

Sant Gadge Baba Amravati University, Amravati

संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती



Faculty : Inter-Disciplinary Studies

B. A. (YOGASHASTRA)

Code - 673

Syllabus

Semester – I & II (NEP - v24)

Session – 2024-25

Sant Gadge Baba Amravati University, Amravati
Faculty : Inter-Disciplinary Studies
Degree of Bachelor of Yogashastra (673) – NEP-v24
(Three Years- Six Semesters Bachelor's Degree Programme)

POSS:

1. Students will contribute to society as broadly educated, expressive, ethical and responsible citizens with proven expertise for working as an individual or in multidisciplinary teams with positive attitude.
2. Create awareness, attitude and concern about environmental problems.
3. Students can communicate efficiently to deliver their knowledge effectively.
4. Able to pursue advanced education in relevant subjects

PSOs:

1. At the end of the programme the students would be able to apply knowledge in traditional Indian Yoga system.
2. Explain the principles and Philosophy of Patanjali Yoga (AshtangYoga).
3. Explain the principles and Techniques of Hatha Yoga.
4. Recognize the essential elements of a yogic lifestyle and health and wellbeing.
5. Demonstrate Yoga in scientific way.
6. Develop ability to identify, analyze and formulate and formulate yoga capsule programmes by using appropriate modern techniques for health of masses and wellbeing.
7. Acquires knowledge and skills and apply about new trends and techniques in yoga.
8. Create awareness about the movement of Yoga (Suchas IDY, Seminar, Workshop, Webinar etc.) at National and International level.

Employ ability Potential of the Programme:

After completion of this programme students would able to provide service in many fields such as:

- Mental Hospitals,
- General hospitals (Government & private),
- Central Jails,
- Police Departments,
- Rehabilitation Centers,
- Naturopathy Centers,
- Hotel Industries
- Corporations
- Physiotherapy centre
- Student can find a career to teach and spread the knowledge in schools such as Navodaya vidyalaya, colleges, health centers.
- Also find jobs such as Yoga instructor in defense (Air warrior centre).
- In abroad various Yoga Studios required Yoga instructors.
- Yoga teachers are employed in abroad by cultural ministry, Government of India.
- CentralCouncilforResearchinYoga&NaturopathyandMorarjiDesaiNational Institute of Yoga requires Director/Assistant Director/Officers/Yoga Instructors.

Sant Gadge Baba Amravati University, Amravati
Faculty : Inter-Disciplinary Studies
Three Years- Six Semesters Bachelor's Degree Programme – NEP-v24
Programme : B. A. Yogashastra (673)

Semester I

DSC (T)

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673200	Basic Principles of Yoga - I	2	30	2 Hours	50

Course Objectives:	<ol style="list-style-type: none"> To make students aware about Aims and Objectives of Yoga To introduce students to Ashtanga Yoga To make students aware about Teaching Practices The certificate in Yoga is aimed at fulfilling the need of trained personnel who can understand the basic principle of Yoga and can apply this knowledge, principles & skills in preservation and protection of health of general public and children 						
Course Outcomes:	<ol style="list-style-type: none"> Primary goal of yoga is to gain balance and control in one's life. The practice of Yoga exercises aims at overcoming the limitations of the body Acquaint students with the basic introduction and concepts of yoga Understand the development of yoga from Veda, Upanishat, purana period. Study the different Paramparas and their contribution towards yoga. 						
Unit	Content					Workload Allotted	Marks Allotted
Unit- I	<ul style="list-style-type: none"> Concept of Yoga and meaning, definition of yoga Aims and Objectives of Yoga 					7 Hrs	7 Marks
Unit- II	<ul style="list-style-type: none"> Misconceptions about Yoga Concept of Asana (As per Patanjali's Yoga-sutra & Hatha yoga) 					7 Hrs	7 Marks
Unit- III	<ul style="list-style-type: none"> Concept of Pranayama (As per Patanjali's Yoga-sutra & Hatha yoga) Types of Pranayama (As per Patanjali's Yoga-sutra & Hatha yoga) 					8 Hrs	8 Marks
Unit- IV	<ul style="list-style-type: none"> Concept of Shatkarma according to Hatha Pradipika and Gherand Samhuta Types of Shatkarma :- Neti, Dhauti, Basti, Trataka, Nauli, Kapalbhati (according to Hatha Pradipika and Gherand Samhuta) 					8 Hrs	8 Marks
References	<ol style="list-style-type: none"> योग महाविज्ञान (हिंदी) : डॉ. कामाख्या कुमार शरीरशास्त्र और योगाभ्यास : (हिंदी और इंग्लिश) डॉ. एम एम गोरे योग प्रवेश (मराठी) : डॉ. विश्वास मंडित योग परिचय (मराठी) : डॉ. विश्वास मंडित योग स्वास्थ्य कुंजी (हिंदी) : डॉ. अरुण खोडसकर योगशास्त्र : यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापीठ, नाशिक 						

