



## Syllabus

### B.A. Yogashastra

**From  
Academic Year 2021-22**

**Revision 3**

**K J Somaiya Institute of Dharma Studies  
Bharatiya Sanskriti Peetham  
Somaiya Vidyavihar University, Mumbai - 400077  
(Constituent Academic Unit of SVU)**

**Preamble:**

Yoga has become a keyword for physical and mental health in this modern era. While the entire world is appreciating the significance of Yoga, it is worthwhile studying this subject scientifically with the help of authentic sources. The physical postures such as Asana, Pranayama etc. are vital parts of Yoga. However, it is also important to know the philosophy of Yoga. The deep rooted philosophical aspects of this ancient legacy have much more to offer to an individual Yoga aspirant individually and to the entire society collectively. The graduation in Yoga with the perfect blend of practical as well as theoretical aspects of Yoga is one of the unique features of the course offered here. In the six semesters, the students get a thorough introduction to the various aspects of Yogashastra and become eligible for the masters' degree in Yoga.

**Duration:** The course will be conducted over six semesters

**Eligibility:**

- HSC or equivalent.
- Prior knowledge of Yoga is not required.

**B.A. Yogashastra**  
**Semester 1**  
**Credit Scheme**

<b>Course Code</b>	<b>Course Name</b>	<b>Teaching Scheme (Hrs.) TH – P – TUT</b>	<b>Total Hrs.</b>	<b>Credits Assigned TH – P – TUT</b>	<b>Total Credits</b>	<b>Course Category</b>
332U01C101	Sanskrit and Introduction to Darshana	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C102	Foundation of Yoga	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C103	Anatomy and Physiology	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C104	Yoga and Education	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01P101	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
<b>Total</b>		<b>12 – 3 – 5</b>	<b>20</b>	<b>12 – 3 – 5</b>	<b>20</b>	<b>-</b>

**Examination Scheme**

<b>Course Code</b>	<b>Course Name</b>	<b>Examination Scheme &amp; Marks</b>						
		<b>Continuous Assessment (CA)</b>		<b>End Semester Examination (ESE)</b>	<b>Term Work (TW)</b>	<b>Ori I* (O)</b>	<b>Practic al and Oral (P and O)</b>	<b>Tota l</b>
		<b>In Semester Examination (ISE)</b>	<b>Internal Assessme nt (IA)</b>					
332U01C101	Sanskrit and Introduction to Darshana	-	50	50	-	-	-	100
332U01C102	Foundation of Yoga	-	50	50	-	-	-	100
332U01C103	Anatomy and Physiology	-	50	50	-	-	-	100
332U01C104	Yoga and Education	-	50	50	-	-	-	100
332U01P101	Practical		50	-	-	-	50	100
<b>Total</b>		-	<b>250</b>	<b>200</b>	-	-	<b>50</b>	<b>500</b>

**Semester I**

**1.**

Paper / Course Code	Paper / Course Title					
332U01C101	Sanskrit and Introduction to Darshana					
Teaching Scheme (Hrs.)	TH <b>03</b>	P --	TUT <b>01</b>	Total <b>04</b>		
Credits Assigned	<b>03</b>	--	<b>01</b>			<b>04</b>
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	<b>50</b>	--	--	<b>50</b>
						<b>100</b>

**Course Objectives:** This course will introduce students to Sanskrit Vyakaran and Various Vedic Text contents and Ideology.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Sanskrit Vyakaran.

CO2: Able to understand the thoughts of Yoga in various vedic texts and Sankhya Philosophy.

Module No.	Unit No.	Topics	Hours	
1.0	Unit 1	Sanskrit alphabet, Sandhi (svara, vyanjana, visarga) with examples from Yogasutra-s; vibhakti – words ending in ० in masculine and neuter and ending in ०१ in feminine	15	CO1
1.1				
2.0	Unit 2	Introduction to Veda-s, Vedanga-s; Prasthana-trayi, Purushartha-chatushtaya; Introduction to the languages in which scriptures are written – Vedic Sanskrit, Classical Sanskrit, Pali, Prakrit etc.	10	CO1
2.1				
3.0	Unit 3	Samkhya Darshana: 25 elements, Satkaryavada, Triguna, Pramana, Pratyayasarga, Kaivalya	20	CO2
3.1				
	Total Hours		<b>45</b>	

**Recommended books:**

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Chatterjee, Satishchandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi	7th edi., 1968
2	Hazra, Kanai Lal	Pali Language and Literature	Eastern Book Linkers, Delhi	1998
3	Hinuber, Oskar V.	A Handbook of Pali Literature	Munshiram Manoharlal Publishers Pvt. Ltd., New Delhi	-
4	Kale, M. R.	A Higher Sanskrit Grammar: For the use of school and college student	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	2016
5	Krishnamachariar, M.	History of Classical Sanskrit Literature	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	1989
6	Macdonell, A. A.	Vedic Reader for Students	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	1995
7	Woolner, A.C.	Introduction to Prakrit	University of the Punjab, Lahore	1917
8	आचार्य, कला व इतर	समीरसंस्कृताध्ययनमः संस्कृतव्याकरणपरिचय	सोमैया पब्लिकेशन्स प्रा. लि., मुंबई	१ ली आवृत्ती, २००३
9	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी	२ रा संस्क., १९७९
10	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फड़के बुक हाऊस, कोल्हापूर	७ वी आवृत्ती, २००२

2.

Paper / Course Code	Paper / Course Title							
332U01C102	Foundation of Yoga							
Teaching Scheme (Hrs.)	TH	P	TUT	Total	03	--	01	04
Credits Assigned	03	--	--		03	--	01	04
Examination Scheme	Marks							
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total	
	--	--	50	--	--	50	100	

**Course Objectives:** This course will introduce students to Yoga tradition from the textual and philosophical perspective.

**Course Outcomes:** At the end of successful completion of the course the student will

CO1: Familiar with the basic concepts of Yoga.

CO2: Appreciate the philosophy of Yoga as an integral approach to life and well-being.

CO3: Understand the difference between the paths and schools of Yoga.

CO4: Understand the benefit of Yogic practice in physical and mental healing of the body.

CO5: Understand how Yoga practice facilitates social harmony and spiritual excellence.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1	15	CO1
	1.1	Etymology of the word 'Yoga', Yoga as shastra, vidya, darshana and vijnana; Introduction to Yogasutra structure, Hathayoga tradition, Maharshi Patanjali & his works, History of Yoga		
2.0	2.1	Unit 2	20	CO1, CO2, CO3
	2.1	Yoga: Meaning, definitions, Misconceptions, Pre-requisites of Yoga, Yoga as an art and science; Difference between Yoga and Exercise, Gymnastics and martial arts		
3.0	3.1	Unit 3	10	CO4, CO5
	3.1	Different types of Yoga - Jnanayoga, Bhaktiyoga, Karmayoga, Hathayoga, Rajayoga		
		Total Hours	45	

#### Recommended books:

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi	7th edi., 1968
2	Dalai, B.K.	Yoga Traditions: an in depth study of less known yoga concepts	Pratibha Prakashan, Delhi	1st edi., 2013
3	Gharote, Manohar	Hathayogapradipika of Svatmarama	The Lonavla yoga Institute, Lonavla	2011
4	Karambelkar, P. V.	Patanjala Yoga Sutra: Sanskrita sutras with transliteration and commentary	Kaivalyadhama, Lonavla	2012
5	Larson, G. J. (Ed.) and Bhattacharya, R. (Ed.)	Encyclopaedia of Indian Philosophies: Yoga: India's Philosophy of Meditation, Vol. XII	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	1st edi., 2008
6	Taimini, I. K.	The Science of Yoga	The Philosophical Publishing House, Adyar	1999
7	Vivekananda Swami	Jnanayoga	Ramakrishna Math, Nagpur	2001
8	Vivekananda Swami	Bhaktiyoga	Ramakrishna Math, Nagpur	2007
9	Vivekananda Swami	Karmayoga	Advaita Ashram, Calcutta	2012
10	Vivekananda Swami	Rajayoga	Advaita Ashram, Calcutta	2012
11	Yardi, M. R.	The Yoga of Patanjali: with an introduction, Sanskrit texts of yogasutras, English translation and notes	Bhandarkar Oriental Research Institute, Pune	2nd edi., 1996
12	ब्रह्मलीन मुनि	पातञ्जल योगदर्शन	चौखम्भा संस्कृतसंस्थान, वाराणसी	२०१०
13	रेळे, ना. स. (संपा.)	पातञ्जल योगदर्शन	राजेश प्रकाशन, पुणे	२००७

**3.**

Paper / Course Code	Paper / Course Title							
332U01C103	Anatomy and Physiology							
Teaching Scheme (Hrs.)	TH	P	TUT	Total	03	--	01	04
Credits Assigned	03	--	01		03	--	01	04
Examination Scheme	Marks							
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total	
	--	--	50	--	--	50	100	

**Course Objectives:** This course will introduce students to Basis of Human Physiology and Anatomy.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Able to understand the basics of Human Anatomy and Physiology and history and nomenclature.

CO2: Able to know the major body System and its structure and function.

CO3: Able to understand the concept of Fitness and Immunity.

Module No.	Unit No.	Topics	Hours	
1.0	Unit 1	Introduction to anatomy and physiology, Subdivision of Anatomy, History of Anatomy, Anatomical nomenclature, Anatomical terminology and clinical anatomy terms. Homeostasis, fitness and immunity	10	CO1
	1.1			
2.0	Unit 2	Anatomy and physiology of different systems: Cell, tissue, organ and system Skeletal, Muscular, Respiratory, Circulatory, Digestive systems	35	CO1, CO2, CO3
	2.1			
		<b>Total Hours</b>	<b>45</b>	

**Recommended books:**

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Bhalekar, Sharadchandra	Anatomy and Physiology: yogic text	Kaivalyadhama, Lonavla	2nd edi., 2018
2	Chaudhary, N. V. (Ed.) and Jain, R. (Ed.)	Encyclopaedia of Yoga, Health and Physical education, Vol. I to VII	Khel Sahitya Kendra, New Delhi	2013
3	Gore, M. M.	Anatomy and Physiology of yogic practices	New age books, New Delhi	6th edi., 2017
4	Waugh A. and Grant A.	Ross and Wilson Anatomy and Physiology in health and illness	Churchill Living Stone, London	12th edi., 2014
5	गोरे, म. म.	शरीर विज्ञान आणि योगाभ्यास	कॉटिनेंटल प्रकाशन, पुणे	१ ली आवृत्ती, २०१०
6	गोरे, म. म.	शरीर विज्ञान और योगाभ्यास	झोलीया पुस्तक भंडार, हरिद्वार	पंचम संस्क., २०१६
7	वर्मा, मुकुन्दस्वरूप	मानव शरीर-रचना (भाग १-३)	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली	२ रा संस्क., १९८८

**4.**

<b>Paper / Course Code</b>	<b>Paper / Course Title</b>					
	Yoga and Education					
<b>Teaching Scheme (Hrs.)</b>	<b>TH</b>	<b>P</b>	<b>TUT</b>	<b>Total</b>		
	<b>03</b>	--	<b>01</b>	<b>04</b>		
<b>Credits Assigned</b>	<b>03</b>	--	<b>01</b>	<b>04</b>		
<b>Examination Scheme</b>	<b>Marks</b>					
	<b>Oral (O)</b>	<b>Book Review</b>	<b>Internal Assessment (IA)</b>	<b>Practical (P)</b>	<b>Term Work (TW)</b>	<b>End Semester Examination (ESE)</b>
	--	--	<b>50</b>	--	--	<b>50</b>
						<b>100</b>

**Course Objectives:** This course will introduce students to the root concept of education, Value education, Yoga Education.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Able to know the basics of Value Education with aims and objectives.

CO2: Able to understand the concepts of education and Cognitive Behaviour with Learning.

