



## Kavikulaguru Kalidas Sanskrit University, Ramtek



**Name of the Program: - M.A. (Yogashastra)**  
Choice Based Credit System (CBCS Pattern)  
Program Curriculum (Syllabus)

Approved by the Academic Council Meeting Dt.21.06.2023, Vide Item no. 08

Onwards 2023-24)

**NEP – 2020**

1	<b>Name of the Program</b>	M.A. (Yogashastra)
2	<b>Name of the Faculty</b>	Indian Religion, Philosophy and Culture
3	<b>Name of the Board of Study</b>	Yoga and Alternative Therapies
5	<b>Program Pattern</b>	Semester (CBCS) / 80:20
6	<b>Program Type (Masters/Bachelors)</b>	Masters
7	<b>Program Level (PG/ UG/ PG Diploma etc.)</b>	PG
8	<b>Evaluation System (Grade System) Yes/No</b>	Yes
9	<b>Follow Credit System</b>	Yes
10	<b>Program Total Credits</b>	88 Credits
11	<b>Program Total Marks</b>	2000
12	<b>Mode of Learning</b>	Regular
13	<b>External Students (Yes/No)</b>	No
14	<b>Medium of Instructions</b>	Sanskrit, Marathi, Hindi, English
15	<b>Medium of Examination</b>	Sanskrit, Marathi, Hindi, English
16	<b>Eligibility</b>	Any Graduation
17	<b>Program Description</b>	Two years Post-Graduate Degree program as per the NEP-2020 guidelines with total 88 credits.
18	<b>Program Objectives</b>	To make the students competent in the subjects related to Yoga

		To make the students familiar with the interdisciplinary approach To make the students self—sufficient through skills and vocational education
19	<b>Program Outcomes</b>	Promotion of the Traditional Yoga knowledge by the passed-out students Application of the Yogic knowledge by the passed-out students for the improvement of life and well-being of people. Promotion of the allied sciences to the Yoga by passed-out students.
20	<b>Subject (under which subject the program is included in the faculty as per the University Notification no. 131 dtd 11.03.2020)</b>	Yogashastra
21	<b>Program Code</b>	MAYOGA
22	<b>Program Abbreviation</b>	MAY
23	<b>Internship Duration</b>	As per UGC norms

Course Code	Course Title	L/W	T/W or P/W	Internal (Pr/ Desr / Viva/ Oral/ Test/ Sessional etc.)		Theory		Other		Subject Total		No. of Credits
				A		B		C		A + B + C		
				Max	Passing	Max	Passing	Max	Passing	Max	Passing	
<b>Semester I</b>												
MAY-I-01	Fundamentals Of Indian Philosophy - I	75		20	08	80	32			100	40	5
MAY-I-02	Yoga Tradition	60		20	08	80	32			100	40	4
MAY-I-03	Research Methodology	60		20	08	80	32			100	40	4
MAY-I-04	Practical		150	20	08			80	32	100	40	5
<b>Elective Course Group A</b>												
MAY-I-05	Stress Management by Yoga	60		20	08	80	32			100	40	4
MAY-I-06	Philosophy of Bhagavadgeeta	60		20	08	80	32			100	40	4
MAY-I-07	Hatha Yoga Texts	60		20	08	80	32			100	40	4
MAY-I-08	Yoga in Different Culture	60		20	08	80	32			100	40	4
<b>Total</b>										500	<b>200</b>	<b>22</b>
<b>Semester II</b>												
MAY-II-01	Indian Philosophy and Yogasutra	75		20	08	80	32			100	40	5
MAY-II-02	Yoga-Upanishad and Modern Yoga	60		20	08	80	32			100	40	4
MAY-II-03	Internship	60		20	08	80	32			100	40	4
MAY-II-04	Practical		150	20	08			80	32	100	40	5
<b>Elective Course Group B</b>												

MAY-II-05	Applied Yoga I	60		20	08	80	32			100	40	4
MAY-II-06	Dietetics, Nutrition and Yogic Diet	60		20	08	80	32			100	40	4
MAY-II-07	Meditation Techniques	60		20	08	80	32			100	40	4
MAY-II-08	Yoga Research	60		20	08	80	32			100	40	4
<b>Total</b>										<b>500</b>	<b>200</b>	<b>22</b>

Course Code	Course Title	L/W	T/ W or P/ W	Internal (Pr/ Desr / Viva/ Oral/ Test/ Sessional etc.)		Theory		Other		Subject Total		No. of Credits
				A		B		C		A + B + C		
				Max	Passing	Max	Passing	Max	Passing	Max	Passing	
<b>Semester III</b>												
MAY-III-01	Classical Yoga Texts	75		20	08	80	32			100	40	5
MAY-III-02	Yoga And Allied Sciences	60		20	08	80	32			100	40	4
MAY-III-03	Research Project	60		20	08	80	32			100	40	4
MAY-III-04	Practical		150	20	08			80	32	100	40	5
<b>Elective Course Group A</b>												
MAY-III-05	Yoga Application	60		20	08	80	32			100	40	4
MAY-III-06	Philosophy Of Bhagavadgeeta	60		20	08	80	32			100	40	4
MAY-III-07	Hatha Yoga Texts	60		20	08	80	32			100	40	4
MAY-III-08	Yoga In Different Culture	60		20	08	80	32			100	40	4
<b>Total</b>										<b>500</b>	<b>200</b>	<b>22</b>
<b>Semester IV</b>												
MAY-IV-01	Traditional Yoga Texts	60		20	08	80	32			100	40	4
MAY-IV-02	Western Psychology	60		20	08	80	32			100	40	4
MAY-IV-03	Dissertation	90		20	08	80	32			100	40	6
MAY-IV-04	Practical		120	20	08			80	32	100	40	4
<b>Elective Course Group B</b>												
MAY-IV-05	Yoga Therapy and Other Therapies	60		20	08	80	32			100	40	4
MAY-IV-06	Dietetics, Nutrition and Yogic Diet	60		20	08	80	32			100	40	4
MAY-IV-07	Meditation Techniques	60		20	08	80	32			100	40	4

MAY-IV-08	Yoga Research	60		20	08	80	32			100	40	4
<b>Total</b>										<b>500</b>	<b>200</b>	<b>22</b>

**Question Paper Structure:**

Question No.	Type of Question	Ques/Choice	Unit	Marks Distribution
<b>Semester Exam – Theory (80 Marks)</b>				
Note- All questions will carry <b>equal marks</b> . Answer <b>any 5</b> out of 8 questions, carrying 16 Marks each). It is compulsory to have equal questions on every Unit.				
Question 1	Long Question/ Short Questions/ Short Notes/ Objectives/ Reference to context/ Or Any other Type	As per Examiner Choice	Unit 1, Unit 2, Unit 3 and Unit 4 (Compulsory from all the four Units)	16
Question 2				16
Question 3				16
Question 4				16
Question 5				16
Question 6				16
Question 7				16
Question 8				16
				Total = 80

## Program - M.A. Yogashastra

**Eligibility** : Any graduate from any recognized university/Institute. Physically fit to do asana  
**Medium** : Sanskrit, Marathi, Hindi, English  
**Age** : 21-60 yrs.  
**Note** : The students should produce Medical Fitness Certificate at the time of admission.  
**Duration** : Two Academic years (June - March) Four Semesters  
**Medium** : Marathi, Sanskrit, Hindi, English  
**Total Marks** : 2000 (First Year - Semester I =500 & Semester II =500,  
Second Year - Semester III =500 & Semester IV =500)  
**Credit Points** : Total 88 credits for M.A. Program. 4 to 5 Credits per course.  
One Credit is construed as corresponding to 15 learning hours.

