
2. Kaivalyadham. Gherandsanhita
3. V.G.Devkule-Gherandsanhita

YG 107-Indian Yogis

Course Objectives:

- To understand the founder of Yoga
- To know the difference yogi.
- To understand the aims and objectives all of Yogis.
- To know the relationship between Traditional and modern yogis.
- To know the history of Indian Yogis.

Course Outcomes:

- To understand the Founder of yog thinkers.
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogi.

1. **Maharshi Patanjali** (2nd and 4th century CE)
2. **Guru Gorakshnath**
3. **Swami Satyanand Saraswati**
4. **Swami Digambarji**
5. **Adi Shankaracharya (788 AD)**
6. **Abhinavagupta (c. 950-1016 AD)**
7. **Sri Ramakrishna Paramahansa (1836-1886)**
8. **Swami Sri Yukteswar Giri (1855-1936)**
9. **Sri Aurobindo (1862-1950)**
10. **Swami Vivekananda (1863-1902)**
11. **Swami Kuvalayananda (1883-1966)**
12. **Swami Sivananda Saraswati (1887-1963)**
13. **Tirumalai Krishnamacharya (1888-1989)**
14. **Paramahansa Yogananda (1893-1952)**
15. **B. K. S. Iyengar (1918-2014)**
16. **Sant Gyaneshwar**

Reference Books:

1. Vishwanath Mukharjee-Bharat ke mahan Yogi.Vishwavidyalay Prakashan-New Delhi,2003
2. Kalyan-Yogank.Gita press Gorakhpur.
3. Kalyan-Yogtatwaank.Gita press Gorakhpur.
4. Kalyan-Bhaktiank.Gita press Gorakhpur.

YG 108 – Research Methodology

Course Objectives:

- To understand the fundamental principles of research
- To understand the role and importance of research
- To conduct various types of researches
- To provide the basic understanding of research
- To develop the sound understanding about the subject

Course Outcomes:

- To develop the interest for research methodology
- To be able to conduct the research
- To understand the correlation between different types of researches
- To highlight the ancient wisdom of Yoga through modern parameters

Unit 1 – Basics of Research

- Introduction, Definition and Characteristics of Research
- objectives and Nature of Research
- Need and Importance of Research in Yoga
- Types and Methods of Research
- Designs of the study
- Variables: Independent, Dependent, Confounding, and Control
- Formulating Method of Study: Describing Method, Participants, Variables, Instruments, Design, Procedure, and Analysis
- Ethical Issues in Research - Scientific Dishonesty, Issues of Copyright
- Researchers Responsibility

Unit 2 – Research Problem and Related Literature

- Sources and Steps in Locating Research Problem
- Characteristics/Criteria of Selecting Research Problem
- Review of Related Literature – Need and Importance, Sources, Steps in Literature Search, and Evaluating Literature Sources
- Analyzing, Organizing, and Reporting the Literature
- Presenting the Research Problem – Title, Introduction, Statement of Problem, Significance, Objectives, Operational Definitions, Assumptions, Delimitation, and Limitation
- Hypothesis: Meaning & Definition, Types, and Formulation
- Meaning of Sampling, Population and Sample
- Sampling Techniques

- Tools of Data Collection: Questionnaire, Opinionnaire, Interview, Observation, Rating Scale

Unit 3 – Basics of Statistics, Descriptive Statistical Measures and its Interpretation

- Meaning and Definition of Statistics
- Need and Importance of Statistics in Yoga
- Types of Statistics, Types of Data/Scale
- Normal Probability Curve – Characteristics, Skewness, Kurtosis
- Graphical Representation of Data - Line, Pie & Bar Diagram, Histogram, Frequency polygon & Curve
- Measures of central tendency and its Interpretation – Mean, Median, Mode
- Measures of Dispersion and its Interpretation – Range, Mean Deviation, Variance, and Standard Deviation
- Calculation and Interpretation of Standard Scores (T score, Z score), Percentiles, Deciles, & Quartiles

Unit 4 – Inferential Statistics and Statistical Software

- Concepts Underlying Inferential Statistics – Standard Error, Hypothesis Testing, Testing of Significance, Two-tailed & One-tailed, Type I & II Errors, Degrees of Freedom
- Normality testing
- Measures of Relationship and its interpretation – Scattergram, Spearman and Pearson correlation coefficient
- Introduction to Statistical Software – Excel and SPSS
- Interpretation of Parametric Tools – One Sample, Paired, & Independent Sample ‘t’ Test, One way & N way ANOVA, and Post-hoc Test
- Interpretation of Non-Parametric Tools – Chi-square, Mann - Whitney, and Kruskal – Wallis

References:

1. Best, J. W., Kahn, J. V. (2011) Research in Education, 10th edn New Delhi: Prentice Hall of India (P) Ltd.
2. Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2005) Research Methods in Physical Activity, 5th edn Human Kinetics, United States of America
3. Clarke, D. H. & Clarke, H. H. (1984) Research Processes in Physical Education, 2nd edn United States of America: Prentice-Hall, Inc., New Jersey
4. Johnson, B. & Christensen, L. (2008) Educational Research, 3rd edn United States of America, Sage Publications, Inc., California
5. Gay, & Airasian., (1976) Educational Research: competencies for Analysis and Applications, Pearson Education, Inc., Upper Saddle River, New Jersey.