CO3: Able to know the fundamentals of Yoga Education with Teaching Methodology.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1	15	CO1,
	1.1	Yoga and value education: rationale, meaning, aims and objectives, role of Yoga and teacher in value education, methods of value education		
2.0	2.1	Unit 2	15	CO2, CO3
	2.1	Education and learning: Theories of learning, types of learning, Education methods, Theories of cognition and non-cognition		
3.0	3.1	Unit 3	15	CO2, CO3
	3.1	Yoga Education – Teaching methods (classroom method / lecture method / demo / brainstorming / role play etc.); difference between Yoga teacher, Yoga instructor and Yoga therapist		
		<b>Total Hours</b>	<b>45</b>	

#### Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Aggarwal, J. C.	Principles, Methods and Techniques of Teaching	Vikas Publishing House Pvt., Ltd., New Delhi	2nd rev. Edi., 2009
2	Gharote, M. L. & Ganguly S. K.	Teaching methods for yogic practices	Kaivalyadhama, Lonavala	3rd edi., 2011
3	Kuvalayananda Swami	Selected papers of the 4th International Conference on Yoga Research and Value Education	Kaivalyadhama, Lonavala	2002
4	Pandey, S.N.	Handbook of Yoga Education and Training	Kanishka Publishers, Distributors, New Delhi	1st edi., 2016

5	Schunk, Dale H.	Learning Theories: An Educational Perspective	Pearson, Boston	6th edi., 2012
6	घरोटे, म. ल. और गांगुली, श्री. कु.	योगाभ्यासों की अध्यापन विधियाँ	कैवल्यधाम, लोणावला	2 रा संस्क. २०१६

**5.**

Paper / Course Code	Paper / Course Title								
332U01P101	Practical								
Teaching Scheme (Hrs.)	TH	P	TUT	Total	Credits Assigned	TH	P	TUT	Total
--	--	03	01	04	--	03	01	04	
Examination Scheme	Marks								
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total		
	--	--	50	50	--	--	100		

**Course Objectives:** This course will introduce students to Yoga practice from the textual and traditional aspect.

**Course Outcomes:** At the end of successful completion of the course the student will

CO1: Understand the benefit of Yogic practice in physical and mental healing of the body.

CO2: Understand how Yoga practice facilitates social harmony and spiritual excellence.

Module No.	Unit No.	Topics	Hours	
1.0		<b>Unit 1: Recitation of Prayers &amp; hasta mudra</b>	05	CO1, CO2
	1.1	Recitation of Prarthana - Pratah-smaran and Shanti Mantras		
	1.2	Recitation of Pranava Japa; Prayers from Upanishads & Yogic Texts		
	1.3	Hasta Mudra: Chin, Drona, Jnana, Padma, Hridaya, Yoni		
2.0		<b>Unit 2</b>	10	CO1, CO2
	2.1	<b>Yogic sukhsha vyayama</b>		
	2.1.1	Kapola shakti-vardhaka (for the cheeks)		
	2.1.2	Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii)		
	2.1.3	Skandha-bahu-mula shakti-vikasaka (for the shoulders)		
	2.1.4	Bhuja-bandha-shakti-vikasaka		
	2.1.5	Kehuni shakti-vikasaka		

	<b>2.1.6</b>	Bhuja-valli shakti-vikasaka		
	<b>2.1.7</b>	Purna-bhuja shaktivikasaka (for the arms)		
	<b>2.1.8</b>	Mani-bandha shakti-vikasaka		
	<b>2.1.9</b>	Kara-pristha shakti-vikasaka		
	<b>2.1.10</b>	Karatala shakti-vikasaka		
	<b>2.2</b>	<b>Loosening Exercises</b>		
	<b>2.2.1</b>	Forward & Backward Bending, Lateral /Side bending, Twisting, Twisting and bending		
<b>3.0</b>	<b>Unit 3: Introduction to Shatkarmas</b>			<b>10</b>  <b>CO1, CO2</b>
	<b>3.1</b>	Neti (Jalaneti, Rubber Neti)		
	<b>3.2</b>	Dhauti (Vamana Dhauti)		
	<b>3.3</b>	After Kriya Practices, Shvasana Marga Shuddhi, Kapalabhati - variants		
	<b>3.4</b>	Kapalbhati (40-60 strokes/min)		
	<b>3.5</b>	Simple Yogic Kriyas for Mukha Shuddhi and Netra Shuddhi (Triphala water netra snana)		
<b>4.0</b>	<b>Unit 4: Suryanamaskara</b>			<b>05</b>  <b>CO1, CO2</b>
	<b>4.1</b>	Mantra rahita Suryanamaskar, 12 Poses with Alignment, Breath Discipline		
	<b>4.2</b>	Namaskarasana, Hastottanasana, Padahastasana, Ashvasanchalanasana		
	<b>4.3</b>	Chaturanga Dandasana, Sashtanga-namaskarasana, Bhujangasana, Parvatasana		
	<b>4.4</b>	Ashvasanchalanasana, Padahastasana, Hastottanasana, Namaskarasana		
	<b>4.5</b>	Relaxation		
<b>5.0</b>	<b>Unit 5: Yogasana</b>			<b>10</b>  <b>CO1, CO2</b>
	<b>5.1</b>	<b>Standing Postures</b>		
	<b>5.1.1</b>	Tadasana, Pada Hastasana, Ardha Chakrasana, Kati Chakrasana, Kati Vakrasana		
	<b>5.2</b>	<b>Sitting Postures</b>		
	<b>5.2.1</b>	Marjarasana A & B, Svastikasana, Ardha Padmasana		
	<b>5.2.2</b>	Vajrasana, Ushtrasana-1, Shashankasana, Parvatasana		
	<b>5.3</b>	<b>Supine Postures</b>		
	<b>5.3.1</b>	Utthita Ekapadasana (45 Degrees), Utthita dvipadasana, Ekapada-Ardha- Halasana		
	<b>5.3.2</b>	Ardha- Pavanamuktasana, Setubandhasana, Uttana Vakrasana, Ardha and Sulabha- Dronasana		
	<b>5.4</b>	<b>Prone Postures</b>		

	<b>5.4.1</b>	Bhujangasana-1, Ardha-Shalabhasana, Ardha- Naukasana		
	<b>5.5</b>	<b>Relaxation Postures</b>		
	<b>5.5.1</b>	Shavasana-1, Makarasana-1		
<b>6.0</b>		<b>Unit 6: Breathing practices</b>	<b>05</b>	<b>CO1, CO2</b>
	<b>6.1</b>	Breathing Exercises/practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger breathing exercises This point should be replaced with 'Yogic Dynamic Practices' (Dr. Gharote)		
	<b>6.2</b>	Breath Awareness: Pranadharana		
	<b>6.3</b>	Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing		
	<b>6.4</b>	Abdomen + Thoracic + Clavicular Breathing (Sampurna Yogic Shvasana/Complete Yogic breathing)		
	<b>6.5</b>	Yogic Breathing: Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka).		
		<b>Total Hours</b>	<b>45</b>	

#### Recommended books:

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Yoga Publications, New Delhi	-
2	Digambaraji Swami (Ed.) & Raghunatha Kokaje Shastri (Ed.)	Hathapradipika of Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2nd edi., 1998
3	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla	7th edi., 1993
4	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla	11th edi., 2010
5	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore	1st edi, 2003
6	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012
7	Satyanaanda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications	4th edi.,

			Trust, Munger, Bihar	2013
8	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi	2003
9	Vasu, Sri Chandra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishthan, Delhi	2003
10	आनंद ऋषी	ध्यानप्रचीतीः ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे	२ री आवृत्ती, २०१३
11	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८
12	देवकुले, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
13	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
14	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८४
15	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८२
16	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन, मुंबई	३ रा संस्क., २०१७
17	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
18	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी और झां, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

**Semester 2  
Credit Scheme**

<b>Course Code</b>	<b>Course Name</b>	<b>Teaching Scheme (Hrs.) TH – P – TUT</b>	<b>Total Hrs.</b>	<b>Credits Assigned TH – P – TUT</b>	<b>Total Credits</b>	<b>Course Category</b>
332U01C201	Sanskrit	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C202	Yogic Texts	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C203	Anatomy and Physiology	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C204	Basic Principles of Psychology	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01P201	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
<b>Total</b>		<b>12 – 3 – 5</b>	<b>20</b>	<b>12 – 3 – 5</b>	<b>20</b>	<b>-</b>

**Examination Scheme**

<b>Course Code</b>	<b>Course Name</b>	<b>Examination Scheme &amp; Marks</b>						
		<b>Continuous Assessment (CA)</b>		<b>End Semester Examination (ESE)</b>	<b>Term Work (TW)</b>	<b>Oral * (O)</b>	<b>Practical and Oral (P and O)</b>	<b>Total</b>
		<b>In Semester Examination (ISE)</b>	<b>Internal Assessment (IA)</b>					
332U01C201	Sanskrit	-	50	50	-	-	-	100
332U01C202	Yogic Texts	-	50	50	-	-	-	100
332U01C203	Anatomy and Physiology	-	50	50	-	-	-	100
332U01C204	Basic Principles of Psychology	-	50	50	-	-	-	100
332U01P201	Practical	-	50	-	-	-	50	100
<b>Total</b>		-	<b>250</b>	<b>200</b>	-	-	<b>50</b>	<b>500</b>

**Syllabus Semester 2**

**1.**

Paper / Course Code	Paper / Course Title						
332U01C201	Sanskrit						
	TH	P	TUT	Total			
Teaching Scheme (Hrs.)	03	--	01	04			
Credits Assigned	03	--	01	04			
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)		
	--	--	50	--	--	50	100

**Course Objectives:** This course will introduce students to Sanskrit Vyakaran and Various Yogic Text content.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Sanskrit Vyakaran.

CO2: Thoughts of Yoga in Yogic Text like Upanishads and Bhagavad Gita.

Module No.	Unit No.	Topics	Hours	
1.0		Unit 1	15	CO1
	1.1	Roots of 1 <sup>st</sup> , 4 <sup>th</sup> , 6 <sup>th</sup> and 10 <sup>th</sup> conjugation and their forms in present, past imperfect, future tense, Avyaya-s; Forms of asmad and yushmad, Upasarga-s		
2.0		Unit 2	15	CO2
	2.1	Selected portion from Upanishads based on Yoga; also for easy understanding of Sanskrit		
3.0		Unit 3	15	CO2
	3.1	Bhagavadgita Adhyaya 17, 18		
		Total Hours	45	

**Recommended books:**

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Joshi, K.L. (Ed.) Bimali, O.N. (Ed.) Trivedi, B. (Ed.)	112 Upanisads: Sanskrit text English translation, an exhaustive introduction and index of verses (2 Vols)	Parimal Publications, Delhi	5th edi., 2016
2	Kale, M. R.	A Higher Sanskrit Grammar: For the use of school and college student	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	2016
3	Macdonell, A. A.	A Sanskrit Grammar for Student	Motilal Banarsidass Publishers Pvt. Ltd., New Delhi	1993
4	Swarupananda Swami	Srimad Bhagavad Gita: With text, word-for-word translation English rendering, comments and index	Advaita Ashram, Delhi	1st edi., 1909
5	-	Srimadbhagvadgita	Gita Press, Gorakhpur	1985
6	दलाई, बी. के. (संपा.)	योगोपनिषदः मूल संस्कृत एवम मराठी भाषांतर	सावित्रीबाई फुले पुणे विश्वविद्यालय, पुणे	१ ली आवृत्ती, २००५
7	प्रभुपाद स्वामी	श्रीमद्भगवद्गीता: यथारूप	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९८८
8	प्रभुपाद स्वामी	श्रीमद्भगवद्गीता: जशी आहे तशी	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९९८
9	शर्मा, श्रीराम (संपा.)	१०८ उपनिषदः सरल हिंदी भावार्थ सहित, खंड १-३ (ब्रह्मविद्या खंड, ज्ञानखंड, साधना खंड)	यग निर्माण योजना, मंथुरा	४ था संस्क., २००५

**2.**

<b>Paper / Course Code</b>	<b>Paper / Course Title</b>			
332U01C202	Yogic Texts			
	<b>TH</b>	<b>P</b>	<b>TUT</b>	<b>Total</b>
<b>Teaching Scheme (Hrs.)</b>	<b>03</b>	<b>--</b>	<b>01</b>	<b>04</b>
<b>Credits Assigned</b>	<b>03</b>	<b>--</b>	<b>01</b>	<b>04</b>
<b>Examination Scheme</b>	<b>Marks</b>			

	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	<b>50</b>	--	--	<b>50</b>	<b>100</b>

**Course Objectives:** This course will introduce students to Various Indian systems of philosophy and Hathayogic Text content.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Yoga Anatomy.

CO2: Able to understand the thoughts of Yoga Darshan.

