

 <p>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</p>	<p>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</p>		
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संदर्भ/जा.क्र./शिवाजी वि./अ.मं./५७५

दि. १९/०९/२०२५

प्रति,

मा. प्राचार्य/संचालक,
सर्व संलग्नित महाविद्यालये/मान्यताप्राप्त संस्था,
शिवाजी विद्यापीठ, कोल्हापूर.

विषय : B. A. Yaga Part- I अभ्यासक्रमाबाबत.

संदर्भ : या कार्यालयाचे पत्र क्र. 690 दि. 04/01/2025 रोजीचे पत्र.

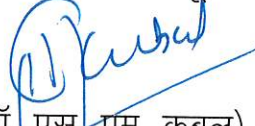
महोदय,

उपरोक्त संदर्भित विषयास अनुसरून आपणास आदेशान्वये कळविण्यात येते की, राष्ट्रीय शैक्षणिक धोरण-2020 नुसार शैक्षणिक वर्ष 2024-2025 पासून लागू करण्यात आलेल्या B. A. Yaga Part- I अभ्यासक्रमामध्ये **किरकोळ दुरुस्ती** करण्यात आलेली आहे. सदर अभ्यासक्रमातील दुरुस्ती ही शैक्षणिक वर्ष 2025-2026 पासून लागू राहील.

सोबत सदर अभ्यासक्रमाची प्रत जोडली आहे. तसेच विद्यापीठाच्या [\(www.unishivaji.ac.in\)](http://www.unishivaji.ac.in) (NEP 2020 @suk /Online Syllabus) या संकेतस्थळावर ठेवण्यात आला आहे.

सदर अभ्यासक्रम सर्व संबंधित विद्यार्थी व शिक्षकांच्या निदर्शनास आणून द्यावेत ही विनंती.
कळावे,

आपला विश्वासू


(डॉ. एस. एम. कुबल)
उपकुलसचिव
अभ्यास मंडळे विभाग

सोबत : अभ्यासक्रमाची प्रत.

प्रत. माहितीसाठी व पुढील योग्यत्या कार्यवाहीसाठी.

1	अधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा	7	संलग्नता टी. 1 व टी. 2 विभागास
2	अध्यक्ष, शारीरिक शिक्षण अस्थायी मंडळ	8	पी. जी. प्रवेश विभागास
3	संचालक, परीक्षा व मुल्यमापन मंडळ कार्यालयास	9	परिक्षक नियुक्ती ए व बी विभागास
4	इतर परीक्षा 2 विभागास	10	पी. जी. सेमिनार विभागास
5	पात्रता विभागास	11	नॅक विभागास
6	आय. टी. सेल विभागास		

SHIVAJI UNIVERSITY, KOLHAPUR



Established: 1962

A⁺⁺ Accredited by NAAC (2021) With CGPA 3.52

New Syllabus For

Bachelor of Arts

B.A. (Yoga)

UNDER

Faculty of Inter-Disciplinary Studies

B. A. Part - I (Semester - I and II)

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 2024 ONWARDS)

SHIVAJI UNIVERSITY, KOLHAPUR
BOARD OF STUDIES in PHYSICAL EDUCATION, SPORTS
(Subcommittee)
B.A. (Yoga)

Sr. No.	Name	Designation and Address	Position
1	Dr. M. A. Kadampatil	HEAD, Department of Physical Education Venutaichavan college, Karad. Tal. Karad Dist. Satara 415124	Chairman
2	Dr. M. A. Shinde	HEAD, Department of Sanskrit Venutaichavan college, Karad. Tal. Karad Dist. Satara 415124	Member
3	Shri. K. L. Pandhare	M. A. Yogashastra Department of lifelong learning & extension SHIVAJI UNIVERSITY, KOLHAPUR	Member
4	Mrs. P. S. Chavan	M. A. Yogashastra Department of lifelong learning & extension SHIVAJI UNIVERSITY, KOLHAPUR	Member
5	Mrs A. M. Kagwade	M. A. Yogashastra Department of lifelong learning & extension SHIVAJI UNIVERSITY, KOLHAPUR	Member

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SHIVAJI UNIVERSITY, KOLHAPUR

Syllabus For

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

(As per National Education Policy 2020)

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

1) Year of Implementation: Syllabus will be implemented from June 2024 onwards

2) 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.

3) 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.

4) 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.

5) 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.

6) 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)

7) 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.**

8) 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.