YG 201– Hatha Yogic Texts – I

Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Hatha Yoga
- To understand the aims and objectives of Hatha Yoga
- To know the relationship between Patanjala Yoga and Hatha Yoga texts
- To know the history of Natha tradition

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit 1 – Hathapradipika

- Introduction and salient features of HP, Concept of Hathayoga
- Concept Matha, Mitahara, Pathya and Apathya
- Concept of Sadhaka and Badhaka Tattvas
- Concept of Chaturanga Yoga

Unit 2 – Gheranda Samhita

- Introduction and salient features of GhS
- Concept of Ghata and Ghatashuddhi
- Concept of Saptanga Yoga
- Summary of Gherand Samhita

Unit 3 – Siddhasiddhanta Paddhati

- Salient features of SSP
- Origin of Embryo and its development
- Concept of 16 Adharas and 9 Chakras
- Summary of six chapters of SSP

Unit 4 – Hatharatnavali

- Salient features of HR
- Concept of Eight Chakras and their purification
- Concept of Mahayoga
- Summary of all the chapters of HR

Reference books:

1. Swami, D., Jha, P. (1998) Swatmarama, S. (2022). Hathapradipika of Svatmarama, 1st edn Kaivalyadham Yoga Institute: Lonavala, Pune, India.
2. Dr. Gharote, M.L., Dr. Parimal, D. (2022) Hatha Pradipika of Svatmarama (With Yogaprakasika Commentary by Balakrsna): The Lonavala Yoga Institute, India.
3. Swami, M. (1999) Hatha Yoga Pradipika, Reprint edn Bihar School of Yoga: Yoga Publication Trust, Munger, Bihar, India.
4. Swami, D., Dr. Gharote, M.L. (1997) Gheranda Samhita, Kaivalyadham Yoga Institute: Pune
5. Swami, N. S. (2012) Gheranda Samhita (Commentary on The Yoga Teachings of Maharshi Gheranda) Bihar School of Yoga: Yoga Publication Trust, Munger, Bihar, India.
6. Dr. Gharote, M.L., Dr. Pai, G.K. (2019) Siddhasiddhantpaddhantih (A treatise on natha philosophy by Gorakshnatha) The Lonavala Yoga Institute, India.
7. Dr. Gharote, M.L., Hatharatnavali (A Treatise on Hathayoga of Srinivasayogi) Motilal Banarsidass.

Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Yoga
- To understand the aims and objectives of Yoga
- To know the relationship between Patanjala Yoga and Hatha Yoga texts

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom.

Unit 1 – Samadhi Pada

- Definition of Yoga, Concept of Chitta, Chittavrittis and Chittabhutis, Chittavritti Nirodha Upayas
- Concept Chitta Vikshepas, Chittaprasadana Upayas, Bhava Pratyaya and Upaya Pratyaya
- Types and nature of Samadhis, Difference between Samadhi and Samapatti
- Concept of Ishwara and Ishwara Pranidhana

Unit 2 – Sadhana Pada

- Concept of Kriyayoga, five Kleshas and concept of Dukha
- Concept of Drashta and Drishya
- Karmashya and Karmavipaka
- Eight limbs of Yoga

Unit 3 – Vibhuti Pada

- Concept and nature of Samyama
- Concept of three types of Parinamas (Parinamatrayas)
- Concept of Vibhuti and various Vibhutis
- Definition of Kaivaya

Unit 4 – Kaivalya Pada

- Five ways to attain Siddhis
- Characteristics of Nirmana Chaita, Types of Karmas
- Concept of Vivekakhyati and Dharmamegha Samadhi
- Attainment of Kaivalya to the Purusha

Reference Books

1. Patanjali. (1975). The Yoga sutras of Patanjali: the book of the spiritual man : an interpretation. London, Watkins
2. Patanjali., Sastri, G. D., & Ballantyne, J. R. (1971). Yoga-sutra of Patanjali, [2d ed.] Delhi, Indological Book House.
3. Patanjali & Miller, B. S. (1996). Yoga: Discipline of freedom: the Yoga Sutra attributed to Patanjali; a translation of the text, with commentary, introduction, and glossary of keywords. University of California Press.
4. Swami Anand Rishi, Patanjali Yoga Darshan - Ek Abhyas: A Commentary and Comparative Study of Maharshi Patanjali's Patanjali Yoga Sutras, Createspace Independent Pub
5. P., Karambelkar, P. V. (1986). Patanjala Yoga Sutras: Sanskrit Sutra with Transliteration, Transtation [sic], & Commentary. India: Kaivalyadhama.
6. पातञ्जलयोगप्रदीप (संस्कृत एवम् हिन्दी अनुवाद सहित) - A Most Comprehensive Explanation on the Yoga Sutras, Geeta Press.
7. Krishnaji Kolhatakar, Patanjali Yogdarshan, Aditya Pratishthan.