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The performance of the learners shall be evaluated into two components. The learner's performance shall be assessed by Internal Assessment with 40% marks in the first component by conducting the Semester End Examinations with 60% marks in the second component. The allocation of marks for the Internal Assessment and Semester End Examinations are as shown below:

### a) Internal Assessment - 20% for each course (20 Marks)

Sr. No.	Particulars	Marks
1	One periodical class test held in the given semester/Library work	05 Marks
2	Subject specific Term Work Module / Assessment modes - at least two - as decided by the department in the beginning of the Semester (like Extension / field / Experimental work, Short Quiz; Objective test, lab practical, open book test etc. and written assignments, Case study, Projects, Posters and exhibits etc. for which the assessment is to be based on class presentations wherever applicable) to be selflessly assessed by the teacher/s concerned.	10 Marks
3	Active participation in routine instructional deliveries (and in practical work, tutorial, field work etc. as the case may be) Overall conduct as a responsible learner, mannerism and articulation and exhibit of leadership qualities in organizing related academic activities.	05 marks

## Semester I

<b>Course -I</b>			
<b>Fundamentals Of Indian Philosophy - 1</b>			
Semester I		Subject Code: MAY-I-01	
Total Hrs.: 75		Credits: 5	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To learn about the fundamental concepts of Indian Philosophy</li> <li>• To understand the concepts of Jeeva, Jagat and Ishwara</li> <li>• To understand the concept of Pramana</li> <li>• To know the types of Pramanas</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will be able to differentiate between the different Schools of Philosophy</li> <li>• Students will comprehend the basic concepts of Indian philosophy</li> <li>• Students will understand the Pramanas and their everyday relevance</li> </ul>		

### (Nine Systems of Philosophy)

Module I -	Jeev, Jagat, Ishwar, Avidya (each separate topic)
Module II -	Pramana Definition of Prama and Pramana, Number and nature of Pramana, Types of Pramana

### Reference Books:

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|--------------------------------------|--|
| 1. Bharatiya Tattwajnan              | Shri.Srinivasa Dikshit, Any Popular Book Stall . |
| 2. Encyclopedia of Indian Philosophy | Motilalbanarasidas, New Delhi                    |
| 3. SarvadarshanA Samgraha            | Chowkhamba Sanskrit Sansthan, Varanasi           |

<b>Course II</b>			
<b>Yoga Tradition</b>			
Semester I		Subject Code: MAY-I-02	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To get introduction of the Bhagavadgeeta</li> <li>• To understand the fundamentals of Ch.6 and Ch. 16 of Bhagavadgeeta</li> <li>• To get introduction of Amritanada Upanishad</li> <li>• To get introduction of Tejobindu Upanishad</li> <li>• To get introduction of Yogatattva Upanishad</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of Bhagavadgeeta</li> <li>• Students will comprehend the basic concepts as given in Bhagavadgeeta</li> <li>• Students will understand the basic concepts as given in Amritanada, Tejobindu and Yogatattva Upanishads</li> </ul>		

Module I -	Yoga in Bhagvad Gita - Ch. 6 & 16
Module II -	Yoga Upanishads
	1. Amritanada Upanishad      2. Tejobindu Upanishad    3. Yogatattva Upanishad

### Reference Books

- |                  |  |
|------------------|--|
| 1. Bhagavadgita  | Gitapress, Any Popular Book Stall                    |
| 2. YogaUpanishad | Chowkhamba Sanskrit Sansthan P.O. No: 1008, Varanasi |

<b>Course - III</b>			
<b>Research Methodology</b>			
Semester I		Subject Code: MAY-I-03	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To understand the concept of Research and Research Methodology</li> <li>• To get familiar with different Research Tools</li> <li>• To understand the fundamental concepts of statistics</li> <li>• To get familiar with Research in the field of Yoga</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of Research in Yoga</li> <li>• Students will comprehend the basic concepts of Research Methodology</li> <li>• Students will calculate basic values using statistical tools</li> <li>• Students will know the current status of research in the field of Yoga</li> </ul>		

### **Unit 1 – Introduction to Research Methodology [15 Hrs.]**

Meaning and definitions of research; Aim and objectives of research; Significance of research; Types of research; Research Approaches; Research methods Vs. methodology; criteria of good research; important qualities of good researcher; Steps involved in research process;

### **Unit 2 - Research Methodology [15 Hrs.]**

Selection of Problem, Review of Literature, Data collection, Data analysis, Research out line, Hypothesis, Synopsis, Abstract, Research Paper, Thesis format

### **Unit 3 – Descriptive Statistics [15 Hrs.]**

Statistics in research; Normal distribution; Frequency distribution; Measures of central tendency, mean, median, mode; Measures of dispersion, range, variance and standard deviation; Measures of Asymmetry, Skewness and kurtosis; Graphical presentation of data– Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change.

### **Unit 4 – Yoga Research, Yoga Research Institutes and Yoga Journals [15 Hrs.]**

Meaning and Nature of Yoga research; Need and scope of Research in the field of Yoga; Experimental research; Philosophic-literary research;s

Prominent Institutes involved in the field of Yoga research, history and review of their research work; Yoga research journals as well as journals of yoga and allied sciences, National and International.

### **Reference Books**

1. Kothari C. R., Research Methodology: Methods and Techniques. New Age International, 2009.
2. Kumar R., Research Methodology, Sage Publishing, 2014.
3. Agrawal B. L., Basic Statistics, New Age International, 2013.
4. Research Perspectives in Yoga Kaivalyadham, Lonavla

Course - IV Yoga Practical I			
Semester I		Subject Code: MAY-I-04	
Total Hrs.: 150		Credits: 5	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Practical +VIVA	
		80+20=100	
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To learn the correct methods of doing various Yogic practices</li> <li>To get familiar with the indications and contra-indications of Yogic practices</li> <li>To understand the benefits of various Yogic practices</li> <li>To perform the practical of these Yogic practices under the guidance</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of doing Yogic practices</li> <li>Students will understand the benefits of Yogic practices</li> <li>Students will be able to perform the Yogic practices correctly</li> <li>Students will experience the physiology behind these Yogic practices</li> </ul>		

### A. Asanas (Cultural Asanas)

#### 1. Standing

1. Ardha Kati Chakrasana
2. Padahastasana
3. Ardha-Chakrasana
4. Trikonasana
5. Tadasan

#### 2. Sitting Position

1. Parvatasan
2. Vakrasan
3. Shashankasana
4. Janushirasana

#### 3. Prone on Position

1. Bhujangasana
2. ArdhaShalabhasana
3. Shalabhasana
4. Naukasana

#### 4. Supine Position

1. Viparita-Karani
2. Pavanmuktasana
3. UttanaVakrasana
4. Setubandhasana

#### 5. Relaxative Asanas

1. Shavasana
2. Makarasana

### B. SukshmaVyayama -

1. Kapola Shakti Vikasak
2. Karna Shakti Vardhak
3. Greevha Shakti Vikasak
4. Karatala Shakti Vikasak
5. Manibandha Shakti Vikasak
6. PurnaBhuja Shakti Vikasak
7. Vakshasthala Shakti Vikasak
8. Jangha Shakti Vikasak
9. Padamula Shakti Vikasak

### C. Loosening Exercise -

1. Twisting
2. Side bending
3. Forward-backward bending
4. Twisting and Bending

### D. Breathing Exercises -

1. Hands in and out breathing
2. Tadasana-Shwasana
3. Rabbit-breathing
4. Shwan-Shwasana

### E. Surya Namaskar

### F. Kriya/Pranayama -

1. Kapalbhathi
2. Deep Breathing
3. Sectional breathing with Mudra
4. Suryabhedan

### Reference Books:

1. BharatiyaTatwadnyan - Dr. Shrinivas Dixit, Central Book Depot, Nagpur.
2. Yoga Sutra with Bhashya (Marathi) - Shri Rele, Prasad Prakashan, Pune.
3. Yoga Sutra with Bhashya(Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat.
4. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.
5. Bhagvadgeeta (Marathi) - Geeta Press, Gandhibag, Nagpur.
6. Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
7. Teaching Methods in Yoga - Dr. Gharote, Kaivalyadham, Lonavala.