CO3: Able to know the concept of Hygienic ideology in Hathapradipika.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1	15	CO1
		Introduction to the traditions of Yoga, Concept of Panchaprana, Nadi, Chakra, Kundalini, Panchakosha		
2.0	2.1	Unit 2	15	CO2
		Yoga Darshana: concepts of chitta and chittavritti, chittabhumi, Kriyayoga, Yamas and niyamas		
3.0	3.1	Unit 3	15	CO3
		Hathapradipika: Dwelling of hathayogi, Sadhaka-badhaka tattva, Concept of asana, Mitahara, Pathya and Apathya		
		<b>Total Hours</b>	<b>45</b>	

#### Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi	7th edi., 1968
2	Digambaraji Swami Kokaje Raghunatha Shastri	Hathapradipika if Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2 nd edi., 1998
3	Larson, G. J. (Ed.)	Encyclopaedia of Indian Philosophies:	Motilal Banarasidass	1st edi.,

	and Bhattacharya, R. (Ed.)	Yoga: India's Philosophy of Meditation, Vol. XII	Publishers Pvt. Ltd., Delhi	2008
4	Motoyama, Hiroshi	Theories of the Chakras: Bridge to Higher Consciousness	New Age Books, New Delhi	1st edi., 2001
5	Muktibodhnanda Swami	Hatha Yoga Pradipika: Light on Hatha Yoga	Yoga Publications Trust, Munger	2nd edi., 2004
6	Nityabodhanada Rishi	Manipur Chakra	Yoga Publications Trust, Munger	2013
7	Satyananda Saraswati	Kundalini Tantra	Yoga Publications Trust, Munger	1984
8	Sinha, Jadunath	Indian Philosophy (3 Vols.)	Motilal Banarsidass Publishers Pvt. Ltd., Delhi	2nd edi., 2006
9	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी	२ रा संस्क., १९७९
10	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
11	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर	७ वी आवृत्ति, २००२
12	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मद्रो, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८
13	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डॉबिवली	२ री आवृत्ति, २०१३
14	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

**3.**

Paper / Course Code	Paper / Course Title					
332U01C203	Anatomy and Physiology					
Teaching Scheme (Hrs.)	TH	P	TUT	Total		
Credits Assigned	03	--	01	04		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	50	--	--	50
						100

**Course Objectives:** This course will introduce students to Basis of Human Physiology and Anatomy and Body Systems.

**Course Outcomes:** At the end of successful completion of the course the student will

CO1: Understand Major body System and its structure and function.

CO2: Explore the scientific approach of Anatomy and Physiology of the Asana.

CO3: Get the opportunity of experience in hospital for understanding the body structure properly

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1	20	CO1
		Anatomy and Physiology of following systems: Excretory, Nervous, Endocrine, Reproductive, Introduction to sensory organs		
2.0	2.1	Unit 2	15	CO2
		Anatomy and Physiology of Asana-s with respect to spinal manipulation in sitting, standing, supine, prone, topsy-turvy; in meditative, cultural and relaxative asanas		
3.0	3.1	Unit 3	10	CO3
		Visit to the hospital		
		<b>Total Hours</b>	<b>45</b>	

**Recommended books:**

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Bhalekar, Sharadchandra	Anatomy and Physiology: Yogic Text	Kaivalyadhama, Lonavla	2nd edi., 2018
2	Chaudhary, N. V. (Ed.) and Jain, R. (Ed.)	Encyclopaedia of Yoga, Health and Physical education, Vol. I to VII	Khel Sahitya Kendra, New Delhi	2013
3	Gore, M. M.	Anatomy and Physiology of Yogic Practices	New age books, New Delhi	6th edi., 2017
4	Waugh A. and Grant A.	Ross and Wilson Anatomy and Physiology in health and illness	Churchill Livingstone, London	12th edi., 2014
5	गोरे, म. म.	शरीर विज्ञान आणि योगाभ्यास	कॉटिनेंटल प्रकाशन, पुणे	१ ली आवृत्ती, २०१०
6	गोरे, म. म.	शरीर विज्ञान और योगाभ्यास	ड्रोलीया पुस्तक भंडार, हरिद्वार	५ वा संस्क., २०१६
7	प्रताप, म. रा.	मानव शरीर संरचना एवं योगाभ्यास का प्रभाव	राघव पब्लिकेशन, नई दिल्ली	१ ला संस्क., २०१६

**4.**

Paper / Course Code	Paper / Course Title						
332U01C204	Basic Principles of Psychology						
Teaching Scheme (Hrs.)	TH	P	TUT	Total			
Credits Assigned	03	--	01	04			
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	50	--	--	50	100

**Course Objectives:** This course will introduce students to Fundamentals of psychology and its schools with their principles

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Psychology with western and indian perspective.

CO2: Able to understand the theory of Cognitive and affective behavior.

Module No.	Unit No.	Topics	Hours	
1.0		<b>Unit 1</b>	30	CO1
	1.1	Psychology: concept of cognition and perception, Introduction to Indian Psychology and its classification, Principles of Psychology and Schools of Psychology, Modern Psychology		
2.0		<b>Unit 2</b>	15	CO2
	2.1	Basic concepts - memory, emotions, intelligence, motivation, perception		
		<b>Total Hours</b>	45	

**Recommended books:**

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Baron, R. M.	Psychology	Pearson Education, Delhi	5th edi., 2012
2	Hall, Calvin, Lindzey, Gardner and Campbell, John	Theories of Personality	Wiley India Pvt., Ltd., New Delhi	4th edi., 2017
3	Safaya, Raghunath	Indian Psychology: A critical and historical analysis of the psychological speculations in Indian philosophical literature	Munshiram Manoharlal Publishers Pvt., Ltd., New Delhi	1st edi., 1975
4	Murray, David	A History of Western Psychology	Prentice Hall, Inc., Eaglewood Cliffs	1983
5	Watson, Robert	The Great Psychologist	J.B. Lippincott Company, New York	4th edi., 1978
6	अस्थाना, मधु और वर्मा, किरण	व्यक्तित्व मनोविज्ञान	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली	४ था संस्क., २०१२
7	गोडबोले, अच्युत	मनातः मानसशास्त्राची उत्कंठा वर्धक रस्य	मनोविकास प्रकाशन,	२२ वी

		सफर	पुणे	आवृत्ती, २०१३
8	फ्रायड, सिग्मंड	मनोविश्लेषण	राजपाल एंड सन्स, दिल्ली	२०१८
9	रॉबर्ट, बेरॉन	मनोविज्ञान	पियर्सन इंडिया एडकेशन सर्विसेस प्रा. लि., नोएडा	१ ला संस्क., २०१६

5.

Paper / Course Code	Paper / Course Title					
332U01P201	Practical					
Teaching Scheme (Hrs.)	TH	P	TUT	Total		
Credits Assigned	--	03	01	04		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term work (TW)	End Semester Examination (ESE)
	--	--	50	50	--	--
						100

**Course Objectives:** This course will introduce students to Yoga practice from the textual and traditional aspect.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Able to understand the benefit of Yogic practice in physical and mental healing of the body.

CO2: Able to understand how Yoga practice facilitates social harmony and spiritual excellence.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1: Yogic sukshma vyayama	05	CO1, CO2
	1.2	Anguli-shakti-vikasaka (for the fingers)		
	1.3	Vaksha-sthala shakti-vikasaka (for the chest)		
	1.4	Jangha shakti-vikasaka (for the thighs)		
	1.5	Janu shakti-vikasaka (for the knees)		
	1.6	Pindali shakti-vikasaka (for the calves)		
		Pada-mula shakti-vikasaka		

	<b>1.7</b>	Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)		
	<b>1.8</b>	Padanguli shakti-vikasaka (for the toes)		
<b>2.0</b>		<b>Unit 2</b>	<b>05</b>	<b>CO1, CO2</b>
	<b>2.1</b>	<b>Shatkarma</b>		
	<b>2.1.1</b>	Neti (Vesan Neti, Sutraneti)		
	<b>2.1.2</b>	Dhauti (Danda Dhauti)		
	<b>2.1.3</b>	Trataka (Jatru and Jyoti)		
	<b>2.1.4</b>	Simple Yogic Kriyas for Karna Shuddhi and Twak Shuddhi		
	<b>2.2</b>	<b>Loosening exercises/Warm ups</b>		
	<b>2.2.1</b>	Janu Vakrasana exercise, Chakki chalana, Nauka chalana		
<b>3.0</b>		<b>Unit 3: Suryanamaskara</b>	<b>05</b>	<b>CO1, CO2</b>
	<b>3.1</b>	Mantra Sahita Suryanamaskar, 12 Poses with Alignment, Breath Discipline.		
	<b>3.2</b>	Starting Prayer, Bija Mantra, Surya Mantra		
	<b>3.3</b>	Relaxation		
<b>4.0</b>		<b>Unit 4: Yogasana</b>	<b>15</b>	<b>CO1, CO2</b>
	<b>4.1</b>	<b>Standing Postures</b>		
	<b>4.1.1</b>	Parivritta Trikonasana, Trikonasana, Veerabhadrasana-1, Utkatsana-1, Eka-pada tolasana		
	<b>4.2</b>	<b>Sitting Postures</b>		
	<b>4.2.1</b>	Yogamudra, Tripada Marjarasana, Janushirasana, Supta Vajrasana- 1, Vakrasana-1		
	<b>4.2.2</b>	Kapotasana-1, Hansasana-1, Bhushirasana		
	<b>4.3</b>	<b>Supine Postures</b>		
	<b>4.3.1</b>	Matsyasana-1, Ardha- Halasana, Pavanamuktasana, Kandharasana, Dronasana, Uttana Vakrasana (variations), Viparita Karani		
	<b>4.4</b>	<b>Prone Postures</b>		
	<b>4.4.1</b>	Bhujangasana-2, Salamba-Shalabhasana, Naukasana		
	<b>4.5</b>	<b>Relaxation Postures</b>		
	<b>4.5.1</b>	Shavasana-2, Makarasana-2, Balasana (child pose)		
<b>5.0</b>		<b>Unit 5</b>	<b>10</b>	<b>CO1, CO2</b>
	<b>5.1</b>	<b>Introduction to Pranayama</b>		
	<b>5.1.1</b>	Nadi Shodhana (Technique 1: Same Nostril Breathing, Surya/ Chandra Anuloma viloma)		
	<b>5.1.2</b>	Nadi Shodhana (Technique 2: Alternate Nostril Breathing, Anuloma-viloma)		
	<b>5.1.3</b>	Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak)		

	<b>5.1.4</b>	Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka)		
	<b>5.1.5</b>	Bhramari Rechaka Pranayama		
	<b>5.2</b>	<b>Introduction to Bandhas and Mudras</b>		
	<b>5.2.1</b>	Jivha Bandha, Simha Mudra, Bramha Mudra, Sulabha - Tadagimudra		
<b>6.0</b>	<b>Unit 6: Practices leading to meditation</b>		<b>05</b>	<b>CO1, CO2</b>
	<b>6.1</b>	Pranav and Soham Japa; Ajapa-japa Dharana		
	<b>6.2</b>	Yoga Nidra		
	<b>6.3</b>	Antarmauna		
	<b>6.4</b>	Mind sound Resonance technique (MSRT)		
	<b>Total Hours</b>		<b>45</b>	

### Recommended books

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Publications, New Delhi	-
2	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2nd edi., 1998
3	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla	7th edi., 1993
4	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla	11th edi., 2010
5	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore	1st edi, 2003
6	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012
7	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar	4th edi., 2013
8	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi	2003
9	Vasu, Sri Chandra	The Gheranda Samhita: Text With	Chaukhamba Sanskrit	2003

		English Translation	Pratishtan, Delhi	
10	आनंद ऋषी	ध्यानप्रचीतीः ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे	२ री आवृत्ती, २०१३
11	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८
12	देवकुले, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००४
13	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
14	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८४
15	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८२
16	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन, मुंबई	३ रा संस्क., २०१७
17	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
18	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी और झां, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

**Semester 3  
Credit Scheme**

<b>Course Code</b>	<b>Course Name</b>	<b>Teaching Scheme (Hrs.) TH – P – TUT</b>	<b>Total Hrs.</b>	<b>Credits Assigned TH – P – TUT</b>	<b>Total Credits</b>	<b>Course Category</b>
332U01C301	Sanskrit	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C302	Indian Philosophy and Hathayoga	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C303	Yoga and Holistic Health	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C304	Personality and Mental Health	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01P301	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
<b>Total</b>		<b>12 – 3 – 5</b>	<b>20</b>	<b>12 – 3 – 5</b>	<b>20</b>	<b>-</b>

**Examination Scheme**

<b>Course Code</b>	<b>Course Name</b>	<b>Examination Scheme &amp; Marks</b>						
		<b>Continuous Assessment (CA)</b>		<b>End Semester Examination (ESE)</b>	<b>Term Work (TW)</b>	<b>Oral* (O)</b>	<b>Practical and Oral (P and O)</b>	<b>Total</b>
		<b>In Semester Examination (ISE)</b>	<b>Internal Assessment (IA)</b>					
332U01C301	Sanskrit	-	50	50	-	-	-	100
332U01C302	Indian Philosophy and Hathayoga	-	50	50	-	-	-	100
332U01C303	Yoga and Holistic Health	-	50	50	-	-	-	100
332U01C304	Personality and Mental Health	-	50	50	-	-	-	100
332U01P301	Practical	-	50	-	-	-	50	100
<b>Total</b>		-	<b>250</b>	<b>200</b>	-	-	<b>50</b>	<b>500</b>

### Syllabus Semester 3

**1.**

Paper / Course Code	Paper / Course Title												
332U01C301	Sanskrit												
Teaching Scheme (Hrs.)	TH	P	TUT	Total	Credits Assigned	03	--	01	04				
Examination Scheme	Marks						Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	--	50	--	--	--	--	50	--	50	100	

**Course Objectives:** This course will introduce students to Sanskrit Vyakaran and Various Yogic Text content.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with some more concepts of Sanskrit Grammar.