Course Objectives:

- To apply the yogic knowledge for mental health
- To know the concept of mental health
- To know the importance of mental health in day to day life
- To know the role of yogic practices for mental stability

Course Outcomes:

- To know the application of Yoga practices for mind
- To know the detailed understanding about mental health
- To know the yogic practices for prevention, promotion and cure related to mental disorders

Unit 1 – Introduction to Modern Psychology

- Introduction and history of modern psychology, Needs and goals of psychology
- Developmental stages of psychology: from puberty
- Psychological basis of behavior, Types of behaviors, behavioral theory of psychology
- Cognitive functions of mind, Stages of sleep (modern and yoga)

Unit 2 – Introduction to Eastern Psychology

- Difference between eastern and western psychology
- Nature, meaning and scope of eastern psychology
- Personality traits – Allport and Maslow
- Maslow's hierarchy of needs

Unit 3 – Yogic Psychology

- Mind according to Patanjala Yogasutras and Vedanta tradition
- Yogic perspective of mental health; Five levels of Chitta; Concept of affliction according to Patanjali, chitta prasadana, other practices to overcome the mental afflictions
- Concept of mental afflictions in Bhagavad Geeta, assessment of mental disorders, practices for maintaining mental health
- Various Yogic practices to promote good mental health

Unit 4 – Preventive and Curative aspects of Yoga for Common Psychological Disorders

- Characteristics of common psychological disorders
- Yogic management of Frustration and Stress
- Yogic management of Anxiety, Depression and Aggression
- Yogic management of Insomnia and Eating Disorders

Reference Books

1. Baron, R.A., Branscombe, N.R. & Byrne, D. (2009). Social psychology. (12th ed.). Boston: Pearson.
2. The Social Psychology of Aggression: 2nd Edition (Social Psychology: A Modular Course) by Barbara Krahej.
3. Principles of Behavior Modification, Author: Bandura, Albert Publisher: Holt, Rinehart and Winston
4. Shanti Prakash Attari, Yoga Psychology
Abraham H. Maslow, Towards a Psychology of being

Course Objectives:

- To apply the textual understanding of yogic practices
- To know the techniques and importance of Pranayama
- To know the techniques and importance of Bandha and Mudras
- To know the techniques and importance of Kriyas
- To know the techniques and importance of Dharana

Course Outcomes:

- To know the difference between yogic exercises and other exercises
- To understand the higher principles of Yoga through practice
- To know the effects of Yogic practices on different systems
- To understand the fundamental teaching principle of simple to complex

Unit 1-

1. Yogic SukshmaVyayama (Microcirculation Practices)

Ucharan-sthal-tatha vishudhichakra shudhi, Budhitathadritishaki vikasaka, Medhashakti vikasaka, Kapolshakti vikasaka, Vakshasthalshakti vikasaka.

2. Yogic Surya Namaskara with Mantra

Unit 2 – Practice of Advance Asanas

- Asanas in Standing Position: Garudasana, Natarajasana, Vatayanasana, ParivritaTrikonasana, Parshvakonasana, Veerasana, Shirshasana;
- Asanas in Sitting Position: Gomukhasana, Matsyasana, Mayurasana, Kukkutasana, Kurmasana, UttanaKurmasana, Ugrasana, Rajkapotasana, ParivritaPaschimottanasana, Tolasana, Simhasana, ArdhaMatsyendrasana;
- Asanas in Supine Position: Halasana, Karnapidasana, Chakrasana, VistrutapadaHalasana
- Asanas in Prone Position: NirālambaShalabhasana, NirālambaBhujangasana, TiryakaBhujangasana.

Unit 3 – Practice of Cleansing Techniques

- Sutraneti, Nauli, Dandadhauti, Vastradhauti, Trataka

Unit 4 – Practice of Pranayamas

- Shitali, Sitkari, Bhramari, Bhastrika
- Practice of Pranayama with 1:4:2 Ratio with Thiribandha

Unit 5 – Practice of Meditation

- Dharana-DhyanaAbhyasa
- Omkara Meditation

Reference Books:

1. Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati
2. Gheranda Samhita - Srisa Chandra Vasu Sat Guru Publications 2005
3. Hatha Yoga Pradipika - Translated by Pancham Sinh
4. Ashtanga Yoga Darshan – Yogacharya Vishwas Mandalik (Marathi)
5. धीरेन्द्र ब्रम्हचारी, यौगिक सूक्ष्म व्यायाम, धीरेन्द्र योग प्रकाशन

YG-205 Ashtang yog (Swami Charandasas)

Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Yoga
- To understand the aims and objectives of Yoga
- To know the relationship between Patanjala Yoga and Swami Charandasas ashtang yog.

Course Outcomes:

- To understand the fundamental knowledge of Ashtang Yog.(Swami Charandasas.)
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit-1:

Sanyam-Yam-Niyam

Unit-2:

Asan,Pran,Nadi

Unit-3:

Pranayama-Chakra,Pratyahar,Dharana

Unit-4:

Dhyan,Samadhi,Shuddhikriya,Mudra,Bandha and Ashtasiddhi

Reference Books:

1. Pitambar jha,Yog Parichay,Gupta Prakashan-New Delhi
2. Kaivladham,Ashtang yog ,Kaivlyadham

Course Objectives:

- To understand the foundation of Yogsangaram.
- To know the fundamental principles of Yogsangaram.
- To understand the aims and objectives of Yogsangaram.
- To know the relationship between Patanjala Yoga and Yogsangaram.

Course Outcomes:

- To understand the fundamental knowledge of Yogsangaram.
- To develop the interest about cultural aspects.
- To reach up to the roots of Yogsangaram.
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit-1:

Brief Summary :Adhyaya 1-5

Unit-2:

Brief Summary :Adhyaya 6-11

Unit-3:

Brief Summary :Adhyaya 12-18

Unit-4:

Importance of Yog Sangram

Reference Books:

1. Shaikh Mohammad Maharajkrut Yogsangram Sampadak Dr.Anil Sahasrabuddhe,Devsthan Trust Shrigonde

Course Objectives:

- To apply the textual understanding of Professional yog.
- To know the importance of Professional yog.
- To understand the concept of Naturopathy
- To know the role and application of Naturopathy
- To know the different therapeutical practices of Naturopathy
- To apply the Naturopathy practices for masses

Course Outcomes:

- To know the future of Professional yog.
- To understand the higher principles of Professional yog.
- To know the application of Naturopathy for different age groups
- To know the need and importance of Naturopathy in different fields
- To know the Naturopathy practices for prevention, promotion and cure.

