

Programme : B. A. Yogashastra (673)

**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 )**

**POs:**

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.
- Central Council for Research in Yoga & Naturopathy and Morarji Desai National Institute of Yoga requires Director/Assistant Director/Officers/Yoga Instructors.

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Sant Gadge Baba Amravati University, Amravati

Faculty : Inter-Disciplinary Studies

Three Years- Six Semesters Bachelor's Degree Programme – NEP-v24

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Semester I

DSC I (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

<b>Course Objectives:</b>	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		
<b>Course Outcomes:</b>	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. Acquaint students with the basic introduction and concepts of yoga 4. Understand the development of yoga from Veda, Upanishat, purana period. 5. Study the different Paramparas and their contribution towards yoga.		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<ul style="list-style-type: none"><li>• Concept of Yoga and meaning, definition of yoga</li><li>• Aims and Objectives of Yoga</li></ul>	7 Hrs	7 Marks
<b>Unit- II</b>	<ul style="list-style-type: none"><li>• Misconceptions about Yoga</li><li>• Concept of Asana (As per Patanjali's Yoga-sutra &amp; Hatha yoga)</li></ul>	7 Hrs	7 Marks
<b>Unit- III</b>	<ul style="list-style-type: none"><li>• Concept of Pranayama (As per Patanjali's Yoga-sutra &amp; Hatha yoga)</li><li>• Types of Pranayama (As per Patanjali's Yoga-sutra &amp; Hatha yoga)</li></ul>	8 Hrs	8 Marks
<b>Unit- IV</b>	<ul style="list-style-type: none"><li>• Concept of Shatkarma according to Hatha Pradipika and Gherand Samhuta</li><li>• Types of Shatkarma :- Neti, Dhauti, Basti, Trataka, Nauli, Kapalbhata (according to Hatha Pradipika and Gherand Samhuta)</li></ul>	8 Hrs	8 Marks
<b>References</b>	1. योग महाविज्ञान (हिंदी) : डॉ. कामाख्या कुमार 2. शरीरशास्त्र और योगाभ्यास : (हिंदी और इंग्लिश) डॉ. एम एम गोरे		

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	3. योग प्रवेश (मराठी)	:डॉ. विश्वास मंडित
	4. योग परिचय (मराठी)	: डॉ. विश्वास मंडित
	5. योग स्वास्थ्य कुंजी (हिंदी)	: डॉ. अरुण खोडसकर
	6. योगशास्त्र	: यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापीठ, नाशिक

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**Major 2 DSC II (T)**

Level	Sem	Course Code	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673201	Applications of Yoga -I	30	2 Hours	50

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. Students will study about health according to WHO</li> <li>2. Students will study about health according to Ayurveda</li> <li>3. Students will know about mental health</li> <li>4. Supporting and Affecting Factors of Health.</li> </ol>		
<b>Course Outcomes:</b>	<p>After completing the scores the learners</p> <ol style="list-style-type: none"> <li>1. will be aware about the concept of health, body and illness</li> <li>2. will understand the factor affecting health</li> <li>3. will understand the importance of yoga for health</li> <li>4. will understand the importance ahara.</li> <li>5. Apply knowledge of Health and importance of mithara</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<ul style="list-style-type: none"> <li>• Meaning and Definition of Health</li> <li>• Concept of Health According to WHO</li> <li>• Dimensions of Health: Physical, Mental, Social and Spiritual</li> </ul>	7 Hrs	7 Marks
<b>Unit- II</b>	<ul style="list-style-type: none"> <li>• Factor affecting health: Dincharya , ritucharya</li> <li>• Definition of Health according to Ayurveda</li> <li>• Supporting and Affecting Factors of Health.</li> </ul>	7 Hrs	7 Marks
<b>Unit- III</b>	<ul style="list-style-type: none"> <li>• Role of Yoga in maintaining health</li> <li>• Role of Yama and Niyama in maintaining social health</li> </ul>	8 Hrs	8 Marks
<b>Unit- IV</b>	<ul style="list-style-type: none"> <li>• General Introduction of Ahara</li> <li>• Concept of Mitahara (Hathapradipika)</li> </ul>	8 Hrs	8 Marks

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<b>References</b>	<ol style="list-style-type: none"><li>1) पतंजल*योगदशन*-एन.*व.करबेलकर</li><li>5) Asanas: Swami Kuvalyan and, Kaiwalyadham, Lonavala</li><li>6) Pranayama :Swami Kuvalyan and, Kaiwalyadham, Lonavala</li><li>7) Yoga : Key of Health by Dr.A.N.Khodaskar, Shree H.V.P.M. Amravati</li><li>8) Yoga therapy :Swami Kuvalyan and &amp; Dr. Vinegar, Lonavala</li><li>9) Yogic Techniques by Dr.M.L.Gharote, Lonavala</li></ol>
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**Programme : B. A. Yogashastra (673)**

**Major 3 DSC III (T)**

Level	Sem	Course Code	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673202	Yogic Sukshma Vyayam - I	30	2 Hours	50

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam</li> <li>The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them</li> <li>Students will study about types of Karna Shakti Vikasaka</li> <li>Students will study exercise of human joints</li> </ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"> <li>To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam</li> <li>The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them</li> <li>The students will learn the Yogic Sukshma Vyayam and be able to guide others in practice.</li> <li>The purpose of Yoga practice is to communicate Yogic Sukshma Vyayam mentioned in the syllabus in the traditional way.</li> <li>To have self-experience of each Yoga technique.</li> <li>Demonstrate Yoga in scientific way</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<ol style="list-style-type: none"> <li>1) Vishudh Chakra OR Uccharan-sthala Shudhi</li> <li>2) Prarthana</li> <li>3) Buddhitatha Dhriti Shakti - Vikasaka</li> <li>4) Smaran Shakti Vikasaka</li> <li>5) Medha Shakti – Vikasaka</li> </ol>	7 Hrs	7 Marks
<b>Unit- II</b>	<ol style="list-style-type: none"> <li>6) Kapal - Shakti Vikasaka</li> <li>7) Netra Shakti Vikasaka</li> <li>8) Karna Shakti Vikasaka</li> <li>9) Griva Shakti Vikasaka (1)</li> <li>10) Griva Shakti Vikasaka (2)</li> </ol>	7 Hrs	7 Marks
<b>Unit- III</b>	<ol style="list-style-type: none"> <li>11) Griva Shakti Vikasaka (3)</li> <li>12) Skandh&amp;Bahumula Shakti Vikasaka</li> <li>13) Bhujabandha Shakti Vikasaka</li> <li>14) Kohni Shakti Vikasaka</li> <li>15) Bhuja-valli Shakti Vikasaka</li> </ol>	8 Hrs	8 Marks
<b>Unit- IV</b>	<ol style="list-style-type: none"> <li>16) Purnabhuj Shakti Vikasaka</li> <li>17) Manibandh Shakti Vikasaka</li> <li>18) Karaprustha Shakti Vikasaka</li> <li>19) Kara-tala Shakti Vikasaka</li> <li>20) Anguli Shakti Vikasaka (1)</li> </ol>	8 Hrs	8 Marks