CO2: Able to know thoughts of Yoga in Yogic Text like Bhagavad Gita, Purana and Upapuranas.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1	15	CO1
		Samasa, Pronouns – yad, tad, etad, kim, Vibhakti-s for the words ending with ‘i’ and ‘u’(masculine, feminine and neuter)		
2.0	2.1	Unit 2	20	CO2
		Bhagavadgita Adhyaya 2, 6		
3.0	3.1	Unit 3	10	CO2
		Introduction to Yoga in Purana, Introduction to Purana and Upapurana		
		<b>Total Hours</b>	<b>45</b>	

#### Recommended books:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Debroy, Bibek and Debroy, Dipavali	The Holy Puranas. 3 vols.	B.R. Publishing Corporation, Delhi	2002

2	Kale, M. R.	A Higher Sanskrit Grammar: For the use of school and college student	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	2016
3	Macdonell, A. A.	A Sanskrit Grammar for Student	Motilal Banarsidass Publishers Pvt. Ltd., New Delhi	1993
4	Pai, G. K.	Yoga Doctrines in Mahapuranas	Bhandarkar Oriental Research Institute, Pune	2007
5	Swarupananda Swami	Srimad Bhagavad Gita: With text, word-for-word translation English rendering, comments and index	Advaita Ashram, Delhi	1st edi., 1909
6	-	Srimadbhagvadgita	Gita Press, Gorakhpur	1985
7	उपाध्याय, बलदेव	पुराण विमर्श	चौखम्भा विद्याभवन, वाराणसी	३ रा संस्क., १९८७
8	प्रभुपाद स्वामी	श्रीमद्भगवद्गीता: यथारूप	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९८८
9	प्रभुपाद स्वामी	श्रीमद्भगवद्गीता: जशी आहे तशी	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९९८

2.

Paper / Course Code	Paper / Course Title					
332U01C302	Indian Philosophy and Hathayoga					
Teaching Scheme (Hrs.)	TH	P	TUT	Total		
Credits Assigned	03	--	01	04		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	50	--	--	50
						100

**Course Objectives:** This course will introduce students to Various Indian systems of philosophy and Hathayogic Text content.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of different Yogic Ideology of Indian system of philosophy.

CO2: Able to know the thoughts of Yoga Darshana.

CO3: Able to understand the concept of Shatkarma and Breathing Relation with mind in Hathapradipika.

<b>Module No.</b>	<b>Unit No.</b>	<b>Topics</b>	<b>Hours</b>	
<b>1.0</b>		<b>Unit 1</b>	<b>15</b>	<b>CO1, CO2</b>
	<b>1.1</b>	Introduction to six darshana-s. Nyaya Darshana: pramana, concept of Ishvara; Vedanta Darshana: Brahma, Panchakosha, Avidya, Sadhana-chatushtaya, Samashti-vyashti, Moksha, Shariratraya		
<b>2.0</b>		<b>Unit 2</b>	<b>15</b>	<b>CO2</b>
	<b>2.1</b>	Yoga Darshana: Concept of Abhyasa and vairagya, Ishvara, Pranidhana, Pranava, Chitta-vikshepa, Kriyayoga		
<b>3.0</b>		<b>Unit 3</b>	<b>15</b>	<b>CO3</b>
	<b>3.1</b>	Hathapradipika: Relationship between mind and breath, Concept of shatkarma, Nadishodhana, ashta-kumbhaka		
		<b>Total Hours</b>	<b>45</b>	

#### Recommended books:

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Agarwal M. M.	Six systems of Indian philosophy: the sutras of six systems of Indian philosophy with English translation, transliteration, and indices	Chaukhamba Sanskrit Pratishtan, Delhi	2001
2	Chatterjee, Satischandra & Datta, Dharendramohan	An introduction to Indian philosophy	Rupa publications India Pvt. Ltd., New Delhi	7th edi., 1968
3	Dasgupta, S.N.	Yoga philosophy: in relation to other systems of Indian thought	Motilal Banarasidass publishers pvt. ltd., New Delhi	1996
4	Digambaraji Swami Kokaje Raghunatha Shastri	Hathapradipika if Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2 nd edi., 1998

5	Hiriyanna, M.	Outlines of Indian Philosophy	George Allen and Unwind Ltd., London, England	1st edi., 1964
6	Muktibodhananda Swami	Hatha Yoga Pradipika: Light on hatha yoga: including the original Sanskrit text of the Hatha yoga pradipika with translation in English	Yoga Publications Trust, Munger	4th edi., 2012
7	Sinha, Jadunath	Indian Philosophy (3 Vols.)	Motilal Banarsi Dass Publishers Pvt. Ltd., Delhi	2nd edi., 2006
8	Vasu, Srisa Chandra	An Introduction to Yoga Philosophy	Munshiram Manoharilal Publishers Pvt. Ltd., New Delhi	2004
9	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी	२ रा संस्क., १९७९
10	कुमठेकर, उदय	योगदर्शन	प्रसाद प्रकाशन, पुणे	१ ली आवृत्ती, २००७
11	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डॉबिवली	२ री आवृत्ती, २०१३
12	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
13	चट्टोपाध्याय, सत्तिशचंद्र और दत्ता, धीरेंद्र	भारतीय दर्शन	पस्तक भांडार पैब्लिशिंग हाऊस, पटना	२०१९
14	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर	७ वी आवृत्ती, २००२
15	सिन्हा, ह. प्र.	भारतीय दर्शन की रूपरेखा	मोतीलाल बनारसीदास पैब्लिशर्स प्रा. लि.	४ था संस्क., २०१०
16	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

**3.****Paper / Course Code**

		<b>Paper / Course Title</b>				
332U01C303		Yoga and Holistic Health				
		TH	P	TUT	Total	
<b>Teaching Scheme (Hrs.)</b>		<b>03</b>	--	<b>01</b>	<b>04</b>	
<b>Credits Assigned</b>		<b>03</b>	--	<b>01</b>	<b>04</b>	
<b>Examination Scheme</b>		<b>Marks</b>				
		Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)
		--	--	<b>50</b>	--	--
		<b>End Semester Examination (ESE)</b>			<b>50</b>	<b>100</b>

**Course Objectives:** This course will introduce students to the Integrated concept of Health-wellness and Yoga.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts Health with their Dimensions and Concepts.

CO2: Understand Holistic Health Approaches.

CO3: Concept of Yogic Diet.

Module No.	Unit No.	Topics	Hours	
1.0		<b>Unit 1</b>	20	CO1, CO2
	1.1	Indian and modern approach to Health and wellness; introduction to hygiene and its component, dimensions of wellness, misconceptions of wellness, self-responsibility and wellness, Yoga and health		
2.0		<b>Unit 2</b>	15	CO1, CO2
	2.1	Holistic health; history, five aspects, holistic approach, principles of holistic care, Yoga and holistic approach		
3.0		<b>Unit 3</b>	10	CO3
	3.1	Concept of modern diet, Concept of yogic diet		
		<b>Total Hours</b>	45	

#### Recommended books:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Bakhru, H. K.	Diet Cure for Common Ailments	Jaico Publishing House, Mumbai	2nd edi., 2017

2	Chaudhary, N.V. and Jain, R. (Eds.)	Encyclopaedia of Yoga, Health and Physical Education: Yoga for wellness and teaching. Vol. I, part I & II	Khel Sahitya Kendra, New Delhi	2013
3	Mallapa, P. K.	Ashtanga Yoga in relation to Holistic Health	Satyam Publishing House, New Delhi	2006
4	Nagendra, H.R.	Yoga for Health	Vivekananda Kendra Yoga Prakashana, Bangalore	1993
5	Sawant, Durgadas	Nisargahar: Natural Diet for Healthy Life	Yoga Vidya Niketan, Mumbai	1st edi., 2020
6	Sivananda Swami	Health and Happiness	Divine Life Society, Delhi	1984
7	Shelton, Herbart	Fasting can save your life	American Natural Hygiene Society, Tampa	1999
8	Vyawahare, Shrikrushna	Yoga for Health, Healing and Harmony	Ghantali Mitra Mandal, Thane	2007
9	Yogendra	Yoga: Hygiene Simplified	The Yoga Institute, Mumbai	1st edi., 2015
10	-	Yoga: The Science of Holistic Living	Vivekananda Kendra, Madras	1996

**4.**

Paper / Course Code	Paper / Course Title					
332U01C304	Personality and Mental Health					
Teaching Scheme (Hrs.)	TH	P	TUT	Total		
Credits Assigned	03	--	01	04		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	50	--	--	50
						100

**Course Objectives:** This course will introduce students to Mental Health and Yoga.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Mental Health with all perspectives.

CO2: Understand the concept of Personality and development.

CO3: Yoga and Stress management.

Module No.	Unit No.	Topics	Hours	
1.0		<b>Unit 1</b>	10	CO1
	1.1	Meaning and definition of mental health; Modern and traditional perspective of mental health		
2.0		<b>Unit 2</b>	20	CO2
	2.1	Personality; Personality integration through Psychology and Yoga; Indian approach to personality through triguna, panchakosha and chittabhumi		
3.0		<b>Unit 3</b>	15	CO2
	3.1	Stress & its Management: Definition, meaning, causes, symptoms and Yogic remedies		
		<b>Total Hours</b>	45	

**Recommended books:**

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Bhogal, R. S.	Yoga and mental health and beyond: a guide to self management	Kaivalyadhama, Lonavla	1st edi., 2019
2	Bhogal, R. S.	Yoga psychology and beyond	Kaivalyadhama, Lonavla	1st edi., 2017
3	Hall, Calvin, Lindzey, Gardner and Campbell, John	Theories of Personality	Wiley India Pvt., Ltd., New Delhi	4th edi., 2017
4	Joshi, Kireet and Cornelissen, Matthijs (Eds.)	Consciousness, Indian Psychology and Yoga	Centre for Studies in Civilisation, New Delhi	2012
5	Nagendra, H. R.	New perspectives in stress management	Vivekananda Kendra Yoga Prakashan, Bangalore	1998
6	Udupa, K. N.	Stress and it's management by yoga	Motilal Banarasidass	1996

			Publishers Pvt. Ltd., Delhi	
7	Safaya, Raghunath	Indian Psychology: A critical and historical analysis of the psychological speculations in Indian philosophical literature	Munshiram Manoharlal Publishers Pvt., Ltd., New Delhi	1st edi., 1975
8	Sunakall R. S.	The development of personality	Serials Publications, New Delhi	1st edi., 2012
9	अस्थाना, मधु और वर्मा, किरण	व्यक्तित्व मनोविज्ञान	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली	४ था संस्क., २०१२
10	भोगल, र. स.	योग एवम मानसिक स्वास्थ्यः स्वस्थ जीवन की एक मार्गदर्शिका	कैवल्यधाम, लोणावला	१ ला संस्क., २०१२

**5.**

Paper / Course Code	Paper / Course Title				
332U01P301	Practical				
	TH	P	TUT	Total	
Teaching Scheme (Hrs.)	--	<b>03</b>	<b>01</b>	<b>04</b>	
Credits Assigned	--	<b>03</b>	<b>01</b>	<b>04</b>	
Examination Scheme	Marks				
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)
	--	--	<b>50</b>	<b>50</b>	--
					<b>100</b>

**Course Objectives:** This course will introduce students to Yoga practice from the textual and traditional aspect.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Understand the benefit of Yogic practice in physical and mental healing of the body.

CO2: Understand how Yoga practice facilitates social harmony and spiritual excellence.