**ELECTIVE Group A**

<b>Course - V</b>			
<b>Stress Management by Yoga</b>			
Semester I		Subject Code: MAY-I-05	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To get introduction of the concept of stress</li> <li>To understand Yoga as a remedy for managing the stress</li> <li>To get familiar with the different Traditions of meditation</li> <li>To learn the remedial properties of Meditation over stress</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Stress management</li> <li>Students will get familiarity with the types of meditation</li> <li>Students will be able to relate the practice of meditation to stress management</li> <li>Students will be able to implement the learnings in their professional life</li> </ul>		

- Module I - Stress and its management by Yoga  
Stress, Types of stress, Yoga method of managing stress
- Module II - Meditation, Traditions of Meditation  
Patanjala Dhyan  
Zen meditation  
Vipassana  
Preksha Dhyan  
Cyclic Meditation  
Nadanusandhan
- Module III - Types and importance of Prayer in world religions  
(Both Individual and Group)  
Hindu, Bauddha, Jain, Christian, Sikh, Muslim

<b>Course - V</b>			
<b>Philosophy of Bhagavadgeeta</b>			
Semester I		Subject Code: MAY-I-06	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To get introduction of the Bhagavadgeeta</li> <li>To understand the concepts of Paths to liberation</li> <li>To get introduction of Vinobaji's viewpoint on Bhagavadgeeta</li> <li>To get familiar with various concepts as given in Bhagavadgeeta</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Bhagavadgeeta</li> <li>Students will comprehend the basic concepts as given in Bhagavadgeeta</li> <li>Students will understand the different viewpoints about Bhagavadgeeta</li> </ul>		

**Module 1: Paths to liberation: [30 Hrs.]**

- a) Jnana Yoga                      b) Karma Yoga
- c) Bhakti Yoga                     d) Reconciliation of Jnana, Karma, Bhakti

**Module 2: Vinobaji's Views on Sthitaprajna: [15 Hrs.]**

- Vinobaji's Views on Sthitaprajna- Positive & Negative Description
- Bhavana as Parinishthita Buddhi
- Trisutri-Bhavavastha, Kriyavastha, Jnanavastha
- Om Tat Sat

**Module 3: Some of the Key Concepts: [15 Hrs.]**

- Vishvarupa-darshana and Vibhutyoga
- Avatara
- Svadharna
- Lokasamgraha & Three Types of Penance, Diet, Sacrifice, & Charity

<b>Course - V</b>			
<b>Hathayoga Texts</b>			
Semester I		Subject Code: MAY-I-07	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To get introduction of the fundamental concepts of Hathayoga</li> <li>To get introduction of the text Shiva Samhita</li> <li>To get introduction of the text Siddhasiddhanta Paddhati</li> <li>To get introduction of the texts Hatharatnavali and Goraksha Paddhati</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Hathayoga Texts</li> <li>Students will be able to differentiate between Hathayoga tradition from the others</li> <li>Students will comprehend the basic concepts as given in these Hathayoga texts</li> <li>Students will understand the tradition behind the Hathayogic practices</li> </ul>		

**Unit 1 – Shiva Samhita [15 Hrs.]**

Introduction to Shiva Samhita; Structure and salient features of the text; Four Types of Yoga; Concept of Pavana; Types of Beeja; Types of Vighnas; Rules to be followed by yogi; Chapter 1 – Philosophy of the text, Satya, Asatya, concept of Summum Bonum; Concept of Maya; Chapter 2 – Concept of Pinda and Brahmanda; Concept of Nadi; Concept of Kundalini and Chakras; Chapter 3 – Concept of Vayu, types of Vayus; Pre-requisites of success; Four stages of yoga; Chapter 4 – Mudra and its practices; Ten Mudras; Chapter 5 – Para and Aparavidyas; Concept of Pratikopasana;

**Unit 2 –Siddhasiddhanta Paddhati [15 Hrs.]**

Introduction to the Text; Structure and salient features of the text; Concept of Pindotpatti; Five stages of Jiva; 10 Nadis and 10 Vayus; Concept of Chakra; Eightfold yoga; Concept of Shakti; Concept of Kundalini; Importance of Guru; Siddhis through yoga; Concept of Omkar; Concept of Mumukshu;

### Unit 3 –Hatha Ratnavali [15 Hrs.]

Introduction to the text; structure and salient features of the text; Definition of Yoga; Four types of yoga; Hatha Yoga – Ten Mudras, Eight Kriyas, Eight Kumbhikas and 84 Asanas; Concept of diet; Concept of Nadi and types of Nadis; Niyamas according to the text; Eightfold Yoga – Asanas, Pranayamas, Concept of Samadhi; Four stages of Yoga;

### Unit 4 –Goraksha Paddhati [15 Hrs.]

Introduction to the text; structure and salient features of the text; Fruits of yogic practices; Sixfold yoga; Concept of Shatchakra and its structure; Asanas; Ten Nadis and Ten Vayus; Ten Mudras; Concept of Prana and Pranavabhyasa; Types of Pranayama; Concept of Nadishodhan and its practices; Concept of Pratyahara and its practice; Concept of Dharana and its practice; Concept of Dhyana and its practice; Concept of Samadhi and its Practice; Muktisopan.

#### Reference Books:

1. Swami Maheshanadna, Shiva Samhita, Kaivalyadhama Publication, Lonavala.
2. Gharote M.L., Hatharatnavali, Motilal Banarasidas.
3. Shastri D., Siddhasiddhanta Paddhati, Chaukhamba Surbharati Prakashan.
4. Tiwari S.K., Goraksh Paddati & Goraksh Yoga Shastra of Gorakh Nath, Chaukhamba Surbharati Prakashan.
5. Vasu S.C., The Shiva Samhita, Dev Publications.
6. Reddy V.M., Hatharatnavali, M.S.R. memorial yoga series.
7. Raghav R.S., Shiva Samhita, Chaukhamba Prakashan.

Course - V			
Yoga in Different Culture			
Semester I		Subject Code: MAY-I-08	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05=20		
Course Objectives	<ul style="list-style-type: none"><li>• To get introduction of the World Cultures</li><li>• To get introduction of the Yogic practices in Buddhism</li><li>• To get introduction of the Yogic practices in Jainism</li><li>• To get introduction of the Yogic practices in other religions</li></ul>		
Course Outcomes	<ul style="list-style-type: none"><li>• Students will understand the importance of World cultures</li><li>• Students will be able to differentiate between Yogic practices from different religions</li><li>• Students will comprehend the Yogic concepts given in different cultures</li><li>• Students will understand the tradition behind these Yogic practices</li></ul>		

### Unit 1 – Introduction to World Cultures [15 Hrs.]

Concept of Religion; Major Religions in the world; Introduction to Buddhism and its basic principles; Introduction to Hinduism and its basic principles; Introduction to Jainism and its basic principles; Introduction to Islam and its basic principles; Introduction to Christianity and its basic principles.

### Unit 2 – Yoga Practices in Buddhism [15 Hrs.]

Philosophical principles of Buddhism; Vipassana Meditation; Zen Meditation; Tai-chi based meditation; Qui-gong meditation; Gum-Tum-O Meditation;

### **Unit 3 – Yoga Practices in Jainism [15 Hrs.]**

Philosophical principles of Jainism; Prekshadhyana, philosophy and practice of Prekshadhyana; detailed practice of subtypes of Prekshadhyana;

### **Unit 4 – Yoga Practices in other religions [15 Hrs.]**

Philosophical principles of Christianity; Rosary meditation; Meditation of Franciscan nuns; Hesyhasm; Maranatha Meditation; Philosophical principles of Islam; Elements of Yoga in Sufism, Sufi Meditation Techniques; Sufi Meditation; Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and ArdhaUttanasana; Julus and Vajrasana; Sujud and Blasana;

#### **Reference Books:**

1. Rai L., Meditation, Anubhava Rai Publications, Gurgaon, 1999.
2. AcharyaMahaprajna, PrekshaDhyana Combo, Jain VishwaBharati, 2011.
3. Lamba P., Vipassana: The Journey of a Thousand Steps, Hay House India.
4. Kumathekar U., JainDarshana, Prasad Prakashan, Pune
5. Chapple C.K., Yoga in Jainism (Routledge Advances in Jaina Studies), Routledge.
6. Wilber, K. (2006). Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World. Boston.
7. Parragon, World Religion, Parragon Publishing India.
8. Gulati M.N., Comparative Religions and Philosophies: Anthropomorphism and Divinity.
9. Fatir A., Islamic Yoga, Fatir Publishing.

<b>Course - I</b>			
<b>Indian Philosophy &amp; Yogasutra</b>			
Semester II		Subject Code: MAY-II-01	
Total Hrs.: 75		Credits: 5	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To learn about the fundamental concepts of Indian Philosophy</li> <li>To understand the concept of Moksha</li> <li>To get familiar with Samkhya philosophy</li> <li>To understand the Sutras of Yoga philosophy</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Samkhya and Yoga philosophy</li> <li>Students will be able to differentiate between the different Schools of Philosophy</li> <li>Students will comprehend the basic concepts of Samkhya philosophy</li> <li>Students will understand the important concepts of Patanjali's Yoga philosophy</li> </ul>		

- Module I - **Moksha**  
Realised Soul (Jeevanmukta) Yogin, Sthitaprajna, Arhat, Bodhisattwa
- Module III - **Introduction to Sankhya Philosophy**  
Prakriti, Purusha, Gunaconcept, Creation, Satkaryavada, Kaivalya
- Module IV - **Salient features of Yoga Philosophy (Patanjali)**  
Definition of Yoga, Yoga samkhya relation  
Chittavritti, Klesha, Chittaprasadanaupaya
- Module II - **Patanjala Yoga sutra (first two padas)**  
(I pada Bhashya and II pada only sutra)

**Reference Books:**

1. Bharatiya Tatwadnyan - Dr. Shrinivas Dixit, Central Book Depot, Nagpur.
2. Bhartiya Darshan - Shri. Baldev Upadhyay, Chaukhamba, Banaras.
3. Yoga Sutra with Bhashya (Marathi) - Shri Rele, Prasad Prakashan, Pune.
4. Yoga Sutra with Bhashya (Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat.
5. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.