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<b>References</b>	1. आसन प्राणायाम बंधमुद्रा : - स्वामी सत्यानंद सरस्वती
	2. शारीर विज्ञान आणि योगाभ्यास (मराठी/हिन्दी) : - डागोरे .एम .एम .
	3. यौगिक स्मुक्षम एवं स्थुल व्यायाम : मोरारजी देसाई राष्ट्रीय योग संस्थान
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	4. यौगिक स्मुक्षम एवं स्थुल व्यायाम : स्वामी धिरेन्द्र ब्रम्हचारी
	5. IDY CYP Film Hindi : <a href="https://www.youtube.com/watch?v=0XKvBQojxeY">https://www.youtube.com/watch?v=0XKvBQojxeY</a>
6. IDY CYP Film English : <a href="https://www.youtube.com/watch?v=9GRKhGyibt">https://www.youtube.com/watch?v=9GRKhGyibt</a>	



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**DSC I (P)**

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673203	Practical of Yogic Practices - I	1	30	2 Hours	50

<b>Course Objectives :</b>	<ol style="list-style-type: none"> <li>To introduce a regular and rigorous practice (sadhana) of Yogic Practices</li> <li>To introduce a Types of Surya namaskar</li> <li>To introduce a Asanas</li> <li>Students will study about Pranayama</li> <li>Students will study about Bandh Mudra</li> </ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"> <li>The students will learn the procedures of Shat Karmas and be able to execute them</li> <li>The students will learn the Yogasanas and be able to guide others in practice.</li> <li>The students will learn the procedures of Pranayama and be able to execute these The Meditation and be able to guide others in practice.</li> <li>The procedures of executing Pranayama</li> <li>The purpose of Yoga practice is to communicate Asanas mentioned in the syllabus in the traditional way.</li> <li>To have self-experience of each Yoga technique</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<ul style="list-style-type: none"> <li>Types of Surya namaskar count poses (10/12/14)</li> <li>12 Bij Mantra of Surya namaskar</li> <li>Precautions of Surya namaskar</li> <li>Limitation of Surya namaskar</li> <li>Benefits of Surya namaska</li> </ul>	7 Hrs	7 Marks
<b>Unit- II</b>	<ul style="list-style-type: none"> <li>Meditative Poses : Method, benefits and precaution of i) Ardha Padmasana, ii) Padmasana iii) Vajrasana</li> <li>Relaxtative Asanas : Method, benefits and precaution of i) Shavasana, ii) Makarasana</li> </ul>	7 Hrs	7 Marks
<b>Unit- III</b>	<ul style="list-style-type: none"> <li>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</li> </ul>	8 Hrs	8 Marks
<b>Unit- IV</b>	<ul style="list-style-type: none"> <li>Pranayama : Puraka, Kumbhaka, Rechaka and its ratio</li> <li>Method, benefits and precaution of Anulom-vilom</li> <li>Method, benefits and precaution of Pranayama i) Surya Bhedan, ii) Ujjai, iii) Shitali</li> </ul>	8 Hrs	8 Marks
<b>Reference</b>	<ol style="list-style-type: none"> <li>Asana Pranayama Bandh Mudra - Swami Satyanand Saraswati</li> <li>Hathapradipika - Dr. M.L. Gharote</li> <li>GherandaSamhita - Swami Digambarji</li> <li>Asana - Swami Kuvalayananda</li> <li>Pranayama - - Swami Kuvalayananda</li> <li>Hathapradipika of Svataamarama - Dr. L. M. Gharote &amp; Parimal Devnath</li> <li>Hathapradipika of Svataamarama - Swami Digamberji</li> <li>The Gheranda samhita - - M. Vijayalaxmi</li> </ol>		

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<p>9. आसन प्राणायाम बधमुद्रा - 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. सुर्य नमस्कार - डाकेशव श्रीसागर . 15. यौगिक स्मुक्षम एवं स्थुल व्यायाम स्वामी धिरेन्द्र ब्रम्हचारी -</p>
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**Programme : B. A. Yogashastra (673)**

**DSC II (P)**

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673204	<b>Common Yoga Protocol</b>	<b>1</b>	<b>30</b>	<b>2 Hours</b>	<b>50</b>

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. Student will able to apply the knowledge &amp; skill of Yoga session to start and sum up.</li> <li>2. To aid the beginners to get initiated into the fabulous world of Yoga, amidst potential confusion arising out of the proliferation of numerous</li> <li>3. To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam</li> <li>4. The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them</li> </ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"> <li>1. The students will be Apply the knowledge of Yoga protocol and acquire the skills of protocol.</li> <li>2. The students will be Demonstrate Yoga in scientific way</li> <li>3. To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam</li> <li>4. The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them</li> <li>5. The students will learn the Yogic Sukshma Vyayam and be able to guide others in practice.</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<ul style="list-style-type: none"> <li>• C.Y.P ( common yoga protocol) : I. Neck bending(grivashaktivikasaka) ii. Shoulder's movement iii. Trunk movement (katishaktivikasaka) iv. Knee movement</li> <li>• Standing postures Tadasana (palm tree posture), vrikshasana (the tree posture), Padahastasana (the hands to feet posture), ardhachakrasana (the half wheel posture), trikonasana (the triangle posture)</li> </ul>	7 Hrs	7 Marks
<b>Unit- II</b>	<ul style="list-style-type: none"> <li>• Stithi, technique, benefits and caution of: Bhadrasana (the firm/auspicious posture), vajrasana (thunderbolt posture), ardhaushatrasana (the half camel posture), ushatrasana (camel posture), sashankasana (the hare posture), uttanamandukasana (stretched up-frog posture), vakrasana (the spinal twist posture)</li> </ul>	7 Hrs	7 Marks
<b>Unit- III</b>	<ul style="list-style-type: none"> <li>• <b>Prone postures</b>, Stithi, technique, benefits and caution of: Makarasana (the crocodile posture), bhujajgasana (the cobra posture), salabhasana (the locust posture)</li> </ul>	8 Hrs	8 Marks
<b>Unit- IV</b>	<ul style="list-style-type: none"> <li>• <b>Supine postures</b> Stithi, technique, benefits and caution of: Setubandhasana (the bridge posture), uttanapadasana (raised feet posture), ardhahalasana (half plough posture), pavanamuktasana (the wind releasing posture) Shavasana (the corpse/ dead body posture) Stithi, technique, benefits and caution of: 4. Kapalbharti 5. Pranayama Nadishodhana or</li> </ul>	8 Hrs	8 Marks

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	anulomaviloma pranayama (alternate nostril breathing) Shitali pranayama Bhramari pranayama (bhramarirechaka) 6. Dhyana 7. Sankalpa 8. Shantihpatha		
<b>Reference</b>	<ol style="list-style-type: none"><li>1. Common Yoga Protocol (2016) Morarji Desai National Institute Delhi</li><li>2. LkkeU; ;ksxH;kleksjkjthnslkbZjk'V^h; ;ksxlaLFkku</li><li>3. यौगिक स्मक्षुम एवंस्थलु व्यायाम स्वामी गधरेन्द्र ब्रम्हचारी -</li><li>4. IDY CYP Film Hindi: <a href="https://www.youtube.com/watch?v=0XKvBQojxeY">https://www.youtube.com/watch?v=0XKvBQojxeY</a></li><li>5. IDY CYP Film English: <a href="https://www.youtube.com/watch?v=9GRKhGyibtI">https://www.youtube.com/watch?v=9GRKhGyibtI</a></li><li>6. Common Yoga Protocol-Marathi (full version), International Day of Yoga – 2016 <a href="https://www.youtube.com/watch?v=JNvyqnlOYTY">https://www.youtube.com/watch?v=JNvyqnlOYTY</a></li><li>7. आसन प्राणायाम बंधमरु स्वतीस्वामी सत्यानंद सर -</li><li>8. शारीर गवज्ञान आगण योिाभ्यास मर/गहन्दीाठीडा -( डॉ. एम एम गोरे)</li></ol>		

