



SOMAIYA
VIDYAVIHAR UNIVERSITY

K J Somaiya Institute of Dharma Studies

Syllabus

M. A. (Yogashastra)

**From
Academic Year 2022-23**

Revision 4

**Approved by
Board of Studies on 19.04.2022**

Faculty of Dharma Studies on 17.05.2022

Academic Council on 06.07.2022

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

It is notified for the information of all concerned that the Board of Studies of Yoga, at its meeting held on 19th April 2022, revised the syllabus of M.A.(Yogashastra). This was further approved by the Faculty of Dharma Studies in its meeting held on 17th May 2022 and by the Academic Council in the meeting held on 6th July 2022. These changes are to be brought into force from the academic year 2022-23. The revised syllabus is uploaded on the website.

Sd/-

Date: 6th July 2022

HOD (Bharatiya Sanskriti Peetham)

Preamble:

The K J Somaiya Institute of Dharma Studies was constituted by a resolution of the Governing Body of Somaiya Vidyavihar University, on 1st July 2020. It brings together three institutions that have been working independently in the field of Sanskrit and Yoga; Pali and Buddhist Studies and Jain Studies. Of these, Bharatiya Sanskriti Peetham, under which this programme is currently offered, was inaugurated on 20th October 1989, by His Holiness Jagadguru Shankaracharya Jayendra Sarasvati. Until the Somaiya Vidyavihar University was constituted in August 2019, the Centre was affiliated to the Kavikulaguru Kalidas Sanskrit University and commenced activities by offering programmes in Sanskrit and Yoga. Bharatiya Sanskriti Peetham was the first academic institution to develop UG and PG programmes in Yogashastra in the city of Mumbai. The PhD programme in Sanskrit and Yogashastra. In addition, affiliation for Ph D in Philosophy, Sanskrit and History was also obtained under the University of Mumbai. Research activities at the institute have resulted in numerous publications, which were the outcome of collaborations with national and international scholars of repute. One of the highlights of the institution's contribution has been the Programme for Interfaith Understanding, which resulted in seminal research, particularly the Hindu-Christian Dictionary: Essential Terms for Inter-religious Dialogue, which was the outcome of ten years of rigorous research with the Pontifical University, Urbaniana.

Eligibility:

- B.A. (Yogashastra) or
- Graduation from any other Discipline with Diploma in Yoga or equivalent course in Yoga with 500 marks or 200 hours of teaching from a recognized institute.

Duration: 2 years

Programme Objectives:

This programme is designed for those who have basic knowledge of the theory and practice of Yoga and who want to pursue higher studies in it. The intensive programme gives an opportunity to explore different dimensions of Yoga including philosophical, psychological, textual, and physiological aspects of Yoga. The pedagogy makes it possible for the student to understand the development of the profound system of Yoga and the influence it had on the intellectual and spiritual traditions of ancient India. We offer a variety of elective courses which students can choose as per their interest.

Programme Outcomes:

1. **Critical thinking:** students will develop the capacity to critically review and analyzing primary as well secondary sources from social, philosophical, ethical, gender and other perspectives. Students will also learn to investigate correlations and synthesis leading to development of any knowledge system.

2. **Research-related skills:**

The assessment mechanism ensures that students learn to articulate their thoughts, frame questions about the data with a keen sense of inquiry. Students will have the ability to recognise cause-and-effect relationships, define problems, formulate hypotheses, test hypotheses, analyse, interpret and draw conclusions from data, ability to plan, execute and report the results of an experiment or investigation.

3. Ethics in research:

To create awareness to avoid unethical behaviour such as fabrication, falsification or misrepresentation of data or committing plagiarism, not adhering to intellectual property rights; appreciating environmental and sustainability issues, and adopting objective, unbiased and truthful actions in all aspects of work.

4. Communication Skills:

Ability to express thoughts and ideas effectively, communicate with others using appropriate media, demonstrate the ability to listen carefully, read and write analytically and present complex information in a clear and concise manner to different groups.

5. Self-directed learning:

Ability to work independently, to identify appropriate resources required for a project, and to manage a project till completion.

6. Multicultural sensitivity:

Possess knowledge of the values and beliefs of multiple cultures and a global perspective, capability to effectively engage in a multicultural society and interact respectfully with diverse groups.

7. Information/digital literacy:

Capability to use ICT in a variety of learning situations, ability to access, evaluate, and use a variety of relevant information sources, use appropriate software for analysis of data when required.

Programme Specific Outcomes:

1. Students will understand and appreciate different practices as well as their grounding in the theory of Yoga.

2. Students will get to know about various aspects of Yoga incorporated in the curriculum including Psychological, Physiological, Cultural, philosophical, and Textual perspectives.
3. Students will explore the inter-relation between text and spiritual practices, both within the tradition and with those who belonged to other religious traditions.
4. Students will learn in depth about the different schools of Yoga and moderations in the practices performed by the representatives of those Yogic traditions.
5. Students will develop insights in application of Yoga in various fields, such as, sports, industry, management, healthcare etc.

Acronyms used in Eight Digit Course code - example - 432P02C101

Acronym Serially as per code	Definition
4	SVU 2000 First revision
32	College code
P	Alphabet code for type of programme
02	Programme code
C	Type of course
1	Semester I – semester number
01	First course of semester – course serial number It will be XX for the elective/choice based courses

Acronym for category of courses		Acronyms used in syllabus document	
Acronym	Definition	Acronym	Definition
C	Core Course	CA	Continuous Assessment
E	Elective Course	ESE	End Semester Exam
A	Audit Course	IA	Internal Assessment
W	Workshop	O	Oral
		P	Practical
		TH	Theory
		TUT	Tutorial
		TW	Term work
		CO	Course Outcome
		PO	Program Outcome
		PSO	Program specific Outcome

Codes for Types of Programme

Code	Name of the Programme	Key Alphabet To be used in Course/Paper code
01	UG Full time	U
02	UG Part time	U
03	PG Full time	P
04	PG Part time	P
05	Ph.D Full time	D
06	Ph.D Part time	D
07	PG Diploma Full time	I
08	PG Diploma Part time	I
09	Certificate course Full time	C
10	Certificate course part time	C
11	Diploma Full time	N
12	Diploma Part time	N

Programme Structure

Semester 1 Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – W – TUT	Total Hrs.	Credits Assigned TH – W – TUT	Total Credits
432P02C101	Fundamentals of Yoga	03 – 00 – 01	04	03 – 00 – 01	04
432P02C102	Sāṃkhya and Yoga Darśana	03 – 00 – 01	04	03 – 00 – 01	04
432P02C103	Anatomy and Physiology	03 – 00 – 01	04	03 – 00 – 01	04
432P02E1XX	Elective Course*	03 – 00 – 01	04	03 – 00 – 01	04
432P02P101	Practical	00 – 03 – 01	04	00 – 03 – 01	04
Total		12 – 03 – 05	20	12 – 03 – 05	20

*Table of Elective Course
*Choose any one elective from the table.

Course Code	Elective Name
432P02E101	Yoga Masters
432P02E102	Upaniṣads
432P02E103	Applied Yoga

**Semester I
Examination Scheme**

Course Code	Course Name	Examination Scheme			
		Marks			
		CA Internal Assessment (IA)	Practical and Oral (P and O)	ESE	Total
432P02C101	Fundamentals of Yoga	50	--	50	100
432P02C102	Sāṃkhya and Yoga Darśana	50	--	50	100
432P02C103	Anatomy and Physiology	50	--	50	100
432P02E1XX	Elective Course	50	--	50	100
432P02P101	Practical	50	50	—	50
Total		250	50	200	500

**Semester II
Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits
432P02C201	Haṭhayoga-pradīpika	03 – 00 – 01	04	03 – 00 – 01	04
432P02C202	Yoga Darśana	03 – 00 – 01	04	03 – 00 – 01	04
432P02C203	Yoga Therapy	03 – 00 – 01	04	03 – 00 – 01	04
432P02E2XX	Elective Course*	03 – 00 – 01	04	03 – 00 – 01	04
432P02P201	Practical	00 – 03 – 01	04	00 – 03 – 01	04
Total		12 – 03 – 05	20	12 – 03 – 05	20

***Table of Elective Course**
***Choose any one elective from the table.**

Course Code	Elective Name
432P02E201	Diet and Nutrition
432P02E202	Yoga Upaniṣads
432P02E203	Yoga and Human Consciousness

Semester II
Examination Scheme

Course Code	Course Name	Examination Scheme			
		Marks			
		CA (IA)	Practical and Oral (P and O)	ESE	Total
432P02C201	Haṭhayoga-pradīpika	50	--	50	100
432P02C202	Yoga Darśana	50	-	50	100
432P02C203	Yoga Therapy	50	-	50	100
432P02E2XX	Elective Course	50	-	50	100
432P02P201	Practical	50	50	-	100
Total		250	50	200	500

**Semester III
Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits
432P02C301	Yoga and Holistic Health	03 – 00 – 01	04	03 – 00 – 01	04
432P02C302	Yoga Education	03 – 00 – 01	04	02 – 01 – 01	04
432P02C303	Psychology	03 – 00 – 01	04	03 – 00 – 01	04
432P02E3XX	Elective Course*	03 – 00 – 01	04	03 – 00 – 01	04
432P02P301	Practical	00 – 03 – 01	04	00 – 03 – 01	04
432P02W301	Research Methodology	00 – 03 – 01	04	00 – 03 – 01	04
Total		12 – 03 – 05	20	12 – 03 – 05	20

***Table of Elective Course**
***Choose any one elective from the table.**

Course Code	Elective Name
432P02E301	Bhagavadgītā - I
432P02E302	Integrated Therapies
432P02E303	Concepts of Indian Philosophy
432P02E304	Buddhist Analysis of Mind - I

**Semester III
Examination Scheme**

Course Code	Course Name	Examination Scheme & Marks			
		CA (IA)	ESE	P and O	Total
432P02C301	Yoga and Holistic Health	50	50	-	100
432P02C302	Yoga Education	50	50	-	100
432P02C303	Psychology	50	50	-	100
432P02E3XX	Elective Course	50	50	-	100
432P02P301	Practical	50	-	50	100
432P02W301	Research Methodology	-	-	-	-
Total		250	200	50	500

**Semester IV
Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits
432P02C401	Complementary and Alternative Therapies - Ayurveda and Naturopathy	03 – 00 – 01	04	03 – 00 – 01	04
432P02C402	Overview of Haṭhayoga Texts	03 – 00 – 01	04	03 – 00 – 01	04
432P02C403	Dissertation	04 – 00 – 04	08	04 – 00 – 04	08
432P02E4XX	Elective Course*	03 – 00 – 01	04	03 – 00 – 01	04
432P02P401	Practical and Internship	03 – 00 – 01	04	00 – 03 – 01	04
Total		13 – 03 – 08	24	13 – 03 – 08	24

***Table of Elective Course**
***Choose any one elective from the table.**

Course Code	Elective Name
432P02E401	Bhagavadgītā - II
432P02E402	Modern Researches in Yoga
432P02E303	Buddhist Analysis of Mind - II

Semester IV
Examination Scheme

Course Code	Course Name	Examination Scheme					
		Marks					
		CA (IA)	ESE	TW	O	P and O	Total
432P02C401	Complementary and Alternative Therapies - Ayurveda and Naturopathy	50	50	–	–	–	100
432P02C402	Overview of Haṭhayoga Texts	50	50	–	–	–	100
432P02C403	Dissertation	–	--	50	50	--	100
432P02E4XX	Elective I	50	50	–	–	–	100
432P02P401	Practical and Internship	50	--	–	–	50	100
Total		200	150	50	50	50	500

Detailed Syllabus - Semester I

Semester I Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – W – TUT	Total Hrs.	Credits Assigned TH – W – TUT	Total Credits
432P02C101	Fundamentals of Yoga	03 – 00 – 01	04	03 – 00 – 01	04
432P02C102	Sāṃkhya and Yoga Darśana	03 – 00 – 01	04	03 – 00 – 01	04
432P02C103	Anatomy and Physiology	03 – 00 – 01	04	03 – 00 – 01	04
432P02E1XX	Elective Course*	03 – 00 – 01	04	03 – 00 – 01	04
432P02P101	Practical	00 – 03 – 01	04	00 – 03 – 01	04
Total		12 – 03 – 05	20	12 – 03 – 05	20

*Table of Elective Course

*Choose any one elective from the table.