9) SCHEME OF TEACHING AND EXAMINATION PATTERN

(Theory/Practical/Internal)

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

11) STRUCTURE OF PROGRAMME:

(Credit Distribution Structure for with Multiple Entry and Exit Options B.A.- I 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. - I) (UG DIPLOMA):

YEAR:	B.A. - I
SEMESTER:	I and II
LEVEL:	4.5
TOTAL CREDITS	22 + 22= 44
DEGREE AWARDED:	UG CERTIFICATE (AFTER 44 CREDITS IN TOTAL)

(Annexur-II)

B. A. Programme Structure for Level 4.5 B.A. - I - Semester I											
Teaching Scheme						Examination Scheme					
Sr. No.	Theory (TH)				Practical	Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No. of Lectures	Hours	Credits		Paper Hours	Max	Min	Internal*	Max	Min
1.	DSC -I	4	4	4	If applicable	2	60	24		40	16
2.	DSC -I	4	4	4		2	60	24		40	16
3.	DSC -I	4	4	4		2	60	24		40	16
4.	OE -I	2	2	2		1	30	12		20	08
5.	SEC - I	2	2	2		1	30	12		20	08
6.	AEC -I	2	2	2		1	30	12		20	08
7.	IKS	2	2	2		1	30	12		20	08
8.	CC*	2	2	2			40	16		10	04
Total		22	22	22		---	340	---		210	---
										SEE + IA = 340+210= 550	

B. A. Programme Structure for Level 4.5 B. A. - I – Semester - II											
Teaching Scheme						Examination Scheme					
Sr. No.	Theory (TH)				Practical	Semester-end Examination (SEE)			Internal Assessment (IA)		
	Course Type	No. of Lectures	Hours	Credits		Paper Hours	Max	Min	Internal*	Max	Min
1.	DSC -II	4	4	4	If applicable	2	60	24		40	16
2.	DSC -II	4	4	4		2	60	24		40	16
3.	DSC -II	4	4	4		2	60	24		40	16
4.	OE - II	2	2	2		2	30	12		20	08
5.	SEC - II	2	2	2		2	30	12		20	08
6.	AEC -II	2	2	2		2	30	12		20	08
7.	VEC	2	2	2		2	30	12		20	08
8.	CEP*	2	2	2			40	16		10	04
Total		22	22	22		---	340	---		210	---
										SEE + IA = 340+210= 550	

*Regarding the format and distribution of marks for the question paper of the Degree and Postgraduate Degree, please refer to the letter

Ref.: Shivaji Vs./ A.No. / 427 Dated: 11/07/2025

*Regarding **CEP**, the **CC** syllabus is as per the National Education Policy, 2020 (NEP 2.0).

EVALUATION/ASSESSMENT SCHEME: Students should keep a Field Diary/journal to record content, readings, and field visit planning. The assessment pattern is internal and external, i.e., 40+10. Internal continuous Assessment: Participation in concurrent field visits 40%; individual/group field project conference, report/journal submission 40%. External Assessment: Presentation of field project findings (VIVA) should be assigned 20%.

A - I) B.A. – I: SEMESTER - I (TOTAL CREDITS - 22): (Note: Put ‘—’ wherever ‘Not Applicable’)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
Course-1	DSC I	History and Philosophy of Yoga		04
Course-2	DSC I	Schools of Yoga		04
Course-3	DSC I	Yoga Practical 1		04
OE	OE I	Foundations of Ashtanga Yoga - Maharshi Patanjali		02
SEC	SEC - I	Yogic Kriya 1		02
AEC/	AEC	(Write Name) English - I		02
IKS	IKS (Generic)	(Write Name)		02
CC		(Write Name)		02
CREDITS FOR B.A. - I, SEM - I:				22

A - 2) B.A.I, SEMESTER II (TOTAL CREDITS - 22): (Note: Put ‘—’ wherever ‘Not Applicable’)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
Course-1	DSC II	Indian Yogis		04
Course-2	DSC II	Anatomy & Physiology		04
Course-3	DSC II	Yoga Practical 2		04
OE	OE II	Introduction to Hathyog / Chaturang Yoga		02
SEC	SEC - II	Yogic Kriya 2		02
AEC /	AEC	(Write Name) English - II		02
VEC	VEC	DEC.		02
CEP	CEP			02
CREDITS FOR B.A. - I, SEM - II:				22
CREDITS FOR B. A. - I, SEM – I AND II:				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:				

1. COURSE CODE TABLE

Semester No.	Course	Course Code	Title of Course
I	DSC I		History and Philosophy of Yoga
I	DSC I		Schools of Yoga
I	DSC I		Yoga Practical 1
I	OE I		Foundations of Ashtanga Yoga - Maharshi Patanjali
I	SEC I		Yogic Kriya 1
II	DSC II		Indian Yogis
II	DSC II		Anatomy & Physiology
II	DSC II		Yoga Practical 2
II	OE II		Introduction to Hathyog / Chaturang Yoga
II	SEC - II		Yogic Kriya 2
II	CEP		

12. 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:**

O If the total marks of course are 100 and passing criteria is 40%, then use the following Table 1 for the conversion.