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**DSC III (P)**

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673205	<b>Practical of Yogic Sukshma Vyayam-I</b>	1	30	2 Hours	50

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam</li> <li>2. The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them</li> <li>3. Students will study about types of Karna Shakti Vikasaka</li> <li>4. Students will study exercise of human joints</li> </ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"> <li>1. To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam</li> <li>2. The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them</li> <li>3. The students will learn the Yogic Sukshma Vyayam and be able to guide others in practice.</li> <li>4. The purpose of Yoga practice is to communicate Yogic Sukshma Vyayam mentioned in the syllabus in the traditional way.</li> <li>5. To have self-experience of each Yoga technique.</li> <li>6. Demonstrate Yoga in scientific way</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<ol style="list-style-type: none"> <li>1) Vishudh Chakra OR Uccharan-sthala Shudhi</li> <li>2) Prarthana</li> <li>3) Buddhitatha Dhriti Shakti - Vikasaka</li> <li>4) Smaran Shakti Vikasaka</li> <li>5) Medha Shakti – Vikasaka</li> </ol>	7 Hrs	7 Marks
<b>Unit- II</b>	<ol style="list-style-type: none"> <li>6) Kapal - Shakti Vikasaka</li> <li>7) Netra Shakti Vikasaka</li> <li>8) Karna Shakti Vikasaka</li> <li>9) Griva Shakti Vikasaka (1)</li> <li>10) Griva Shakti Vikasaka (2)</li> </ol>	7 Hrs	7 Marks
<b>Unit- III</b>	<ol style="list-style-type: none"> <li>11) Griva Shakti Vikasaka (3)</li> <li>12) Skandh&amp;Bahumula Shakti Vikasaka</li> <li>13) Bhujabandha Shakti Vikasaka</li> <li>14) Kohni Shakti Vikasaka</li> <li>15) Bhuja-valli Shakti Vikasaka</li> </ol>	8 Hrs	8 Marks
<b>Unit- IV</b>	<ol style="list-style-type: none"> <li>16) Purnabhuj Shakti Vikasaka</li> <li>17) Manibandh Shakti Vikasaka</li> <li>18) Karaprutha Shakti Vikasaka</li> <li>19) Kara-tala Shakti Vikasaka</li> <li>20) Anguli Shakti Vikasaka (1)</li> </ol>	8 Hrs	8 Marks
<b>References</b>	<ol style="list-style-type: none"> <li>1. आसन प्रणायाम बंधमुद्रा :- स्वामी सत्यानंद सरस्वती</li> <li>2. शारीर विज्ञान आणि योगाभ्यास (मराठी/हिन्दी) :- डागोरे .एम .एम .</li> <li>3. सरल योगासन :- डा ईश्वर भारदाज</li> </ol>		

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4. यौगिक स्मुक्षम एवं स्थुल व्यायाम	: मोरारजी देसाई राष्ट्रीय योग संस्थान
-	
5. यौगिक स्मुक्षम एवं स्थुल व्यायाम	: स्वामी धिरेन्द्र ब्रम्हचारी
6. Common Yoga Protocol (2016)	: Morarji Desai National Institute Delhi
7. सामान्य योगभ्यास	: मोरारजी देसाई राष्ट्रीय योग संस्थान
8. IDY CYP Film Hindi	:
	<a href="https://www.youtube.com/watch?v=0XKvBQojxeY">https://www.youtube.com/watch?v=0XKvBQojxeY</a>
9. IDY CYP Film English	:
	<a href="https://www.youtube.com/watch?v=9GRKhGyibt">https://www.youtube.com/watch?v=9GRKhGyibt</a>
10. Common Yoga Protocol 2016	: Marathi (full version), International Day of Yoga –

**Programme : B. A. Yogashastra (673)**

**Ability Enhancement Course (AEC) i - English Language**

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673206	<b>Communication Skills in English</b>	2	30	2 Hours	50

<b>Course Objectives</b>	1) To make the students proficient in everyday communication. 2) To provide students a solid understanding of the process of communication.	
<b>Course Outcome</b>	<b>After Completion of this course students will able to -</b> 1) Define communication/comprehend and describe the process of communication. 2) Know Components of Communication. 3) Communicate proficiently in everyday life.	
<b>Unit</b>	<b>Course Contents</b>	<b>Learning Hours</b>
<b>Unit -I</b>	<b>Basics of Communication.</b>	8 Hours
	1. Introduction 2. Objectives of communication. 3. The Meaning and definitions of communication. 4 The process of communication	
<b>Unit -II</b>	<b>Barriers to Effective Communication</b>	8 Hours
	1. Introduction 2. Major Barriers to Effective Communication. 3. Effective communication techniques.	
<b>Unit-III</b>	<b>Oral Communication – I</b>	7 Hours
	1) Exchanging greetings and Taking Leave 2) Introducing oneself and others. 3) Thanking. 4) Wishing	
<b>Unit-IV</b>	<b>Oral Communication – II</b>	7 Hours
	1) Apologizing and responses. 2) Making request 3) Seeking help. 4) Talking about current-activities.	
<b>Paper Pattern</b>		

**Programme : B. A. Yogashastra (673)**

Q.1	Students will have to answer two long answer questions out of four of 5 marks each on unit-I	5x2 = 10
Q.2	Students will have to answer two long answer questions out of four of 5 Marks each on Unit-II	5x2 = 10
Q.3	Students will have to complete a dialogue for 5 marks on Unit-III	5x1 = 05
Q.4	Students will have to complete a dialogue for 5 marks on Unit- IV	5x1 = 05
<b>Distribution of Marks</b>		
Assessment		
Personal Interview		10 Marks
Assignment-		10 Marks
Total		20 Marks
External (Theory)		30 Marks
Total		50 Marks



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Ability Encasement Course (AEC) i- Second Language / MIL- Marathi

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673207	अभ्यासपत्रिका १ लेखन कौशल्ये	2	30	2 Hours	50

<b>Course Objectives:</b> अभ्यासपत्रिकेची उद्दिष्टे	१. विद्यार्थ्यांना लेखन कौशल्याचे स्वरूप अवगत करून देणे. २. विद्यार्थ्यांना लेखन कौशल्याचे विविध प्रकार अवगत करून देणे. ३. विद्यार्थ्यांच्या लेखन कौशल्य क्षमता विकसित करणे. ४. लेखन कौशल्याच्या माध्यमातून विद्यार्थ्यांच्या व्यक्तिमत्त्वाचा विकास होण्यास मदत होईल.		
<b>Course Outcomes:</b> अभ्यासपत्रिकेची फलनिष्पत्ती	१. विद्यार्थ्यांना मूलभूत लेखन कौशल्याचे आकलन होईल. २. विद्यार्थ्यांना लेखन कौशल्याचे प्रकार अवगत होईल. ३. विद्यार्थ्यांच्या लेखन कौशल्य क्षमता विकसित होईल. ४. विद्यार्थ्यांना लेखन कौशल्ये आत्मसाथ केल्यानंतर रोजगाराच्या संधी निर्माण होतील.		
<b>Unit / विभाग</b>	<b>Content / उपघटक</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	लेखनकौशल्याची उद्दिष्टे, लेखनकौशल्याचे टप्पे, लेखनाचे प्रकार	७ तास	7 Marks
<b>Unit- II</b>	जाहिरात लेखन, संवाद लेखन	८ तास	7 Marks
<b>Unit- III</b>	इतिवृत्त लेखन, पत्रलेखन, टिप्पणी लेखन	७ तास	8 Marks
<b>Unit- IV</b>	ब्लॉग लेखन, मुलाखत लेखन, बातमी लेखन	८ तास	8 Marks
अभ्यासक्रमासाठी नेमलेले पुस्तक	लेखन व संभाषण कौशल्य संपादक डॉ. काशीनाथ बन्हाटे, अथर्व पब्लिकेशन्स, जळगाव, प्रथम आवृत्ती २०२४.		