DSC (P)

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673281	Basic Principles of Yoga - I	1	30	2 Hours	50

Course Objectives :	<ol style="list-style-type: none"> To introduce a regular and rigorous practice (sadhana) of Yogic Practices To introduce a Types of Surya namaskar To introduce a Asanas Students will study about Pranayama Students will study about Bandh Mudra 						
Course Outcomes:	<ol style="list-style-type: none"> The students will learn the procedures of Shat Karmas and be able to execute them The students will learn the Yogasanas and be able to guide others in practice. The students will learn the procedures of Pranayama and be able to execute these The Meditation and be able to guide others in practice. The procedures of executing Pranayama The purpose of Yoga practice is to communicate Asanas mentioned in the syllabus in the traditional way. To have self-experience of each Yoga technique 						
Unit	Content					Workload Allotted	Marks Allotted
Unit- I	<ul style="list-style-type: none"> Types of Surya namaskar count poses (10/12/14) 12 Bij Mantra of Surya namaskar Precautions of Surya namaskar Limitation of Surya namaskar Benefits of Surya namaska 					7 Hrs	7 Marks
Unit- II	<ul style="list-style-type: none"> Meditative Poses : Method, benefits and precaution of i) Ardha Padmasana, ii) Padmasana iii) Vajrasana Relaxative Asanas : Method, benefits and precaution of i) Shavasana, ii) Makarasana 					7 Hrs	7 Marks
Unit- III	<ul style="list-style-type: none"> Cultural Asanas : Method, benefits and precaution of iv) Pawan Muktasana v) Ardha Sulabhasana, vi) Vakrasana, vii) Paschimottanasana, viii) Yog Mudra (Vajrasana), ix) Akarna Dhanurasana. x) Tadasana, xi) Standing Chakrasana 					8 Hrs	8 Marks
Unit- IV	<ul style="list-style-type: none"> Pranayama : Puraka, Kumbhaka, Rechaka and its ratio Method, benefits and precaution of Anulom-vilom Method, benefits and precaution of Pranayama i) Surya Bhedan, ii) Ujjai, iii) Shitali 					8 Hrs	8 Marks
Reference	<ol style="list-style-type: none"> Asana Pranayama Bandh Mudra - Swami Satyanand Saraswati Hathapradipika - Dr. M.L. Gharote Gheranda Samhita - Swami Digambarji Asana - Swami Kuvalayananda Pranayama - Swami Kuvalayananda Hathapradipika of Svatanmarama - Dr. L. M. Gharote & Parimal Devnath Hathapradipika of Svatanmarama - Swami Digambarji The Gheranda samhita - M. Vijayalaxmi आसन प्राणायाम बंधमुद्रा - स्वामी सत्यानंद सरस्वती शरीर विज्ञान आणि योगाभ्यास मराठी/हिन्दी) - डागोरे .एम .एम . हठयोग की शुद्धिक्रियाएं (मराठी/हिन्दी) - योगाचार्य विश्वास मांडलिक योगासने - डाशर्मा .डी .पी . सरल योगासन - डा ईश्वर भारदाज सूर्य नमस्कार - डाकेश्व श्रीसागर . योगिक स्मृक्ष्म एवं स्थूल व्यायाम स्वामी धिरेन्द्र ब्रम्हचारी - 						

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Semester II

Major DSC (T)

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673213	Basic Principles of Yoga - II	2	30	2 Hours	50