O If total marks of any of the course are different than 100 (e. g. 50) and passing criterion is 40%, then marks obtained are converted to marks out of 100 as below:

Marks obtained by student in that course

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: 40)

Here is a common system for converting marks out of 100 to grade points, assuming a passing threshold of 40%:

Conversion Table: Marks to Grade Points

Marks (%)	Grade Point	Description
90 – 100	O (Outstanding)	10
80 – 89	A+ (Excellent)	9
70 – 79	A (Very Good)	8
60 – 69	B+ (Good)	7
50 – 59	B (Above Average)	6
45 – 49	C (Average)	5
40 – 44	P (Pass)	4
Below 40	F (Fail)	0

13. NATURE OF THE QUESTION PAPER AND SCHEME OF MARKING

I) For the Bachelor of Arts (BA) and programmes under the faculty of Humanities

Four Credits: Written Examination (60) + Internal Assessment (40) = Total (100 Marks)

Two Credits: Written Examination (30) + Internal Assessment (20) = Total (50 Marks)

A) FOR FOUR CREDITS: Total Marks: 60 (Written Examination)

Question No. 1: Multiple choice questions (10 MCQs) (01 mark each) 10 Marks

Question No. 2: Short Notes (Any Four out of six) (5X4) 20 Marks

Question No. 3: Short Questions (Any Four out of Six) (5X4) 20 Marks
Question No. 4: Answer the Following (Any One out of Two) (10X1) 10 Marks

Note: The Question Paper should cover all the units in the syllabus.

B) FOR TWO CREDITS: Total Marks: 30 (Written Examination)

Question No. 1: Multiple choice questions (05 MCQs) (01 marks each) (5X1) 05 Marks

Question No. 2: Short Notes (Any Two out of Four) (5X2) 10 Marks

Question No. 3: Short Questions (Any Two out of Four) (5X2) 10 Marks

Question No. 4: Answer the following (Any one out of Two) (5X1) 05 Marks

Note: The Question Paper should cover all the units in the syllabus.

*Regarding the format and distribution of marks for the question paper of the Degree and Postgraduate Degree, please refer to the letter

Ref.: Shivaji Vs./ A.No. / 427 Dated: 11/07/2025

*Regarding **CEP, the CC** syllabus is as per the National Education Policy, 2020 (NEP 2.0).

EVALUATION/ASSESSMENT SCHEME: Students should keep a Field Diary/journal to record content, readings, and field visit planning. The assessment pattern is internal and external, i.e., 40+10. Internal continuous Assessment: Participation in concurrent field visits 40%; individual/group field project conference, report/journal submission 40%. External Assessment: Presentation of field project findings (VIVA) should be assigned 20%.

10: SYLLABUS

A) THEORY PAPERS:

B. A. I, SEMESTER – I

Course Category: B.A. (Yoga)

SEM - I: Course - 1

Course Number: MM01 (DSC-I)

Course Name: History and Philosophy of Yoga

Course Code:

Course Credits: 04

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

Total Marks: 100

OBJECTIVES:

1. Enhance Understanding of the Meaning and Importance of Yoga
2. Recognize and Articulate the Importance of Yoga for Holistic Development
3. Develop a Comprehensive Understanding of the Aim and Objectives of Yoga
4. Identify and Correct Misconceptions about Yoga

5. Enhance Holistic Development and Well-being through Skill Development in Yoga

6. Explore and Promote Traditional Indian History and Philosophy of Yoga

Course

Module No.	Module Name	Teaching Hours	Credit
01	INTRODUCTION OF YOGA Definition and Meaning of Yoga Aims and Objectives Historical Development of Yoga Relevance of yoga in the modern age Scope and Misconceptions about yoga.	15	01
02	YOGA IN DIFFERENT TEXTS Ved Upnishad Geeta Patanjali yoga sutra.	15	01
03	BRIEF INTRODUCTION OF ASHTANGA YOGA Yam Niyam Asan Pranayam Pratyahara Dharana Dhyan Samadhi.	15	01
04	OBSTACLES, SEQUENCE, AND DIFFERENCE IN YOGIC PRACTICES Obstacles in the Path of Yoga Practice Sequence for yogic practices Difference between yogic and non-yogic system of exercise.	15	01
Total			04

Course Learning Outcomes:

•Students will have an understanding of Yoga, its origin, history, philosophy, and development.

- Students will be able to comprehend the relationship between history and philosophy of Yoga.
- Students would learn about recent developments and the academic foundation of yoga.
- Students will acquire a comprehensive knowledge and sound understanding of Yoga.
- Students can compare the relationship between Yoga and Practical Life.

Bibliography: History and Philosophy of Yoga

Essential Books:

Patanjali. The Yoga Sutras of Patanjali. Various translations

Vivekananda, Swami. Raja Yoga. Advaita Ashrama, 1896.

Satchidananda, Swami. The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidananda. Integral Yoga Publications, 1978.