Module No.	Unit No.	Topics	Hours

<b>1.0</b>	<b>Unit 1</b>	<b>05</b>	<b>CO1, CO2</b>
	<b>1.1</b> <b>Shatkarma</b>		
	<b>1.1.1</b> Shankhaprakshalana (laghu)		
	<b>1.1.2</b> Kapalabhati - Sitkrama, Vyutkrama		
	<b>1.1.3</b> Uddiyana, Agnisara		
	<b>1.2</b> <b>Loosening exercises</b>		
	<b>1.2.1</b> Paschimotanasana-Halasana rolling, Pavanamuktasana side rolling, Dhanurasana rolling		
<b>2.0</b>	<b>Unit 2: Yogasana</b>	<b>10</b>	<b>CO1, CO2</b>
	<b>2.1</b> <b>Standing Postures</b>		
	<b>2.1.1</b> Veerabhadrasana-2, Utkatsana-2, Vrikshasana, Uddiyana (peetha)		
	<b>2.2</b> <b>Sitting Postures</b>		
	<b>2.2.1</b> Padmasana, Gomukhasana, Bhadrasana, Vakrasana-2		
	<b>2.2.2</b> Ushtrasana-2, Vajrasanastha Yoga Mudra, Kapotasana-1, Vrishchikasana-2		
	<b>2.2.3</b> Urdhwa-Janu-Vakshasana, Hansasana-2		
	<b>2.3</b> <b>Supine Postures</b>		
	<b>2.3.1</b> Matsyasana-2, Viparita Karani Mudra, Chakrasana		
	<b>2.4</b> <b>Prone Postures</b>		
	<b>2.4.1</b> Bhujangasana-3, Shalabhasana, Dhanurasana		
	<b>2.5</b> <b>Relaxation Postures</b>		
	<b>2.5.1</b> Shavasana-3, Makarasana-3		
<b>3.0</b>	<b>Unit 3: Bandhas</b>	<b>05</b>	<b>CO1, CO2</b>
	<b>3.1</b> Mula Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha Bandha		
<b>4.0</b>	<b>Unit 4: Pranayama (Kumbhaka Rahita)</b>	<b>10</b>	<b>CO1, CO2</b>
	<b>4.1</b> Suryabhedhana, Chandrabhedana, Ujjayi and Bhastrika Pranayama		
	<b>4.2</b> Sheetali and Shitkari Pranayama		
<b>5.0</b>	<b>Unit 5: Practices leading to meditation</b>	<b>15</b>	<b>CO1, CO2</b>
	<b>5.1</b> Practices leading to Breath Meditation (Anapanasatti)		
	<b>5.2</b> Practices leading to Om Meditation (Nadanusandhana) (Aakara, Uukara, Makara, AaaOooMmmKar, Omkara with Mudras – Chin, Chinmaya, Aadi and Brahma mudra)		
	<b>Total Hours</b>		<b>45</b>

### Recommended books

<b>Sr. No.</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>

1	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Publications, Delhi	Yoga New	-
2	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2nd edi., 1998	
3	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla	7th edi., 1993	
4	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla	11th edi., 2010	
5	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore	1st edi, 2003	
6	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012	
7	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar	4th edi., 2013	
8	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi	2003	
9	Vasu, Sri Chandra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishtan, Delhi	2003	
10	आनंद ऋषी	ध्यानप्रचीतीः ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे	२ री आवृत्ती, २०१३	
11	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८	
12	देवकुले, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५	
13	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५	
14	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८४	
15	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८२	

16	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन, मुंबई	३ रा संस्क., २०१७
17	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
18	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी और झां, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

**Semester 4**  
**Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits	Course Category
332U01C401	Sanskrit	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C402	Yogic Texts	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C403	Complementary and Alternative Medicine	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C404	Yoga Therapy	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01P401	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
<b>Total</b>		<b>12 – 3 – 5</b>	<b>20</b>	<b>12 – 3 – 5</b>	<b>20</b>	-

**Examination Scheme**

Course Code	Course Name	Examination Scheme & Marks						
		Continuous Assessment (CA)		End Semester Examination (ESE)	Term Work (TW)	Oral * (O)	Practical and Oral (P and O)	Total
		In Semester Examination (ISE)	Internal Assessment (IA)					

332U01C401	Sanskrit	-	50	50	-	-	-	100
332U01C402	Yogic Texts	-	50	50	-	-	-	100
332U01C403	Complementary and Alternative Medicine	-	50	50	-	-	-	100
332U01C404	Yoga Therapy	-	50	50	-	-	-	100
332U01P401	Practical	-	50	-	-	-	50	100
<b>Total</b>		-	<b>250</b>	<b>200</b>	-	-	<b>50</b>	<b>500</b>

#### Syllabus Semester 4

1.

Paper / Course Code	Paper / Course Title					
332U01C401	Sanskrit					
Teaching Scheme (Hrs.)	<b>TH</b>	<b>P</b>	<b>TUT</b>			<b>Total</b>
Credits Assigned	<b>03</b>	--	<b>01</b>			<b>04</b>
Examination Scheme	Marks					
Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
--	--	<b>50</b>	--	--	<b>50</b>	<b>100</b>

**Course Objectives:** This course will introduce students to Grammatical structure of Sanskrit and specific Yoga Text.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the Grammatical structure of Sanskrit.

CO2: Getting the glimpses of Yoga philosophy from the great epic Mahabharata.

CO2: Getting the glimpses of Yoga philosophy from the text Yogavasishttha.

Module No.	Unit No.	Topics	Hours	
1.0	Unit 1	Tvanta, lyabanta and tumanta forms and participles, Sanskrit comprehension	15	CO1
	1.1			
2.0	Unit 2	Introduction to Yoga in Mahabharata	15	CO2
	2.1			

<b>3.0</b>	<b>Unit 3</b>		<b>15</b>	<b>CO3</b>
<b>3.1</b>	Introduction to Yoga-vasishtha			
	<b>Total Hours</b>		<b>45</b>	

**Recommended books:**

<b>Sr. No.</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Arya, Ravi Prasad (Ed.)	Yoga-vasistha of Valmiki: Sanskrit text and English translation, Vol. I to III	Parimal Publication, Delhi	2nd edi., 2000
2	Dutt, M. N. (Ed.)	Mahabharata: Sanskrit text with English translation. 9 Vols.	Parinam Publications, Delhi	1988
3	Kale, M. R.	A Higher Sanskrit Grammar: For the use of school and college student	Motilal Banarsiadas Publishers Pvt. Ltd., Delhi	2016
4	Macdonell, A. A.	A Sanskrit Grammar for Student	Motilal Banarsiadas Publishers Pvt. Ltd., New Delhi	1993
5	Muller, Max	A Sanskrit Grammar	Parimal Publications, New Delhi	2001
6	अग्रवाल, म. म.	योगवासिष्ठः महारामायनम्, भाग १-६	चोखम्भा सुरभारती, वाराणसी	१ ला संस्क., २०११
7	आचार्य, कला व इतर	समीरसंस्कृताध्ययनमः संस्कृतव्याकरणपरिचय	सोमैया पब्लिकेशन्स प्रा. लि., मुंबई	१ ली आवृत्ती, २००३
8	केळकर, भालबा (संपा.)	संपर्ण महाभारतः सुरस मराठी भाषांतर, खंड १ ते ८	वरदा बुक्स, पुणे	३ री आवृत्ती, १९८६
9	गोखले, म. व. (संपा.)	श्रीयोगवासिष्ठ, भाग १ ते ३	यशवंत प्रकाशन, पुणे	१ ली आवृत्ती, १९८०
10	गोस्वामी, महाप्रभुलाल	योगवासिष्ठः हिंदी भाषा अनुवाद सहित, भाग १-५	टाटा बुक एजन्सी, वाराणसी	१ ला संस्क., १९९४
11	-	महाभारत, खंड १ से ६	गीताप्रेस, गोरखपुर	-

**2.**

<b>Paper / Course Code</b>	<b>Paper / Course Title</b>
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332U01C402	Yoga Traditions					
	TH	P	TUT	Total		
Teaching Scheme (Hrs.)	03	--	01	04		
Credits Assigned	03	--	01	04		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	50	--	--	50

**Course Objectives:** This course will introduce students to Various Yoga Schools and Hathyogic Text content.

**Course Outcomes:** At the end of successful completion of the course the student will be

- CO1: Familiar with the basic concepts of different types of Yoga schools.
- CO2: Familiar with the thoughts of Yoga Darshana.
- CO3: Getting introduced to the concept of Mudras and Bandhas.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1	15	CO1
		Different types of Yoga - Nadayoga, Layayoga, Mantrayoga, Kundalini Yoga, Prana-samyama Yoga		
2.0	2.1	Unit 2	15	CO2
		Yoga Darshana: Chitta-prasadana, practices to stabilize the mind, Panchaklesha, Karma-siddhanta, Chaturvyuha		
3.0	3.1	Unit 3	15	CO3
		Hathapradipika: Concept of Mudra, Bandha		
		Total Hours	45	

#### Recommended books:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi	7th edi., 1968

2	Dasgupta, S.N.	Yoga philosophy: in relation to other systems of Indian thought	Motilal Banarasidass publishers pvt. ltd., New Delhi	1996
3	Digambaraji Swami Kokaje Raghunatha Shastri	Hathapradipika of Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2nd edi., 1998
4	Gharote, M. L. (Ed.) Devnath, Parimal (Ed.)	Hathapradipika of Svatmarama: with yogaprakasika commentary by Balakrsna	The Lonavla yoga institute, Lonavla	2nd edi., 2017
5	Goswami, Shyam Sundar	Layayoga: The definitive guide to the Chakras and Kundalini	Inner Traditions International, Rochester, Vermont	1999
6	Hiriyanna, M.	Outlines of Indian Philosophy	George Allen and Unwind Ltd., London, England	1st edi., 1964
7	Krishna, Gopi	Kundalini: The secret of Yoga	The Kundalini Research Foundation Ltd., USA	1990
8	Muktibodhananda Swami	Hatha Yoga Pradipika: Light on hatha yoga: including the original Sanskrit text of the Hatha yoga pradipika with translation in English	Yoga Publications Trust, Munger	4th edi., 2012
9	Satyananda Saraswati	Taming the Kundalini	Yoga Publications Trust, Munger	2004
10	Sinha, Jadunath	Indian Philosophy (3 Vols.)	Motilal Banarsidass Publishers Pvt. Ltd., Delhi	2nd edi., 2006
11	Sivananda Swami	Japa Yoga: a comprehensive treatise on mantra shastra	Divine Life Society, Rishikesh	1986
12	Sivananda Swami	Tantra Yoga, Nada Yoga and Kriya Yoga	Divine Life Society, Shivanandanagar	1994
13	Vasu, Srisa Chandra	An Introduction to Yoga Philosophy	Munshiram Manoharlal Publishers Pvt. Ltd., New Delhi	2004

14	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी	२ रा संस्क., १९७९
15	ओम स्वामी	कुंडलिनी: एक अनकही कथा	जैको पब्लिशिंग हाऊस, मुंबई	२०१७
16	कुमठेकर, उदय	योगदर्शन	प्रसाद प्रकाशन, पुणे	१ ली आवृत्ती, २००७
17	चट्टोपाध्याय, सत्तिशचंद्र और दत्ता, धीरेंद्र	भारतीय दर्शन	पस्तक भांडार पैब्लिशिंग हाऊस, पटना	२०१९
18	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डॉबिवली	२ री आवृत्ती, २०१३
19	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
20	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर	७ वी आवृत्ती, २००२
21	सिन्हा, ह. प्र.	भारतीय दर्शन की रूपरेखा	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि.	४ था संस्क., २०१०
22	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

**3.**

Paper / Course Code	Paper / Course Title					
332U01C403	Complementary and Alternative Medicine					
Teaching Scheme (Hrs.)	TH	P	TUT	Total		
Credits Assigned	03	--	01	04		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	50	--	--	50
						100

**Course Objectives:** This course will introduce students to complementary and alternative of Indian systems of medicine.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of AYUSH with their Principles and fundamentals.