Course Code	Elective Name
432P02E101	Yoga Masters
432P02E102	Upaniṣads
432P02E103	Applied Yoga

Semester I: Core Paper 1: Fundamentals of Yoga

Paper / Course Code	Paper / Course Title			
432P02C101	Fundamentals of Yoga			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
	Marks			

Examination Scheme	CA(IA)	TW	ESE	Total
	50	–	50	100

Course Objectives:

To make students aware of origin, history and various dimensions of the term Yoga.

Course Outcomes:

At the successful completion of this course the students will be able to-

CO1. Know the etymology and meaning of the term Yoga according to various ancient texts.

CO2. Understand the misconceptions about Yoga and differences in traditional as well as modern understanding of the term Yoga.

CO3. Explore the theoretical as well as applied nature of Yoga

CO4. Get the knowledge of the history of Yoga as depicted through various sources such as texts and artistic expressions.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1 – Understanding the term - Yoga	15	CO1, CO2
	1.1	Etymology of the word ‘Yoga’		
	1.2	Definitions of Yoga as per Yogasūtra, Gītā, Yogavāsishtha, Purāṇa-s and other scriptures		
	1.3	Yoga as śāstra, vidyā, darśana and vijñāna		
	1.4	Yoga – tradition of sādhanā (spiritual practice) and tradition of śāstra (scriptures)		
	1.5	Traditional and modern understanding of the Yoga		
	1.6	Misconceptions about Yoga		
2.0		Unit 2 – Dimensions of Yoga	15	CO3
	2.1	Yoga as a philosophical system		
	2.2	Yoga as a therapy; It’s scope and limitations		
	2.3	Yogāsana as a sport; difference between Yoga and other sports		
	2.4	Difference between Yogāsana and exercise		
3.0		Unit 3 – History of Yoga	15	CO4

	3.1	Textual evidences		
	3.2	Archaeological evidences		
	3.3	Yoga in paintings and iconography		
		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	Dalai, B.K.	Yoga Traditions: an in depth study of less known yoga concepts	Pratibha Prakashan, Delhi	1st edi., 2013
2	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi	7th edi., 1968
3	Iyengar, B.K.S.	Yoga for Sports: A Journey towards Health and Healing	Westland Ltd., New Delhi	1st edi., 2015
4	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
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	Vasu, Srisa Chandra	An Introduction to Yoga Philosophy	Munshiram Manoharilal Publishers Pvt. Ltd., New Delhi	2004
7	Kuvalayananda Swami & Vinekar S.L.	Yogic Therapy: its basic principles and methods	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	1st edi., 2011

Semester I: Core Paper 2: Sāṃkhya and Yoga Darśana

Paper / Course Code	Paper / Course Title			
432P02C102	Sāṃkhya and Yoga Darśana			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	CA(IA)	TW	ESE	Total
	50	–	50	100

Course Objectives:

To enable students to understand Yoga as one of the schools of Philosophy and make them read and understand concepts of Sāṃkhya as well as Yoga philosophy.

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1 Understand the concept of Darśana and the various forms to write the texts

CO2 Read original texts related to Sāṃkhya and Yoga philosophy and understand these philosophy in depth.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	05	CO1
	1.1	Meaning of the word ‘darśana’, classification of darśana-s; different forms of writing texts –sūtra, bhāṣya, vārttika, kārikā, śloka, mantra, ṭīkā and vyākhyā		
2.0		Unit 2	15	CO1 CO2
	2.1	Introduction to Sāṃkhya Darśana		
3.0		Unit 3	25	CO1 CO2
	3.1	Yogasūtra–Samādhipāda		
		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	Niranjanananda Swami	Samkhya Darshan: yogic perspective on theories of realism	Yoga Publications Trust, Munger	2008
3	Rukmani T. S.	Yogavarttika of Vijnanabhiksu Vol.I-IV	Munshiram Manoharilal Publishers Pvt. Ltd., New Delhi	1998
4	Satyananda Saraswati	Four Chapters on Freedom: Commentary on the yoga sutras of sage Patanjali	Yoga Publications Trust, Munger	2nd edi., 2013
5	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
6	आरण्य, हरिहरानन्द	पातञ्जलयोगदर्शनम्: व्यासभाष्य, उसका हिन्दी-अनुवाद तथा सुविशद हिन्दी व्याख्या	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली	२००७
7	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टालिया, वाराणसी	२ रा संस्क., १९७९
8	ओमानंद तीर्थ	पातंजलयोगप्रदीप	गीताप्रेस, गोरखपुर	-
9	कोपर्डेकर, शरदचंद्र	पातंजल योगदर्शन: भगवान पतंजलींची सूत्रे, मराठी भावार्थ व सुबोध भाषेतील विवरण	इंद्रायणी साहित्य, पुणे	४ थी आवृत्ती, २०१६
10	कोल्हटकर, केशव	भारतीय मानसशास्त्र अथवा सार्थ आणि सविवरण पातंजल योगदर्शन	आदित्य प्रतिष्ठान, पुणे	६ वी आवृत्ती, २०१४
11	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डोंबिवली	२ री आवृत्ती,

				२०१३
12	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर	७ वी आवृत्ती, २००२
13	ब्रम्हलीन मुनि	पातञ्जल योगदर्शन: व्यासभाष्य साहित्य शोधपूर्ण संस्करण	चौखम्भा संस्कृतसंस्थान, वाराणसी	२०१७
14	रस्तोगी, लीना	सांख्यतत्त्वदीपिका	मंगेश प्रकाशन, नागपुर	१ ली आवृत्ती, २०१०
15	रेळे, ना. स. (संपा.)	पातंजल योगदर्शन	राजेश प्रकाशन, पुणे	२००७
16	शास्त्री, राकेश	सांख्यकारिका: विस्तृत भूमिका, अन्वय, हिंदी अनुवाद, चन्द्रिका हिंदी व्याख्या तथा गौड़पाद भाष्य सहित	संस्कृत ग्रंथागार, दिल्ली	१ ला संस्क., २०१७

Semester I: Core Paper 3: Anatomy and Physiology

Paper / Course Code	Paper / Course Title			
432P02C103	Anatomy and Physiology			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	03	—	01	04
Credits Assigned	03	—	01	04
Examination Scheme	Marks			
	CA	TW	ESE	Total
	50	—	50	100

Course Objectives:

To introduce Anatomy and Physiology and body systems.

Course Outcomes:

At the end of successful completion of the course the students will be able to-

CO1. Understand the body systems properly from the point of view of modern medical science.

CO2. Know the aspects of application of Yoga in contemporary sciences.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	25	CO1
	1.1	Basics of anatomy and physiology of the sense organs; body systems- Cell, Tissues, Digestive, Cardiovascular, Respiratory, Muscular, Skeletal, Immunological Systems, Homeostasis		
2.0		Unit 2	20	CO1 CO2
	2.1	Anatomy and Physiology – Reproductive, Endocrinal, Nervous, Excretory		
		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	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
8	चितळे, प.क.	तुमची ओळख तुमच्याशीच	सन पब्लिकेशन	२००२
9	अग्रवाल, एस. एन और गुप्ता, के. पी.	मानव शरीर रचना एवं क्रिया विज्ञान	माउंट बुक्स , दिल्ली	२ रा संस्क., २०१८

Semester I: Elective Paper 1: Yoga Masters

Paper / Course Code	Paper / Course Title			
432P02E101	Yoga Masters			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	03	–	–	01
Credits Assigned	03	–	–	01
Examination Scheme	Marks			
	CA(IA)	TW	ESE	Total
	50	–	50	100

Course Objectives:

To make students aware of the contribution of various masters in the field of Yoga

Course Outcomes:

At the end of the successful completion of this course the students will be able to-

CO1. Understand the biography and philosophy of the Yoga masters.

CO2. Study the contribution of the Yoga masters to the field of Yoga

Module No.	Unit No.	Topics	Hours	CO
1.0		Life, works and philosophy of Yoga masters -		CO1 CO2
	1.1	Maharshi Ramana	9	
	1.2	Sri Aurobindo	9	
	1.3	Swami Vivekananda	9	
	1.4	Swami Kuvalayananda	9	
	1.5	Paramahansa Yogananda	9	
		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	Aurobindo	On himself	Aurobindo Ashram Trust, Pondicherry	1st edi., 1972
2	Kaivalyadhama	Yogi and scientist: biography of swami Kuvalayananda	Kaivalyadhama, Lonavla	1st edi., 2012
3	Osborne, Arthur	Ramana Maharishi and the path of self knowledge: a biography	Jaico Publishing House, Mumbai	1st edi., 1993
4	Tejasananda Swami	A short life of swami Vivekananda	Advaita Ashram, Delhi	1984
5	अपूर्वानंद स्वामी	स्वामी विवेकानंद: संक्षिप्त जीवनी तथा उपदेश	रामकृष्ण मठ, मद्रास	१९९३
6	दास, मनोज	श्रीअरविन्द: भारतीय साहित्य के निर्माता	साहित्य अकादेमी, नई दिल्ली	२ रा संस्क., १९९२
7	मुजुमदार, सतेंद्रनाथ	स्वामी विवेकानंद यांचे चरित्र	रामकृष्ण मठ, नागपुर	१९९०

Semester I: Elective Paper 2: Upaniṣads

Course Code	Paper / Course Title			
432P02E102	Upaniṣads			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

This course will help students to understand the principal concepts of Upaniṣads. Students will learn about the method that Upaniṣads follow to explain the concepts along with some story or conversation or symbolism. Students will also learn about the significant characteristics of the language used in Upaniṣads. This course will also help students understand about how Upaniṣads contain the seeds of the philosophical concepts that are further expanded in darśanas.