<b>Course - II</b>			
<b>Yoga-Upanishad and Modern Yoga</b>			
Semester II		Subject Code: MAY-II-02	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To get introduction of the Yoga Upanishads</li> <li>To understand the fundamentals of Shandilya Upanishad and Dhyana Bindu Upanishad</li> <li>To get familiarity with the contribution of Modern yoga thinkers to the Yoga</li> <li>To get familiarity with the opinions of different thinkers about Yoga</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Yoga Upanishads</li> <li>Students will comprehend the basic concepts as given in Shandilya Upanishad and Dhyana Bindu Upanishad</li> <li>Students will get the importance of the contribution of modern Yoga thinkers</li> <li>Students will be able to differentiate between the traditional thoughts on Yoga and modern thoughts on Yoga</li> </ul>		

- Module I - **Yoga-Upanishad**

**Module II - Modern thinkers on Yoga**

1. Shandilya Upanishad
1. Shri. Aurobindo
3. J. Krishnamurthy
5. Swami Kuvalayananda
7. Mahesh Yogi
9. B.K.S. Ayyangar

2. DhyanaBindu

2. Swami Vivekanand
4. SatyanandaSaraswati
6. Swami Shivananda
8. Acharya Rajnish
10. RamkrishnaParamhans

**Reference books:**

1. Yoga Upanishad Chowkhamba Sanskrit Sansthan, P.O.No: 1008, Varanasi
2. Yoga Upanishad Adyar Library Publication, Adyar, Chennai
3. Aurobindo Aurobindo Ashram, Pondicherry
4. Swami Vivekanada Ramakrishanshram, Dhantoli, Nagpur
5. Ramakrishnaparamahansa Ramakrishanshram, Dhantoli, Nagpur
6. Acharya Rajanish Osho Ashram, Near Zero Mile, Nagpur  
17, Koregaon Park, Pune, Maharashtra
7. Mahesh Yogi Maharishi Vedavigyan Vidyapeetha, Gautam Buddha, Noida
8. BKS Iyengar Ramamani Iyengar Memorial Yoga Institute (RIMYI)  
1107 B/1 Hare Krishna Mandir Road, Model Colony,  
Shivajinagar, Pune - 411 016, Maharashtra.
9. Satyananda Swami Ganga Darshan, Fort, Munger, Bihar 811201, India
10. Shivanada Swami Ganga Darshan, Fort, Munger, Bihar 811201, India
11. Kuvalayananda Swami Kaivalyadham, Lonanvala, Pune
12. J.Krishnamurthy Theosophical Society

<b>Course – III</b>			
<b>Internship</b>			
Semester II		Subject Code: MAY-II-03	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05= 20		

Each student has to undergo compulsory one-month internship at any organization or the organization suggested by university department, conducting the following activities:

Daily yoga class for the human resource available at an organization, either in morning or evening; Yoga therapy sessions for disorders occurred to any of the human resource; Yoga counseling sessions for the psychological disorders; Consulting sessions for the people to make them aware about different career options in yoga, also to clear the misconceptions about yoga.

The report has to be submitted along with the completion letter from an institution where the internship is being done for the final assessments.

**Course – IV**

<b>Yoga Practical II</b>			
Semester II		Subject Code: MAY-II-04	
Total Hrs.: 150		Credits: 5	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Practical +VIVA	
		80+20=100	
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To learn the correct methods of doing various Yogic practices</li> <li>To get familiar with the indications and contra-indications of Yogic practices</li> <li>To understand the benefits of various Yogic practices</li> <li>To perform the practical of these Yogic practices under the guidance</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of doing Yogic practices</li> <li>Students will understand the benefits of Yogic practices</li> <li>Students will be able to perform the Yogic practices correctly</li> <li>Students will experience the physiology behind these Yogic practices</li> </ul>		

- A. Asanas**
- I. Standing Asanas
    1. ParivartaTrikonasana 2. Vrikshasana 3. Kativakrasana (Twisting Pose)
  - II. Sitting Asanas
    1. Marjarasana 2. Ushtrasana 3. Paschimottanasana 4. Supta-Vajrasana
  - III. Supine Asanas
    1. Sarvangasana 2. Halasana 3. Matsyasana
  - IV. Prone on Asanas
    1. Dandasan 2. Dhanurasana
- B. Pranayamas**
1. Anulom-Vilom 2. Shitali 3. Sitkari 4. Ujjayi 5. Bhramari
- C. Kriyas**
1. Jal-neti 3. Vaman-dhauti 4. Trataka
- D. Mudras / Bandhas**
1. Yoga Mudra 2. Mula-bandha 3. Jalandhara-bandha 4. Uddiyana-bandha
- E. Surya Namaskar**

### Elective Group B

<b>Course – V</b>			
<b>Applied Yoga</b>			
Semester II		Subject Code: MAY-II-05	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To understand the role of Yoga in different fields</li> <li>To understand the application of Yoga in Education</li> <li>To understand the application of Yoga in sports</li> <li>To understand the application of Yoga as an intervention</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Yoga for different fields</li> <li>Students will learn the application of Yoga in education</li> <li>Students will be able to understand the role of Yoga in sports</li> <li>Students will understand the therapeutic application of Yoga</li> </ul>		

**Module I - Yoga in Education**  
Levels of Education

1. Objectives of Education
2. Yoga Practice for Memory Improvement
3. Yoga Practice for Concentration
4. Yoga Practice for excellence in Education

### Module II - Yoga in Sports

Types of Sports

1. Sports and Health
2. Objectives of Sports education
3. Yoga Practice for excellence in Sports
4. Sports Injuries & Yoga Treatment

### Module III - Yoga Therapy

1. Nature of Yoga Therapy
2. Scope & Limitations of Yoga Therapy
3. Principles of Yoga Therapy
4. Techniques of Yoga Therapy
5. Benefits of Yoga Therapy

### Reference Books:

- |                        |   |  |
|------------------------|---|--|
| 1. Applied Yoga        | - | Dr. M.L. Gharote, Kaivalyadham, Lonavala.          |
| 2. Perspective in Yoga | - | A.K. Sinha, Bharat Manisha, Varanasi.              |
| 3. Yoga Dipika         | - | B.K.S. Ayyangar, Orient Lormen Pvt.Ltd., New Delhi |
| 4. Yoga Therapy        | - | Shri. Gharote, Kaivalya Dham, Lonavala             |

Course – V			
Dietetics, Nutrition and Yogic Diet			
Semester II		Subject Code: MAY-II-06	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To get introduction of the science of diet and nutrition</li> <li>• To understand the concept of Yogic diet</li> <li>• To understand the applicability of yogic diet in modern times</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of Diet</li> <li>• Students will comprehend the concepts of Dietetics and Nutrition</li> <li>• Students will be able to relate the role of diet for Yogi and role of diet for modern people</li> </ul>		

### Unit 1 – Introduction to Dietetics and Nutrition [15 Hrs.]

Basic concepts and components of food and nutrition; Concept of food, Functions of Food; Components of Food & their Classification; Proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals–calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.

### Unit 2 – Nutrition Basics [15 Hrs.]

Nutrition, Human Nutritional Requirements; Macro Nutrients: Sources, Functions and Effects on the Body; Micro Nutrients: Sources, Functions and Effects on the Body; Fat Soluble Nutrients: Sources, Functions and Effects on the Body; Water soluble Nutrients: Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their Role;

### Unit 3 – Introduction to Yogic Diet [15 Hrs.]

Introduction to Ahara, objectives of taking ahara; concept of Mitahara; Classification of diet according to traditional yoga texts: Hatha Pradipika, Gheranda Samhita and Bhagavad Geeta; Pathya and Apathya according to these texts; Relationship of Trigunas with ahara; Importance of yogic diet for yoga practice; Role of yogic diet in healthy living;

### Unit 4 – Importance of Yogic Diet in Today’s Life

Importance of Mitahara; role of yogic diet in proximate principle of diet; role of yogic diet in balanced diet concept; concepts of Anahara and atiahara; concept of upawasa, scientific bases of fasting, types and methods of fasting in India, benefits and contra-indications of fasting; concept of yogic diet as a natural diet; negative effects of packed food, junk food and fast food; control on intake of harmful diet by using yogic practices; diet and its impact on personality, yogic diet for good personality.