गुण विभागणी

गुण विभागणी	लेखी परीक्षा -	३० गुण
	अंतर्गत मूल्यमापन -	२० गुण
	<b>एकूण गुण</b>	<b>५० गुण</b>
प्रश्नपत्रिकेचे स्वरूप	प्रश्न १ अभ्यास घटकावर 01 दीर्घोत्तरी प्रश्न	१२ गुण
	प्रश्न २ - अभ्यास घटकावर 01 दीर्घोत्तरी प्रश्न	१२ गुण
	प्रश्न ३ - अभ्यास घटकावर 01 लघुत्तरी प्रश्न	०६ गुण
अंतर्गत मूल्यमापन	अभ्यासक्रमाशी संबंधित घटकावर गृहपाठ (Assignment)	२० गुण

**Programme : B. A. Yogashastra (673)**

**(AEC) ii**

**Indian Knowledge System (Generic)- IKS**

**[Common to All Faculties]**

**Note:**

1. For the Programmes in the faculty of Science and Technology and the faculty of Commerce and Management, all 04 units shall be studied in the Semester-I resulting into 2 credits (50 Marks)
2. For the Programmes in the Faculty of Humanities and the **Faculty of Interdisciplinary studies**, Unit I and Unit II shall be studied in the First Semester resulting into 1 credit course (25 Marks). Later, Unit III and Unit IV shall be studied in the Second Semester resulting into 1 credit course (25 Marks).
- \*3. In the faculty of Inter-disciplinary Studies IKS is already divided for Semester-I and Semester-II.

<b>SEMESTER I</b>							
<b>Generic- IKS</b>							
<b>Level</b>	<b>Sem</b>	<b>Course Code</b>	<b>Course Name</b>	<b>Credits</b>	<b>Teaching Hrs</b>	<b>Exam Duration</b>	<b>Max Marks</b>
4.5	I	673208	Indian Knowledge System (Generic)	1	15	1 Hrs	25
<b>Objective</b>		: The main objective of the course are <ol style="list-style-type: none"><li>1. Analyze the significance of the Four Vedas and Upanishads in shaping ancient Indian philosophy and culture.</li><li>2. Explore the key teachings and historical development of Hinduism, Jainism, and Buddhism.</li><li>3. Understand the impact of the concept of zero and the decimal system on mathematics and global scientific advancements.</li><li>4. Examine traditional Indian techniques in town planning, architecture, and metalworking and their influence on ancient technologies.</li></ol>					

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<b>Course Outcome</b>	<p>After successfully completing the course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the profound influence of ancient Indian knowledge, culture, and philosophical systems on contemporary thought and practices.</li> <li>2. Develop an appreciation about the role and importance of Veda, Vedangas, Upanishadas, and Indian Philosophy of Life, 64 art forms, etc.</li> <li>3. Explore the role of major Indian texts, psychological concepts, and traditional art forms in shaping Indian heritage and wisdom.</li> <li>4. Explain the role and importance of Science and Technology in India</li> <li>5. Examine the historical advancements in numerical systems, measurement, and technology, including ancient architectural and metalworking achievements.</li> <li>6. Analyze the contributions of the Indian calendar system, town planning, and various technological innovations to ancient and modern practices.</li> </ol>	
<b>Unit</b>	<b>Content</b>	<b>Hours</b>
<b>Unit-I</b>	<p><b>(Humanities) :</b>            Importance of ancient Indian knowledge, Ancient Indian Culture, Introduction to the Four Vedas, vedangas, upanishadas, Vedic schools of philosophy: Samkhya and Yoga darashana, non-vedic philosophical systems: Baudhha school of philosophy and Jain School of philosophy; Indian Religions: Hindu, Jain and Bauddha, Wisdom through: Puranas, Ramayana. Mahabharata, Shrimad Bhagwad Geeta, Indian approach to psychology, the triguna system, sixty-four art forms and occupational skills (64Kalas)</p>	7
<b>Unit-II</b>	<p><b>(Science and Technology):</b>            Number system and units of measurement, The concept of zero and its importance, decimal system, measurement of time, distance and weight, Elements of the panchanga- the Indian calendar system, Town planning and architecture, irrigation and water management, dyes and painting technology, Vastu Shastra-the science of architecture, amazingstone architectures of temples in India, Metals and metal working technology, iron and steel in India</p>	8

**References:**

**Text Books:**

1. Introduction to Indian Knowledge System: Concepts and Applications by B.Mahadevan, Vinayak R. Bhat and Nagendra P. R. N., PHI Learning Private Limited, 2022.

## Programme : B. A. Yogashastra (673)

### e Books:

1. Collection of Vedas (Rigveda, Shukla Yajurveda, Krishna Yajurveda [7 volumes], Samveda, Atharva Veda [5 volumes]), by BrahmaarshiMahaMahopadhyayaPanditShreepad DamodarSatvalekar, Publisher: Swadhyayamandal, Pardi (Balsad), Printer: SamvadTradeprints, 1005, Sadashiv Peth, Pune-411030
2. Collection of Four Vedas (Rigveda Samhita, Yajurveda Samhita, Samveda Samhita, Atharva Veda Samhita), by PanditShriRam Sharma Acharya, Motilal Banarasidass 108 Upanishadas Part -1, Part 2 and Part-3 by PanditShriRam Sharma Acharya
4. Gita Press Combo of 11 Upnishad (in set of 3 books) with Shankaracharya Commentary
5. Nair,ShanthaN.EchoesofAncientIndian Wisdom.NewDelhi: HindologyBooks, 2008.
6. Shrimadvalmiki Ramayan (2 Volumes), Sanskrit Text With Translation, Gita Press, Gorakhpur Mahabharata (6 Volumes), Gita Press, Gorakhpur
7. SKDas, TheeducationssystemofAncienthindus, Gyanpublicationhouse, India
8. BLGupta, ValueanddistributionsysteminIndia, Gyanpublicationhouse, India.
9. Reshmiramdhoni, AncientIndianCultureandCivilisation, Starpublication, 2018
10. Supriya Lakshmi Mishra, Culture and History of Ancient India (With Special Reference of Sudras), 2020.
11. Gambirananda, Swami, Tr. *UpanishadswiththeCommentaryofSankarachrya*. Kolkata: AdvaitaAshrama publication Department, 2002.