CO2: Able to understand about Alternative medicines.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1	15	CO1, CO2
		Ayurveda		
2.0	2.1	Unit 2	10	CO1, CO2
		Homoeopathy		
3.0	3.1	Unit 3	20	CO1, CO2
		Naturopathy, Reiki, Pranic Healing, Unani and Siddha		
		<b>Total Hours</b>	<b>45</b>	

#### Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Bakhru, H. K.	The complete handbook of nature cure: The most comprehensive family guide to health, the natural way	Jaico Publishing House, Mumbai	5th edi., 2013
2	Devaraj, T. L.	Speaking of Ayurveda, Yoga and Nature Cure: Health and longevity through Ayurveda, Yoga and Nature Cure	New Dawn Press, New Delhi	2008
3	Dhama, K. P. S. Dhama, Suman	Homoeopathy: The complete Handbook	UBS Publishers and Distributors Ltd., New Delhi	1st edi., 1994
4	Dwivedi, L. D.	Introduction to Ayurveda	Chaukhamba Krishnadas Academy, Varanasi	2003
5	Jindal, S.R.	Nature Cure: A way of life	Institute Of Naturopathy & Yogic Sciences, Bangalore	2005
6	Joshi, K.S.	Speaking of Yoga and Nature-Cure Therapy	New Dawn Press, New Delhi	2008

7	Lad, Vasant	Ayurveda: the science of self healing	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	12th edi., 2011
8	Neeraj, N. K.	Miracles of Naturopathy and Yogic Sciences	Popular Book Depot, Jaipur	2nd edi., 2015
9	Shukla, R. C.	Reiki and alternative therapies	V & S Publishers, New Delhi	2017
10	Singh, Daljit	Unani Chikitsa Saar	Shri Baidyanath Ayurveda Bhavan Ltd., Allahabad	2018
11	Singh, Sukhbir	Handbook of Naturopathy	Shree Gajanan Pustakalaya, Surat	4th edi., 2019
12	Sui, Choa Cok	The ancient science and art of pranic healing: practical manual on energy healing	Institute for inner studies, Bangalore	2013
13	अग्रवाल, आर. एस. और अग्रवाल, एन.	प्राचीन युनानी चिकित्सासार	मनोज पब्लिकेशन, दिल्ली	१० वा संस्क., २०१७
14	जैन, देवेंद्र	रेकी से चिकित्सा कैसे करे	पापुलर बुक डेपो, जयपूर	२ रा संस्क., २०१३
15	दवीवेदी, म., शर्मा, ता. और मिश्रा, भै.	आयुर्वेदीय पंचकर्म चिकित्सा, खंड १-२	चोखम्भा संस्कृत प्रतिष्ठान, दिल्ली	२०१७
16	नीरज, ना. कु.	प्राकृतिक चिकित्सा एवम योग: वैज्ञानिक प्रयोग	पापुलर बुक डेपो, जयपूर	-
17	बेदरकर, कुमुद	निसर्गोपचार आणि योगशास्त्र	आरती प्रकाशन, डॉबिवली	२००९
18	लिंडल्हार, हेब्री	प्राकृतिक चिकित्सा दर्शन एवम व्यवहार	केंद्रीय योग एवम प्राकृतिक चिकित्सा अनुसंधान परिषद, नई दिल्ली	२ रा संस्क., २०१२
19	लिंडल्हार, हेब्री	व्यावहारिक प्राकृतिक चिकित्सा	केंद्रीय योग एवम प्राकृतिक चिकित्सा अनुसंधान परिषद, नई दिल्ली	३ रा संस्क., २०१२
20	सक्सेना, ओमप्रकाश	वृहद प्राकृतिक चिकित्सा	हिंदी सेवा सदन, मथुरा	२ रा संस्क., २०१७
21	सावंत, दुर्गादास	निसर्गाहार: निरामय जीवनासाठी निसर्गानुकूल आहार	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, २०१७
22	सुई, चोआ	प्राणशक्ती उपचार: प्राणिक हिलींग	योग निकेतन ट्रस्ट, दिल्ली	७ वी आवृत्ती,

				२०१३
23	सिद्धांतलंकार, सत्यव्रत	होमिओपैथी के मूल सिद्धांत	विजयकृष्ण लाखनपाल, नई दिल्ली	-

4.

Paper / Course Code	Paper / Course Title				
332U01C404	Applied Yoga				
Teaching Scheme (Hrs.)	TH	P	TUT	Total	
Credits Assigned	03	--	01	04	
Examination Scheme	Marks				
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)
	--	--	50	--	--
	End Semester Examination (ESE)				Total
				50	100

**Course Objectives:** This course will introduce students to Biomechanics of Yogic Postures and application of yoga in different professions.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Biomechanics of Yogasana and relation to Physical Education and Sports.

CO2: Able to understand the application of Yoga in different age and professions.

Module No.	Unit No.	Topics	Hours	
1.0	Unit 1	Biomechanics of Yoga; Yoga and Physical education; Yoga in sports	25	CO1
	1.1			
2.0	Unit 2	Yoga for women empowerment, yoga for children, Yoga in industries	20	CO2
	2.1			
	Total Hours		45	

#### Recommended books:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Chaudhary, N.V.	Encyclopaedia of Yoga, Health and	Khel Sahitya Kendra,	2013

	(Ed.) Jain, R. (Ed.)	Physical Education Vol. I to VII	New Delhi	
2	Deol, Nishan Singh Sharma, Monika & Kumar, Chanchal	Health, Physical and Yoga Education (Hindi)	Twentyfirst Century Publications, Patiala	2016
3	Gharote, M. L.	Applied Yoga	Kaivalyadhama Sriman Madhav Yogamandir Samiti, Lonavla	3rd edi., 2011
4	Iyengar, B.K.S.	Yoga for Sports: A journey towards health and healing	Westland Ltd, New Delhi	1st edi., 2015
5	Iyengar, Geeta	Yoga: a gem for women	B.R. Publishing Corporation, Delhi, 2008	2008
6	Muktananda Swami	Nawa Yogini Tantra: Yoga for Women	Yoga Publications Trust, Munger	2nd edi., 2013
7	Niranjanananda Saraswati	Yoga education for children. Vol. 2	Yoga Publications Trust, Munger	2012
8	Satyananda Saraswati	Yoga education for children	Yoga Publications Trust, Munger	2007
9	अर्यंगार, गीता	स्त्रियांसाठी योगः एक वरदान	रोहन प्रकाशन, पुणे	४ थी आवृत्ती, २०१५
10	सत्यानंद सरस्वती	बच्चों के लिए योग शिक्षा	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	२ रा संस्क., २०१३

5.

Paper / Course Code	Paper / Course Title					
332U01P401	Practical					
Teaching Scheme (Hrs.)	TH	P	TUT	Total		
Credits Assigned	--	<b>03</b>	<b>01</b>	<b>04</b>		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	<b>50</b>	<b>50</b>	--	--
	Total					
	<b>100</b>					

**Course Objectives:** This course will introduce students to Yoga practice from the textual and traditional aspect.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Able to understand the benefit of Yogic practice in physical and mental healing of the body.

CO2: Able to understand how Yoga practice facilitates social harmony and spiritual excellence.

Module No.	Unit No.	Topics	Hours	
1.0		<b>Unit 1: Shatkarma</b>	10	CO1, CO2
	1.1	Kapalabhati (120/min)		
	1.2	Shankhaprakshalana (Purna)		
	1.3	Nauli Madhyama, Vama, Dakshina and Nauli Chalana		
2.0		<b>Unit 2: Yogasana</b>	20	CO1, CO2
	2.1	<b>Standing Postures</b>		
	2.1.1	Parsva Konasana, Veerabhadrasana-3, Utkatsana-3, Natarajasana		
	2.2	<b>Sitting Postures</b>		
	2.2.1	Dwipada Marjarasana, Baddha-hasta Padmasana, Parvatasana-variations, Mandukasana		
	2.2.2	Ardha-Matsyendrasana, Ushtrasana-3, Janu-Urdhwasana 1 & 2, RajaKapotasana-3		
	2.3	<b>Supine Postures</b>		
	2.3.1	Pavanamuktasana with Ashvini Mudra, Sarvangasana, Halasana, Karnapeedasana		
3.0		<b>Unit 3: Pranayama (with Antara Kumbhaka)</b>	10	CO1, CO2
	3.1	Surya-bhedana and Chandra-bhedana Pranayama		
	3.2	Ujjayi Pranayama, Bhastrika Pranayama		
	3.3	Sheetali Pranayama, Shitkari Pranayama		
4.0		<b>Unit 4: Practices leading to meditation</b>	05	CO1, CO2
	4.1	Practices leading to Vipassana Meditation		
	4.2	Practices leading to Preksha Meditation		
		<b>Total Hours</b>	45	

#### Recommended books

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication

1	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Publications, Delhi	Yoga New	-
2	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2nd edi., 1998	
3	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla	7th edi., 1993	
4	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla	11th edi., 2010	
5	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore	1st edi, 2003	
6	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012	
7	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar	4th edi., 2013	
8	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi	2003	
9	Vasu, Sri Chandra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishtan, Delhi	2003	
10	आनंद ऋषी	ध्यानप्रचीतीः ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे	२ री आवृत्ती, २०१३	
11	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८	
12	देवकुले, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५	
13	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५	
14	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८४	
15	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८२	

16	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन, मुंबई	३ रा संस्क., २०१७
17	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
18	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी और झां, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

**Paper 6: Environmental Studies – Compulsory paper as per Government rules**

**Semester 5**  
**Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits	Course Category
332U01C501	Yoga in other Traditions	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C502	Yogic Texts	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C503	Yoga therapy	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C504	Western Psychology	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01P501	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
<b>Total</b>		<b>12 – 3 – 5</b>	<b>20</b>	<b>12 – 3 – 5</b>	<b>20</b>	-

**Examination Scheme**

Course Code	Course Name	Examination Scheme & Marks					
		Continuous Assessment (CA)	End Semester	TermWork	Oral * (O)	Practical and Oral	Total

		In Semester Examination (ISE)	Internal Assessment (IA)	Examination (ESE)	(TW )		(P and O)	
332U01C501	Yoga in other Traditions	-	50	50	-	-	-	100
332U01C502	Yogic Texts	-	50	50	-	-	-	100
332U01C503	Yoga therapy	-	50	50	-	-	-	100
332U01C504	Western Psychology	-	50	50	-	-	-	100
332U01P501	Practical	-	50	-	-	-	50	100
<b>Total</b>		-	<b>250</b>	<b>200</b>	-	-	<b>50</b>	<b>500</b>

### Syllabus Semester 5

1.

Paper / Course Code	Paper / Course Title						
	Yoga in other Traditions						
Teaching Scheme (Hrs.)	TH	P	TUT	Total			Total
	03	--	01	04			
Credits Assigned	03	--	01	04			04
	Marks						
Examination Scheme	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	50	--	--	50	100

**Course Objectives:** This course will introduce students to Yoga in different religions and Traditions of Yoga Vision.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Buddhist Tradition and his vision in Yoga perspective.

CO2: Able to understand the basics of Jain Tradition and their comparison with Yogic concepts.

CO3: Get the opportunity to understand the Yoga in various religious faiths like Islam, Christianity and Sikhism.

<b>Module No.</b>	<b>Unit No.</b>	<b>Topics</b>	<b>Hours</b>	
<b>1.0</b>		<b>Unit 1</b>	<b>15</b>	<b>CO1</b>
	<b>1.1</b>	Yoga in Buddhism – Vipassana, Samath, Zen, Buddhist concept of mind		
<b>2.0</b>		<b>Unit 2</b>	<b>15</b>	<b>CO2</b>
	<b>2.1</b>	Yoga in Jainism – Preksha Dhyana, types of Jain Meditation, Yogic principles in the texts written by Haribhadra-suri		
<b>3.0</b>		<b>Unit 3</b>	<b>15</b>	<b>CO3</b>
	<b>3.1</b>	Yogic concepts and practices in other religions – Islam, Christianity, Sikhism		
		<b>Total Hours</b>	<b>45</b>	

#### **Recommended books:**

<b>Sr. No.</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Acharya Mahaprajna	Preksha Dhyan: Theory and Practice	Jain Visva Bharati, Ladnun	2003
2	Acharya Mahaprajna	Preksha Dhyan: Perception of Breathing	Jain Visva Bharati, Ladnun	1994
3	Ahir, D. C.	Vipassana: a universal Buddhist meditation technique	Sri satguru Publication, Delhi	1996
4	Chapple, C.	Reconciling Yogas. Haribhadra's Collection of Views on Yoga	SUNY Press, Albany, US	2003
5	Chitrabhanu	Realise what you are: The dynamics of Jain meditation	Dodd. Meal & Company, New York, United States	1978
6	Huai-Chin, Nan	Basic Buddhism: Exploring Buddhism and Zen	Jaico Publishing House, Delhi	1st edi., 1999
7	Raghupati, K. V.	Yoga and Zen: A monograph	New bharatiya book corporation, Delhi	1st edi., 2007
8	Singh, Trilochan and Singh, Anurag	Sikhism and Tantric Yoga	International Centre for Sikh Heritage Study, Ludhiana	2020

9	कुमठेकर, उदय	जैन दर्शन	प्रसाद प्रकाशन, पुणे	१ ली आवृत्ति, २०१२
10	पांडे, सुरुची	झेन	मनोविकास प्रकाशन, पुणे	२००६

2.

Paper / Course Code	Paper / Course Title								
332U01C502	Yogic Texts								
Teaching Scheme (Hrs.)	TH	P	TUT	Total	Credits Assigned	03	--	01	04
Credits Assigned	03	--	01	04					
Examination Scheme	Marks								
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total		
	--	--	50	--	--	50	100		

**Course Objectives:** This course will introduce students to Hathyogic Text and Yoga darshan.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of hathyogic text with their Yogic content.