Singleton, Mark. Yoga Body: The Origins of Modern Posture Practice. Oxford University Press, 2010.

De Michelis, Elizabeth. A History of Modern Yoga: Patanjali and Western Esotericism. Continuum, 2005.

Saraswati, Swami Sivananda. The Philosophy of Yoga. The Divine Life Society, 1947.

Radhakrishnan, S. The Principal Upanishads. * HarperCollins, 1992.

"योगशास्त्र" (Yoga Shastra) by N. S. Phadke

"योगाचे दर्शन" (Yogaache Darshan) by Swami Muktananda

"भक्तियोग" (Bhakti Yoga) by Swami Sivananda

"योग आणि आंतरंग" (Yoga Aani Antarang) by Dr. V. B. Kharat

"योगदर्शन" (Yogadarshan) by Y. R. Gaitonde

Suggested Readings:

- योगविज्ञान-स्वामी विज्ञानानंद सरस्वती
- वेदों में योगविद्या-स्वामी दिव्यानंद
- योग मनोविज्ञान-शांतीप्रकाश आत्रेय

- औपनिषदिक अध्यात्मविज्ञान-डॉ. ईश्वर भारद्वाज
- कल्याण (योगतत्वांक) -गीताप्रेस, गोरखपूर
- कल्याण (योगांक) -गीताप्रेस, गोरखपूर
- भारतकेसंतमहात्मा-रामलाल
- भारत के महान योगी-विश्वनाथ मुखर्जी

B. A. I, SEMESTER – I

Course Category: B.A. (Yoga)

SEM - I: Course – 2

Course Number: ME02 (DSC-I)

Course Name: Schools of Yoga

Course Code:

Course Credits: 04

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

Total Marks: 100

OBJECTIVES:

1. Enhance Understanding of the Meaning and Importance of Schools of Yoga
2. Recognize and Articulate the Importance of Schools of Yoga for Holistic Development
3. Identify and Correct Misconceptions about Yoga
4. Enhance Holistic knowledge of various Schools of Yoga
5. Explore and Promote Traditional Indian History and Philosophy of different Schools of Yoga

Course

Module No.	Module Name	Teaching Hours	Credit
01	KARMA YOGA Introduction to Karma Yoga Concept of Karma in Indian philosophy Types of Karma Nishkama Karma (Selfless action) vs. Sakama Karma (Desire-driven action) Bhagavad Gita and Karma Yoga:	15	01
02	JNANA YOGA Introduction to Jnana Yoga: Meaning, Definition and principles of Jnana Yoga Maya (illusion) and the concept of Avidya (ignorance) Sadhana- Chatushtaya.	15	01
03	RAJA YOGA Introduction to Raja Yoga: Definition and Overview of Raja Yoga Importance of mental discipline and control	15	01
04	BHAKTI YOGA Meaning of bhakti and Bhakti Yoga, stages of Bhakti, Types of Bhakti, Means of Bhakti Yoga	15	01
Total			04

Course Learning Outcomes:

- Students will be able to understand the orientation of Schools of Yoga
- Students will be able to compare various Schools of Yoga.
- Students will be able to acquire a philosophical touch of different Schools of Yoga.
- Students will be able to keep an interest in the legacy of Yoga and Practical Life.

Bibliography:

Karma Yoga

1. "The Bhagavad Gita" by Vyasa, translated by EknathEaswaran
2. "Karma Yoga: A Yoga of Action" by Swami Sivananda

Jnana Yoga

1. "The Upanishads" translated by EknathEaswaran
2. "The Ashtavakra Gita" translated by Swami Nikhilananda

Raja Yoga

1. "The Yoga Sutras of Patanjali" by Patanjali, translated by Swami Satchidananda
2. "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar

Hatha Yoga

1. "Hatha Yoga Pradipika" by Swami Swatmarama

2. "The GherandaSamhita" by Gheranda

3. "Light on Yoga" by B.K.S. Iyengar

MARATHI

• "कर्मयोग" (Karma Yoga) by Swami Sivananda

• "भगवद्गीता" (Bhagavad Gita) translated by various authors

• "योगदर्शन" (Yogadarshan) by Y. R. Gaitonde

• "राजयोग" (Raja Yoga) by Swami Sivananda

• "योगशास्त्र" (Yoga Shastra) by N. S. Phadke

• "योगाची सुरवात" (YogachiSurwat) by Swami Muktananda

B. A. I, SEMESTER – I

Course Category: B.A. (Yoga)

SEM - I: Course - 3

Course Number: MM01 (DSC-I)

Course Name: Yoga Practical 1

Course Code:

Course Credits: 04

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

Total Marks: 100

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 SukshmaVyayam

Course

Module No.	Module Name	Practical's Hours	Credit
01	<p>1. OM CHANTING AND MEDITATION</p> <p>Om and its significance in ancient Chanting and meditation for healing</p> <p>2. Prayer</p> <p>Prayer: Objective & need of prayer for Yoga</p> <p>Prayer & its benefits to human well-being.</p>	15	01
02	<p>1. INTRODUCTION TO YOGIC SUKSHMA VYAYAMA</p> <p>Features of Sukhsma Vyayama</p> <p>Yogic Sukshma Vyayama</p> <p>The sequence of exercises performed</p> <p>The benefits of these practices</p>	15	01
03	<p>1. Different types of asana</p> <p>1. Supine</p> <p>Ekpaduttanpadasan</p> <p>Dwipaduttanpadasan</p> <p>Nouksan</p> <p>Shavasan</p> <p>2. Prone</p> <p>Bhujangasan</p> <p>Shalbhasan</p> <p>Dhanurasan</p> <p>Makarasan</p> <p>3. Sitting</p> <p>Padmasan: Padmasanyogmudra</p> <p>Vajrasan: Vajrasanyogmudra</p> <p>Vakrasan</p> <p>Bhadrasan(butterfly)</p> <p>4. Standing</p> <p>Tadasan</p> <p>Vrikshasan</p> <p>Trikonasan</p>	15	01

04	Breathing (Pranayama): The Foundations (3 parts of the breath & the Complete Breath) i. Abdominal Breathing ii. Thoracic (mid-chest) breathing iii. Clavicular (upper chest breathing) iv. The Complete Yoga Breath	15	01
Total			04

Course Learning 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

B. A. I, SEMESTER – I

Course Category: B.A. (Yoga)

SEM - I: Course – Open Elective

Course Number: OE01

Course Name: Foundations of Ashtanga Yoga - MaharshiPatanjali

Course Code:

Course Credits: 02

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

Total Marks: 50

OBJECTIVES:

1. To provide a comprehensive understanding of Patanjali's Eight Limbs of Yoga and their application in daily life.
2. To enhance physical strength, flexibility, and stamina through the practice of asanas (postures).
3. To promote mental focus and emotional stability through pranayama (breath control) and meditation techniques.
4. To encourage spiritual growth and self-realization through ethical practices and mindfulness.

Course

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
02	30	-	-
Module – I 1.1 Overview of Yoga and Patanjali 1.2 Definition of yoga and its branches 1.3 Introduction to Maharshi Patanjali and the Yoga Sutras the Eight Limbs of Yoga (Ashtanga) 1.4 Introduction to the eight limbs: Yama (ethical disciplines) Niyama (self-disciplines) 1.5 Asana and Pranayama: Role of Asana (postures) in practice 1.6 Introduction to Pranayama.			15
Module – II 2.1 Pratyahara and Dharana 2.2 Understanding Pratyahara (withdrawal of senses) 2.3 Techniques for Dharana (concentration) 2.4 Dhyana and Samadhi 2.5 Overview of Dhyana (meditation) and its significance 2.6 Introduction to Samadhi (state of bliss)			15
Formative Assessment			

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

Course Learning Outcomes:

- Participants will achieve a balanced integration of physical, mental, and spiritual health through the principles of Ashtanga Yoga.
- Learners will develop self-discipline and commitment through a regular practice of the Eight Limbs of Yoga.

- Students will cultivate mindfulness and awareness, improving focus and reducing stress in daily life.
- Individuals will deepen their spiritual understanding and connection, promoting inner peace and enlightenment.

Bibliography:

- शरीरक्रियाविज्ञान – डॉ. प्रीयवृत्त शर्मा
- सुश्रुत – भास्कर गोविंद घाणेकर
- शरीररचना व क्रिया विज्ञान – डॉ. एस. आर. वर्मा
- Anatomy & Physiology for Nursees – Jaypee Brothers
- Anatomy & Physiology-Ross & wilson
- Anatomy&Physiology-C.Gyton
- HumanAnatomy -grays
- HumanAnatomy- M.LyesPrives
- Human physiology - Chakravti,Ghoshandsahana
- Basicphysiology–E.D.AmourFred
- SwasthyaShikshaAvamSharirVigyan-H.K.Sharma
- HealthforallthroughYoga-Dr.GaneshShankerGhi
- ManvavSarirDipika-Dr.MukundSwarupVerma
- YogaAvamSwasthya–RaajPublicationPatoyala

B. A. I, SEMESTER – I

Course Category: B.A. (Yoga)

SEM - I: Course – SEC -1

Course Number: SEC01

Course Name: Yogic Kriya 1(योगिक क्रिया)

Course Code:

Course Credits: 02

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

Total Marks: 50

OBJECTIVES:

- Cleanses the body of toxins, enhancing overall health and vitality.
- Reduces stress and sharpens focus, improving cognitive function.
- Promotes self-awareness and resilience, aiding in emotional regulation.
- Deepens spiritual connection, fostering inner peace and mindfulness.