Course Outcomes:

At the end of this course, the students will be able to-

CO 1 Learn about the fundamental concepts of Upaniṣads which will help them understand other Upaniṣads, Bhagavadgītā and Vedānta literature easily.

CO 2 Know the key concepts of Vedānta.

CO 3 Understand and appreciate the style of Upaniṣads to explain the concept along with story or symbolism.

Module No.	Unit No.	Topics	Hours	CO
1.0		Īśāvāsyā Upaniṣad - Important of niṣkāma karma, vidyā and avidyā, saṁbhūti and asaṁbhūti, knowledge of Brahman	8	CO 1, CO 2
2.0		Kena Upaniṣad - Interconnection between senses, antaḥkaraṇa and Ātman, Yakṣa upākhyāna and its philosophy	6	CO 1, CO3
3.0		Māṇḍūkya Upaniṣad - Form of omkāra and its matras, description of Vaiśvānara, taijasa and prajñā forms	8	CO 1, CO2
4.0		Praśna Upaniṣad - Six questions and their answers, Concept of Prāṇa and Rayi, functions and location of five prāṇas, three states of jīva, Omkāra upāsanā, description of puruṣa with sixteen kālas	8	CO1, CO3
5.0		Taittirīya Upaniṣad - Five mahāsaṁhitās, importance of mahāvīyāhṛtis, instructions to the disciples on the day of convocation, concept of pañcakośa, different degrees of bliss, dialogue between Bhṛgu and Varuṇa	15	CO3
		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	शर्मा, श्रीराम (सम्पा)	१०८ उपनिषद्: सरल हिंदी भावार्थ सहित (३ खंड)	ब्रम्हवर्चस, हरिद्वार	-

2	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
3	गोयन्दका, हरिकृष्णदास	ईशादि नौ उपनिषद्	गीताप्रेस, गोरखपुर	-
4	Muller, Max	The Principal Upanisads (2 vols)	Chaukhambha Sanskrit Pratishthan, Delhi	2006
5	Radhakrishnan, S.	The Principal Upanisads	Oxford University Press, Delhi	1992
6	दलाई, बी. के. (संपा.)	योगोपनिषद: मूल संस्कृत एवम मराठी भाषांतर	सावित्रीबाई फुले पुणे विश्वविद्यालय, पुणे	१ ली आवृत्ती, २००५
7	Chinmayananda Swami	Isavasya Upanisad	Central Chinmaya Mission Trust, Bombay	1992
8	-	Kena Upanishad	The Ramkrishna Math, Madras	1920
9	Chinmayananda Swami	Kenopanishad	Central Chinmaya Mission Trust, Bombay	1986
10	Chinmayananda Swami	Mandukya Upanishad with Gaudapada's Karika	Central Chinmaya Mission Trust, Bombay	1994
11	Chinmayananda Swami	Prasnopanisad	Central Chinmaya Mission Trust, Bombay	1988
12	Gambhirananda Swami	Prasna Upanisad	Advaita Ashrama, Calcutta	1985
13	Lokeswarananda Swami	Taittiriya Upanisad: Translated with notes based on Sankara's Commentary	Ramakrishana Mission Institute of Culture, Kolkata	1996
14	आठवले, पांडुरंग	ईशावास्योपनिषद (मराठी)	सदविचार दर्शन, मुंबई	२०००
15	चिन्मयानंद स्वामी	ईशावास्योपनिषद (हिंदी)	सेंट्रल चिन्मय मिशन ट्रस्ट, मुंबई	२००५
16	-	केनोपनिषद	गीताप्रेस, गोरखपुर	-
17	चिन्मयानंद स्वामी	माण्डूक्योपनिषद आणि कारिका	सेंट्रल चिन्मय मिशन ट्रस्ट, मुंबई	२०१०
18	चिन्मयानंद स्वामी	प्रश्नोपनिषद (हिंदी)	सेंट्रल चिन्मय मिशन ट्रस्ट, मुंबई	२०००

19	चिन्मयानंद स्वामी	प्रश्नोपनिषद (मराठी)	सेंट्रल चिन्मय मिशन ट्रस्ट, मुंबई	१९८५
20	चिन्मयानंद स्वामी	तैत्तिरीयोपनिषद	सेंट्रल चिन्मय मिशन ट्रस्ट, मुंबई	१९८६
21	Patrick Olivelle	The Early Upanisads: Annotated text and the translation	Oxford University Press	1998
32	Dandekar V. M., Palsule G. B.	Sixty Upanishads of the Veda	Motilal Banarsidass Publishers Pvt. Ltd., Delhi	7th edi., 2010

Semester I: Elective Paper 3 : Applied Yoga

Course Code	Paper / Course Title			
432P02E103	Applied Yoga			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To introduce the applied aspects of Yoga in the fields such as diet, nutrition, counseling etc.

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1- Co-relate the concepts in traditional Yoga and modern concepts related to health, diet, nutrition etc.

CO2- Explore the interdisciplinary aspects of Yoga

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	15	CO1 CO2
	1.1	Yoga for health and wellness, importance of psycho-social environment, Yogic lifestyle, role of āhāra-vihāra, ācāra-vicāra, pañcakośa, triguṇa		

2.0		Unit 2	15	CO1 CO2
	2.1	Yoga counseling, Dietetics and Nutrition for Yogic lifestyle		
3.0		Unit 3	15	CO2
	3.1	Applied Sciences - Yoga in Corporates and Industry / Yoga in various industries in corporate environment, Yoga and Exercise, Yoga for Women		
		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	Nimbalkar, Sadashiv	Yoga for health and peace	M.V. Phadke & Co., Mumbai	1st edi., 1992
2	Bakhru, H. K.	Diet Cure for Common Ailments	Jaico Publishing House, Mumbai	2nd edi., 2017
3	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
4	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
5	Dwivedi, L. D.	Introduction to Ayurveda	Chaukhambha Krishnadas Academy, Varanasi	2003
6	Iyengar, Geeta	Yoga: a gem for women	B.R. Publishing Corporation, Delhi	2008
7	Lad, Vasant	Ayurveda: the science of self healing	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	12th edi., 2011
8	अय्यंगार, गीता	स्त्रियांसाठी योग: एक वरदान	रोहन प्रकाशन, पुणे	४ थी आवृत्ती, २०१५

9	जोशी, महादेवशास्त्री (संपा.)	भारतीय संस्कृतीकोश, खंड ०१-१०	भारतीय संस्कृतीकोश मंडळ, पुणे	२०१०
10	द्वीवेदी, मु., शर्मा, ता. और मिश्रा, भै.	आयुर्वेदीय पंचकर्म चिकित्सा, खंड १-२	चोखम्भा संस्कृत प्रतिष्ठान, दिल्ली	२०१७

Semester I: Practical

Paper / Course Code	Paper / Course Title			
432P02P101	Practical			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	–	03	01	04
Credits Assigned	–	03	01	04
Examination Scheme	Marks			
	IA	P	ESE	Total
	50	50	–	100

Course Objectives:

To teach various subtle Yogic exercises, Micropractice, Cleansings, postures, Breathing Practice and Prāṇāyāma and meditation techniques etc.

Course Outcomes:

At the end of successful completion of the course the students will be -

CO1: Able to perform the known postures with more accuracy and will get the knowledge to perform some new postures.

CO2: Able to understand the Details about Cleansing Technique, Breathing Awareness, Prāṇāyāma and Effective meditation Techniques for Healing the body- mind medicine

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1: Recitation of Prayers & Hasta Mudrā	05	CO1 CO2
	1.1	Recitation of Prārthanā with Śānti Mantras		
	1.2	Recitation of Praṇava Japa; Prayers from Upaniṣads & Yogic Texts		
	1.3	Hasta Mudrā: Cin, Droṇa, Jñāna, Padma, Yoni		
2.0		Unit 2	05	CO1

	2.1	Yogic sūkṣma vyāyāma		CO2
	2.1.1	Kapola shakti-var dhaka (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		
	2.1.6	Bhuja-valli shakti-vikasaka		
	2.1.7	Purna-bhuja shaktivikasaka (for the arms)		
	2.1.8	Mani-bandha shakti-vikasaka		
	2.1.9	Kara-prushtha shakti-vikasaka		
	2.1.10	Karatala shakti-vikasaka		
	2.2	Loosening Exercises		
	2.2.1	Forward & Backward Bending, Lateral /Side bending, Twisting, Twisting and bending Paschimottanasana-Halasana rolling, Pavanamuktasana side rolling Dhanurasana rolling.		
3.0		Unit 3: Introduction to Shatkarmas	10	CO1 CO2
	3.1	Neti (Jalaneti, Rubber Neti)		
	3.2	Dhauti (Vamana Dhauti)		
	3.3	After Kriya Practices, Shvasana Marga Shuddhi		
	3.4	Kapalbhati - 1(30-50 strokes)		
	3.5	Simple Yogic Kriyas for Mukha Shuddhi and Netra Shuddhi (Eye wash with Triphala water)		
4.0		Unit 4: Suryanamaskara	10	
	4.1	Mantra rahita Suryanamaskar, 12 Poses with Alignment, Breath Discipline		
	4.2	Namaskarasana, Hastottanasana, Padahastanasana, Ashvasanchalanasana		

	4.3	Chaturanga Dandasana, Sashtanga-namaskarasana, Bhujangasana, Parvatasana		
	4.4	Ashvasanchalanasana, Padahastanasana, Hastottanasana, Namaskarasana		
	4.5	Relaxation		
5.0		Unit 5: Yogasana	10	CO1 CO2
	5.1	Standing Postures		
	5.1.1	Tadasana, Pada Hastasana, Ardha Chakrasana, Kati Chakrasana, Kati Vakrasana		
	5.2	Sitting Postures		
	5.2.1	Marjarasana A & B, Svastikasana, Ardha Padmasana		
	5.2.2	Vajrasana, Ushtrasana-1, Shashankasana, Parvatasana		
	5.2.3	Tripada Marjarasana, Janushirasana, Supta Vajrasana- 1, Vakrasana-1		
	5.2.4	Kapotasana-1, Hansasana-1, Bhushirasana, Vrishchikasana-1		
	5.3	Supine Postures		
	5.3.1	Utthita Ekapadasana (45 Degrees), Utthita dvipadasana, Ekapada-Ardha- Halasana		
	5.3.2	Ardha- Pavanamuktasana, Setubandhasana, Uttana Vakrasana, Ardha and Sulabha- Dronasana		
	5.4	Prone Postures		
	5.4.1	Bhujangasana-1, Ardha-Shalabhasana, Ardha- Naukasana		
	5.5	Relaxation Postures		
	5.5.1	Shavasana-1, Makarasana-1		
6.0		Unit 6: Breathing practices	05	CO1 CO2
	6.1	Breathing Exercises/practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog, Tiger breathing exercises		
	6.2	Breath Awareness: Pranadharana		

	6.3	Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing (Sampoorna Yogic Shwasana/Complete Yogic breathing)		
	6.4	Yogic Breathing: Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka).		
		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	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Yoga Publications, New Delhi	-
2	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatiarama	Kaivalyadham 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	2003

			Pratishthan, Delhi	
10	आनंद ऋषी	ध्यानप्रचीती: 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	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
13	देवकुळे, 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)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

Detailed Syllabus - Semester II

Semester II Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits
432P02C201	Haṭhayoga-pradīpika	03 – 00 – 01	04	03 – 00 – 01	04
432P02C202	Yoga Darśana	03 – 00 – 01	04	03 – 00 – 01	04
432P02C203	Yoga Therapy	03 – 00 – 01	04	03 – 00 – 01	04
432P02E2XX	Elective Course*	03 – 00 – 01	04	03 – 00 – 01	04
432P02P201	Practical	00 – 03 – 01	04	00 – 03 – 01	04
Total		12 – 03 – 05	20	12 – 03 – 05	20

*Table of Elective Course
*Choose any one elective from the table.