Unit I - Importance of Scientific Yog in Professional Life.

Difference between Traditional and Professional Yog.

Unit II - How made a carrier in professional yog.

Opportunity of Professional Yog at world platforms.

Unit III - Introduction

History of Naturopathy

Meaning and Definition of Naturopathy

Principles of Naturopathy

Basic Elements of Naturopathy

Hydrotherapy

Principals of Hydrotherapy

Importance of Water

Properties of Water

Uses of Water in Therapy

Unit IV - Mud Therapy

Properties of Mud

Types of Mud

Preparation of Mud Therapy

Different Uses of Mud Therapy

Balance Diet

Uses of Naturopathic Diet

Fasting: Importance and Types of Fasting.

Massage: Importance and Types of Massage.

References:

1. H.K.Bakru-The Complete hand book of Naturopathy
2. Dr.Rakesh Jindal-Prakritik Aayurvednayan Arogyaseva Prakashan,Modinagar Uttar Pradesh
3. K.S.Joshi-Speaking of Yoga and Naturopathy,Orient Paperbook,New Delhi
4. Swami Vivekanada - Dnyan Yoga, Bhakti yoga, Karm Yoga, Rajyog,Adwait Ashram-Culcutta-2000
5. R.S.Bhagal(2000) Mental Health,Lonavala:Kaivlyadham
6. Swami Kuvlyananda,(1992) Asana, Pranayama, Yoga Therapy.Lonavala:Kaivlyadham.
7. भीष्मराज वाम * मना सज्जना, मनोपासना, विजयाचे मानसशास्त्र, संधीचं सोनं करणारी इच्छाशक्ती, यशाचा मार्ग

YG 208- Yoga and Holistic Health

Course Objectives:

- To understand the concept of Yoga for health
- To know the difference between Holistic health and Wholistic health
- To know the application of Yogic practices for achieving health
- To know yogic practices for removal of diseases
- To apply yogic practices for masses related to health

Course Outcomes:

- To know the application of Yoga for different age groups to develop health
- To know the need and importance of yogic practices to achieve healthy lifestyle
- To know the yogic practices for prevention, promotion and cure

Unit I - Meaning and Definition of Health

Concept of Health and Dis-case

Factors affecting health

Yogic approach to health.

Unit II - Concept of Holistic Health

Physical, Mental and Spiritual Health

Importance of Health in Human Life

Unit III - Meaning Definition and Objectives of Yoga

Need and significance of Yoga

Role of Yoga in Healthy Living

Unit IV - Concept of Health from ancient yogic texts

Difference between the modern and ancient concept of health

References:

1. Swami Vivekananda - Dnyan Yoga, Bhakti yoga, Karm Yoga, Rajyog, Adwait Ashram- Calcutta-2000
2. R.S. Bhogal- Mental Health, Kaivlyadham

YG 301 – Hatha Yogic Texts – II

Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Hatha Yoga
- To understand the aims and objectives of Hatha Yoga
- To know the relationship between Patanjala Yoga and Hatha Yoga texts
- To know the history of Natha tradition

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit 1 – Goraksha Samhita and Gorakshashatakam

- Introduction and salient features of Goraksha Samhita
- Concept of Shadanga Yoga
- Introduction and salient features of Gorakshashataka
- Yogic practices as given in Gorakshashataka

Unit 2 – Shiva Samhita and Vasistha Samhita (Yoga Kanda)

- Introduction and salient features of ShS
- Concept of Chaturvidha Yoga
- Concept of Vayusadhana
- Salient features of Vasistha Samhita
- Eight Limbs of Yoga
- Methods of attaining knowledge
- Summary of the text

Unit 3 – Hathyogpradipika

- Prataham and Dwitiya Upadesha

Unit 4 – Hathyogpradipika

- Trutiya, Chaturth and Pancham Upadesha

References

1. Swami, V. (2014) Goraksha Samhita (Also Known as Goraksha Paddhati) 1st edn, Divine Yoga Institute: Kathmandu, Nepal.
2. Swami, V. (2015) Two Yoga Samhitas: Gheranda Samhita and Goraksha Samhita 1st edn, Divine Yoga Institute: Kathmandu, Nepal.
3. Swami, V. (2002) Shiva Samhita (A Classical Text on Yoga and Tantra) 2nd edn, Divine Yoga Institute: Kathmandu, Nepal.
4. Bharadwaj, C.L., & et al. (2009) Shiva Samhita, 1st edn. Kaivalyadham Yoga Institute: Lonavla, Pune, India.
5. Swami, A.B. (2019) Yoga Bija. Indu prakashan, India.
6. Aiyer, K.N. (2001) Laghu-yoga-vasistha. Adyar Library and Research Centre: India.
7. Swami, V. (1993) Vasistha's Yoga. State University of New York Press: India
8. Dr. Manmath M. Gharote, Dattatreya Yoga Sastram, The Lonavla Yoga Institute, Lonavla
9. Swami Kuvalyananda, Goraksa Satakam, Kaivalyadhama
10. Dr. M.L. Gharote, Hathatatvakaumudi - Hatha Tattva Kaumudi (A Treatise on Hathayoga by Sundaradeva), The Lonavla Yoga Institute, Lonavla
11. Dr. Manmath M. Gharote, Amanaska Yoga (A Treatise on Layayoga), The Lonavla Yoga Institute, Lonavla