#### Reference Books:

1. Shirlakshmi B., Dietetics, New Age International Publication, 2014.
2. Gupta S. and others, Textbook of Nutrition and Dietetics, Elite Publication House, 2016.
3. Shirlakshmi B., Food Science, New Age International Publication, 2018.
4. Joshi S. A., Nutrition and Dietetics, McGraw Hill Education, 2017.
5. Singh J., Handbook of Nutrition and Dietetic, Lotus Press, 2008.
6. Pendharkar J., Kay KhaveKitiKhava, Jayashree Prakashan, 2012.

Course - V Meditation Techniques			
Semester II		Subject Code: MAY-II-07	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To get familiar with the different types of meditation</li> <li>• To understand the techniques of practicing traditional types of mediation</li> <li>• To understand the techniques of practicing modern types of meditations</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of meditation</li> <li>• Students will get familiarity with the types of meditation</li> <li>• Students will be able to relate the practice of meditation with their outcomes</li> <li>• Students will be able to differentiate between different types of meditations</li> </ul>		

### Unit 1 – Meditation Techniques I [15 Hrs.]

Mantra Meditation; Omkar Meditation; Soham Meditation; Ajapa Dharana; Beeja Mantra Meditation; Breath Meditation;

### Unit 2 –Meditation Techniques II [15 Hrs.]

Shatchakra Dhyana; Kriya Yoga; Transcendental Meditation by Maharshi Mahesh Yogi; Savita and Jyoti ki Dharana by DSVV;

### Unit 3 – Meditation Techniques III [15 Hrs.]

Cyclic Meditation by SVYASA; Mind Sound Resonance Technique by SVYASA; Antarmauna by Bihar School of Yoga; Raja Yoga Meditation by Brahmakumaris;

### Unit 4 – Meditation Techniques IV [15 Hrs.]

Mindfulness based meditation technique by Kabatzin, Transcendental Meditation; AtmaVichara by Raman Maharshi; Guided meditation techniques (Yoga Nidra).

### Reference Books:

1. Swami Satyananda S., AjapaJapa and ChidakashDharana, Yoga Publication Trust, Bihar.
3. Maharshi Mahesha Yogi, Science of Being and Art of living, Plume, 2001.
4. Mind Sound Resonance Technique (MSRT), Swami Vivekananda Yoga Prakashan.
5. Swami Satyananda S., AntarMouna: Inner Silence, Yoga Publication Trust, Bihar.

Course - V Yoga Research			
Semester II		Subject Code: MAY-II-08	
Total Hrs.: 60		Credits: 4	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
Course Objectives	<ul style="list-style-type: none"> <li>• To understand the concept of Research and Research Methodology</li> <li>• To get familiar with different Research Tools</li> <li>• To understand the fundamental concepts of statistics</li> <li>• To get familiar with Research in the field of Yoga</li> </ul>		
Course Outcomes	<ul style="list-style-type: none"> <li>• Students will understand the importance of Research in Yoga</li> <li>• Students will comprehend the basic concepts of Research Methodology</li> <li>• Students will calculate basic values using statistical tools</li> <li>• Students will know the current status of research in the field of Yoga</li> </ul>		

### Unit 1 – Introduction to Research Methodology [15 Hrs.]

Meaning and definitions of research; Aim and objectives of research; Significance of research; Types of research; Research Approaches; Research methods Vs. methodology; criteria of good research; important qualities of good researcher; Steps involved in research process;

### Unit 2 – Descriptive Statistics [15 Hrs.]

Statistics in research; Normal distribution; Frequency distribution; Measures of central tendency, mean, median, mode; Measures of dispersion, range, variance and standard deviation; Measures of Asymmetry, Skewness and kurtosis; Graphical presentation of data– Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change.

### Unit 3 – Yoga Research [15 Hrs.]

Meaning and Nature of Yoga research; Need and scope of Research in the field of Yoga; Experimental research; Philosophico-literary research;

#### **Unit 4 – Yoga Research Institutes and Yoga Journals [15 Hrs.]**

Prominent Institutes involved in the field of Yoga research, history and review of their research work; Yoga research journals as well as journals of yoga and allied sciences, National and International.

#### **Reference Books:**

1. Kothari C. R., Research Methodology: Methods and Techniques. New Age International, 2009.
2. Kumar R., Research Methodology, Sage Publishing, 2014.
3. Agrawal B. L., Basic Statistics, New Age International, 2013.
4. Research Perspectives in YogaKaivalyadham, Lonavla
5. R. L. Bijlani. (2008). Medical Research, Jaypee Brothers Medical Publishers, New Delhi.
6. Mangal S.K., Research Methodology in Behavioral Sciences, Prentice Hall India, 2013.
7. Sarpotdar S. and others, Research Methodology and Medical Statistics, Manikarnika Publications, 2017.
8. Gupta S. C., Fundamentals of Statistics, Himalaya Publishing House, 2016.
9. Koli L. N., Research Methodology (Hindi), Y K Publishers, 2014.
10. Zar, J. H., &Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi
11. Yoga Research, Kaivalyadham, Lonavla
12. Tiffany Field, Yoga Research, New Bharatiya Book Corporation, New Delhi.

<b>Course – I</b>			
<b>Classical Yoga Texts</b>			
Semester III		Subject Code: MAY-III-01	
Total Hrs.: 75		Credits: 5	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To learn about the fundamental concepts of Yoga Philosophy</li> <li>To understand the different concepts as given in Yoga Vasistha</li> <li>To get familiar with different Hathayoga concepts as given in Hathapradipika</li> <li>To understand the Sutras of Yoga philosophy</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Hathayoga and Yoga philosophy</li> <li>Students will be able to differentiate between the Hathayoga and other yoga</li> <li>Students will comprehend the basic concepts as given in Yoga Vasistha</li> <li>Students will understand the important concepts of Patanjali's Yoga philosophy</li> </ul>		

Module I - Yoga Vasistha Purvartha ¼ mi'keizdj.k Ch.79,90, fuokZ.kizdj.kCh.25½

Module II - Patanjala Yoga sutra - III pada (only sutra part)

Module III - Hathapradipika I & II Chapters

#### Reference Books:

- |                                      |   |
|--------------------------------------|---|
| 1. Yoga Sutra with Bhashya (Marathi) | Shri Rele, Prasad Prakashan, Pune.      |
| 2. Yoga Sutra with Bhashya (Hindi)   | Darshan Mahavidyalaya, Parsodi, Gujarat |
| 3. Yogasutra (Marathi) -             | Shri Kolhatkar, Prasad Prakashan, Pune. |
| 4. Yogavashishtha (Hindi)            | Chowkhamba Sanskrit Sansthan, Varanasi  |
| 5. Hathapradipika (Marathi)          | Kaivalyadham, Lonavla, Pune             |
| 6. Hathapradipika (Hindi)            | Chowkhamba Sanskrit Sansthan, Varanasi  |

<b>Course – II</b>			
<b>Yoga &amp; Allied Sciences</b>			
Semester III		Subject Code: MAY-III-02	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To learn about the concept of allied science</li> <li>To understand the different systems which are allied to Yogic science</li> <li>To get familiar with different therapeutic practices</li> <li>To understand the benefits of the allied therapies</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of allied sciences to Yoga</li> <li>Students will be able to differentiate between Yogic science with other allied subjects</li> <li>Students will comprehend the basic concepts as given in Ayurveda</li> <li>Students will understand the important concepts of Naturopathy</li> </ul>		

#### Module I - Study of allied systems

- Ayurveda  
History of Ayurveda, Principles, Methods & Benefits
- Naturopathy  
History, Principles, Methods and Benefits
- Reiki & Pranik healing  
History, Method, Benefits
- Physiological effects of Yogic Practices

Effect of Yoga Asana, Pranayama, Kriya, Bandha on human body &  
Physiological function