Course

Number of Theory Credits	Number of lecture hours/semester	Number of Practical hours/ semesters
02	30	-
Module – I <ul style="list-style-type: none"> ▪ Introduction to Yogic Shatkarma ▪ Definition and significance of Shatkarma ▪ Historical context in yogic practices 		15
Module – II <ul style="list-style-type: none"> ▪ Introduction to Kapalbhathi Explanation of Kapalbhathi (Skull shining breath) and its benefits ▪ basic anatomy and physiology involved in Kapalbhathi ▪ Safety precautions and contraindications ▪ Step-by-step demonstration of Kapalbhathi 		15
<i>Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically / Visually Challenged students</i>		

*Note: 1. *Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

Course Learning Outcomes:

- Participants will experience improved physical well-being and vitality through effective detoxification techniques.
- Learners will develop greater mental clarity and concentration.
- Individuals will cultivate emotional balance and self-awareness.
- Students will deepen their spiritual connection and mindfulness.

Bibliography:

- HathYoga Pradipika-Kaivalyadham
- Asana, Pranayama, Mudra, Bandha

- समग्र योग महाविज्ञान-विश्वजीत वर्मा
- हठयोग प्रदीपिका-कैवल्यधाम, लोणावळा
- घेरंडसंहिता-कैवाल्याधाम, लोणावळा
- गोरक्षसंहिता-गोरक्षनाथ
- भक्तिसागर-स्वामी चरणदास
- योगासन विज्ञान-स्वामी धीरेंद्रब्रम्हचारी
- योग परिचय-पितांबर झा
- सरळ योगासन-डॉ. ईश्वर भारद्वाज
- आसन प्राणायाम-देवव्रत आचार्य
- आसन प्राणायाम मुद्रा बंध-स्वामी सत्यानंद
- बहिरंग योग-स्वामी योगेश्वरानंद
- शिवासंहिता-स्वामी महेशानंदजी

B. A. I SEMESTER – II

Course Category: B.A. (Yoga)

SEM-II: Course – 1

Course Number: MM01 (DSC-II)

Course Name: Indian Yogis

Course Code:

Course Credits: 04

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

Total Marks: 100

OBJECTIVES:

1. Elevate Understanding of the Indian Yogis
2. Develop a Comprehensive Understanding of the greatness of the Indian Yogis
3. Enhance the Holistic legacy of the Indian Yogis
4. Explore and Promote Traditional Indian History and Indian Yogis

Course

Module No.	Module Name	Teaching Hours	Credit
01	Life sketch and their contribution to Yoga: Maharshi Patanjali	15	01
02	Life sketch and their contribution to Yoga: Maharshi swami kuvalyanand	15	01
03	Life sketch and their contribution to Yoga: Maharishi Dayananda Saraswati.	15	01
04	Life sketch and their contribution to Yoga: Sri Aurobindo	15	01
Total			04

Course Learning Outcomes:

- Students will be able to understand Indian Cultural Heritage.
- Students will be able to keep an interest in the philosophy of the Indian Yogis.
- Students will be able to acquire a philosophical touch of Indian Yogis.
- Students will be able to think about the legacy of the Indian Yogi and Practical Life.

Bibliography:

ENGLISH

1. Swami Vivekananda

- "Raja Yoga" by Swami Vivekananda
- "The Complete Works of Swami Vivekananda" by Swami Vivekananda
- "Meditation and Its Methods" by Swami Vivekananda

2. Swami Sivananda

- "The Science of Self-Realization" by Swami Sivananda
- "Karma Yoga: A Yoga of Action" by Swami Sivananda
- "Bhakti Yoga: The Yoga of Devotion" by Swami Sivananda

3. Swami Muktananda

- "Siddhi: The Perfection of Yoga" by Swami Muktananda
- "The Art of Meditation" by Swami Muktananda

4. Sri Aurobindo

- "The Synthesis of Yoga" by Sri Aurobindo
- "The Life Divine" by Sri Aurobindo

5. Paramahansa Yogananda

- "Autobiography of a Yogi" by Paramahansa Yogananda
- "The Science of Religion" by Paramahansa Yogananda

6. Osho (Bhagwan Shree Rajneesh)

- "The Book of Secrets" by Osho
- "The Philosophy of the Mystic" by Osho

Marathi

1. Swami Vivekananda

- "राजयोग" (Raja Yoga) translated by various authors
- "स्वामीविवेकानंद: जीवनआणितत्त्वज्ञान" (Swami Vivekananda: JeevanAaniTattvajnana) by various authors