Course Objectives:

- To understand the relationship between Yoga and Upanishads
- To know the fundamental principles of Upanishads.
- To understand the aims and objectives of Yoga Upanishads
- To know the relationship between Upanishads and Yoga Upanishads

Course Outcomes:

- To understand the fundamental knowledge of Yoga upnishadas.
- To reach up to the roots of Yoga Upanishads
- To develop the authenticity, accuracy and objectivity of Yogic wisdom

Unit 1 –Trishikhibrahmana Upanishad and Yogatattva Upanishad

- Introduction and classification of Yoga Upanishads.
- Trishikhibrahmana Upanishad: Introduction, description of Ashtanga yoga, Karmayoga, and Jnana yoga.
- Yogatattva Upanishad: Introduction, Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet, and Dincharya, primary symptoms of yoga siddhis, and precautions.

Unit 2 –Yogakundalini Upanishad and Yogachudamani Upanishad.

- Yoga kundalini Upanishad: Introduction, methods of Pranayama Siddhi, types of pranayama, means of Self-realization.
- Yogachudamani Upanishad: Introduction, the description of the six limbs of yoga, their results, and sequence.

Unit 3 –Dhyanabindu Upanishad and Nadabindu Upanishad

- Dhyanabindu Upanishad: importance of Dhyanayoga, Nature of Pranav, Techniques of Pranavmeditation, Shadanyoga, Atmadarshan through Nadanusandhan.
- Nadabindu Upanishad: Introduction, Hamsavidya, Description of various limbs of Omkar, 12matras of omkar and its results of their application with Pranas, nature of nadanusandhan sadhana, state of Manolaya.

Unit 4 – Swetaswataropnishad and Yogarajopnishad

- Swetaswataropnishad: Introduction (Chapter II) Techniques and Importance of Dhyanyoga, a suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation.
- Yogarajopnishad: Introduction, Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results.

Reference Books:

- 1.Yogopanishads (Marathi Translation), Savitribai Phule Pune University, Pune.
- 2.Swami Anant Bharati, Yoga Upanishad Samgrah, Chaukhamba Orientalia, Delhi.
- 3.Vidyalankar S., Yoga Upanishadah (Hindi), Pratibha Prakashan
- 4.Shastri M., The Yoga Upanishads, The Adyar Library and research center.
- 5.Ayyangar S.G., The Yoga Upanishads, The Adyar Library, 1938.

6. Manmath M. Gharote, Parimal Devnath, Vijay Kant Jha, Critical edition of selected Yogopanişads, Lonavla : Lonavla Yoga Institute, 2009.

YG 303 – Mantra Yoga

Course Objectives:

- To understand the foundation of Mantra Yoga
- To know the fundamental principles of Mantra Yoga
- To understand the aims and objectives of Mantra Yoga
- To know the relationship between Mantra Yoga and Other paths of Yoga

Course Outcomes:

- To understand the fundamental knowledge of Mantras
- To develop the interest about chanting of mantras
- To know the effects of Mantras
- To know the role of Mantras at mental and emotional level
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit 1 – What is Mantras?

- Meaning and Definitions of Mantrayoga
- Types of mantra recitation (Vaikhari, Upanshu and Manasi and Likhita)
- Initiation (Diksha) of Mantras, importance of Brahmamuhurta, Ajapa mantra
- Asana (mat) for japa, need for a Mala, counting the japa

Unit 2 – Mantras from Ancient Texts

- Vedic Mantras, their characteristics and importance, six aspects of Mantras
- Gayatri Mantra and Mahamrutyunjaya Mantra
- Beeja Mantras
- Pranava and its recitation.

Unit 3 – Importance of Mantras as a Remedy

- General benefits of chanting mantras
- Therapeutic effects of Mantras
- Evidence based studies on the effects of Mantras at different levels of personality
- Importance of mantras for spiritual awakening

Unit 4 – Significance of Mantras in Modern World

- Misconception of Mantras in modern era
- Difference between ancient understanding and modern understanding of Mantras.
- Opinions about mantra Sadhana from modern thinkers
- Usefulness of mantra-sadhana in modern era

Reference Books:

1. Yashapala (2001). Mantra rahasya. India: Raṇadhīra Prakāśana.
 2. Gonda, J. (1988). Mantra Interpretation in the Śatapatha-Brāhmaṇa. Netherlands: E.J. Brill.
 3. Pandit, S. M. (1999). Japa (Mantra Yoga). India: Lotus Press.
- Swami, O. (2017). The Ancient Science of Mantras: Wisdom of the Sages. India: Amazon Digital Services LLC - KDP Print US

Course Objectives:

- To apply the textual understanding of yogic practices
- To know the therapeutical effects of Asanas
- To know the therapeutical effects of Pranayama
- To know the therapeutical effects of Bandha and Mudras
- To know the therapeutical effects of Kriyas
- To know the therapeutical effects of Dharana

Course Outcomes:

- To know the effects of yogic practices on different systems
- To achieve the health and fitness
- To know the effects of Yogic practices on different systems
- To understand yogic practices for preventive measures
- To understand yogic practices for promotive measures
- To understand yogic practices for curative measures

Unit 1 – Yogic Remedies for Different Systems

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, Pranayamas and Relaxation practices. The therapy comprising treatment to the male, female and adolescent using above principles.