**Programme : B. A. Yogashastra (673)**

**SEC (P): (Life Skills: Communication Skills in English.)**

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks 100	
<b>I</b>	<b>673209</b>	<b>SEC (P): (Life Skills: Communication Skills in English.)</b>	<b>1</b>	<b>30</b>	<b>-</b>	<b>Theory Internal 25</b>	<b>Practical Internal 25</b>

<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>To develop proficient communication skills in English,</li> <li>To focus on speaking, reading, and writing skill.</li> <li>To develop professional skill.</li> </ol>		
<b>Course Outcomes</b>	The Students would be able to: <ol style="list-style-type: none"> <li>Understanding of good communication skills</li> <li>Exhibit clear and accurate pronunciation</li> <li>Understand the importance of empathetic listening.</li> <li>Apply techniques of effective reading</li> <li>Explain the advantages of nonverbal communication</li> <li>Explore communication beyond language.</li> </ol>		
<b>Unit System</b>	<b>Contents</b>	<b>Learning Hours</b>	<b>Incorporation of Pedagogies</b>
<b>Unit I</b>	<b>Listening</b> <ul style="list-style-type: none"> <li>Techniques of Effective Listening</li> <li>Listening and Comprehension</li> <li>Probing Questions</li> <li>Barriers to Listening</li> </ul>	<b>7 Hours</b>	<ol style="list-style-type: none"> <li><b>Demonstration</b></li> <li><b>Experiential learning</b></li> <li><b>Identification</b></li> <li><b>Participative learning</b></li> </ol>
<b>Unit II</b>	<b>Speaking</b> <ul style="list-style-type: none"> <li>Pronunciation</li> <li>Enunciation</li> <li>Vocabulary</li> <li>Fluency</li> <li>Common Errors</li> </ul>	<b>7 Hours</b>	<ol style="list-style-type: none"> <li><b>Observation method</b></li> <li><b>Practice method</b></li> </ol>

**Programme : B. A. Yogashastra (673)**

<b>Unit III</b>	<p><b>Reading</b></p> <ul style="list-style-type: none"> <li>● Techniques of Effective Reading</li> <li>● Gathering Ideas and Information from a Given Text             <ul style="list-style-type: none"> <li>○ i. Identify the Main Claim of the Text</li> <li>○ ii. Identify the Purpose of the Text</li> <li>○ iii. Identify the Context of the Text</li> <li>○ iv. Identify the Concepts Mentioned</li> </ul> </li> <li>● Evaluating These Ideas and Information             <ul style="list-style-type: none"> <li>i. Identify the Arguments Employed in the Text</li> <li>ii. Identify the Theories Employed or Assumed in the Text</li> </ul> </li> <li>● Interpret the Text             <ul style="list-style-type: none"> <li>i. Understand What a Text Says</li> <li>ii. Understand What a Text Does</li> <li>iii. Understand What a Text Means</li> </ul> </li> </ul>	<b>8 Hours</b>	
<b>Unit IV</b>	<p><b>Non-verbal Communication</b></p> <ul style="list-style-type: none"> <li>● Meaning of Nonverbal Communication (NVC)</li> <li>● Advantages of Using Nonverbal Communication</li> <li>● Introduction to Modes of Nonverbal Communication             <ul style="list-style-type: none"> <li>i. Open and Closed Body Language</li> <li>ii. Eye Contact and Facial Expression</li> <li>iii. Hand Gestures</li> </ul> </li> <li>● Do's and Don'ts in NVC</li> <li>● Learning from Experts</li> <li>● Activities-based Learning</li> </ul>	<b>8 Hours</b>	

**References:**

- "Communication Skills Handbook" 2009, by Jane Summers and Brett Smith, John Wiley & Sons; 3rd edition
- "Nonverbal Communication in Human Interaction" 2009, by Mark L. Knapp and Judith A. Hall, Wadsworth Pub Co; 7th edition
- "The Art of Public Speaking" 2014, by Stephen E. Lucas, Macmillan/McGraw-Hill School Div; 12th edition
- "Business Communication: Skills, Concepts, and Applications" 2013, by P. D. Chaturvedi and Mukesh Chaturvedi, Pearson Education India; 3rd edition.
- "English Language Communication Skills" 2010, by Urmila Rai and S.M. Rai, Himalaya Publishing House

**Programme : B. A. Yogashastra (673)**

- "Developing Communication Skills" 2009, by Krishna Mohan and Meera Banerji, Laxmi Publications; Second edition
- "Communication Skills: A Practical Approach" 2007, by Leena Sen, PHI; 2nd Revised edition

UGC Jivan Kaushallya 2.0

**Programme : B. A. Yogashastra (673)**

**VSEC(P): Communication Skills in Second Language/ MIL: Marathi**

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks	
						100	
I	673210	<b>ii. VSEC(P): Communication Skills in Second Language/ MIL: Marathi</b>	1	30	-	Theory Internal 25	Practical Internal 25

<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. मराठी भाषेत बोलण्याचे कौशल्य विकसित करणे.</li> <li>2. मराठीत ऐकणे, वाचणे, आणि लिहिण्याचे कौशल्य विकसित करणे.</li> <li>3. मराठी संभाषणाचे कौशल्ये वाढवणे.</li> </ol>		
<b>Course Outcomes</b>	विद्यार्थी खलील गोष्टी करण्यात सक्षम होतील: <ol style="list-style-type: none"> <li>1. चांगले संचार कौशल्य विकसित होतील.</li> <li>2. स्पष्ट उच्चारण प्रदर्शित करण्याचे महत्त्व समजेल.</li> <li>3. सहानुभूतीपूर्वक ऐकण्याचे महत्त्व समजेल.</li> <li>4. परिणामकारक वाचन तंत्राचा वापर करता येईल.</li> <li>5. गैर-मौखिक संवादाचे फायदे समजतील.</li> <li>6. भाषेच्या पलीकडच्या संप्रेषणाची अन्वेषण करता येईल.</li> </ol>		
<b>Unit System</b>	<b>Contents</b>	<b>Learning Hours</b>	<b>Incorporation of Pedagogies</b>
<b>Unit I</b>	<b>श्रवण कौशल्य:</b> प्रभावी श्रवण तंत्रे श्रवण आणि समज विचारलेल्या प्रश्नांची तपासणी श्रवणातील अडथळे	7 Hours	<b>1. Demonstration</b> <b>2. Experiential learning</b> <b>3. Identification</b>
<b>Unit II</b>	<b>बोलण्याचे कौशल्य:</b> उच्चार स्पष्टता शब्दसंग्रह प्रवाहीपणा सामान्य चुका	7 Hours	<b>4. Participative learning</b> <b>5. Observation method</b> <b>6. Practice method</b>



**Programme : B. A. Yogashastra (673)**

<b>Unit III</b>	<p><b>वचन कौशल्यः</b> प्रभावी वाचन तंत्रे दिलेल्या मजकुरातून कल्पना आणि माहिती गोळा करणे i. मजकुराचा मुख्य दावा ओळखणे ii. मजकुराचा उद्देश ओळखणे iii. मजकुराचा संदर्भ ओळखणे iv. उल्लेखित संकल्पना ओळखणे या कल्पना आणि माहितीचे मूल्यांकन करणे i. मजकुरात वापरलेले युक्तिवाद ओळखणे ii. मजकुरात वापरलेल्या किंवा गृहित धरलेल्या सिद्धांतांची ओळख करणे <b>मजकुराचे विश्लेषण</b> i. मजकुर काय सांगतो हे समजून घेणे ii. मजकुर काय करतो हे समजून घेणे iii. मजकुराचा अर्थ समजून घेणे</p>	<b>8 Hours</b>	
<b>Unit IV</b>	<p><b>अव्यक्त संवाद</b> अव्यक्त संवादाचा अर्थ अव्यक्त संवाद वापरण्याचे फायदे अव्यक्त संवादाच्या पद्धतीची ओळख i. दर्शनीय आणि आदर्शनीय शारीरिक भाषा ii. डोळ्यांचा संपर्क आणि चेहऱ्यावरील भाव iii. हाताच्या हालचाली अव्यक्त संवादातील करावे आणि करू नयेत अशा गोष्टी तज्ञांकडून शिकणे क्रियाकलाप-आधारित शिक्षण</p>	<b>8 Hours</b>	