2. Swami Sivananda

- "कर्मयोग" (Karma Yoga) by Swami Sivananda
 - "भक्तियोग" (Bhakti Yoga) by Swami Sivananda
 - "आध्यात्मिकसाधना" (AdhyatmikSadhana) by Swami Sivananda
3. Swami Muktananda
- "सिद्धि: योगाचेपरिपूर्णता" (Siddhi: YogacheParipurnata) by Swami Muktananda
 - "ध्यानाचीकला" (Dhyanachi Kala) by Swami Muktananda
4. Sri Aurobindo
- "योगाचासंलय" (YogaachaSanlay) by Sri Aurobindo
 - "जीवनदिव्य" (JeevanDivya) by Sri Aurobindo
5. ParamahansaYogananda
- "योगींच्याआत्मचरित्र" (YoginchyaAtmcharitra) translated by various authors
 - "धर्मशास्त्राचा विज्ञान" (DharmashastraachaVijnan) by ParamahansaYogananda
6. Osho (Bhagwan Shree Rajneesh)
- "गुप्तवाणी" (Guptavani) by Osho
 - "मिस्टिक तत्त्वज्ञान" (Mystic Tattvajnana) by Osho

B. A. I, SEMESTER – II

Course Category: B.A. (Yoga)

SEM-II: Course – 2

Course Number: ME03 (DSC-II)

Course Name: Anatomy & Physiology

Course Code:

Course Credits: 04

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

Total Marks: 100

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 to the masses

To develop a sound understanding of Yoga in the modern era

Course

Module No.	Module Name	Teaching Hours	Credit
01	Effects of Yogic Practices on the Musculoskeletal System Anatomy and Physiology of Muscular System Anatomy and Physiology of Skeletal System Effects of Asana, Pranayama, Kriyas on Musculoskeletal system	15	01
02	Effects of Yogic Practices on the Digestive and Excretory System Anatomy and Physiology of Digestive System Anatomy and Physiology of Excretory System Effects of Asana, Pranayama, and Kriyas on above systems	15	15
03	Effects of Yogic Practices on Nervous System and Glands Anatomy and Physiology of Nervous System Anatomy and Physiology of Endocrines Glands Effects of Asana, Pranayama, and Kriyas on above systems	15	15
04	Effects of Yogic Practices on Respiratory and Circulatory Systems Anatomy and Physiology of Respiratory System Anatomy and Physiology of Circulatory System Effects of Asana, Pranayama, and Kriyas on above systems	15	15
Total			04

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

Reference Books:

Gore M.M., Anatomy and Physiology of Yogic practices, KanchanPrakshan, Lonavala, 2003.

Mandlik V. Yoga Parichaya: Sharira Shastra, YogachaitanyaPrakashana, Nashik.

Shirley Telles, Nagendra H.R., A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.

Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it, Kaivalyadhama S.M.Y.M Samiti, Lonavala, 1988

Mandlik V., Yoga Parichaya, YogachaitanyaPrakashana, Nashik.

Gharote M.M., Therapeutic Reference in Traditional Yoga Texts, The Lonavala Yoga Institute

B. A. I, SEMESTER – II

Course Category: B.A. (Yoga)

SEM-II: Course – 3

Course Number: ME03 (DSC-II)

Course Name: Yoga Practical

Course Code:

Course Credits: 04

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

Total Marks: 100

Objectives:

To apply the textual understanding of yogic practices prayer etc.

To know the techniques and importance of various Asana

To know the techniques and importance of Pranayama

To know the techniques and importance of Kriyas

Course

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	1. Omkar chanting How to chant the AUM Benefits of chanting the AUM 2. Prayer The Role of Prayer in Yoga Practicing Prayer Pose Benefits of the Praying Yoga Pose		15	01
02	3. Sukshma vyayam (Micro Exercises) Concept and principles of Sukshma Vyayama Sthula Vyayama Surya Namaskara Significance in Yoga Sadhana.		15	01
03	Asanas Role of Yogic practices: Asana Personality Development 1. Supine Viparithkarni Markatasan Ardhachakrasana Shavasana 2. Prone Niralamb Bhujangasana Noukasan Makarasan 3. Sitting Ardhmatsyendrasana Paschimotanasana 4. Standing Veerasana Virbhdhrasana		15	01
04	7. Breathing exercise Deep breathing Ratio 1:2 8. Pranayam Anulomvilom Suryabhedan Pranayam (without Bandhas) Shitalipranayam (without bandhas) Bhramari Pranayam (without Bandhas)		15	01
Total				04

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

B. A. I SEMESTER – II

Course Category: B.A. (Yoga)

SEM-II: Course – Open Elective

Course Number: OE02

Course Name: Introduction to Hathyog / Chaturanga Yoga

Course Code:

Course Credits: 02

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

Total Marks: 50

OBJECTIVES:

To explore the foundational concepts and historical context of Hatha Yoga as a holistic practice.

To learn about prana, chakras, and nadis principles about physical and energetic health.