**Reference Books:**

1. Yoga and allied sciences Kaivalyadham, Lonavla
2. Yoga and Ayurveda Morarji Deshai Yoga Institute, New Delhi
3. Naturopathy Morarji Deshai Yoga Institute, New Delhi
4. Reiki 2-Floor Devid Dare Dadasaheb Reke Road,  
Dadar West, Mumbai-400028, Maharashtra
5. Pranik Healing Shop No.56, Tardeo A/C Market, Tardeo, Mumbai
6. Physiological effects of Yogic Practices Dr.Gore, Kaivalyadahm, Lonavala

<b>Course - III</b>				
<b>Research Project</b>				
Semester III		Subject Code: MAY-III-03		
Total Hrs.: 60		Credits: 4		
<b>Evaluation Scheme</b>				
<b>Theory</b>		<b>Practical/VIVA</b>		
<b>Final Exam</b>	<b>Internal Assessment</b>		<b>Final Exam</b>	
	Assignment+Attendance+VIVA		Demonstration+VIVA	
80	10+05+05= 20			
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To learn about the fundamental concepts of Research Methodology</li> <li>• To understand the different approaches of Research</li> <li>• To get practical experience of conducting small-scale research</li> </ul>			
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of the Research</li> <li>• Students will be able to carry the research on small-scale</li> <li>• Students will be able to plan the research outline</li> <li>• Students will be able to solve the problems coming while doing research</li> </ul>			

A research project is to be carried out by the students under the guidance of lecturer. Students have to select their topics after approval by respective guides. After successful completion of the project, report is to be submitted for the final assessment. The final assessment will be based on project report and presentation of the research project followed by VIVA.

Students can do the project individually or in a group. The group will be consisting of minimum two students to maximum 4 students depending on the scope of selected topic.

<b>Course - IV</b>	
<b>Yoga Practical III</b>	
Semester III	Subject Code: MAY-III-04

Total Hrs.: 150		Credits: 5	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Practical +VIVA	
		80+20=100	
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To learn the correct methods of doing various Yogic practices</li> <li>To get familiar with the indications and contra-indications of Yogic practices</li> <li>To understand the benefits of various Yogic practices</li> <li>To perform the practical of these Yogic practices under the guidance</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of doing Yogic practices</li> <li>Students will understand the benefits of Yogic practices</li> <li>Students will be able to perform the Yogic practices correctly</li> <li>Students will experience the physiology behind these Yogic practices</li> </ul>		

**A. Asanas**

1. Ardha Matsyendrasana 2. Vrikshasana 3. Bhadrasana 4. Swastikasana

**B. Mudras**

1. Vajrasana 2. Yogamudra 3. Sinhamudra 4. Mahamudra 5. Vajroli Mudra

**C. Kriyas**

1. Danda Dhauti 2. Uddiyana-Agnisara 3. Netra Shuddhi

**D. Pranayamas**

1. Bhastrika 2. Ujjayi 3. Nadishodhana - Tribandhayukta

**E. Yoganidra - Pranav-Sadhana, Japa Meditation**

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**ELECTIVE Group A**

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<b>Course - V</b>			
<b>Yoga Application</b>			
Semester III		Subject Code: MAY-III-05	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To understand the role of Yoga in different fields</li> <li>To understand the application of Yoga in Industries</li> <li>To understand the concepts of Nadi and Prana</li> <li>To understand the application of Yoga for women</li> <li>To understand the application of Yoga in the field of counselling</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Yoga for different fields</li> <li>Students will learn the application of Yoga for people working in the industries</li> <li>Students will be able to understand the application of Yoga to improve the lifestyle of women</li> <li>Students will understand the role of Yoga in counselling</li> </ul>		

**Module I - Yoga in Industries**

- Different kinds of industries
- Work-Stress in Industries
- Yoga Practice as performance booster
- Yoga Practice for Stress release & Management

**Module II - Nadi, Prana, yogic diet**

- Types of Nadis, Their Place and Function, Nadi Shuddhi

2. Types and Nature of Prana  
Prana and Mind Relation
3. Pranayama and its benefits

**Module III - Yoga for Women**

1. Anatomy & Physiology of Female Body
2. Age Wise Health Problems of Women
3. Yoga Practice for Women health Problems

**Module IV - Yoga Counselling**

1. Nature of Yoga Counselling
2. Scope & Limitations
3. Qualities in a Yoga Counsellor
4. Benefits of Yoga Counselling

**Reference Books**

- |                               |  |
|-------------------------------|--|
| 1. Applied Yoga -             | Dr. M.L. Gharote, Kaivalyadham, Lonavala.      |
| 2. Teaching Methods in Yoga - | Dr. Gharote, Kaivalyadham, Lonavala.           |
| 3. Yoga practice              | JanardanswamiYogabhyasmandal, Ramnagar, nagpur |

<b>Course - V</b>			
<b>Philosophy of Bhagavadgeeta</b>			
Semester III		Subject Code: MAY-III-06	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To get introduction of the Bhagavadgeeta</li> <li>• To understand the concepts of Paths to liberation</li> <li>• To get introduction of Vinobaji's viewpoint on Bhagavadgeeta</li> <li>• To get familiar with various concepts as given in Bhagavadgeeta</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of Bhagavadgeeta</li> <li>• Students will comprehend the basic concepts as given in Bhagavadgeeta</li> <li>• Students will understand the different viewpoints about Bhagavadgeeta</li> </ul>		

**Module 1: Paths to liberation: [30 Hrs.]**

- |                |   |
|----------------|---|
| a) Jnana Yoga  | b) Karma Yoga                             |
| c) Bhakti Yoga | d) Reconciliation of Jnana, Karma, Bhakti |

**Module 2: Vinobaji's Views on Sthitaprajna: [15 Hrs.]**

- a) Vinobaji's Views on Sthitaprajna- Positive & Negative Description
- b) Bhavana as Parinishthita Buddhi
- c) Trisutri-Bhavavastha, Kriyavastha, Jnanavastha
- d) Om Tat Sat

**Module 3: Some of the Key Concepts: [15 Hrs.]**

a) Vishvarupa-darshana and Vibhuti yoga

b) Avatara

c) Svadharma

d) Lokasamgraha & Three Types of Penance, Diet, Sacrifice, & Charity

<b>Course - V Hathayoga Texts</b>			
Semester III		Subject Code: MAY-III-07	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"><li>• To get introduction of the fundamental concepts of Hathayoga</li><li>• To get introduction of the text Shiva Samhita</li><li>• To get introduction of the text Siddhasiddhanta Paddhati</li><li>• To get introduction of the texts Hatharatnavali and Goraksha Paddhati</li></ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"><li>• Students will understand the importance of Hathayoga Texts</li><li>• Students will be able to differentiate between Hathayoga tradition from the others</li><li>• Students will comprehend the basic concepts as given in these Hathayoga texts</li><li>• Students will understand the tradition behind the Hathayoga practices</li></ul>		

### **Unit 1 – Shiva Samhita [15 Hrs.]**

Introduction to Shiva Samhita; Structure and salient features of the text; Four Types of Yoga; Concept of Pavana; Types of Beeja; Types of Vighnas; Rules to be followed by yogi; Chapter 1 – Philosophy of the text, Satya, Asatya, concept of Summum Bonum; Concept of Maya; Chapter 2 – Concept of Pinda and Brahmanda; Concept of Nadi; Concept of Kundalini and Chakras; Chapter 3 – Concept of Vayu, types of Vayus; Pre-requisites of success; Four stages of yoga; Chapter 4 – Mudra and its practices; Ten Mudras; Chapter 5 – Para and Aparavidyas; Concept of Pratikopasana;

### **Unit 2 –Siddhasiddhanta Paddhati [15 Hrs.]**

Introduction to the Text; Structure and salient features of the text; Concept of Pindotpatti; Five stages of Jiva; 10 Nadis and 10 Vayus; Concept of Chakra; Eightfold yoga; Concept of Shakti; Concept of Kundalini; Importance of Guru; Siddhis through yoga; Concept of Omkar; Concept of Mumukshu;

### **Unit 3 –Hatha Ratnavali [15 Hrs.]**

Introduction to the text; structure and salient features of the text; Definition of Yoga; Four types of yoga; Hatha Yoga – Ten Mudras, Eight Kriyas, Eight Kumbhikas and 84 Asanas; Concept of diet; Concept of Nadi and types of Nadis; Niyamas according to the text; Eightfold Yoga – Asanas, Pranayamas, Concept of Samadhi; Four stages of Yoga;

### **Unit 4 –Goraksha Paddhati[15 Hrs.]**

Introduction to the text; structure and salient features of the text; Fruits of yogic practices; Sixfold yoga; Concept of Shatchakra and its structure; Asanas; Ten Nadis and Ten Vayus; Ten Mudras; Concept of Prana and Pranavabhyasa; Types of Pranayama; Concept of Nadishodhan and its practices; Concept of Pratyahara and its practice; Concept of Dharana and its practice; Concept of Dhyana and its practice; Concept of Samadhi and its Practice; Muktisopan.