Unit 2 – Yogic Remedies for Physical Disorders

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, Pranayamas, Relaxation practices, Mantra therapy and yogic diet. The therapy comprising treatment to the male, female and adolescent using above principles.

Unit 3 – Yogic Remedies for Mental and Emotional Disorders

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, Pranayamas Relaxation practices, Mantra therapy and yogic diet. The therapy comprising treatment to the male, female and adolescent using above principles.

Unit 4 – Yogic Remedies for Social Disorders

- Yogic approach towards a therapy comprised of Yamas, Niyamas, Asanas, Shat Karmas, Breathing Practices, Pranayamas, Dharana Abhyasa, Relaxation practices, Mantra therapy, prayers, Meditation and yogic diet etc. The therapy comprising treatment to the male, female and adolescent using above principles.

Reference Books:

1. Anatomy of Hatha Yoga (A Manual for students, Teachers and Practitioners) – H. David Coulter 2001
2. Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati 2009
3. Yoga Anatomy - Leslie Kaminoff 2007
3. Anatomy and Physiology of Yoga Practices - Dr. Makarand M Gore (Ph.D.) 2003
4. Swami Kuvalayananda, Yogic Therapy: Its Basic Principles And Methods, Kaivalyadhama Ashram Publications
5. Gharote M.L., Therapeutic Reference in Traditional Yoga Texts, The Lonavala Yoga Institute

Course Objectives:

- To apply the yogic knowledge for psychology
- To know the concept of psychology
- To know the importance of training at psychological level in day to day life
- To know the role of yogic practices for psychological upliftment

Course Outcomes:

- To know the application of Yoga practices for mind
- To know the detailed understanding about mental health
- To know the yogic practices for prevention, promotion and cure related to mental disorders

Unit 1 - Educational Psychology

- Nature, meaning, scope and functions of educational psychology
- Learning – concept, characteristics, learning process, learning curve
- Factors affecting learning: Attention, Perception, Motivation

Unit 2 – Health Psychology and Yoga

- Definition, nature and aims of Health Psychology
- Cognitive behavioral approaches to health behavior change
- Health Promoting Behaviors – Diet, Exercise, Sleep, Rest, Accident prevention

Unit 3 – Stress and Coping through Yoga

- Definitions, Nature & Types of Stress
- Sources of Stress, Responding to Stress (Physiological, Emotional & Behavioral Response)
- Coping Behavior – Problem Focused coping & Emotion Focused Coping

Unit 4 – Yoga Counselling

- Definition, Concept, Scope and types of Counseling
- Counselor, Ethics in Counseling
- Application of Counseling: Family set up; Educational set up; Organizational set up;

Reference Books:

1. Woodwork, Contemporary school of psychology
2. N.C.Pande, Mind and Supermind
3. Shanti Prakash Attari, Yoga Psychology
4. Yoga Education for children - Bihar Yoga Publication Trust
5. Nav Yogini Tnadra (Hindi / English) - Bihar Yoga Publication Trust
6. Effect of Yoga on Hypertension - Bihar Yoga Publication Trust
7. Yoga Education - Dr Kamakhya Kumar

Applied Yogic Science - Dr Kamakhya Kumar

YG 306 – Introduction to Meditation Techniques

Course Objectives:

- To understand the fundamental techniques of Yoga
- To know the higher practices of Yoga
- To understand the aims and objectives of Dhyana (Meditation)
- To know the relationship between Dhyana (meditation) and other practices of Yoga

Course Outcomes:

- To understand the fundamental techniques of Dhyana (meditation)
- To develop the real awareness
- To reach up to the higher stage of Yoga
- To develop the authenticity, accuracy and objectivity of Yogic wisdom

Unit 1 – Meditation techniques from ancient Hathayogic texts

- Meditation techniques as Adharas from Siddha Siddhanta Paddhati
- Meditation techniques as Lakshya from Siddha Siddhanta Paddhati
- Meditation techniques as Vyoma from Siddha Siddhanta Paddhati
- Meditation techniques as Marma-sthana from Yuktabhavadeva

Unit 2 – Mantra Meditation

- Types of mantra recitation (Ucchaih, Upanshu and Manasi)
- Omkara Meditation
- Chanting of Vedic Mantras, Beeja Mantra Meditation
- Ajapa Gayatri Meditation

Unit 3 – Modern Meditation Techniques

- Preksha Meditation of Jainism
- Zen Meditation
- Rajayoga meditation of Brahmakumaris
- Mind Sound Resonance Technique (MSRT)

Unit 4 – Other Meditation Techniques

- Transcendental Meditation by Maharshi Mahesh Yogi
- Vipassana Meditation of Buddhism
- Guided Meditation (Yoga Nidra)

Reference Books:

1. Swami Satyananda S., Ajapa Japa and Chidakash Dharana, Yoga Publication Trust, Bihar.
2. Maharshi Mahesha Yogi, Science of Being and Art of living, Plume, 2001.
3. Mind Sound Resonance Technique (MSRT), Swami Vivekananda Yoga Prakashan.
4. Swami Satyananda S., Antar Mouna: Inner Silence, Yoga Publication Trust, Bihar.
5. Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000.
6. Yoga Tatwank, Geeta Press
7. Dr. M. L. Gharote, Siddha Siddhanta Paddhati (A Treatise on The Natha Philosophy), The Lonavla Yoga Institute, Lonavla
8. Dr. M. L., Gharote Yuktabhavadeva (A Treatise on Yoga) of Bhavadevamisra, Motilal Banarsidass

YG-307-Yoga and Sports

Course Objectives:

- To apply the yogic knowledge for Sports
- To know the concept of Sports
- To know the importance of training at psychological and Physical level in day to day life

Course Outcomes:

- To know the application of Yoga practices for Sports.
- To know the detailed understanding about mental, Physical, Social and Spiritual health

To know the yogic practices for prevention, promotion and cure related to Physical, mental Injury and Rehabilitation.