Course Code	Elective Name
432P02E201	Diet and Nutrition
432P02E202	Yoga Upaniṣads
432P02E203	Yoga and Human Consciousness

Semester II: Core Paper 1: Haṭhayoga-pradīpika

Paper / Course Code	Paper / Course Title			
432P02C201	Haṭhayoga-pradīpika			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To make students understand the text of Haṭhayoga-pradīpikā

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1 - Read and understand one of the important texts from the Haṭhayoga tradition.

CO2 - Explore the opportunities of the comparative study of different Yogic texts

CO3 - Relate the Yoga practices with the textual explanation given in the Haṭhayoga-pradīpikā

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	20	CO1 CO2 CO3
	1.1	Haṭhayoga-pradīpikā - Chapters - 1, 2		
2.0		Unit 2	25	CO1 CO2 CO3
	2.1	Haṭhayoga-pradīpikā - Chapters - 3, 4, 5		
		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	Digambaraji Swami Kokaje Raghunatha Shastri	Hathapradipika of Svratmarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	2 nd edi., 1998

2	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
3	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi	2003
4	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे	१९८५
5	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

Semester II: Core Paper 2: Yoga Darśana

Paper / Course Code	Paper / Course Title			
432P02C202	Yoga Darśana			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To make students understand the selected portion of the Yogasūtra

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1 - Read and understand the text of Yogasūtra that forms the base of their knowledge of Yoga

CO2 - Explore the scope for comparative study of different texts in Yoga

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1 Yogasūtra	45	CO1 CO2
	1.1	Sādhana-pāda, Vibhūtipāda, Kaivalya-pāda		
		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	Rukmani T. S.	Yogavarttika of Vijnanabhiksu Vol.I-IV	Munshiram Manoharilal Publishers Pvt. Ltd., New Delhi	1998
3	Satyananda Saraswati	Four Chapters on Freedom: Commentary on the yoga sutras of sage Patanjali	Yoga Publications Trust, Munger	2nd edi., 2013
4	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
5	Vasu, Srisa Chandra	An Introduction to Yoga Philosophy	Munshiram Manoharilal Publishers Pvt. Ltd., New Delhi	2004
6	आरण्य, हरिहरानन्द	पातञ्जलयोगदर्शनम्: व्यासभाष्य, उसका हिन्दी-अनुवाद तथा सुविशद हिन्दी व्याख्या	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली	२००७
7	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया,	२ रा संस्क., १९७९

			वाराणसी	
8	ओमानंद तीर्थ	पातंजलयोगप्रदीप	गीताप्रेस, गोरखपुर	-
9	कोपर्डेकर, शरदचंद्र	पातंजल योगदर्शन: भगवान पतंजलींची सूत्रे, मराठी भावार्थ व सुबोध भाषेतील विवरण	इंद्रायणी साहित्य, पुणे	४ थी आवृत्ती, २०१६
10	कोल्हटकर, केशव	भारतीय मानसशास्त्र अथवा सार्थ आणि सविवरण पातंजल योगदर्शन	आदित्य प्रतिष्ठान, पुणे	६ वी आवृत्ती, २०१४
11	ब्रम्हलीन मुनि	पातञ्जल योगदर्शन: व्यासभाष्य साहित्य शोधपूर्ण संस्करण	चौखम्भा संस्कृतसंस्थान, वाराणसी	२०१७
12	रेळे, ना. स. (संपा.)	पातंजल योगदर्शन	राजेश प्रकाशन, पुणे	२००७

Semester II: Core Paper 3: Yoga Therapy

Paper / Course Code	Paper / Course Title			
432P02C203	Yoga Therapy			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To 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 able to -

CO1: Become familiar with the basic concepts of Yoga Therapy.

CO2: Understand the Yogic management of some lifestyle disorders.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	05	CO1 CO2
	1.1	Principles of yoga therapy - aims, benefits, limitations		
2.0		Unit 2	15	CO1 CO2
	2.1	Anatomical and Physiological aspects of diseases and understanding Yogic practices for various disorders and ailments		
3.0		Unit 3	25	CO1 CO2
	3.1	Yoga Therapy for Lifestyle disorders: Diabetes, COPD, Hypertension and Cardiac disorders, Obesity, Eyes disorders, backache, neck ache, musculo-skeletal disorders, gastro-intestinal disorders, Geriatric disorders, Yoga for stress and Anger management		
		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	Kaul, H. Kumar	Encyclopaedia of yoga for common disease (6 Vols)	B.R. Publishing Corporation, Delhi	1st edi., 2015
2	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
3	Kuvalayananda Swami & Vinekar S.L.	Yogic Therapy: its basic principles and methods	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla	1st edi., 2011
4	Nagarathna, R. & Nagandra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda Yoga Prakashan, Bangalore	1st edi, 2003
5	Nagendra, H. R.	New perspectives in stress management	Vivekananda Kendra Yoga Prakashan, Bangalore	1998

6	Swami Satyananda Saraswathi	Yoga therapy in asthma, diabetes and heart diseases	The Yoga Institute, Mumbai	2002
7	Udapa, K. N.	Stress and it's management by yoga	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	1996
8	Vyavahare, Shrikrishna & Natsu-Gadam, Ulka	Yoga for health, healing and harmony	Ghantali Mitra Mandal, Thane	3rd edi., 2017
9	कुवलयानंद स्वामी और विणेकर, स. ल.	योगिक चिकित्सा: मुल सिद्धांत तथा प्रणाली	कैवल्यधाम, लोणावला	१ ला संस्क., -
10	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल	५ वा संस्क., २०१८
11	मंडलिक, विश्वास	योगोपचार	योगचैतन्य प्रकाशन, नाशिक	५ वी आवृत्ती, २०१५
12	मंडलिक, विश्वास	योगोपचार: हिंदी संस्करण	योगचैतन्य प्रकाशन, नाशिक	१ ला संस्क., २००२

Semester II: Elective Paper 1: Diet and Nutrition

Paper / Course Code	Paper / Course Title			
432P02E201	Diet and Nutrition			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	03	—	01	04
Credits Assigned	03	—	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	—	50	100

Course Objectives:

To introduce students with modern concepts of diet and nutrition as well as to explain the principles of Diet therapy.

Course Outcomes:

At the end of successful completion of this course the students will be able to -

CO1- Understand various dimensions related to diet, nutrition etc. and co-relate this information with their knowledge of Yoga.

CO2- Explore further studies or interdisciplinary research in the field of modern dietetics as well as Yoga.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1 – Introduction	8	CO1 CO2
	1.1	Components of diet		
	1.2	Ancient and modern classification		
	1.3	Quality of diet and its relation with agni (digestive fire)		
	1.4	Contents of diet for daily use		
	1.5	Balanced diet and diet during Yogic practices		
2.0		Unit 2 - Carbohydrates, Lipids and Proteins	8	CO1
	2.1	Classification and General properties		
	2.2	Bio-medical importance		
	2.3	Digestion, Absorption and Utilization		
	2.4	Excessive and deficiency disorders		
3.0		Unit 3 - Vitamins	8	CO1
	3.1	Meaning, Definition and Classification		
	3.2	Sources and daily requirement		
	3.3	Important metabolic function and deficiency disorder		
	3.4	Absorption, Storage and Transport		
	3.5	Bio-medical importance		

4.0		Unit 4 - Minerals	8	CO1
	4.1	Source Absorption, Excretion, Requirement, Function, Deficiency Disorders		
	4.2	Sodium, Potassium, Chlorine, Calcium, Phosphorus, Sulphur, Iron, Copper, Zinc, Magnesium		
5.0		Unit 5 - Food groups and their importance and Benefits:	8	CO1
	5.1	Cereals, Pulses, Green leafy vegetables, Roots and tuber, Fruits, Milk and its products, Sugar, Honey, Sprouts and Raw diet		
6.0		Unit 6 – Diet Therapy	5	CO1
	6.1	Principles of Diet therapy.		
	6.2	Preparation of diet chart of different diseases - Hypertension, Diabetes, Asthma, Obesity, renal stone, Jaundice, Hyper acidity, Constipation, Iron deficiency anemia		
		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	Bakhru, H. K	Diet Cure for Common Ailments	Jaico Publishing House, Mumbai	2nd edi., 2017
2	Nagendra, H.R.	Yoga for Health	Vivekananda Kendra Yoga Prakashana, Bangalore	1993
3	Sawant, Durgadas	Nisargahar: Natural Diet for Healthy Life	Yoga Vidya Niketan, Mumbai	1st edi., 20204
4	Shelton, Herbart	Fasting can save your life	American Natural Hygiene Society, Tampa	1999
5	सावंत, दुर्गादास	निसर्गाहार: निरामय जीवनासाठी निसर्गानुकूल आहार	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, २०१७

Semester II: Elective Paper 2 -Yoga Upaniṣads

Paper / Course Code	Paper / Course Title			
432P02E202	Yoga Upaniṣads			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To make students aware of the philosophy of Yoga Upaniṣads.

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1- Read the original texts of the selected Upaniṣad and understand their philosophy

CO2- Understand the contribution of Yoga Upaniṣads in the development of the Yoga philosophy and practices.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1 - Shvetāśvataropaniṣad	10	CO1 CO2
		Techniques and Importance of Dhyānayoga, suitable place for Dhyāna, sequence of prāṇāyāma & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis, Tattvajña, Nature of God, techniques for Realization, Attainment of liberation.		
2.0		Unit 2 – Yoga-kunḍalī Upaniṣad	5	CO1 CO2
		Methods of Prāṇāyāma Siddhi, types of Prāṇāyāma, means of Self-realization.		
3.0		Unit 3 – Yoga-cūḍāmaṇi Upaniṣad	5	CO1 CO2
		The description of the six limbs of yoga, their results and sequence		
4.0		Unit 4 – Trīśikhi-brāhmaṇa Upaniṣad	5	CO1 CO2
		Description of Aṣṭāṅgayoga, Karmayoga and Jñānayoga		
5.0		Unit 5 - Yogatattva Upaniṣad	5	CO1 CO2
		Mantrayoga, Layayoga, Haṭhayoga, Rājayoga and their stages, diet and daily routine, primary symptoms of yogasiddhis and precautions		
6.0		Unit 6 – Dhyānabindu Upaniṣad	5	CO1 CO2
		Importance of Dhyānayoga, Nature of Praṇava, Techniques of Praṇava, meditation, Śaḍāṅgayoga, Ātmaśānti through Nāḍānusandhāna.		