**संदर्भ ग्रंथ सूची :**

- "Marathi Bhasha Shuddhalekhan" by Arun Joglekar
- "Marathi Vyakaran Ani Lekhan" by S. M. Pahinkar
- "Vyavaharik Marathi Vyakaran" by Kamal Gokhale
- "Marathi Lekhan Kala" by Dr. V. P. Desai
- "Marathi Bhasha Prabodhan" by Dr. Madhukar Apte
- "Marathi Vyakaran Ani Rachana" by Manik Gadre
- UGC Jivan Kaushallya 2.0

Programme : B. A. Yogashastra (673)

Sant Gadge Baba Amravati University, Amravati

Faculty : Inter-Disciplinary Studies

Three Years- Six Semesters Bachelor's Degree Programme – NEP-v24

Programme : B. A. Yogashastra

Semester II

Major 1 DSC I (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

<b>Course Objectives:</b>	<ol style="list-style-type: none"><li>1. To make students aware about Aims and Objectives of Yoga</li><li>2. To introduce students to Ashtanga Yoga</li><li>3. To make students aware about Teaching Practices</li><li>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 &amp; skills in preservation and protection of health of general public and children</li></ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"><li>1. Primary goal of yoga is to gain balance and control in one's life.</li><li>2. The practice of Yoga exercises aims at overcoming the limitations of the body</li><li>3. To acquaint students with the basic introduction and concepts of yoga</li><li>4. To understand the development of yoga from Veda, Upanishat, purana period.</li><li>5. To study the different Paramparas and their contribution towards yoga.</li><li>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,</li></ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<ul style="list-style-type: none"><li>• Concept of Bandha and its types</li><li>• Concept of Mudra and its types</li></ul>	7 Hrs	7 Marks
<b>Unit- II</b>	<ul style="list-style-type: none"><li>• Comparison between Yogic Asanas and exercise</li><li>• Management of Life Style through Yoga</li></ul>	7 Hrs	7 Marks
<b>Unit- III</b>	<ul style="list-style-type: none"><li>• Comparison between Pranayama and Normal Breathing</li><li>• Role of Yoga in Education</li></ul>	8 Hrs	8 Marks

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<b>Unit- IV</b>	<ul style="list-style-type: none"><li>• International movement of Yoga</li><li>• Need of Yoga in Modren life style</li></ul>	8 Hrs	8 Marks
<b>References</b>	<ol style="list-style-type: none"><li>1. योग महाविज्ञान (हिंदी) : डॉ. कामाख्या कुमार</li><li>2. शरीरशास्त्र और योगाभ्यास : (और इंग्लिश हिंदी) डॉ. एम एम गोरे</li><li>3. योग प्रवेश (मराठी) : डॉ. विश्वास मंडित</li><li>4. योग परिचय (मराठी) : डॉ. विश्वास मंडित</li><li>5. योग स्वास्थ्य कुजी (हिंदी) : डॉ. अरुण खोडसकर</li><li>6. योगशास्त्र मुक्त : यशवंतराव चव्हाण महाराष्ट्र विद्यापीठ, नाशिक</li></ol>		

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**Major 2 DSC II (T)**

Level	Sem	Course Code	Course	Teaching Hours	Exam Duration	Max Marks
4.5	II	673214	Applications of Yoga -II	30	2 Hours	50

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. To introduce a Yoga Schools with Vedanta Tradition</li> <li>2. Students will study about Hatha Yoga</li> <li>3. Students will study about Mantra Yoga</li> <li>4. Students will study about Bhaktiyoga</li> </ol>		
<b>Course Outcomes:</b>	<p>The students would be able to</p> <ol style="list-style-type: none"> <li>1. Apply knowledge of Health and importance of Mithara</li> <li>2. Apply the knowledge of Vedantand Trantric Traditional</li> <li>3. Apply the knowledge of Bhaktti</li> <li>4. Apply the knowledge of Mantra</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	Yoga Schools with Vedanta Tradition <ul style="list-style-type: none"> <li>• Jnanayoga,</li> <li>• Karmayoga</li> </ul>	7 Hrs	7 Marks
<b>Unit- II</b>	<ul style="list-style-type: none"> <li>• Bhaktiyoga (types of Bhakta with exampals)</li> <li>• Navadabhakti</li> </ul>	7 Hrs	7 Marks
<b>Unit- III</b>	Types of Tantric Tradition <ul style="list-style-type: none"> <li>• Hatha Yoga</li> <li>• Mantra Yoga</li> </ul>	8 Hrs	8 Marks
<b>Unit- IV</b>	<ul style="list-style-type: none"> <li>• Applications of Jnana, Bhakti andKarma Yoga in modern times.</li> <li>• Applications of Hatha Yoga and Mantra Yoga in modern times.</li> </ul>	8 Hrs	8 Marks
<b>References</b>	Asanas: Swami Kuvalyan and, Kaiwalyadham, Lonavala Pranayama: Swami Kuvalyan and,Kaiwalyadham, Lonavala Yoga:KeyofHealth byDr.A.N.Khodaskar,ShreeH.V.P.M. Amravati Yogatherapy:SwamiKuvalyanand&Dr. Vinegar, Lonavala YogicTechniques byDr.M.L.Gharote,Lonavala		

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**Major 3 DSC III (T)**

Level	Sem	Course Code	Course	Teaching Hours	Exam Duration	Max Marks
4.5	II	673215	Yogic Sukshma Vyayam - II	30	2 Hours	50

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam</li> <li>2. The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them</li> <li>3. Students will study about types of Udara Shakti Vikasaka</li> <li>4. Students will study exercise of human joints</li> </ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"> <li>1. The students will learn the Yogic Sukshma Vyayam and be able to guide others in practice.</li> <li>2. The purpose of Yoga practice is to communicate Yogic Sukshma Vyayam mentioned in the syllabus in the traditional way.</li> <li>3. To have self-experience of each Yoga technique.</li> <li>4. Demonstrate Yoga in scientific way.</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	21) Ansuli Shakti Vikasaka (2) 22) Vaksha Shakti Vikasaka(1) 23) Vakshasthala Shakti Vikasaka (2) 24) Udara Shakti Vikasaka(1) 25) Udara Shakti Vikasaka (2)	7 Hrs	7 Marks
<b>Unit- II</b>	26) Udara Shakti Vikasaka (3) 27) Udara Shakti Vikasaka (4) 28) Udara Shakti Vikasaka (5) 29) Udara Shakti Vikasaka (6) 30) Udara Shakti Vikasaka (7)	7 Hrs	7 Marks
<b>Unit- III</b>	31) Udara Shakti Vikasaka (8) 32) Udara Shakti Vikasaka (9) 33) Udara Shakti Vikasaka (Nauli) (10) 34) Kati Shakti Vikasaka (1) 35) Kati Shakti Vikasaka (2)	8 Hrs	8 Marks
<b>Unit- IV</b>	36) Kati Shakti Vikasaka (3) 37) Kati Shakti Vikasaka (4) 38) Kati Shakti Vikasaka (5) 39) Muladhar Chakra Shudhi. 40) UPasteethathaswadhasthan Chakarashuddhi	8 Hrs	8 Marks