Course Objectives:	<ol style="list-style-type: none"> 1. To make students aware about Aims and Objectives of Yoga 2. To introduce students to Ashtanga Yoga 3. To make students aware about Teaching Practices 4. The certificate in Yoga is aimed at fulfilling the need of trained personnel who can understand the basic principle of Yoga and can apply this knowledge, principles & skills in preservation and protection of health of general public and children 		
Course Outcomes:	<ol style="list-style-type: none"> 1. Primary goal of yoga is to gain balance and control in one's life. 2. The practice of Yoga exercises aims at overcoming the limitations of the body 3. To acquaint students with the basic introduction and concepts of yoga 4. To understand the development of yoga from Veda, Upanishat, purana period. 5. To study the different Paramparas and their contribution towards yoga. 6. Become professionally trained in the area of Hathayogic Asana, some Pranayama and Bandha-Mudra As Yoga have technical language, student properly trained in terminology and concept, 		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	<ul style="list-style-type: none"> • Concept of Bandha and its types • Concept of Mudra and its types 	7 Hrs	7 Marks
Unit- II	<ul style="list-style-type: none"> • Comparison between Yogic Asanas and exercise • Management of Life Style through Yoga 	7 Hrs	7 Marks
Unit- III	<ul style="list-style-type: none"> • Comparison between Pranayama and Normal Breathing • Role of Yoga in Education 	8 Hrs	8 Marks
Unit- IV	<ul style="list-style-type: none"> • International movement of Yoga • Need of Yoga in Modern life style 	8 Hrs	8 Marks
References	<ol style="list-style-type: none"> 1. योग महाविज्ञान (हिंदी) : डॉ. कामाख्या कुमार 2. शरीरशास्त्र और योगाभ्यास : (और इंग्लिश हिंदी) डॉ. एम. एम. गोरे 3. योग प्रवेश (मराठी) : डॉ. विश्वास मंडित 4. योग परिचय (मराठी) : डॉ. विश्वास मंडित 5. योग स्वास्थ्य कुजी (हिंदी) : डॉ. अरुण खोडसकर 6. योगशास्त्र मुक्त : यशवंतराव चव्हाण महाराष्ट्र विद्यापीठ, नाशिक 		

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Semester II

Major DSC (T)

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673213	Basic Principles of Yoga - II	2	30	2 Hours	50

Course Objectives:	<ol style="list-style-type: none"> 1. To make students aware about Aims and Objectives of Yoga 2. To introduce students to Ashtanga Yoga 3. To make students aware about Teaching Practices 4. The certificate in Yoga is aimed at fulfilling the need of trained personnel who can understand the basic principle of Yoga and can apply this knowledge, principles & skills in preservation and protection of health of general public and children 		
Course Outcomes:	<ol style="list-style-type: none"> 1. Primary goal of yoga is to gain balance and control in one's life. 2. The practice of Yoga exercises aims at overcoming the limitations of the body 3. To acquaint students with the basic introduction and concepts of yoga 4. To understand the development of yoga from Veda, Upanishat, purana period. 5. To study the different Paramparas and their contribution towards yoga. 6. Become professionally trained in the area of Hathayogic Asana, some Pranayama and Bandha-Mudra As Yoga have technical language, student properly trained in terminology and concept. 		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	<ul style="list-style-type: none"> • Concept of Bandha and its types • Concept of Mudra and its types 	7 Hrs	7 Marks
Unit- II	<ul style="list-style-type: none"> • Comparison between Yogic Asanas and exercise • Management of Life Style through Yoga 	7 Hrs	7 Marks
Unit- III	<ul style="list-style-type: none"> • Comparison between Pranayama and Normal Breathing • Role of Yoga in Education 	8 Hrs	8 Marks
Unit- IV	<ul style="list-style-type: none"> • International movement of Yoga • Need of Yoga in Modern life style 	8 Hrs	8 Marks
References	<ol style="list-style-type: none"> 7. योग महाविज्ञान (हिंदी) : डॉ. कामाख्या कुमार 8. शरीरशास्त्र और योगाभ्यास : (और इंग्लिश हिंदी) डॉ. एम. एम. गोरे 9. योग प्रवेश (मराठी) : डॉ. विश्वास मंडित 10. योग परिचय (मराठी) : डॉ. विश्वास मंडित 11. योग स्वास्थ्य कुजी (हिंदी) : डॉ. अरुण खोडसकर 12. योगशास्त्र मुक्त : यशवंतराव चव्हाण महाराष्ट्र विद्यापीठ, नाशिक 		