To examine the integration of Hatha Yoga within the broader framework of the Eight Limbs of Yoga.

To investigate the connection between physical posture, mental states, and spiritual awareness in Hatha Yoga practice.

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
02	30		
Module I Chaturanga Yoga Asanas and Pranayama Overview of Chaturanga: Definition and benefits in yoga practice. Asanas Details, Pranayama Techniques.			15
Module II Mudras and Nadanusandhan 1. Introduction to Mudras: Types and Significance in Chaturanga Yoga. Nadanusandhan: Understanding sound and its role in meditation.			15

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

Course Learning Outcomes:

- Participants will gain a solid understanding of Hatha Yoga principles and their historical significance.
- Learners will develop a deeper awareness of prana, chakras, and nadis, and their roles in overall well-being.
- Students will be able to articulate how Hatha Yoga fits within the broader context of the Eight Limbs of Yoga.
- Individuals will cultivate an understanding of the mind-body connection, fostering greater mental and spiritual awareness.

Bibliography:

- शरीरक्रियाविज्ञान – डॉ. प्रीयवृत्त शर्मा
- सुश्रुत – भास्कर गोविंद घाणेकर
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- Human physiology - Chakravti,Ghoshandsahana
- Basic physiology–E.D.AmourFred
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- Health for all through Yoga-Dr.Ganesh Shanker Ghi
- ManvavSarir Dipika-Dr. MukundSwarup Verma
- Yoga Avam Swasthya–Raaj Publication Patoyala

B. A. I SEMESTER – II

Course Category: B.A. (Yoga)

SEM-II: Course – SEC -2

Course Number: SEC02

Course Name: Yogic Kriya 2 (योगिक क्रिया) 2

Course Code: BAY05SEC02TP

Course Credits: 02

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

Total Marks: 50

OBJECTIVES:

1. Understand the basics of Yoga preparation
2. Develop a Comprehensive Understanding of Yogic Shudhikriya
3. Study Yogic kriya with a high level of patience
4. Explore inside-out perceptions of Yogic realization

COURSE

Module No.	Module Name	Teaching Hours	Credit
01	Module I Vaman Dhauti 1. Introduction to Vaman Dhauti: Definition and benefits. 2. Preparation: Dietary guidelines and mental readiness. 3. Technique: Step-by-step practice of the procedure. 4. Precautions: Contraindications and safety measures.	15	01
02	Module II Tratak Kriya 1. Overview of Tratak: Purpose and effects on concentration. 2. Setup: Creating an ideal environment for practice. 3. Practice: Detailed instructions for the Tratak technique. 4. Reflection: Benefits of Tratak for mental clarity and focus	15	01
Total			02

*Note: 1. *Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution.*

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, and Seminars.

Course Learning Outcomes:

- Participants will master Vaman Dhauti to detoxify the digestive system and Tratak to enhance focus and clarity.

- Learners will experience better digestion and relief from related issues through the regular practice of Vaman Dhauti.
- Students will develop heightened concentration and mental clarity through Tratak, leading to improved mindfulness.
- Individuals will foster a deeper connection between body and mind, promoting overall health and spiritual growth through these purification practices.

Bibliography:

- HathYogaPradipika-Kaivalyadham
- Asana,Pranayama,Mudra,Bandha
- समग्रयोगमहाविज्ञान-विश्वजीतवर्मा
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- घेरंडसंहिता-कैवाल्याधाम, लोणावळा
- गोरक्षसंहिता-गोरक्षनाथ
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- शिवासंहिता-स्वामी महेशानंदजी

B. A. I SEMESTER – II

Course Category: B.A. (Yoga)

Course Name: Physical Fitness, Wellness, and Lifestyle

Course Number: CEP 2

Course Code:

Course Credits: 02

Total Marks: 50

Specific learning objectives:

- To make the students understand the Meaning & importance of Wellness, Health, and Physical Fitness
- To make students aware of the Components/ Dimensions of Wellness, Health, and Physical Fitness
- To make students learn Traditional Sports & Regional Games to promote wellness
- To Develop Leadership qualities through Physical Activity and Sports in Students

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
02	-	-	-
Module – I Wellness, Health, and Physical Fitness Traditional Sports & Regional Games for promoting wellness			15
Module – I Physical Activity and Sports First Aid – PRICE			15

Learning Outcomes with Specific Competencies:

After completing the unit, the students will be able to:

- Explain wellness and its importance and define the components of wellness.
- Classify physical fitness and recognize its importance in life.
- Distinguish between skill-related and health-related components of physical fitness.
- Illustrate traditional sports and regional games to promote wellness. Relate leadership through physical activity and sports
- Illustrate the different steps used in first aid - PRICE.

Reference Books:

1. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

2. Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.
3. Hick, J.W. (2005). Fifty Signs of Mental Health. A Guide to understanding Mental Health. Yale University Press.
4. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