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Reference s	
1. आसन प्राणायाम बंधमुद्रा	: - स्वामी सत्यानंद सरस्वती
2. शारीर विज्ञान आणि योगाभ्यास (मराठी/हिन्दी)	: - डागोरे .एम .एम .
3. सरल योगासन	: - डा ईश्वर भारदाज
4. यौगिक स्मुक्षम एवं स्थुल व्यायाम संस्थान -	: मोरारजी देसाई राष्ट्रीय योग
5. यौगिक स्मुक्षम एवं स्थुल व्यायाम	: स्वामी धिरेन्द्र ब्रम्हचारी
6. Common Yoga Protocol (2016)	: Morarji Desai National Institute Delhi
7. सामान्य योगाभ्यास	: मोरारजी देसाई राष्ट्रीय योग संस्थान
8. IDY CYP Film Hindi	:
	<a href="https://www.youtube.com/watch?v=0XKvBQojxeY">https://www.youtube.com/watch?v=0XKvBQojxeY</a>
9. IDY CYP Film English	:
	<a href="https://www.youtube.com/watch?v=9GRKhGyibt">https://www.youtube.com/watch?v=9GRKhGyibt</a>
10. Common Yoga Protocol	: Marathi (full version), International Day of Yoga – 2016

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**DSC I (P)**

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673216	Practical of Yogic Practices - II	1	30	2 Hours	50

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>To introduce students standing postures, sitting postures, prone postures and prone postures</li> <li>To introduce a regular and rigorous practice (sadhana) of Yogic Practices</li> <li>To introduce a Types of Surya namaskar</li> <li>To introduce a Asanas</li> <li>Students will study about Pranayama</li> <li>Students will study about Bandh Mudra</li> </ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"> <li>To introduce a regular and rigorous practice (sadhana) of Yogic Practices</li> <li>The students will learn the procedures of Shat Karmas and be able to execute them</li> <li>The students will learn the Yogasanas and be able to guide others in practice.</li> <li>The students will learn the procedures of Pranayama and be able to execute these The Meditation and be able to guide others in practice.</li> <li>The procedures of executing Pranayama</li> <li>The purpose of Yoga practice is to communicate Asanas mentioned in the syllabus in the traditional way.</li> <li>To have self-experience of each Yoga technique.</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<p>. Sadilaja/ chalankriya /loosening practices</p> <ul style="list-style-type: none"> <li>i. Neck bending (grivashaktivikasaka)</li> <li>ii. Shoulder's movement</li> <li>iii. Trunk movement (katishaktivikasaka)</li> <li>iv. Knee movement</li> </ul>	7 Hrs	7 Marks
<b>Unit- II</b>	<p>A. Standing postures</p> <ul style="list-style-type: none"> <li>Tadasana (Palm Tree Posture)</li> <li>Vrikshasana (The Tree Posture)</li> <li>Padahasthasana (The Hands to Feet Posture)</li> <li>ARDHA Chakrasana (The Half Wheel Posture)</li> <li>TRIKONASANA (The Triangle Posture)</li> </ul>	7 Hrs	7 Marks
<b>Unit- III</b>	<p>B. SITTING POSTURES</p> <ul style="list-style-type: none"> <li>BHADRASANA (The Firm/Auspicious Posture)</li> <li>VAJRASANA (Thunderbolt Posture)</li> <li>ARDHA USHATRASANA (The Half Camel Posture)</li> <li>USHATRASANA (Camel Posture)</li> <li>SASHANKASANA (The Hare Posture)</li> <li>UTTANA MANDUKASANA (Stretched up-frog posture)</li> </ul>	8 Hrs	8 Marks

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	<ul style="list-style-type: none"> <li>• VAKRASANA (The Spinal Twist Posture)</li> </ul>		
<b>Unit- IV</b>	<ul style="list-style-type: none"> <li>C. PRONE POSTURES</li> <li>• MAKARASANA (The Crocodile Posture)</li> <li>• BHUJAJGASANA (The Cobra Posture)</li> <li>• SALABHASANA (The Locust Posture)</li> <li>D. SUPINE POSTURES</li> <li>• SETUBANDHASANA (The Bridge Posture)</li> <li>• UTTANA PADASANA (Raised feet posture)</li> <li>• ARDHA HALASANA (Half plough posture)</li> <li>• PAVANA MUKTASANA (The Wind Releasing Posture)</li> <li>• SHAVASANA (The Corpse/ Dead Body Posture)</li> </ul>	8 Hrs	8 Marks
<b>Reference</b>	<ol style="list-style-type: none"> <li>1. Asana Pranayama Bandh Mudra - Swami Satyanand Saraswati</li> <li>2. Hathapradipika - Dr. M.L. Gharote</li> <li>3. GherandaSamhita - Swami Digambarji</li> <li>4. Asana - Swami Kuvalayananda</li> <li>5. Pranayama - - Swami Kuvalayananda</li> <li>6. Hathapradipika of Svatanarama - Dr. L. M. Gharote &amp; Parimal Devnath</li> <li>7. Hathapradipika of Svatanarama - Swami Digamberji</li> <li>8. The Gheranda samhita - - M. Vijayalaxmi</li> <li>9. आसन प्राणायाम बंधमुद्रा - स्वामी सत्यानंद सरस्वती</li> <li>10. शारीर विज्ञान आणि योगाभ्यास मराठी/हिन्दी) - - डागोरे .एम .एम .</li> <li>11. हठयोग की शुद्धिक्रियाएं (मराठी/हिन्दी) - योगाचार्य विश्वास मांडलिक</li> <li>12. योगासने - डाशर्मा .डी .पी .</li> <li>13. सरल योगासन - डा ईश्वर भारदाज</li> <li>14. यौगिक स्मुक्ष्म एवं स्थुल व्यायाम - मोरारजी देसाई राष्ट्रीय योग संस्थान</li> <li>15. यौगिक स्मुक्ष्म एवं स्थुल व्यायाम स्वामी धिरेन्द्र ब्रम्हचारी -</li> <li>16. सुर्य नमस्कार - डाकेशव श्रीसागर .</li> </ol>		



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**DSC II (P)**

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673217	Meditation	1	30	2 Hours	50