DSC (P)

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673282	Basic Principles of Yoga - II	1	30	2 Hours	50

Course Objectives:	<ol style="list-style-type: none"> To introduce students standing postures, sitting postures, prone postures and prone postures To introduce a regular and rigorous practice (sadhana) of Yogic Practices To introduce a Types of Surya namaskar To introduce a Asanas Students will study about Pranayama Students will study about Bandh Mudra 		
Course Outcomes:	<ol style="list-style-type: none"> To introduce a regular and rigorous practice (sadhana) of Yogic Practices The students will learn the procedures of Shat Karmas and be able to execute them The students will learn the Yogasanas and be able to guide others in practice. The students will learn the procedures of Pranayama and be able to execute these The Meditation and be able to guide others in practice. The procedures of executing Pranayama The purpose of Yoga practice is to communicate Asanas mentioned in the syllabus in the traditional way. To have self-experience of each Yoga technique. 		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	. Sadilaja/ chalankriya /loosening practices <ul style="list-style-type: none"> i. Neck bending(grivashaktivikasaka) ii. Shoulder's movement iii. Trunk movement (katishaktivikasaka) iv. Knee movement 	7 Hrs	7 Marks
Unit- II	A. Standing postures <ul style="list-style-type: none"> Tadasana (Palm Tree Posture) Vrikshasana (The Tree Posture) Padahasthasana (The Hands to Feet Posture) ARDHA Chakrasana (The Half Wheel Posture) TRIKONASANA (The Triangle Posture) 	7 Hrs	7 Marks
Unit- III	B. Sitting Postures <ul style="list-style-type: none"> Bhadrasana (The Firm/Auspicious Posture) Vajrasana (Thunderbolt Posture) Ardha Ushatrasana (The Half Camel Posture) Ushatrasana (Camel Posture) Sashankasana (The Hare Posture) Uttana Mandukasana (Stretched Up-Frog Posture) Vakrasana (The Spinal Twist Posture) 	8 Hrs	8 Marks
Unit- IV	C. Prone Postures <ul style="list-style-type: none"> Makarasana (The Crocodile Posture) Bhujajgasana (The Cobra Posture) Salabhasana (The Locust Posture) D. Supine Postures <ul style="list-style-type: none"> Setubandhasana (The Bridge Posture) Uttana Padasana (Raised Feet Posture) Ardha Halasana (Half Plough Posture) Pavana Muktasana (The Wind Releasing Posture) Shavasana (The Corpse/ Dead Body Posture) 	8 Hrs	8 Marks

Reference	1. Asana Pranayama Bandh Mudra - Swami Satyanand Sarswati 2. Hathapradipika - Dr. M.L. Gharote 3. GherandaSamhita - Swami Digambarji 4. Asana - Swami Kuvalayananda 5. Pranayama - - Swami Kuvalayananda 6. Hathapradipika of Svataamarama - Dr. L. M. Gharote & Parimal Devnath 7. Hathapradipika of Svataamarama - Swami Digamberji 8. The Gheranda samhita - - M. Vijayalaxmi 9. आसन प्राणायाम बध्मुद्रा - स्वामी सत्यानंद सरस्वती 10. शारीर विज्ञान आणि योगाभ्यास मराठी/हिन्दी) - - डागोरे .एम .एम . 11. हठयोग की शुद्धिक्रियाएं (मराठी/हिन्दी) - योगाचार्य विश्वास मांडलिक 12. योगासने - डाशर्मा .डी .पी . 13. सरल योगासन - डा ईश्वर भारदाज 14. यौगिक स्मुक्षम एवं स्थुल व्यायाम - मोरारजी देसाई राष्ट्रीय योग संस्थान 15. यौगिक स्मुक्षम एवं स्थुल व्यायाम स्वामी धिरेन्द्र ब्रम्हचारी - 16. सुर्य नमस्कार - डाकेशव श्रीसागर .
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