Unit No-1) Importance of Yoga in Sports for Physical Ability

Unit No-2) Importance of Yoga in Sports for Mental Ability

Unit No-3) Importance of Yoga in Sports for Social and Spiritual ability

Unit No-4) Importance of Yoga in Sports for Injury and Rehabilitation

Reference Books:

1. Swami, Kuvlyananda. (1992). Asana, Pranayam, Yoga Therapy. Lonavala: Kaivlyadham.
2. Karavarkar, Malti. (1997). Athletics Ahar. Pune: Swati Prakashan
3. Aher, Sharad. (2009). Sharirik Shikshan Mapan v Mulyamapan. Pune: Diamond Publication
4. Aher, Sharad. (2009). Maharashtraatil Khel Aajache, Kalche. Pune : Diamond Publication

YG 308- Field Project

Unit-Research Work Practical

Course Objectives:

- To understand the ancient texts
- To know the role of epics
- To produce authentic information of ancient literature
- To the role of ancient wisdom in practical life

Courser Outcomes:

- To understand different types of Yoga
- To know the ancient principles and to apply in day to day life
- To highlight the ancient knowledge
- To develop the autheritativeness, accuracy and objectivity of spiritual wisdom

Unit 1 –

General Introduction to Bhagavad Gita, Definitions of Yoga, their relevance & Scope; Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga (Chpt. II), Karma Yoga (Chpt. III)

Unit 2-

Samnyasa Yoga and Karma Swarupa (Sakama and Nishkama) Samnyasa, DhyanaYogas (Chpt. VI)

Unit 3-

Types of Bhakta (Chpt. VII) Nature of Bhakti (Chpt. XII), Means and End of Bhakti-Yoga; The Trigunas and Nature of Prakriti; Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt. XIV& XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt. XVI)

Unit 4-

Yoga Vasishta Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Dwarpaals to Freedom; How Sukha is attained in the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eight limbs of Meditation; JnanaSaptabhumika.

Reference Books:

1. B. Swami Prabhupada, Bhagavad Geeta, Bhaktivedanta Book Trust Publications.
2. Bhagavad Geeta or The Devine Song, Gita Press, Gorakhpur.
3. Swami Gambhiranand, Bhagavadgita (with Gudharth Dipika), Ramkrishna Matha, Madras.
4. Vinoba Bhave.Geeta Pravachane,Ramkrushn Mission Wardha.
5. Yogavashishtha Hindi- Chowkhamba Sanskrit Sansthan, Varanasi
6. YogVashishth Hindi Gita Press, Gorakhpur
2. **श्रीयोगवासिष्ठ** - Shri Yoga Vasistha in Marathi DR. M.V. GOKHLE

Course Objectives:

- To understand the concept of Diet and Nutrition
- To know the yogic understanding about diet and nutrition
- To know the effects of diet and nutrition on yogic practices
- To know the concept of diet and nutrition in ancient yogic texts

Course Outcomes:

- To know the application of good diet and nutrition in day to day life
- To know the need and importance of healthy diet and nutrition
- To know the Yogic concepts of Sattvika, Rajasika and Tamasika diet

Unit 1 – Fundamentals of Diet and Nutrition

- Concept of Food, Diet and Nutrition
- Fundamental principles of Nutrition
- Introduction to nutrients, fluids and water
- Concept of Metabolism

Unit 2 – Role of Diet in Yoga

- Concept of Mitahara
- Diet as per Hathayoga texts
- Diet as per Upanishads and Bhagvadgeeta
- Difference between normal and yogic diet

Unit 3 – Ayurvedic Concept of Diet

- Concept of Dosh, Dhatu, Mal, Diet according to Ayurveda
- Concept of Pathya and Apathya, Viruddha Ahara
- Diet according to Prakriti, Ritucharya and Dincharya

Unit 4 – Role of Diet in Remedy and Cure

- Diet as per nature cure therapy
- Wrong regimen of diet, Food borne diseases
- Fasting therapy

Reference Books:

1. Shirlakshmi B., Dietetics, New Age International Publication, 2014.
 2. Gupta S. and others, Textbook of Nutrition and Dietetics, Elite Publication House, 2016.
 3. Shirlakshmi B., Food Science, New Age International Publication, 2018.
 4. Joshi S. A., Nutrition and Dietetics, McGraw Hill Education, 2017.
- Singh J., Handbook of Nutrition and Dietetic, Lotus Press, 2008

YG 403 – Advance Teaching Practices (Practical)
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Course Objectives:

- To teach the facets and features of Yoga education
- To know the salient features of Yoga education
- To know how to teach Yogic practices based on ancient fundamental principles of Yoga

Course Outcomes:

- To know the role of the teacher
- To understand the individual yoga teaching techniques, group yoga teaching techniques
- To teach how to conduct lesson plan
- To know the application of teaching aids

Unit 1 – Facets and Features of Yoga Education

- Salient features of yoga education
- Role of yoga teacher; characteristics of an ideal yoga teacher
- Individual yoga teaching techniques, group yoga teaching techniques, techniques of mass instruction
- Organization of teaching, time management, discipline management and resource management.