7.0		Unit 7 – Nāḍabindu Upniṣad	5	CO1 CO2
		Hamsavidyā : description of various limbs of Omkāra, 12 mātṛās of omkāra, Types of nāḍas, nature of nāḍānusandhāna sādhanā, state of Manolaya		
8.0		Unit 8 – Yogarāja Upniṣad	5	CO1 CO2
		Mantrayoga, Layayoga, Haṭhayoga, Rājayoga, nine cakras, procedure of Dhyāna and its results.		
		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	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	दलाई, बी. के. (संपा.)	योगोपनिषद: मूळ संस्कृत एवम मराठी भाषांतर	सावित्रीबाई फुले पुणे विश्वविद्यालय, पुणे	१ ली आवृत्ती २००५
3	शर्मा, श्रीराम (संपा.)	१०८ उपनिषद: सरल हिंदी भावार्थ सहित, खंड १-३ (ब्रह्मविद्या खंड, ज्ञानखंड, साधना खंड)	युग निर्माण योजना, मथूरा	४ था संस्क., २००५
4	अनन्त भारती स्वामी	योग उपनिषद् संग्रह: योग प्रभाकरभाष्य (२ भाग)	चौखम्भा ओरियन्टालिया, दिल्ली	१ ला संस्क., २०१५
5	गाडगीळ, विभावरी	योगोपनिषद: मूळ श्लोक, विवरण व अर्थासह मराठी अनुवाद	सदानंद रा. गाडगीळ, पुणे	१ ली आवृत्ती

Semester II: Elective Paper 3: Yoga and Human Consciousness

Paper / Course Code	Paper / Course Title			
432P02E203	Yoga and Human Consciousness			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To introduce the concept of Human consciousness and its relation to Yoga.

Course Outcomes:

At the end of the successful completion of the course the students will be able to -

CO1- Understand the concept of Human consciousness and its development since Vedic era to modern times

CO2- Correlate the traditional and modern approaches towards Human consciousness and explore further scientific studies in the field.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1 - Consciousness Studies	15	CO1
		Meaning, definition and Scope of Consciousness, Nature of Consciousness, Need of study of Human Consciousness, Present Crisis on Human Consciousness and measures of their appropriate solutions.		
2.0		Unit 2 – Concept of Consciousness in Indian spiritual traditions	15	CO1
		Human Consciousness in Vedas and Upniṣads, Human Consciousness in Bauddha and Jain Philosophy, Human Consciousness in Nyāya, Vaiśeṣika, Sāṃkhya, Yoga, Mīmāṃsā and Vedānta.		
3.0		Unit 3 – Development of Human Consciousness	15	CO1 CO2

		Various methods for development of Human Consciousness; Methods of Human Consciousness development in Various Religions; Sri Aurobindo's views about development of consciousness		
		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	Joshi, Kireet (Ed.) and Corneliussen, Matthijs (Ed.)	Consciousness, Indian Psychology and Yoga	Centre for Studies in Civilisation,	2012
2	Rao, K. Ramakrishna	Cultivating Consciousness: An East West Journey	D.K. Printworld Pvt. Ltd., Delhi	1st Edi., 2014
3	Breaux, Charles	Journey into Consciousness: The Chakras, Tantra and Jungian Psychology	Motilal Banarsidass Publishers Pvt. Ltd., Delhi	1st Edi., 1998
4	Ananda Acharya	Tattvajnanam or the Quest of Cosmic Consciousness	Vishveshvaranand Vedic Research Institute, Hoshiarpur	1st Edi., 1985

Semester II: Practical

Paper / Course Code	Paper / Course Title			
432P02P201	Practical			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	–	03	01	04
Credits Assigned	–	03	01	04
Examination Scheme	Marks			
	IA	P	ESE	Total
	50	50	–	100

Course Objectives:

To teach various subtle exercises, postures, meditation techniques etc.

Course Outcomes:

At the end of successful completion of the course the students will be able to -

CO1. Perform the known postures with more accuracy

CO2. Get the knowledge to perform some new postures.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	05	CO1 CO2
	1.1	Yogic sukshma vyayama		
	1.1.1	Anguli-mula shakti-vikasaka (for the fingers)		
	1.1.2	Anguli- shakti-vikasaka (for the fingers)		
	1.1.3	Vaksha-sthala shakti-vikasaka (for the chest)		
	1.1.4	Jangha shakti-vikasaka (for the thighs)		
	1.1.5	Janu shakti-vikasaka (for the knees)		
	1.1.6	Pindali shakti-vikasaka (for the calves)		
	1.1.7	Pada-mula shakti-vikasaka		
	1.1.8	Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)		
	1.1.9	Padanguli Shakti-vikasaka (for the toes)		
	1.2	Loosening exercises/Warm ups		
	1.2.1	Janu Vakrasana exercise, Chakki chalana, Nauka chalana		
2.0		Unit 2	05	CO1 CO2
	2.1	Shatkarma		
	2.1.1	Neti (Vesan Neti, Sutraneti)		
	2.1.2	Dhauti (Danda Dhauti)		
	2.1.3	Trataka (Jatru and Jyoti)		
	2.1.4	Simple Yogic Kriyas for Karna Shuddhi and Twak Shuddhi		
3.0		Unit 3: Suryanamaskara	05	CO1 CO2
	3.1	Mantra Sahita Suryanamaskar, 12 Poses with Alignment, Breath Discipline.		
	3.2	Starting Prayer, Bija Mantra, Surya Mantra, Ending Prayer		

	3.3	Relaxation		
4.0		Unit 4: Yogasana	15	CO1 CO2
	4.1	Standing Postures		
	4.1.1	Parivritta Trikonasana, Trikonasana, Veerabhadrasana-1, Utkatsana-1, Eka-pada tolasana		
	4.1.2	Veerabhadrasana-2, Utkatsana-2, Vrikshasana		
	4.2	Sitting Postures		
	4.2.1	Padmasana, Gomukhasana, Bhadrasana, Vakrasana-2		
	4.2.2	Ushtrasana-2, Vajrasana, Yoga Mudra, Kapotasana-1, Vrishchikasana-2		
	4.2.3	Urdhwa-Janu-Vakshasana, Hansasana-2		
	4.3	Supine Postures		
	4.3.1	Matsyasana-1, Ardha- Halasana, Pavanamuktasana, Kandharasana, Dronasana, Uttana Vakrasana (variations)		
	4.4	Prone Postures		
	4.4.1	Bhujangasana-2, Salamba-Shalabhasana, Naukasana		
	4.5	Relaxation Postures		
	4.5.1	Shavasana-2, Makarasana-2, Balasana (child pose)		
5.0		Unit 5	10	CO1 CO2
	5.1	Introduction to Pranayama		
	5.1.1	Nadi Shodhana (Technique 1: Same Nostril Breathing, Surya/ Chandra Anuloma viloma)		
	5.1.2	Nadi Shodhana (Technique 2: Alternate Nostril Breathing, Anuloma-viloma)		
	5.1.3	Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak)		
	5.1.4	Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka) (1:4:2)		
	5.2	Introduction to Bandhas and Mudras		

	5.2.1	Jivha Bandha, Simha Mudra, Bramha Mudra, Sulabha - Tadagimudra		
	5.3	Pranayama (Kumbhaka Rahita)		
	5.3.1	Suryabhedana, Chandrabhedana, Ujjayi, and Bhastrika Pranayama		
	5.3.2	Sheetali and Shitkari Pranayama		
	5.3.3	Bhramari Rechaka Pranayama		
6.0		Unit 6: Practices leading to meditation	05	CO1 CO2
	6.1	Pranav and Soham Japa; Ajapa-japa Dharana		
	6.2	Yoga Nidra		
	6.3	Antarmauna		
	6.4	Mind sound Resonance technique (MSRT)		
		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	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Yoga Publications, New Delhi	-
2	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatomarama	Kaivalyadham 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	Gheranda Samhita: Commentary on the	Yoga Publications	1st edi, 2012

	Saraswati	yoga teachings of Maharshi Gheranda	Trust, Munger	
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	ध्यानप्रचीती: 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	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
13	देवकुळे, 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)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६

19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

Detailed Syllabus - Semester III

Semester III Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits
432P02C301	Yoga and Holistic Health	03 – 00 – 01	04	03 – 00 – 01	04
432P02C302	Yoga Education	03 – 00 – 01	04	02 – 01 – 01	04
432P02C303	Psychology	03 – 00 – 01	04	03 – 00 – 01	04
432P02E3XX	Elective 1*	03 – 00 – 01	04	03 – 00 – 01	04
432P02P301	Practical	00 – 03 – 01	04	00 – 03 – 01	04
432P02W301	Research Methodology	00 – 03 – 01	04	00 – 03 – 01	04
Total		12 – 03 – 05	20	12 – 03 – 05	20

*Table of Elective Course

*Choose any one elective from the table.

Course Code	Elective Name
432P02E301	Bhagavadgītā - I
432P02E302	Integrated Therapies
432P02E303	Concepts of Indian Philosophy
432P02E304	Buddhist Analysis of Mind - I

Semester III: Core Paper 1: Yoga and Holistic Health

Paper / Course Code	Paper / Course Title			
432P02C301	Yoga and Holistic Health			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To make students familiar with the concepts related to Holistic Health and wellness.

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1. Understand the concepts of health and wellness from traditional as well as modern perspectives

CO2. Explore the opportunities of work experience in the fields of health and wellness with the application of Yoga.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1 – Health and Wellness	10	CO1 CO2
		Meaning of definition of Health, Importance of Health in Human life, Components of Health, General causes of disease Indian and modern approach to Health and wellness.		
2.0		Unit 2 – Holistic health	10	CO1 CO2
		Holistic health; history, five aspects, holistic approach, principles of holistic care, Yoga and holistic approach		
3.0		Unit 3 – Disease and its cure	10	CO1 CO2
		Meaning, definition, causes of disease – modern medical view and yogic view, introduction to hygiene and its component, dimensions of wellness		
4.0		Unit 4 - Yoga for health and wellness	15	CO1 CO2
		Yoga for health and wellness, importance of psycho-social environment, Yogic lifestyle, role of āhāra-vihāra, ācāra-vicāra, pañcakoṣa, triguṇa		
		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	Nimbalkar, Sadashiv	Yoga for health and peace	M.V. Phadke & Co., Mumbai	1st edi., 1992
2	Vyavahare, Shrikrishna & Natu-Gadam, Ulka	Yoga for health, healing and harmony	Ghantali Mitra Mandal, Thane	3rd edi., 2017
3	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
4	Mallapa, P. K. and Shankar, Ganesh	Ashtanga Yoga in relation to Holistic Health	Satyam Publishing House, New Delhi	1st Edi., 2006
5	Sivananda Saraswati and Satyananda Saraswati	Hatha Yoga Book 7: Hatha Yoga and Health	Yoga Publications Trust, Munger	1st Edi., 2013
6	Rama Swami	A Practical Guide to Holistic Health	The Himalayan Institute Press, Pennsylvania	1999
7	Brain Trust	Value Education for Health, Happiness and Harmony	Vethathiri Publications, Erode	1st Edi., 2004
8	Swami Sivananda	Health and Happiness	The Divine Life Society, Shivanandanagar	1984

Semester III: Core Paper 2: Yoga Education

Paper / Course Code	Paper / Course Title			
432P02C302	Yoga Education			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To acquaint the students with the teaching methodology in general and teaching methodology of Yoga in specific.