### **Reference Books:**

1. Swami Maheshanadna, Shiva Samhita, Kaivalyadhama Publication, Lonavala.

2. Gharote M.L., Hatharatnavali, Motilal Banarasidas.
3. Shastri D., Siddhasiddhanta Paddhati, ChaukhambaSurbharartiPrakashan.
4. Tiwari S.K., Goraksh Paddati & Goraksh Yoga Shastra of Gorakh Nath, Chaukhamba Surbharati
5. Vasu S.C., The Shiva Samhita, Dev Publications.
6. Reddy V.M., Hatharatnavali, M.S.R. memorial yoga series.
7. Raghav R.S., Shiva Samhita, Chaukhamba Prakashan.

<b>Course - V</b>			
<b>Yoga in Different Culture</b>			
Semester III		Subject Code: MAY-III-08	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To get introduction of the World Cultures</li> <li>• To get introduction of the Yogic practices in Buddhism</li> <li>• To get introduction of the Yogic practices in Jainism</li> <li>• To get introduction of the Yogic practices in other religions</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of World cultures</li> <li>• Students will be able to differentiate between Yogic practices from different religions</li> <li>• Students will comprehend the Yogic concepts given in different cultures</li> <li>• Students will understand the tradition behind these Yogic practices</li> </ul>		

### **Unit 1 – Introduction to World Cultures [15 Hrs.]**

Concept of Religion; Major Religions in the world; Introduction to Buddhism and its basic principles; Introduction to Hinduism and its basic principles; Introduction to Jainism and its basic principles; Introduction to Islam and its basic principles; Introduction to Christianity and its basic principles.

### **Unit 2 – Yoga Practices in Buddhism [15 Hrs.]**

Philosophical principles of Buddhism; Vipassana Meditation; Zen Meditation; Tai-chi based meditation; Qui-gong meditation; Gum-Tum-O Meditation;

### **Unit 3 – Yoga Practices in Jainism [15 Hrs.]**

Philosophical principles of Jainism; Prekshadhyana, philosophy and practice of Prekshadhyana; detailed practice of subtypes of Prekshadhyana;

### **Unit 4 – Yoga Practices in other religions [15 Hrs.]**

Philosophical principles of Christianity; Rosary meditation; Meditation of Franciscan nuns; Hesyhasm; Maranatha Meditation; Philosophical principles of Islam; Elements of Yoga in Sufism, Sufi Meditation Techniques; Sufi Meditation; Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and ArdhaUttanasana; Julus and Vajrasana; Sujud and Blasana;

### **Reference Books:**

1. Rai L., Meditation, Anubhava Rai Publications, Gurgaon, 1999.

2. AcharyaMahaprajna, PrekshaDhyana Combo, Jain VishwaBharati, 2011.
3. Lamba P., Vipassana: The Journey of a Thousand Steps, Hay House India.
4. Kumathekar U., JainDarshana, Prasad Prakashan, Pune
5. Chapple C.K., Yoga in Jainism (Routledge Advances in Jaina Studies), Routledge.
6. Wilber, K. (2006). Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World. Boston.
7. Parragon, World Religion, Parragon Publishing India.
8. Gulati M.N., Comparative Religions and Philosophies: Anthropomorphism and Divinity.
9. Fatir A., Islamic Yoga, Fatir Publishing.

## **Semester IV**

**Course - I**

<b>Traditional Yoga Texts</b>			
Semester IV		Subject Code: MAY-IV-01	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To learn about the fundamental concepts of Yoga Philosophy</li> <li>To understand the different concepts as given in Yoga Vasistha</li> <li>To get familiar with different Hathayoga concepts as given in Hathapradipika</li> <li>To understand the Sutras of Yoga philosophy</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Hathayoga and Yoga philosophy</li> <li>Students will be able to differentiate between the Hathayoga and other yoga</li> <li>Students will comprehend the basic concepts as given in Yoga Vasistha</li> <li>Students will understand the important concepts of Patanjali's Yoga philosophy</li> </ul>		

Module I - Yoga Vasishtha 1/4mi'keizdj.k Ch. 91,92,93fuokZ.kizdj.kCh.126½

Module II - Patanjala Yoga sutra - IV pada(only sutra part)

Module III- Hathapradipika III & IV Chapters

#### Reference Books :

1. Yoga Sutra with Bhashya (Marathi) - Shri Rele, Prasad Prakashan, Pune.
2. Yoga Sutra with Bhashya(Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat
3. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.
4. Yogavashishtha (Hindi) Chowkhamba Sanskrit Sansthan, Varanasi
5. Hathapradipika (Marathi) Kaivalyadham, Lonavla
6. Hathapradipika (Hindi) Chowkhamba Sanskrit Sansthan, Varanasi

<b>Course - II</b>			
<b>Western Psychology</b>			
Semester IV		Subject Code: MAY-IV-02	
Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
80	10+05+05= 20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To learn about the fundamental concepts of western psychology</li> <li>To understand the different concepts of western psychology</li> <li>To get familiar with different theories of psychology</li> <li>To get familiar with the common psychological diseases</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of western psychology</li> <li>Students will be able to differentiate between the physiology and psychology</li> <li>Students will comprehend the basic concepts of psychology</li> <li>Students will understand the common psychological disorders</li> </ul>		

Module I - Introduction to Psychology, Principles of Psychology

Module II - Sigmund Freud, Karl Jung & Adler

Module III - Neurosis, Psychosis, Frustration, Depression

Module IV - Personality concept & traits

#### Reference Books :

1. Western Psychology Motilal Banarasidas, New Delhi
2. Principles of Psychology Eastern Booklinkers New Delhi
3. History of Western Psychology David Murray, Prentice Hall, New Delhi

<b>Course - III Dissertation</b>			
Semester IV		Subject Code: MAY-IV-03	
Total Hrs.: 90		Credits: 6	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b>
		Demonstration+VIVA	
		80+20=100	
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To understand the fundamental concepts of Research Methodology</li> <li>To understand the process of Research</li> <li>To get familiar with topics of research related to the Yoga subject</li> <li>To carry out the research process</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of Research Methodology</li> <li>Students will get know the practical aspects of research</li> <li>Students will get to know about the challenges while doing research</li> <li>Students will have on hand experience of doing research</li> </ul>		

**Instructions**

- A Dissertation is to be carried out by the students under the guidance of lecturer.
- Students have to select their topics after approval by respective guides.
- After successful completion of the Dissertation, report is to be submitted for the final assessment.
- The final assessment will be based on Dissertation report and presentation of the Dissertation followed by VIVA.

**Outline of Dissertation**

<b>Non-Experimental Research</b>	<b>Experimental Research</b>
Index	Index
Introduction	Introduction
A) Problem Identification B) Literature Review C) Objective D) Hypothesis E) Scope & Limitations F) Research Methodology G) Research Design H) Time Frame I) Regular Chapters with References /Foot notes	A) Research Problem B) Data Collection C) Sample Selection D) Data Preparation E) Analysis - Relation between Variables F) Chapterization G) Result
Concluding Part A) Conclusion B) Future Scope C) Epilogue D) Bibliography	Concluding Part A) Conclusion B) Future Scope C) Epilogue D) Bibliography

**Formatting & Other Instructions:**

Font of general text matter	Times New Roman / Unicode
Character Size	12

	Font Size should be same across entire dissertation.
Headings	Bold everywhere
Margins	: 1.5 inches on the left, 1 inch each for top, bottom & right
line spacing	1.0
Reference's Format	All references in alphabetical order -title, subtitle, author-name, institute-name, publication-name, publication-year, volume, ISBN/ISSN/ISRN