Unit 2 – Art of Lesson Planning

- Lesson plan and its importance
- Micro lesson plan
- Essentials of good lesson plan; lesson plan content
- Lesson plans for teaching various yogic practices

Unit 3 – Strategy of Teaching Theoretical Aspects of Yoga

- Types of theory of teaching
- Application of teaching aids
- Resources for teaching theoretical aspects of Yoga

Unit 4 – Strategy of Teaching Practical Aspects of Yoga

- Different demonstration techniques
- Application of teaching aids
- Strategy for teaching Yogic practices to different age groups

References:

- 1) Teaching Methods for Yogic Practices - Dr ML Gharote and Dr. SK Ganguly - Kaivalyadhama
- 2) Teaching Yoga Essential Structure and Strategies - Varda Toussaint

Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Religion and Spirituality
- To understand the aims and objectives of Spirituality
- To know the relationship between Yoga, Religion and Spirituality

Course Outcomes:

- To understand the fundamental principles of Yoga
- To understand the fundamental principles of Religion
- To understand the fundamental principles of Spirituality
- To know the effects of Yogic practices for developing spirituality
- To develop the authoritativeness and objectivity of Yoga and Spirituality

Unit 1 – What is Yoga?

- Definitions of Yoga
- Aim of yogic practices in ancient texts
- How Yoga is important to understand teaching of religion
- How yoga is important to understand the teaching of spirituality

Unit 2 - What is Religion?

- What is the definition of religion?
- Purpose of teachings of religion
- What is the relationship of religion with yoga and with spirituality?
- Difference between Dharma and Religion

Unit 3 – What is Spirituality?

- What is the definition of spirituality?
- Concept of spirituality
- Purpose and teachings of spirituality
- Role of yoga to understand Spirituality

Unit 4 – Relation between Spirituality and Yoga

- Definition about the concept of Dharma
- Fundamental principles of Yoga and Dharma
- Fundamental principles of Yoga and Spirituality
- Role of Yoga in spiritual upliftment

Reference Books:

1. Religion and Dharma. (n.d.). (n.p.): Advaita Ashrama (A publication branch of Ramakrishna Math, Belur Math).
2. Hindu Dharma and Sanskriti. (2021). (n.p.): Prabhat Prakashan.
3. Hindu Spirituality: Vedas Through Vedanta. (1989). United States: Crossroad.
- Spiritual Yoga. (2004). United States: Bhaktivedanta Book Trust.

Course Objectives:

- To understand the relationship between Vedantic philosophy and other philosophies
- To know the concept of Advaita
- To highlight the concept of Vedas
- To know the relationship between Upanishads and Yoga Upanishads
- To know the different paths of Yoga

Course Outcomes:

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Upanishadic wisdom
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit 1 – Ishavasya and Kena Upanishad

- Introduction to 10 Principal Upanishads;
- Ishavasya Upanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava;
- Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

Unit 2 – Katha and Prashna Upanishad

- Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Realization
- Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

Unit 3 – Mundaka, Mandukya and Chhandogya Upanishad

- Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahman; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti;
- Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara;
- Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya.

Unit 4 – Aitareya, Taittiriya and Brihadaranyaka Upanishad

- Aitareya Upanishad: Concept of Atma, Universe and Brahman;
- Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriuvalli;
- Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

Reference Books:

1. Radhakrishnan S., Principal Upanishads, Harpercollins, 2006.
2. Swami Satyananda S., Nine Principal Upanishads, Bihar School of Yoga, 2006.
3. Bapatshastri V.V., Subodha Upanishad Sangraha, Vol. I and II, Pan. D. V. Jog, 2007.
4. Bhagvat H. R., Sartha Upanishad Sangraha, Vasant Krishna Nulkar, 2012.

YG 406- Importance of Yogic Prakriya

Course Objectives:

- To understand the foundation of Yogic Prakriya
- To know the fundamental principles of Asana.
- To understand the aims and objectives of Pranayama, Shuddhikriya

Course Outcomes:

- To understand the fundamental knowledge of Yogic Prakriya.
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Unit-I Importance, Types, Precautions and Benefits of Asana

Unit-II Importance, Types, Precautions and Benefits of Pranayama

Unit-III Importance, Types, Precautions and Benefits of Shuddhikriya

Unit-IV Importance, Types, Precautions and Benefits of Mudra, Bandha and Meditation

Reference Books:

1. M.L.Gharote: Yogic Prakriyanche Margdarshan: Lonavala
2. Swami Kuvlyananda: Asana, Pranayama, Kriya: Kaivlyadham
3. Dr.R.R.Waman: Yogpratyakshik, Tilak Maharashtra University

YG 407 – Research Practical (Dissertation)

Course Objectives:

- To understand the fundamental principles of research
- To understand the role and importance of research
- To conduct various types of researches
- To provide the basic understanding of research
- To develop the sound understanding about the subject

Course Outcomes:

- To develop the interest for research methodology
- To be able to conduct the research
- To understand the correlation between different types of researches
- To highlight the ancient wisdom of Yoga through modern parameters

The facility of dissertation provides for student's interest in doing research on a topic of his/her choice. The topic and the plan of the dissertation is decided in consultation with the Faculty member and is executed on approval by the Departmental committee. Every candidate must follow all the guidelines given in the research report format given in the appendix of this document.

Departmental committee should plan and display internal and external evaluation structure to the students at the beginning of the semester.