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1. Understand and equipped with the teaching methodology of Yoga

CO2. Explore the work opportunities to teach Yoga in various educational set ups.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	15	CO1 CO2
	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		Unit 2	15	CO1 CO2
	2.1	Education and learning: Theories of learning, types of learning, Education methods, Theories of cognition and non-cognition		
3.0		Unit 3	15	CO1 CO2
	3.1	Yoga Education – Teaching methods (classroom method / lecture method / demo / brainstorming / role play etc.); difference between Yoga teacher, Yoga instructor and Yoga therapist		
		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	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	घरोटे, म. ल. और गांगुली, श्री. कु.	योगाभ्यासों की अध्यापन विधियाँ	कैवल्यधाम, लोणावला	2 रा संस्क. २०१६

Semester III: Core Paper 3: Psychology

Paper / Course Code	Paper / Course Title			
432P02C303	Psychology			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

This course will introduce students to Fundamentals of psychology and Yogic Psychotherapy and its approach with their principles.

Course Outcomes:

At the end of successful completion of the course the student will be able to -

CO1: Get familiarity with the basic concepts of Psychology with Western and Indian perspective.

CO2: Understand the theory of Cognitive and affective Approach.

CO3: Know the relationship of Yoga and Psychotherapy in Clinical approach.

CO4: Know the Indian concept and structure of Chitta in Indian Philosophical traditions.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	20	CO1 CO2
	1.1	Introduction of Psychology, Field of Psychology, sensation, attention perception, Memory & Intelligence. Motivation & Emotion, Personality.		
	1.2	Psychological Approach of Karl Jung, Adler, Freud		
2.0		Unit 2	05	CO4
	2.1	Oriental concept of mind – cittabhūmi, triṣaṇa etc.		
3.0		Unit 3	20	CO1 CO2 CO3
	3.1	Meaning, Definition & Objectives of Yogic-Psychotherapy, Need & Significance of Yogic-Psychotherapy		
	3.2	Approaches of Yogic-Psychotherapy: Their Techniques, Process & Applications:		
	3.2.1	Psychodynamic Approach		
	3.2.2	Cognitive Approach		
	3.2.3	Behavioral Approach		
	3.2.4	Cognitive-Behavioural Approach.		
	3.3	Mental Disorders & Yogic Psychotherapy: Insomnia, Stress, Anxiety Disorders		
		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	Baron, R. M.	Psychology	Pearson Education, Delhi	5th edi., 2012
2	Bhogal, R. S.	Yoga and mental health and beyond: a guide to self management	Kaivalyadhama, Lonavla	1st edi., 2019
3	Hall, Calvin, Lindzey, Gardner and Campbell, John	Theories of Personality	Wiley India Pvt., Ltd., New Delhi	4th edi., 2017
4	Murray, David	A History of Western Psychology	Prentice Hall, Inc., Eaglewood Cliffs	1983
5	Sunakall, R. S.	The Development of Personality	Serials Publications, New Delhi	1st edi., 2012
6	Watson, Robert	The Great Psychologist	J.B. Lippincott Company, New York	4th edi., 1978
7	अस्थाना, मधु और वर्मा, किरण	व्यक्तित्व मनोविज्ञान	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली	४ था संस्क., २०१२
8	गोडबोले, अच्युत	मनातः मानसशास्त्राची उत्कंठा वर्धक रम्य सफर	मनोविकास प्रकाशन, पुणे	२२ वी आवृत्ती, २०१३
9	भोगल, र. स.	योग एवम मानसिक स्वास्थ्यः स्वस्थ जीवन की एक मार्गदर्शिका	कैवल्यधाम, लोणावला	१ ला संस्क., २०१२
10	फ्रायड, सिगमंड	मनोविश्लेषण	राजपाल एंड सन्स, दिल्ली	2018
11	रॉबर्ट, बेरॉन	मनोविज्ञान	पियर्सन इंडिया एडुकेशन सर्विसेस प्रा. लि., नोएडा	१ ला संस्क., २०१६

Semester III: Elective Paper 1: Bhagavadgītā - I

Paper / Course Code	Paper / Course Title			
432P02E301	Bhagavadgītā - I			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To make students aware of the philosophy of Bhagavadgita and motivate them to understand the concepts related to Yoga philosophy as dealt with in Bhagavadgita.

Course Outcomes:

At the end of the successful completion of the course the students will be able to -

CO1. Understand the Philosophy of Bhagavadgita as per the traditional commentaries.

CO2. Correlate it with their knowledge of Yoga and explore the opportunities of further research.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	5	CO1 CO2
	1.1	Bhagavadgītā – Introduction, commentaries, importance of the text in the context of Mahābhārata		
2.0		Unit 2	40	CO1 CO2
	2.1	Bhagavadgītā – Adhyāya 1 - 9		
		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	Swarupananda Swami	Srimad Bhagavad Gita: with text, word-for-word translation English rendering, comments and index	Advaita Ashram, Delhi	1st edi., 1909
2	-	Srimadbhagvadgita	Gita Press, Gorakhpur	1985
3	Chinmayananda Swami	The Holy Geeta	Central Chinmaya Mission Trust,	1992

			Bombay	
4	Chidbhavananda Swami	The Bhagavad Gita	Sri Ramakrishna Tapovanam, Tiruchirapalli	2005
5	प्रभूपद स्वामी	श्रीमदभगवद्गीता: यथारूप	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९८८
6	प्रभूपद स्वामी	श्रीमदभगवद्गीता: जशी आहे तशी	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९९८

Semester III: Elective Paper 2: Integrated Therapies

Paper / Course Code	Paper / Course Title			
432P02E302	Integrated Therapies			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	CA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To teach the integrated therapies in a theoretical manner to the students so that they can develop the holistic approach towards their learning process of Yoga.

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1. Understand the concepts and application of selected therapies

CO2. Correlate this knowledge with the knowledge of Yoga as a therapy and try research/teaching/professional application of one or more in these in an integrated manner.

Module No.	Unit No.	Topics	Hours	CO
1.0		Foundational principles of the following integrated therapies -		CO1 CO2
	1.1	Siddha	10	CO1
	1.2	Unani	10	CO2

	1.3	Sowa Rigpa	10	
	1.4	Homoeopathy	15	
		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	Dhama, K. P. S. Dhama, Suman	Homoeopathy: The complete handbook	UBS Publishers and Distributors Ltd., New Delhi	1st edi., 1994
2	Singh, Daljit	Unani Chikitsa Saar	Shri Baidyanath Ayurveda Bhavan Ltd., Allahabad	2018
3	अग्रवाल, आर. एस. और अग्रवाल, एन.	प्राचीन युनानी चिकित्सासार	मनोज पब्लिकेशन, दिल्ली	१० वा संस्क., २०१७
4	सिद्धांतलंकार, सत्यव्रत	होमिओपैथी के मूल सिद्धांत	विजयकृष्ण लाखनपाल, नई दिल्ली	-
5	चतुर्वेदी, आर. के.	होम्योपैथी और दर्शन	न्यू भारतीय बुक कारपोरेशन, दिल्ली	१ ला संस्क. २००४

Semester III: Elective Paper 3: Concepts of Indian Philosophy

Paper / Course Code	Paper / Course Title			
432P02E303	Concepts of Indian Philosophy			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	—	01	04
Credits Assigned	03	—	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	—	50	100

Course Objectives:

To give the comparative understanding of the important concepts from various systems of Indian philosophy.

Course Outcomes:

At the end of the successful completion of the course the students will be able to -

CO1. Study some of the key concepts of Indian Philosophy in a comparative way.

CO2. Try to explore this study further from the research point of view

Module No.	Unit No.	Topics	Hours	CO
1.0		Comparative study of the following concepts discussed in the systems of Indian Philosophy -		CO1 CO2
	1.1	Pramāṇa	15	
	1.2	Jīva	10	
	1.3	Jagat		
	1.4	Avidyā	5	
	1.5	Mokṣa	10	
	1.6	Īśvara	5	
		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	Sinha, Jadunath	Indian Philosophy (3 Vols)	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	2nd edi., 2006
3	Agarwal, M. M.	Six systems of Indian philosophy: the sutras of six systems of Indian philosophy with English translation, transliteration, and indices	Chaukhamba Sanskrit Pratishthan, Delhi	2001
4	Hiriyanna, M.	Outlines of Indian Philosophy	George Allen and Unwind Ltd., London, England	1st edi., 1964

5	चट्टोपाध्याय, सतिशचंद्र और दत्ता, धीरेंद्र	भारतीय दर्शन	पुस्तक भांडार पब्लिशिंग हाऊस, पटना	२०१९
6	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डोंबिवली	२ री आवृत्ती, २०१३
7	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बकु हाऊस, कोल्हापर	७ वी आवृत्ती, २००२
8	सिन्हा, ह. प्र.	भारतीय दर्शन की रुपरेखा	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., नई दिल्ली	४ था संस्क., २०१०
9	उपाध्याय, बलदेव	भारतीय दर्शन की रुपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी	२ रा संस्क., १९७९

Semester III: Elective Paper 4: Buddhist Analysis of Mind - I

Paper / Course Code	Paper / Course Title			
432P02E304	Buddhist Analysis of Mind - I			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	04	—	—	04
Credits Assigned	04	—	—	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	—	50	100

Course Objectives -

This course will introduce the principal teachings of the Buddha, largely based on Pali sources. Philosophical aspects will be taught through literary sources; students will also be introduced to Buddhist meditation practice and the Buddhist view of reality in the early tradition.