CO2: Will be able to understand the concept of Ashtanga Yoga in Yoga Darshan.

CO3: Will be able to know the practices of Hathapradipika Text.

Module No.	Unit No.	Topics	Hours	
1.0		<b>Unit 1</b>	15	CO1, CO3
	1.1	Introduction to Gheranda Samhita and Shiva Samhita		
2.0		<b>Unit 2</b>	20	CO2
	2.1	Yoga Darshana: Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi and its types, Bhavapratyaya and upayapratyaya, Ritambhara Prajna, Samyama, Samapatti, 3 types of Parinama		
3.0		<b>Unit 3</b>	10	CO1, CO3
	3.1	Hathapradipika: Samadhi and Nadanusandhana		
		<b>Total Hours</b>	45	

**Recommended books:**

<b>Sr. No.</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Dasgupta, S.N.	Yoga philosophy: in relation to other systems of Indian thought	Motilal Banarsidass publishers pvt. ltd., New Delhi	1996
2	Digambaraji Swami Kokaje Raghunatha Shastri	Hathapradipika of Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2 nd edi., 1998
3	Gharote, M. L. (Ed.) Devnath, Parimal (Ed.)	Hathapradipika of Svatmarama: with yogaprakasika commentary by Balakrsna	The Lonavla yoga institute, Lonavla	2nd edi., 2017
4	Hiriyanna, M.	Outlines of Indian Philosophy	George Allen and Unwind Ltd., London, England	1st edi., 1964
5	Maheshananda Swami (Ed.), Sharma, B. R. (Ed.), Aahat, G. S. (Ed.) and others	Siva samhita: a critical edition	Kaivalyadham, Lonavla	2nd edi., 2014
6	Muktibodhananda Swami	Hatha Yoga Pradipika: Light on hatha yoga: including the original Sanskrit text of the Hatha yoga pradipika with translation in English	Yoga Publications Trust, Munger	4th edi., 2012
7	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012
8	Sinha, Jadunath	Indian Philosophy (3 Vols.)	Motilal Banarsidass Publishers Pvt. Ltd., Delhi	2nd edi., 2006
9	Vasu, Srisa Chandra	An Introduction to Yoga Philosophy	Munshiram Manoharlal Publishers Pvt. Ltd., New Delhi	2004
10	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी	२ रा संस्क., १९७९

11	कुमठेकर, उदय	योगदर्शन	प्रसाद प्रकाशन, पुणे	१ ली आवृत्ती, २००७
12	चट्टोपाध्याय, सत्तिशचंद्र और दत्ता, धीरेंद्र	भारतीय दर्शन	पस्तक भांडार पैब्लिशिंग हाऊस, पटना	२०१९
13	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डॉबिवली	२ री आवृत्ती, २०१३
14	देवकुले, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
15	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
16	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर	७ वी आवृत्ती, २००२
17	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
18	महेशानंद स्वामी (संपा.), शर्मा, बा. (संपा.), सहाय, जा. (संपा.) और दुसरे	शिवसंहिता: एक अलोचनात्मक संस्करण	कैवल्यधाम, लोणावला	१९९९
19	शास्त्री, श्रीद्वारीकादास	हठयोगप्रदीपिका: विस्तृत भूमिका एवम विशिष्ट हिंदी व्याख्या विभूषित	चोखम्भा विद्याभवन, वाराणसी	२००९
20	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
21	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२

**3.**

Paper / Course Code	Paper / Course Title					
332U01C503	Yoga Therapy					
	TH	P	TUT	Total		
Teaching Scheme (Hrs.)	03	--	01	04		
Credits Assigned	03	--	01	04		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
						Total

	--	--	<b>50</b>	--	--	<b>50</b>	<b>100</b>
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**Course Objectives:** This course will introduce students to Yoga Therapy with their fundamentals , principles and Application in various diseases..

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Yoga Therapy and Fundamentals.

CO2 Able to know the Yogic management of some life styles disorders.

CO3: Able to understand the Yoga Therapy for women's gynecological issues.

CO4: Get the chance to know the benefit of Yoga on Children's Health issues..

<b>Module No.</b>	<b>Unit No.</b>	<b>Topics</b>	<b>Hours</b>	
<b>1.0</b>		<b>Unit 1</b>	<b>05</b>	<b>CO1</b>
	<b>1.1</b>	History & Basic Principles of Yogic Therapy, Yoga as a science of rehabilitation, Yoga as a complementary therapy / complementary medicine		
<b>2.0</b>		<b>Unit 2</b>	<b>40</b>	<b>CO2, CO3, CO4</b>
	<b>2.1</b>	Backache, Neckache, Joint disorders like Gout, Arthritis etc		
	<b>2.2</b>	Gastro intestinal disorders		
	<b>2.3</b>	COPD (Asthma, Bronchitis), etc.		
	<b>2.4</b>	Hypertension, other cardio vascular diseases		
	<b>2.5</b>	Epilepsy, Migraine, Headaches, other mental disorders such as frustration, depression, conflicts, obsession, anxiety, etc.		
	<b>2.6</b>	Diabetes, obesity, Stress, thyroid related disorders		
	<b>2.7</b>	General health problems of women, Pregnancy, etc.		
	<b>2.8</b>	General health problems related to Childrens, their growth, concentration, Memory, etc.		
	<b>2.9</b>	General health problems related to old age (Gerontology/ Geriatrics)		
		<b>Total Hours</b>	<b>45</b>	

#### Recommended books:

<b>Sr No</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Gore M. M., Vaze D. R., Kulkarni S. A. & Oak J. P.	Yoga Therapy for Selected Diseases	Kaivalyadham, Lonavla	1st edi., 2012

2	Kaul, H. Kumar	Encyclopaedia of yoga for common disease (6 Vols)	B.R. Publishing Corporation, Delhi	1st edi., 2015
3	Khalsa, S. S. (Ed.) Cohen, L. (Ed.) McCall, T. (Ed.) & Telles, S. (Ed.)	The principles and practice of yoga in health care	Sage publications India Pvt. Ltd., New Delhi	2017
4	Kuvalayananda Swami & Vinekar S.L.	Yogic Therapy: its basic principles and methods	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	1st edi., 2011
5	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda Yoga Prakashan, Bangalore	1st edi, 2003
6	Nagarathna, R. & Nagendra, H. R.	Yoga for Bronchial Asthma	Swami Vivekananda Yoga Prakashan, Bangalore	2017
7	Nagarathna, R. & Nagendra, H. R.	Yoga Hypertension and Heart Disease	Swami Vivekananda Yoga Prakashan, Bangalore	2015
8	Nagarathna, R. & Nagendra, H. R.	Yoga Practices for Anxiety and Depression	Swami Vivekananda Yoga Prakashan, Bangalore	2018
9	Nimbalkar, Sadashiv	Yoga for Backache and Neckache	Yoga Vidya Niketan, Mumbai	1st edi., 1982
10	Suman, K. K. & Ahluwalia, V. K.	Yoga Therapy	Lotus press, New Delhi	1st edi., 2006
11	Swami Karmananda	Yogic Management of Common Diseases	Yoga Publications Trust, Munger	2005
12	Swami Satyananda Saraswathi	Yoga therapy in asthma, diabetes and heart diseases	The Yoga Institute, Mumbai	2002
13	Vyawahare, Shrikrishna & Natu-Gadam, Ulka	Yoga for Health, Healing and Harmony	Ghantali Mitra Mandal, Thane	3rd edi., 2017
14	Yogendra, Hansa and Desai, A. N.	Yoga for Back and Joint Disorders	The Yoga Institute, Mumbai	5th edi., 2012

15	मंडलिक, विश्वास	योगोपचार	योगचैतन्य प्रकाशन, नाशिक	५ वी आवृत्ति, २०१५
16	मंडलिक, विश्वास	योगोपचारः हिंदी संस्करण	योगचैतन्य प्रकाशन, नाशिक	१ ला संस्क., २००२
17	कुमार, सुधीर	योग चिकित्सा	ए. जे. बुक्स, गजियाबाद	२०१६
18	कवलयानंद स्वामी और विणेकर, स. ल.	योगिक चिकित्सा: मुल सिद्धांत तथा प्रणाली	कैवल्यधाम, लोणावला	१ ला संस्क., -

**4.**

Paper / Course Code	Paper / Course Title					
332U01C504	Western Psychology					
Teaching Scheme (Hrs.)	TH	P	TUT	Total	Credits Assigned	
03	--	--	01	04	03	04
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	50	--	--	50
						100

**Course Objectives:** This course will introduce students to Basics of Psychology with their fundamentals.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Psychology and Its approaches..

CO2: Able to know the concept of Mental Illness and disorders in Clinical perspective.

CO3: Able to understand anger and Stress management through Yoga.

Module No.	Unit No.	Topics	Hours	
1.0	Unit 1		20	CO1
	1.1	Meaning and introduction of Psycho-therapy, Psycho-dynamic approach, Psycho-analytic approach, Gestalt approach		
2.0	Unit 2		10	CO2
	2.1	Depression scale, stress-measurement scale, Optimistic pessimistic scale, Bhatia battery, Intelligence scale, biofeedback		
3.0	Unit 3		15	CO3

	<b>3.1</b>	Anger Management through Yoga, Psychic forces, Conflicts and Frustrations		
		<b>Total Hours</b>		<b>45</b>

**Recommended books:**

<b>Sr. No.</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Baron, R. M.	Psychology	Pearson Education, Delhi	5th edi., 2012
2	Hall, Calvin, Lindzey, Gardner and Campbell, John	Theories of Personality	Wiley India Pvt., Ltd., New Delhi	4th edi., 2017
3	Murray, David	A History of Western Psychology	Prentice Hall, Inc., Eaglewood Cliffs	1983
4	Watson, Robert	The Great Psychologist	J.B. Lippincott Company, New York	4th edi., 1978
5	अस्थाना, मधु और वर्मा, किरण	व्यक्तित्व मनोविज्ञान	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली	४ था संस्क., २०१२
6	गोडबोले, अच्युत	मनातः मानसशास्त्राची उत्कंठा वर्धक रम्य सफर	मनोविकास प्रकाशन, पुणे	२२ वी आवृत्ती, २०१३
7	फ्रायड, सिग्मंड	मनोविश्लेषण	राजपाल एंड सन्स, दिल्ली	२०१८
8	रॉबर्ट, बेरॉन	मनोविज्ञान	पियर्सन इंडिया एडकेशन सर्विसेस प्रा. लि., नोएडा	१ ला संस्क., २०१६

**5.**

<b>Paper / Course Code</b>	<b>Paper / Course Title</b>			
332U01P501	Practical			
<b>Teaching Scheme (Hrs.)</b>	<b>TH</b>	<b>P</b>	<b>TUT</b>	<b>Total</b>
Credits Assigned	--	<b>03</b>	<b>01</b>	<b>04</b>
<b>Examination Scheme</b>	<b>Marks</b>			

	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	<b>50</b>	<b>50</b>	--	--	<b>100</b>

**Course Objectives:** This course will introduce students to Yoga practice from the textual and traditional aspect.

#### Course Outcomes:

**At the end of successful completion of the course the student will be**

CO1: Understand the benefit of Yogic practice in physical and mental healing of the body.

CO2: Understand how Yoga practice facilitates social harmony and spiritual excellence.