<b>Course - IV</b>			
<b>Yoga Practical IV</b>			
Semester IV		Subject Code: MAY-IV-04	
Total Hrs.: 120		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Practical +VIVA	
		80+20=100	
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To learn the correct methods of doing various Yogic practices</li> <li>• To get familiar with the indications and contra-indications of Yogic practices</li> <li>• To understand the benefits of various Yogic practices</li> <li>• To perform the practical of these Yogic practices under the guidance</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of doing Yogic practices</li> <li>• Students will understand the benefits of Yogic practices</li> <li>• Students will be able to perform the Yogic practices correctly</li> <li>• Students will experience the physiology behind these Yogic practices</li> </ul>		

**A. Asanas**

1. Vrischikasana 2. Mayurasana 3. Garudasana 4. Bakasana 5. Shirshasana

**B. Pranayamas**

1. Bhastrika 2. Sitali 3. Sitkari 4. Bhramari

**C. Kriyas**

1. Sutraneti 2. Rubber Neti 3. Vastradhauti

**D. Bandhaa/Mudras**

1. Jivhabandha 2. Mahabandha 3. Khechari Mudra

Relaxation/Meditation: IRT, QRT, DRT, Cyclic Meditation, Nadanusandhana

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**Elective Group B**

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<b>Course - V</b>
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Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b>	<b>Final Exam</b>	<b>Internal Assessment</b>
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To get introduction of the science of diet and nutrition</li> <li>• To understand the concept of Yogic diet</li> <li>• To understand the applicability of yogic diet in modern times</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of Diet</li> <li>• Students will comprehend the concepts of Dietetics and Nutrition</li> <li>• Students will be able to relate the role of diet for Yogi and for modern people</li> </ul>		

### Unit 1 – Introduction to Dietetics and Nutrition [15 Hrs.]

Basic concepts and components of food and nutrition; Concept of food, Functions of Food; Components of Food & their Classification; Proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.

### Unit 2 – Nutrition Basics [15 Hrs.]

Nutrition, Human Nutritional Requirements; Macro Nutrients: Sources, Functions and Effects on the Body; Micro Nutrients: Sources, Functions and Effects on the Body; Fat Soluble Nutrients: Sources, Functions and Effects on the Body; Water soluble Nutrients: Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their Role;

### Unit 3 – Introduction to Yogic Diet [15 Hrs.]

Introduction to Ahara, objectives of taking ahara; concept of Mitahara; Classification of diet according to traditional yoga texts: Hatha Pradipika, Gheranda Samhita and Bhagavad Geeta; Pathya and Apathya according to these texts; Relationship of Trigunas with ahara; Importance of yogic diet for yoga practice; Role of yogic diet in healthy living;

### Unit 4 – Importance of Yogic Diet in Today's Life

Importance of Mitahara; role of yogic diet in proximate principle of diet; role of yogic diet in balanced diet concept; concepts of Anahara and atihara; concept of upawasa, scientific bases of fasting, types and methods of fasting in India, benefits and contra-indications of fasting; concept of yogic diet as a natural diet; negative effects of packed food, junk food and fast food; control on intake of harmful diet by using yogic practices; diet and its impact on personality, yogic diet for good personality.

#### Reference Books:

1. Shirlakshmi B., Dietetics, New Age International Publication, 2014.
2. Gupta S. and others, Textbook of Nutrition and Dietetics, Elite Publication House, 2016.
3. Shirlakshmi B., Food Science, New Age International Publication, 2018.
4. Joshi S. A., Nutrition and Dietetics, McGraw Hill Education, 2017.
5. Singh J., Handbook of Nutrition and Dietetic, Lotus Press, 2008.
6. Pendharkar J., Kay Khave Kiti Khave, Jayashree Prakashan, 2012.

<b>Course - V</b>	
<b>Meditation Techniques</b>	
Semester IV	Subject Code: MAY-IV-07
Total Hrs.: 60	Credits: 4

Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To get familiar with the different types of meditation</li> <li>To understand the techniques of practicing traditional types of mediation</li> <li>To understand the techniques of practicing modern types of meditations</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>Students will understand the importance of meditation</li> <li>Students will get familiarity with the types of meditation</li> <li>Students will be able to relate the practice of meditation with their outcomes</li> <li>Students will be able to differentiate between different types of meditations</li> </ul>		

### Unit 1 – Meditation Techniques I [15 Hrs.]

Mantra Meditation; Omkar Meditation; Soham Meditation; Ajapa Dharana; Beeja Mantra Meditation; Breath Meditation;

### Unit 2 –Meditation Techniques II [15 Hrs.]

ShatchakraDhyana;Kriya Yoga; TranscendentalMeditation by Maharshi Mahesh Yogi; Savita and JyotikiDharana by DSVV;

### Unit 3 – Meditation Techniques III [15 Hrs.]

Cyclic Meditation by SVYASA; Mind Sound Resonance Technique by SVYASA; Antarmauna by Bihar School of Yoga; Raja Yoga Meditation by Brahmakumaris;

### Unit 4 – Meditation Techniques IV [15 Hrs.]

Mindfulnessbasedmeditation technique by Kabatzin, TranscendentalMeditation;AtmaVichara by Raman Maharshi; Guidedmeditation techniques (Yoga Nidra).

### Reference Books:

1. Swami Satyananda S., AjapaJapa and ChidakashDharana, Yoga Publication Trust, Bihar.
3. Maharshi Mahesha Yogi, Science of Being and Art of living, Plume, 2001.
4. Mind Sound Resonance Technique (MSRT), Swami Vivekananda Yoga Prakashan.
5. Swami Satyananda S., AntarMouna: Inner Silence, Yoga Publication Trust, Bihar.
6. NiranjananandaSaraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000

<b>Course - V</b>	
<b>Yoga Research</b>	
Semester IV	Subject Code: MAY-II-08

Total Hrs.: 60		Credits: 4	
<b>Evaluation Scheme</b>			
<b>Theory</b>		<b>Practical/VIVA</b>	
<b>Final Exam</b>	<b>Internal Assessment</b> Assignment+Attendance+VIVA	<b>Final Exam</b>	<b>Internal Assessment</b> Demonstration+VIVA
80	10+05+05=20		
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To understand the concept of Research and Research Methodology</li> <li>• To get familiar with different Research Tools</li> <li>• To understand the fundamental concepts of statistics</li> <li>• To get familiar with Research in the field of Yoga</li> </ul>		
<b>Course Outcomes</b>	<ul style="list-style-type: none"> <li>• Students will understand the importance of Research in Yoga</li> <li>• Students will comprehend the basic concepts of Research Methodology</li> <li>• Students will calculate basic values using statistical tools</li> <li>• Students will know the current status of research in the field of Yoga</li> </ul>		

### **Unit 1 – Introduction to Research Methodology [15 Hrs.]**

Meaning and definitions of research; Aim and objectives of research; Significance of research; Types of research; Research Approaches; Research methods Vs. methodology; criteria of good research; important qualities of good researcher; Steps involved in research process;

### **Unit 2 – Descriptive Statistics [15 Hrs.]**

Statistics in research; Normal distribution; Frequency distribution; Measures of central tendency, mean, median, mode; Measures of dispersion, range, variance and standard deviation; Measures of Asymmetry, Skewness and kurtosis; Graphical presentation of data– Bar graphs, Pie chart, line diagram, scatter plot; Paired samples t test; Percentage change.

### **Unit 3 – Yoga Research [15 Hrs.]**

Meaning and Nature of Yoga research; Need and scope of Research in the field of Yoga; Experimental research; Philosophico-literary research;

### **Unit 4 – Yoga Research Institutes and Yoga Journals [15 Hrs.]**

Prominent Institutes involved in the field of Yoga research, history and review of their research work; Yoga research journals as well as journals of yoga and allied sciences, National and International.

#### **Reference Books:**

1. Kothari C. R., Research Methodology: Methods and Techniques. New Age International, 2009.
2. Kumar R., Research Methodology, Sage Publishing, 2014.
3. Agrawal B. L., Basic Statistics, New Age International, 2013.
4. Research Perspectives in YogaKaivalyadham, Lonavla
5. R. L. Bijlani. (2008). Medical Research, Jaypee Brothers Medical Publishers, New Delhi.
6. Mangal S.K., Research Methodology in Behavioral Sciences, Prentice Hall India, 2013.
7. Sarpotdar S. and others, Research Methodology and Medical Statistics, Manikarnika Publications, 2017.
8. Gupta S. C., Fundamentals of Statistics, Himalaya Publishing House, 2016.
9. Koli L. N., Research Methodology (Hindi), Y K Publishers, 2014.
10. Zar, J. H., &Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi
11. Yoga Research, Kaivalyadham, Lonavla