Course Outcomes

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

CO1. Have a strong foundational knowledge of the principle Buddhist tenets

CO2. Have an understanding of Buddhist view of reality

CO3. Have an insight into Buddhist meditation practice and its role in transforming the mind.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit Life and Teachings_1	15	CO.1
	1.1	Life of the Buddha : with a focus on key insights that he developed at various times		
	1.2	Four Noble Truths		
		Dhammacakkappavattana Sutta		
		Dukkhatā Sutta		
2.0		Life and Teachings_2	15	CO.1 CO.2
	2.1	Dependent Origination		
		Mahānidāna Sutta		
	2.2	The Philosophical Middle Path		
	2.3	Karma and Rebirth		
3.0		Abhidhamma	15	CO.2
	3.1	Overview of Theravāda Abhidhamma		
	3.2	Dhamma Theory		
	3.3	Introduction to Sarvāstivāda Abhidharma		
4.0		Buddhist Meditation	15	CO.3
	4.1	Samatha		

	4.2	Vipassanā		
	4.3	Path to Nibbāna		
		Total	60	

Recommended books:

Sr. No.	Name/s of Author/s	Title of Book	Name of Publisher with Country	Edition and Year of Publication
1	Harvey, Peter	An Introduction to Buddhism: Teachings, History and Practices	Cambridge University Press India Pvt. Ltd.	2005
2	Prebish, Charles	Buddhism: A Modern Perspective	Sri Satguru Publications	1995
3	Karunadasa, Y.	The Dhamma Theory: Philosophical Cornerstone of the Abhidhamma	Wheel Publication, Buddhist Publication Society	1996
4	Karunadasa, Y.	The Theravada Abhidhamma: Its Inquiry into the Nature of Conditioned Reality	Centre for Buddhist Studies, University of Hong Kong, Hong Kong,	2010
5	Ronkin, Noa	Early Buddhist Metaphysics: The Making of a Philosophical Tradition	Routledge, London	2005
6	Sumedho, Ajahn	Four Noble Truths	Amaravati Publications	1992
7	Williams, Paul	Mahayana Buddhism: The Doctrinal Foundations	Routledge, London and New York	2009
8	Kalupahana, David	Causality: The Central Philosophy of Buddhism	University Press of Hawai'i, Honolulu	1975
9	Kalupahana, David	Buddhist Philosophy: A Historical Analysis	University Press of Hawai'i, Honolulu	1976
10	Bodhi, Bhikkhu	The Numerical Discourses of the Buddha: A Translation of the Anguttara Nikaya	Wisdom Publications, Boston	2012
11	Shaw, Sarah	Buddhist meditation: An Anthology of Texts from the Pali canon	Routledge	2006

Semester III: Practical

Paper / Course Code	Paper / Course Title			
432P02P301	Practical			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	–	03	01	04
Credits Assigned	–	03	01	04
Examination Scheme	Marks			
	IA	P	ESE	Total
	50	50	–	100

Course Objectives:

To teach various subtle Yogic exercises, postures, Breathing Practice and Pranayama and meditation techniques etc.

Course Outcomes:

At the end of successful completion of the course the students will be able to -

CO1: Perform the known postures with more accuracy and will get the knowledge to perform some new postures.

CO2: Understand the Details about Breathing Awareness, Pranayama and Effective meditation Techniques for Healing the body- mind.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1: Shatkarma	05	CO1 CO2
	1.1	Shankhaprakshalana (Purna)		
	1.2	Kapalabhati – (90-100/min)		
	1.3	Uddiyana- Agnisara		
2.0		Unit 2: Yogasana	15	CO1 CO2
	2.1	Standing Postures		
	2.1.1	Parsva Konasana, Veerabhadrasana-3, Utkatsana-3		
	2.2	Sitting Postures		

	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	Supine Postures		
	2.3.1	Matsyasana-2, Viparita Karani Mudra, Chakrasana		
	2.4	Prone Postures		
	2.4.1	Bhujangasana-3, Shalabhasana, Dhanurasana		
	2.5	Relaxation Postures		
	2.5.1	Shavasana-3, Makarasana-3		
3.0		Unit 3: Bandhas and Mudras	10	CO1 CO2
	3.1	Mula Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha bandha		
	3.2	Yoga Mudra, Kaki Mudra, Tadagi Mudra, Shanmukhi Mudra.		
4.0		Unit 4: Pranayama (with Antar Kumbhaka)	05	CO1 CO2
	4.1	Surya-bhedana and Chandra-bhedana Pranayama		
	4.2	Ujjayi Pranayama, Bhastrika Pranayama		
	4.3	Sheetali Pranayama, Shitkari Pranayama		
5.0		Unit 5: Practices leading to meditation	10	CO1 CO2
	5.1	Practices leading to Breath Meditation (Anapanasatti)		
	5.2	Practices leading to Om Meditation (Nadanusandhana)		
	5.3	Practices leading to Vipassana Meditation		
		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	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Yoga Publications, New Delhi	-
2	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatomarama	Kaivalyadham 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	ध्यानप्रचीती: 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	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५

13	देवकुळे, 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)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला	२ रा संस्क., २०११

Semester III: Workshop: Research Methodology

Paper / Course Code	Paper / Course Title			
432P02W301	Research Methodology			
	TH/Week	W	TUT	Total
Teaching Scheme(Hrs.)	03	—	01	04
Credits Assigned	03	—	01	04
Examination Scheme	Marks			
	CA	TW	ESE	Total
	—	—	—	—

Detailed Syllabus: Semester IV

Semester IV Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits
432P02C401	Complementary and Alternative Therapies - Ayurveda and Naturopathy	03 – 00 – 01	04	03 – 00 – 01	04
432P02C402	Overview of Haṭhayoga texts	03 – 00 – 01	04	03 – 00 – 01	04
432P02C403	Dissertation	04 – 00 – 04	08	04 – 00 – 04	08
432P02E4XX	Elective Course*	03 – 00 – 01	04	03 – 00 – 01	04
432P02P401	Practical and Internship	00 – 03 – 01	04	00 – 03 – 01	04
Total		13 – 03 – 08	24	13 – 03 – 08	24

*Table of Elective Course

*Choose any one elective from the table.

Course Code	Elective Name
432P02E401	Bhagavadgītā - II
432P02E402	Modern Researches in Yoga
432P02E303	Buddhist Analysis of Mind - II

Semester IV: Core Paper 1: Complementary and Alternative Therapies - Ayurveda and Naturopathy

Paper / Course Code	Paper / Course Title			
432P02C401	Complementary and Alternative Therapies - Ayurveda and Naturopathy			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To make students aware of Therapies such as Āyurveda and Naturopathy to enhance their knowledge and develop interdisciplinary as well as holistic approach in them

Course Outcomes:

At the end of the successful completion of this course the students will be able to -

CO1. Understand the basics of the alternate therapies for preventive and curative use.

CO2. Correlate the same with their knowledge of Yoga and try to apply it in professional set up

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1	25	CO1 CO2
	1.1	Āyurveda (tridoṣa, diet, dinacarya, ṛtucarya, pañcakarma) Yoga and Āyurveda, Principles in Āyurveda and Types of therapies		
	1.2	Yoga and Āyurveda - comparative study of approach of Yoga and Āyurveda		
2.0		Unit 2	20	CO1 CO2
	2.1	Naturopathy – Principles in Naturopathy, limitations, benefits, modalities (mud therapy, hydro-therapy, massage, accu-pressure, accu-puncture, magnet therapy), fasting, diet, contra-indications		
		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	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	New Dawn Press, New Delhi	2008
3	Frawley, David and Ranade, Subhash	Ayurveda Natures Medicine	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	1st Edi., 2011
4	Nisargopachar Asharam	Nature Cure for All: Natural Remedies for Health Disorders	Nisargopachar Asharam, Pune	2007
5	Dwivedi, L. D.	Introduction to Ayurveda	Chaukhambha Krishnadas Academy, Varanasi	2003
6	Frawley, David	Ayurveda and the Mind: The Healing of Consciousness	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	1st Edi., 1998
7	Frawley, David	Yoga and Ayurveda: Self Healing and Self-Realization	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	1st Edi., 2013
8	Jindal, S.R.	Nature Cure: A way of life	Institute of Naturopathy & Yogic Sciences, Bangalore	2005
9	Joshi, K.S.	Speaking of Yoga and Nature-Cure Therapy	New Dawn Press, New Delhi	2008
10	Lad, Vasant	Ayurveda: the science of self healing	Motilal Banarasidass Publishers Pvt. Ltd., Delhi	12th edi., 2011
11	Neeraj, N. K.	Miracles of Naturopathy and Yogic Sciences	Popular Book Depot, Jaipur	2nd edi., 2015
12	Singh, Daljit	Unani Chikitsa Saar	Shri Baidyanath Ayurveda Bhavan Ltd., Allahabad	2018
13	Singh, Sukhbir	Handbook of Naturopathy	Shree Gajanan Pustakalaya, Surat	4th edi., 2019
14	अग्रवाल, आर. एस. और अग्रवाल, एन.	प्राचीन युनानी चिकित्सासार	मनोज पब्लिकेशन, दिल्ली	१० वा संस्क., २०१७
15	द्विवेदी, मु., शर्मा, ता.	आयुर्वेदीय पंचकर्म चिकित्सा, खंड १-२	चोखम्भा संस्कृत	२०१७

	और मिश्रा, भै.		प्रतिष्ठान, दिल्ली	
16	नीरज, ना. कु.	प्राकृतिक चिकित्सा एवम योग: वैज्ञानिक प्रयोग	पापुलर बुक डेपो, जयपूर	-
17	बेदरकर, कुमुद	निसर्गोपचार आणि योगशास्त्र	आरती प्रकाशन, डोंबिवली	२००१
18	लिंडल्हार, हेन्नी	प्राकृतिक चिकित्सा दर्शन एवम व्यवहार	केंद्रीय योग एवम प्राकृतिक चिकित्सा अनुसंधान परिषद, नई दिल्ली	२ रा संस्क., २०१२
19	लिंडल्हार, हेन्नी	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	निसर्गहार: निरामय जीवनासाठी निसर्गानुकूल आहार	योग विद्या निकेतन, मुंबई	१ ली आवृत्ती, २०१७

Semester IV: Core Paper 2: Overview of Haṭhayoga Texts

Paper / Course Code	Paper / Course Title			
432P02C402	Overview of Haṭhayoga Texts			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	—	01	04
Credits Assigned	03	—	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	—	50	100

Course Objectives:

To introduce various texts of Haṭhayoga

Course Outcomes:

At the end of the successful completion of this course the students will be able to-

- CO1.** Understand the core content of the selected texts of Haṭhayoga and get involved in their comparative study.
- CO2.** Explore these texts for further research or enhancement of knowledge of Yoga.

Module No.	Unit No.	Topics	Hours	CO
1.0		Overview of the following Haṭhayoga texts -		CO1 CO2
	1.1	Gheraṇḍa-saṁhitā	10	
	1.2	Śiva-saṁhitā	7	
	1.3	Siddha-siddhānta-paddhati	7	
	1.4	Vasiṣṭha-saṁhitā	7	
	1.5	Gorakṣa-śataka	7	
	1.6	Haṭha-ratnāvalī	7	
		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	Darshanik Sahityanusandhan Vibhag	Gorakshashatakam	Kaivalyadhama, Lonavla	1st edi., 2013
2	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
3	Maheshananda Swami (Ed.), Bodhe, R. (Ed.), Bhat, R. (Ed.) & Kulkarni A. (Ed.)	Siddhasiddhantapaddhatih: Goraksanatha	Kaivalyadhama, Lonavla	1st edi., 2018
4	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger	1st edi, 2012
5	Vasu, Sri Chandra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishthan, Delhi	2003

6	Maheshananda Swami (Ed.), Sharma, B. R. (Ed.), Aahat, G. S. (Ed.) and others	Siva Samhita: A Critical Edition	Kaivalyadhama, Lonavla	2nd edi., 2014
7	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
8	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
9	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर	१ ला संस्क., २०११
10	महेशानंद स्वामी (संपा.), शर्मा, बा. (संपा.), सहाय, जा. (संपा.) और अन्य	शिवसंहिता: एक अलोचनात्मक संस्करण	कैवल्यधाम, लोणावला	१९९९

Semester IV: Core Paper 3: Dissertation

Paper / Course Code	Paper / Course Title			
432P02C403	Dissertation			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	04	—	04	08
Credits Assigned	04	—	04	08
Examination Scheme	Marks			
	O	TW	ESE	Total
	50	50	—	100

Semester IV: Elective Paper 1: Bhagavadgītā - II

Paper / Course Code	Paper / Course Title			
432P02E401	Bhagavadgītā - II			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	—	01	04
Credits Assigned	03	—	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	—	50	100

Course Objectives:

To teach the philosophy of the remaining chapters of Bhagavadgītā.