Module No.	Unit No.	Topics	Hours	
1.0		<b>Unit 1: Shatkarma</b>	10	CO1, CO2
	1.1	Dhauti (Vastra)		
	1.2	Neti (Vesan)		
	1.3	Trataka (Antar and Bahya Trataka)		
	1.4	Nauli Madhyama, Vama, Dakshina and Nauli Chalana		
	1.5	Kapalabhati (Sitkrama & Vyutkrama)		
2.0		<b>Unit 2: Yogasana</b>	15	CO1, CO2
	2.1	<b>Standing Postures</b>		
	2.1.1	Garudasana, Eka-pada-angushtasana		
	2.2	<b>Sitting Postures</b>		
	2.2.1	Siddhasana, Simhasana, Bakasana		
	2.2.2	Paschimottanasana, SuptaVajrasana-3, Purvottanasana		
	2.2.3	Shirshasana, Hansasana-3, Mayurasana, Vrischikasana-3		
	2.3	<b>Supine Postures</b>		
	2.3.1	Matsyasana-3, Sarvangasana, Halasana, Chakrasana (Revisions)		
3.0		<b>Unit 3: Bandha and Mudras</b>	10	CO1, CO2
	3.1	Yoga Mudra, Kaki Mudra, Tadagi Mudra, Shanmukhi Mudra		
	3.2	Maha Mudra, Shambhavi Mudra, Khechari Mudra		
4.0		<b>Unit 4: Pranayama (with Antar &amp; Bahya Kumbhaka)</b>	05	CO1, CO2
	4.1	Surya-bhedana and Chandra-bhedana Pranayama		
	4.2	Ujjayi Pranayama, Bhastrika Pranayama		
	4.3	Sheetali Pranayama, Shitkari Pranayama		

<b>5.0</b>	<b>Unit 5: Practices leading to meditation</b>	<b>05</b>	<b>CO1, CO2</b>
<b>5.1</b>	Shatchakra Meditation		
<b>5.2</b>	Sthula Dhyana, Tejo Dhyana, Sukshma Dhyana		
	<b>Total Hours</b>	<b>45</b>	

### Recommended books

<b>Sr. No.</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Publications, New Delhi	-
2	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2nd edi., 1998
3	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla	7th edi., 1993
4	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla	11th edi., 2010
5	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore	1st edi, 2003
6	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012
7	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar	4th edi., 2013
8	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi	2003
9	Vasu, Sri Chandra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishthan, Delhi	2003
10	आनंद ऋषी	ध्यानप्रचीतीः ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे	२ री आवृत्ती, २०१३
11	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८

		योग		
12	देवकुले, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
13	देवकुले, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
14	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८४
15	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, १९८२
16	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन, मुंबई	३ रा संस्क., २०१७
17	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
18	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी और ज्ञा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

**Semester 6**  
**Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits	Course Category
332U01C601	Yogic Texts	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C602	Yoga Therapy	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C603	Yoga Institutes and Government Bodies	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01C604	Case Study	3 – 0 – 1	04	3 – 0 – 1	04	-
332U01P601	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
<b>Total</b>		<b>12 – 3 – 5</b>	<b>20</b>	<b>12 – 3 – 5</b>	<b>20</b>	<b>-</b>

### Examination Scheme

Course Code	Course Name	Examination Scheme & Marks						
		Continuous Assessment (CA)		End Semester Examination (ESE)	Term Work (TW)	Oral * (O)	Practical and Oral (P and O)	Total
		In Semester Examination (ISE)	Internal Assessment (IA)					
332U01C601	Yogic Texts	-	50	50	-	-	-	100
332U01C602	Yoga Therapy	-	50	50	-	-	-	100
332U01C603	Yoga Institutions and Governing Bodies	-	50	50	-	-	-	100
332U01C604	Case Study	-	50	50	-	-	-	100
332U01P601	Practical	-	50	-	-	-	50	100
<b>Total</b>		-	<b>250</b>	<b>200</b>	-	-	<b>50</b>	<b>500</b>

### Syllabus Semester 6

1.

Paper / Course Code	Paper / Course Title						
332U01C601	Yogic Texts						
Teaching Scheme (Hrs.)	<b>03</b>	<b>--</b>	<b>01</b>	<b>04</b>			
Credits Assigned	<b>03</b>	<b>--</b>	<b>01</b>	<b>04</b>			
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	<b>--</b>	<b>--</b>	<b>50</b>	<b>--</b>	<b>--</b>	<b>50</b>	<b>100</b>

**Course Objectives:** This course will introduce students to Yoga tradition from the textual and philosophical perspective.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Hathyogic texts with their Yogic content  
 CO2 Able to appreciate the philosophy of Yoga darshana as an integral approach to life and well-being.  
 CO3: Able to understand the various commentaries on Yoga Sutra

<b>Module No.</b>	<b>Unit No.</b>	<b>Topics</b>	<b>Hours</b>	
<b>1.0</b>		<b>Unit 1</b>	<b>15</b>	<b>CO1</b>
	<b>1.1</b>	Introduction to Hatharatnavali, Siddha-siddhanta-paddhati, Goraksha-shataka		
<b>2.0</b>		<b>Unit 2</b>	<b>15</b>	<b>CO2</b>
	<b>2.1</b>	Yoga Darshana: Important Siddhis mentioned in Yogasutra, Concept of karma, vasana, refutation of Vijnanavada, Kaivalya		
<b>3.0</b>		<b>Unit 3</b>	<b>15</b>	<b>CO3</b>
	<b>3.1</b>	Introduction to selected commentaries on Yogasutra		
		<b>Total Hours</b>		<b>45</b>

#### Recommended books:

<b>Sr. No.</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Chatterjee, Satischandra & Datta, Dhirendramohan	An introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi	7th edi., 1968
2	Gharote, M. L. (Ed) Devnath, P. (Ed) Jha, V. K. (Ed)	Hatharatnavali: a treatise on Hathayoga of Srinivas yogi	The Lonavala Yoga Institute, Lonavla	2014
3	Gharote, M. L. (Ed.) Pai, G. K. (Ed.)	Siddha-siddhanta-paddhati: a treatise on the Natha philosophy by Gorakshanatha	The Lonavala Yoga Institute, Lonavla	1st edi., 2016
4	Darshanik Sahityanusandhan Vibhag	Gorakshashatakam	Kaivalyadhama, Lonavla	1st edi., 2013
5	Sinha, Jadunath	Indian philosophy. 3 Vols.	Motilal Banarsi Dass publishers pvt. Ltd., Delhi	2nd edi., 2006
6	Vasu, Srisa Chandra	An Introduction to Yoga Philosophy	Munshiram Manoharlal Publishers Pvt. Ltd.,	2004

			New Delhi	
7	चट्टोपाध्याय, सत्तिशचंद्र और दत्ता, धीरेंद्र	भारतीय दर्शन	पस्तक भांडार पेब्लिशिंग हाऊस, पटना	२०१९
8	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डॉबिवली	२ री आवृत्ति, २०१३

**2.**

Paper / Course Code	Paper / Course Title												
Teaching Scheme (Hrs.)	TH	P	TUT	Total	Credits Assigned	03	--	01	04				
Examination Scheme	Marks						Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	50	--	--	50							100

**Course Objectives:** This course will introduce students to Yoga therapy with Contemporary Disorders and Applied Workshop.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Diseases and Disorders and Pathological reports.

CO2: Able to understand the application of Yoga therapy for contemporary Diseases and Sensory organs.

CO3: Able to explore the therapeutic studies by the Workshop based on applied Study of Yoga therapy.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Unit 1	15	CO1
		Diseases and disorders, Clinical diagnosis, Study of pathological reports		
2.0	2.1	Unit 2	20	CO2
		Yoga therapy for contemporary diseases – Cancer, Parkinson's, Multiple sclerosis, PCOD, Insomnia; Yoga therapy for ailments of sensory organs		
3.0		Unit 3	10	CO3

	<b>3.1</b>	Workshop based on Yoga therapy and submission of the report		
		<b>Total Hours</b>	<b>45</b>	

**Recommended books:**

<b>Sr. No.</b>	<b>Name/s of Author/s</b>	<b>Title of Book</b>	<b>Name of Publisher with country</b>	<b>Edition and Year of Publication</b>
1	Gore M. M., Vaze D. R., Kulkarni S. A. & Oak J. P.	Yoga Therapy for Selected Diseases	Kaivalyadham, Lonavla	1st edi., 2012
2	Kaul, H. Kumar	Encyclopaedia of yoga for common disease (6 Vols)	B.R. Publishing Corporation, Delhi	1st edi., 2015
3	Khalsa, S. S. (Ed.) Cohen, L. (Ed.) McCall, T. (Ed.) & Telles, S. (Ed.)	The principles and practice of yoga in health care	Sage publications India Pvt. Ltd., New Delhi	2017
4	Kuvalayananda Swami & Vinekar S.L.	Yogic Therapy: its basic principles and methods	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	1st edi., 2011
5	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda Yoga Prakashan, Bangalore	1st edi., 2003
6	Nagendra, H. R.	Yoga and Cancer	Vivekananda Kendra Yoga Research Foundation, Bangalore	1997
7	Nimbalkar, Sadashiv	Yoga for Backache and Neckache	Yoga Vidya Niketan, Mumbai	1st edi., 1982
8	Nirmalananda Swami	Yogic Management for Cancer	Yoga Publications Trust, Munger	1st edi., 2010
9	Suman, K. K. & Ahluwalia, V. K.	Yoga Therapy	Lotus press, New Delhi	1st edi., 2006
10	Swami Karmananda	Yogic Management of Common Diseases	Yoga Publications Trust, Munger	2005

11	Vyavahare, Shrikrishna & Natu-Gadam, Ulka	Yoga for Health, Healing and Harmony	Ghantali Mitra Mandal, Thane	3rd edi., 2017
12	मंडलिक, विश्वास	योगोपचार	योगचैतन्य प्रकाशन, नाशिक	५ वी आवृत्ती, २०१५
13	मंडलिक, विश्वास	योगोपचार: हिंदी संस्करण	योगचैतन्य प्रकाशन, नाशिक	१ ला संस्क., २००२
14	कुमार, सुधीर	योग चिकित्सा	ए. जे. बुक्स, गाजियाबाद	२०१६
15	कवलयानंद स्वामी और विणेकर, स. ल.	योगिक चिकित्सा: मुल सिद्धांत तथा प्रणाली	कैवल्यधाम, लोणावला	१ ला संस्क., -

**3.**

Paper / Course Code	Paper / Course Title					
332U01C603	Yoga Institutions and Governing Bodies					
Teaching Scheme (Hrs.)	TH	P	TUT	Total	Credits Assigned	04
Credits Assigned	03	--	01	04	03	04
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	50	--	--	50
						100

**Course Objectives:** This course will introduce students to Eminent Yoga Institute and Schools with contemporary models of Yoga.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the Eminent Yoga Institutions and schools with their contribution to the field of Yoga.  
CO2: Able to know about the Government bodies of Yoga, Funding agencies and Research councils.

Module No.	Unit No.	Topics	Hours	
1.0	Unit 1	Yoga institutions – Bihar school of Yoga, Kaivalyadham, Iyengar, Krishnamacharya Yoga Mandiram, The Yoga Institute	15	CO1
	1.1			
2.0	Unit 2		15	CO1

	<b>2.1</b>	Study tour (Kaivalyadham / The Yoga Institute / Yogavidya Gurukul / Iyengar Institute) & report writing and presentation		
<b>3.0</b>		<b>Unit 3</b>	<b>15</b>	<b>CO2</b>
	<b>3.1</b>	Governing bodies of Yoga – International Yoga federation, Yoga alliance, YCB, IAYT, Ayush, DRDO, DIPAS, NIMHANS , CCRYN		
		<b>Total Hours</b>	<b>45</b>	

**4.**

Paper / Course Code	Paper / Course Title					
	TH	P	TUT	Total		
332U01C604		Case Study				
<b>Teaching Scheme (Hrs.)</b>	<b>03</b>	<b>--</b>	<b>01</b>	<b>04</b>		
<b>Credits Assigned</b>	<b>03</b>	<b>--</b>	<b>01</b>	<b>04</b>		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)
	--	--	<b>50</b>	--	--	<b>50</b>
						<b>100</b>

**Course Objectives:** This course will introduce students to Yoga tradition from the textual and philosophical perspective.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Familiar with the basic concepts of Case study with practical activity.

Module No.	Unit No.	Topics	Hours	
<b>1.0</b>		<b>Unit 1</b>	<b>45</b>	<b>CO1</b>
	<b>1.1</b>	<b>Practical Activity -2 – Case Study</b>		
		<b>Case taking-I</b>		
		Case study four cases, observation of practice and maintaining common parameters.		
<b>2.0</b>		<b>Unit 2: Case taking-II</b>		
	<b>2.1</b>	Case study four cases, maintaining parameters' record.		
<b>3.0</b>		<b>Unit 3: Preparation of the cases</b>		
	<b>3.1</b>	Submission of the most improved and the least improved case		
		<b>Total Hours</b>	<b>45</b>	

**5.**

Paper / Course Code	Paper / Course Title				
332U01P601	Practical				
Teaching Scheme (Hrs.)	TH --	P <b>03</b>	TUT <b>01</b>	Total <b>04</b>	
Credits Assigned	--	<b>03</b>	<b>01</b>		<b>04</b>
Examination Scheme	Marks				
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)
	--	--	<b>50</b>	<b>50</b>	--
					<b>100</b>

**Course Objectives:** This course will introduce students to Yoga practice from the textual and traditional aspect.

**Course Outcomes:** At the end of successful completion of the course the student will be

CO1: Able to understand the benefit of Yogic practice in physical and mental healing of the body.  
CO2: Able to understand how Yoga practice facilitates social harmony and spiritual excellence.

Module No.	Unit No.	Topics	Hours	
1.0	1.1	Revision of all practices learnt from semester 1 to semester 5		CO1, CO2
		<b>Total Hours</b>	<b>45</b>	