Course Outcomes:

At the successful completion of this course the students will be able to -

CO1. Understand the philosophy of Bhagavadgītā

CO2. Correlate it with the knowledge of Yoga and Vedānta.

Module No.	Unit No.	Topics	Hours	CO
1.0		Bhagavadgītā – Adhyāyas 10-18	45	CO1 CO2
		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	Swarupananda Swami	Srimad Bhagavad Gita: with text, word-for-word translation English rendering, comments and index	Advaita Ashram, Delhi	1st edi., 1909
2	-	Srimadbhagavadgita	Gita Press, Gorakhpur	1985
3	Chinmayananda Swami	The Holy Geeta	Central Chinmaya Mission Trust, Bombay	1992
4	Chidbhavananda Swami	The Bhagavad Gita	Sri Ramakrishna Tapovanam, Tiruchirapalli	2005
5	प्रभूपाद स्वामी	श्रीमदभगवद्गीता: यथारूप	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९८८
6	प्रभूपाद स्वामी	श्रीमदभगवद्गीता: जशी आहे तशी	भक्ती वेदान्त बुक ट्रस्ट, मुंबई	१९९८

Semester IV: Elective Paper 2: Modern Researches in Yoga

Paper / Course Code	Paper / Course Title			
432P02E402	Modern Researches in Yoga			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

To update students about the modern trends in the research in field of Yoga

Course Outcomes:

At the end of successful completion of this course, the students will be able to -

CO1 Study contemporary research in the field of Yoga.

CO2 Explore further opportunities of research in the topic of their choice

CO3 Get chance to have actual contribution/ participation in the therapeutic application of Yoga by getting associated with clinics, yoga centers or physiotherapy centers.

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1 – Philosophico-Literary Research	15	CO1 CO2
	1.1	Critical Editions of Yoga Texts.		
	1.2	Critical study of Yogic concepts and their interpretation and understanding in various technical languages and disciplines		
	1.3	Study of the Philosophical foundations of different schools and disciplines of Yoga.		
2.0		Unit 2 - Clinical and Applied Research	15	CO1 CO2 CO3
	2.1	Clinical and other kinds of applications of Yoga philosophy, concepts and techniques in suitable populations.		
	2.2	Therapeutic applications and importance of Yoga techniques on lines similar to any medical pharmacopeia		
	2.3	Indications and contra-indications of various Yoga techniques		
	2.4	To develop suitable ways to establish Yogic diagnosis for therapeutic work		
	2.5	Selected Clinical Research Studies on effect of yoga Practices – Āsanās, Prāṇāyāma, Mudrā, Bandhas, Śuddhi Kriyās, Dhāraṇā and Dhyāna		

3.0		Unit 3 – Experimental Research	15	CO1 CO2
	3.1	Different Yoga techniques through suitable available laboratory procedures belonging to different scientific disciplines		
		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	Field, Tiffany	Yoga Research	Xlibris Corporation, Bloomington	2012
2	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

Semester IV: Elective Paper 3: Buddhist Analysis of Mind - II

Paper / Course Code	Paper / Course Title			
432P02E403	Buddhist Analysis of Mind - II			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	03	–	01	04
Credits Assigned	03	–	01	04
Examination Scheme	Marks			
	IA	TW	ESE	Total
	50	–	50	100

Course Objectives:

The Buddha's quest for the resolution of the human condition led him to analyse the mind and its functioning and Buddhist practice is geared, as a result, towards correcting a fundamentally cognitive error the Buddha says we make when we perceive the world.

This course introduces students to the Buddhist model of the mind and analysis of human experience as preserved in the Pali tradition, primarily through the text Abhidhammattha Sangaho. To ensure awareness that the tradition is not united in this view, students will also be introduced to developments in other schools, particularly the Sarvastivada; the Sautrantika theory of inferability of external objects; the emptiness of dharmas posited by Nagarjuna and the Yogacara definition of storehouse consciousness, with the eventual conclusion that the human experience of the external world is mind-only.

Students will have an opportunity to experience the analytical process in a meditation workshop.

Course Outcomes:

At the end of the successful completion of the course, the student will

- CO.1** Students will investigate the Buddha's teachings as psychological method, based particularly on the approach in the Abhidhamma Pitaka and the analysis of experience into irreducible components called dhammas.
- CO.2** Students will be introduced to the development of the path and understand the relevance of this analysis for the final breakthrough.
- CO.3** They will appreciate the different views Buddhist schools held about the nature of reality and the debates within the tradition that added immensely to Indian philosophical discourse.
- CO.4** They will also get an introduction to the critique of the Abhidhamma method by the Madhyamikas and the development of the Abhidharma ideas in the Yogacara school.

Module No.	Unit No.	Topics	Hours	CO
1.0		Abhidhamma Method	15	CO.1
	1.1	Ways of Knowing		
	1.2	Method in the Suttas and Abhidhamma		
	1.3	Dhamma Categories: Citta & Cetasikas		
	1.4	The Cognitive Process		
	1.5	Dhamma Categories: Rūpa		
2.0		The Path to Liberation		
	2.1	Vimokkha Mukha;		
	2.2	Paths and Fruits		
	2.3	Nirvāṇa and the Two Truths		
3.0		Other Abhidharma Analyses	15	CO3
	3.1	Categories in Sarvāstivāda Abhidharma		
	3.2	Sautrāntika: Inferability of External Reality		
4.0		Mahāyāna		
	4.1	Nāgārjuna: Emptiness of Dharmas	15	CO3 CO4
	4.2	Yogācāra: Ālayavijñāna		
		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	Bodhi, Bhikku ed.	Comprehensive Manual of Abhidhamma	BPS Pariyatti Editions	2012
2	Bodhi, Bhikkhu (ed)	A Comprehensive Manual of Abhidhamma	BPS Pariyatti Editions, WA, USA	2010
3	de la Vallee Poussin, L (tr French) Prudens, L (tr Eng)	Abhidharmakosabhasyam	Asian Humanities Press	1988
4	Dhammajoti, Bhikkhu	Sarvastivada Abhidharma	The Buddha-Dharma Centre of Hong Kong	2015
5	Dhammajoti, Bhikkhu	Abhidharma Doctrines and Controversies on Perception	The Buddha-Dharma Centre of Hong Kong	2018
6	Garfield, J	The Fundamental Wisdom of the Middle Way	Oxford University Press, UK	1995
7	Karunadasa, Y.	The Dhamma Theory: Philosophical Cornerstone of the Abhidhamma	Wheel Publications No. 412/413, Kandy: Buddhist Publication Society	1996
8	Karunadasa, Y.	Theravāda Abhidhamma: Its Inquiry into the Nature of Conditioned Reality	Centre for Buddhist Studies, University of Hong Kong	2010
9	Shun'ei, T, Muller, C.	Living Yogacara: An Introduction to Consciousness Only Buddhism	Wisdom Publications, Boston.	2009
10	Waldron, W	The Buddhist Unconscious: the ālaya-vijñāna in the Context of Indian Buddhist Thought	Routledge-Curzon, London, New York	2003
11	Willemsen, C., B. Dessein, and C. Cox	Sarvāstivāda Buddhist Scholasticism	Brill, Leiden	1998

Semester IV: Practical and Internship

Paper / Course Code	Paper / Course Title			
432P02P401	Practical and Internship			
	TH/Week	P	TUT	Total
Teaching Scheme(Hrs.)	–	03	01	04
Credits Assigned	–	03	01	04
Examination Scheme	Marks			
	IA	P	ESE	Total
	50	50	–	100

Course Objectives:

Introducing the students with shatkarmas, postures, Bandha and Mudras, breathing techniques and meditation techniques through teaching sessions as well as opportunity of internship.

Course Outcomes:

At the end of successful completion of this course the students will be able to -

CO1 Perform the Yoga practices mentioned in the curriculum skillfully.

CO2 Get the exposure to the internship experience under the proper guidance and later explore the chances to apply this experience in the professional world

Module No.	Unit No.	Topics	Hours	CO
1.0		Unit 1: Shatkarmas	10	CO1 CO2
	1.1	Kapalbhati (120/min)		
	1.2	Dhauti (Vastra)		
	1.3	Neti (Vesan)		
	1.4	Trataka (Antar and Bahya Trataka)		
	1.5	Nauli Madhyama, Vama, Dakshina and Nauli Chalana		
	1.6	Kapalabhati: Vatakrama- 120/min, Sitkrama & Vyutkrama		
2.0		Unit 2: Yogasana	15	CO1 CO2
	2.1	Standing Postures		
	2.1.1	Natarajasana, Garudasana, Eka-pada-angushtasana		

	2.2	Sitting Postures		
	2.2.1	Siddhasana, Simhasana, Bakasana		
	2.2.2	Paschimottanasana, SuptaVajrasana-3, Purvottanasana		
	2.2.3	Shirshasana, Hansasana-3, Mayurasana, Vrischikasana-3		
	2.3	Supine Postures		
	2.3.1	Pavanamuktasana with Ashvini Mudra, Halasana and Chakrasana		
	2.3.2	Matsyasana-3, Sarvangasana and Karnapeedasana		
3.0		Unit 3: Pranayama (with Antar and bahya Kumbhaka)	05	CO1 CO2
	3.1	Surya-bhedana and Chandra-bhedana Pranayama		
	3.2	Ujjayi Pranayama, Bhastrika Pranayama		
	3.3	Sheetali Pranayama, Shitkari Pranayama		
4.0		Unit 4: Bandha and Mudras	05	CO1 CO2
	4.1	Maha Mudra, Shambhavi Mudra, Khechari Mudra		
5.0		Unit 5: Practices leading to meditation	10	CO1 CO2
	5.1	Practices leading to Preksha Meditation		
	5.2	Shatchakra Meditation		
	5.3	Sthula Dhyana, Tejo Dhyana, Sukshma Dhyana.		
		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	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra Yoga Publications, New Delhi	-
2	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatantrama	Kaivalyadham 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	ध्यानप्रचीती: 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	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे	२००५
13	देवकुळे, 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)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	३ रा संस्क., २००६
19	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर	२००२
20	स्वामी दिगंबरजी	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव	२ रा संस्क., २०११

	और झा, पीताम्बर		योगमंदिर समिती, लोनावला	
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