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>1. Promoting positive health and holistic wellness,</li> <li>2. Imparting skills to introduce Yoga awareness for health among general public.</li> <li>3. To enable students to become competent and committed professionals willing</li> <li>4. 4. To perform as Yoga Trainer. To make student to use competencies and skills needed for becoming effective to Strong his willpower and mental health</li> </ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"> <li>1. To acquaint student with the Practical knowledge of Meditation ,</li> <li>2. Students can work as Yoga Trainer in Yoga Studio, Yoga wellness Centres.</li> <li>3. Conduct Yoga Protocol at work places.</li> <li>4. Student Learn relaxation techniques</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<ol style="list-style-type: none"> <li>1. Introduction to Meditation</li> <li>2. Basic principles of meditation</li> <li>3. Benefits of Meditation</li> <li>4. Types of Meditations</li> </ol>	7 Hrs	7 Marks
<b>Unit- II</b>	<b>Meditation &amp; MaharshiGheranda</b> <ol style="list-style-type: none"> <li>1. Sthoola Dhyana (Gross/physical meditation )</li> <li>2. Jyotirmaya Dhyana (dhyana full of light)</li> <li>3. Sukshma Shyana (subtle meditation)</li> </ol>	7 Hrs	7 Marks
<b>Unit- III</b>	<b>Upanishad &amp; Meditation</b> <ol style="list-style-type: none"> <li>1. Saguna Dhayan (Concrete meditation)</li> <li>2. Nirgun Dhayan (Abstract meditation)</li> <li>3. Methods of Meditation – Mandukya Upanishad</li> <li>4. For levels of consciousness and their relation with Omkar- Mandukya Upanishad</li> </ol>	8 Hrs	8 Marks
<b>Unit- IV</b>	<b>The five Concentrations Practice</b> (PanchaDharana) <ol style="list-style-type: none"> <li>1. ParthiviDharana (concentration on earth)</li> <li>2. AmbhasiDharana (concentration on water)</li> <li>3. AgneyiDharana (concentration on fire)</li> <li>4. VayviyeDharana (concentration on air)</li> <li>5. Akashi Dharna (on ether)</li> </ol>	8 Hrs	8 Marks
<b>References :</b>	<ol style="list-style-type: none"> <li>1. Common Yoga Protocol (2016) Morarji Desai National Institute Delhi</li> <li>2. LkkekU; ;ksxH;kleksjkjthnslkbZjk'V*h; ;ksxlaLFkku</li> <li>1. IDY CYP Film Hindi <a href="https://www.youtube.com/watch?v=0XKvBQojxeY">https://www.youtube.com/watch?v=0XKvBQojxeY</a></li> <li>2. IDY CYP Film English: <a href="https://www.youtube.com/watch?v=9GRKhGyibtI">https://www.youtube.com/watch?v=9GRKhGyibtI</a></li> <li>3. Common Yoga Protocol-Marathi (full version), International Day of Yoga – 2016</li> </ol>		

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	<p><a href="https://www.youtube.com/watch?v=JNvyqnlOYTY">https://www.youtube.com/watch?v=JNvyqnlOYTY</a></p> <p>4. "Asanas" - Kuvalayananda Swami Kaivalyadhama, Lonavala.</p> <p>5."Pranayama " - Kuvalayananda Swami Kaivalyadhama Lonavala</p> <p>6.आसनप्राणायामबंधमुद्रा स्वामीसत्यानंदसरस्वती -</p> <p>7.शारीरववज्ञानआवणयोगाभ्यास गोर .एम .एम .डा -(मराठी/वहन्दी)</p>
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**DSC III (P)**

Level	Sem	Course Code	Course	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673218	Yogic Sukshma Vyayam - II	1	30	2 Hours	50

<b>Course Objectives:</b>	<ol style="list-style-type: none"> <li>To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam</li> <li>The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them</li> <li>Students will study about types of Udara Shakti Vikasaka</li> <li>Students will study exercise of human joints</li> </ol>		
<b>Course Outcomes:</b>	<ol style="list-style-type: none"> <li>The students will learn the Yogic Sukshma Vyayam and be able to guide others in practice.</li> <li>The purpose of Yoga practice is to communicate Yogic Sukshma Vyayam mentioned in the syllabus in the traditional way.</li> <li>To have self-experience of each Yoga technique.</li> <li>Demonstrate Yoga in scientific way.</li> </ol>		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	21) Ansuli Shakti Vikasaka (2) 22) Vaksha Shakti Vikasaka(1) 23) Vakshasthala Shakti Vikasaka (2) 24) Udara Shakti Vikasaka(1) 25) Udara Shakti Vikasaka (2)	7 Hrs	7 Marks
<b>Unit- II</b>	26) Udara Shakti Vikasaka (3) 27) Udara Shakti Vikasaka (4) 28) Udara Shakti Vikasaka (5) 29) Udara Shakti Vikasaka (6) 30) Udara Shakti Vikasaka (7)	7 Hrs	7 Marks
<b>Unit- III</b>	31) Udara Shakti Vikasaka (8) 32) Udara Shakti Vikasaka (9) 33) Udara Shakti Vikasaka (Nauli) (10) 34) Kati Shakti Vikasaka (1) 35) Kati Shakti Vikasaka (2)	8 Hrs	8 Marks
<b>Unit- IV</b>	36) Kati Shakti Vikasaka (3) 37) Kati Shakti Vikasaka (4) 38) Kati Shakti Vikasaka (5) 39) Muladhar Chakra Shudhi. 40) UPasteehathathaswadhisthan Chakarashuddhi	8 Hrs	8 Marks
<b>References</b>	<ol style="list-style-type: none"> <li>आसन प्राणायाम बंधमुद्रा :- स्वामी सत्यानंद सरस्वती</li> <li>शारीर विज्ञान आणि योगाभ्यास (मराठी/हिन्दी) :- डागोरे .एम .एम .</li> </ol>		

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3. सरल योगासन	: - डा ईश्वर भारदाज
4. यौगिक स्मुक्षम एवं स्थुल व्यायाम	: मोरारजी देसाई राष्ट्रीय योग संस्थान
5. यौगिक स्मुक्षम एवं स्थुल व्यायाम	: स्वामी धिरेन्द्र ब्रम्हचारी
6. Common Yoga Protocol (2016)	: Morarji Desai National Institute Delhi
7. सामान्य योगभ्यास	: मोरारजी देसाई राष्ट्रीय योग संस्थान
8. IDY CYP Film Hindi	:
	<a href="https://www.youtube.com/watch?v=0XKvBQojxeY">https://www.youtube.com/watch?v=0XKvBQojxeY</a>
9. IDY CYP Film English	:
	<a href="https://www.youtube.com/watch?v=9GRKhGyibt">https://www.youtube.com/watch?v=9GRKhGyibt</a>
10. Common Yoga Protocol	: Marathi (full version), International Day of Yoga – 2016

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**Ability Enhancement Course (AEC) i - English Language**

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673219	Communication Skills in English (Written)	2	30	2 Hours	50

<b>Course Objectives:</b>	1) To give students the knowledge of Various forms of Written communication. 2) To make students proficient in written communication		
<b>Course Outcomes:</b>	<b>After completion of this course students will be able to...</b> 1) Write various letters. 2) Write commercial Advertisements. 3) Write E-mail 4) Write effectively on social media.		
<b>Unit</b>	<b>Content</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<b>Correspondence (Formal Letter)</b> 1) Letters of enquiry. 2) Letters of order 3) Letters of Complaint- 4) E-mail Writing.	7 Hrs	7 Marks
<b>Unit- II</b>	<b>Application Writing ( Formal Letter)</b> 1) Application letter for TC 2) Application for Job 3) C V writing. 4) Proposal Writing	7 Hrs	7 Marks
<b>Unit- III</b>	<b>Commercial Writing</b> 1) Advertisement- writing. 2) Product- Manual 3) Poster/Brochure writing.	8 Hrs	8 Marks
<b>Unit- IV</b>	<b>Social Media and Content Writing</b> 1) Blog Writing. 2) Writing on Facebook. 3) Writing. on Instagram.	8 Hrs	8 Marks
<b>Distribution of Marks</b>			
Assessment			
Personal Interview			10 Marks
Assignment-			10 Marks
Total			20 Marks
External (Theory)			30 Marks
Total			50 Marks

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**Ability Encasement Course (AEC) i- Second Language / MIL- Marathi**

Level	Sem	Course Code	Course Name	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673220	<b>अभ्यासपत्रिका - २ संभाषण कौशल्ये</b>	2	30	2 Hours	50

<b>Course Objectives:</b> / अभ्यासपत्रिके ची उद्दिष्टे	१. विद्यार्थ्यांना संभाषण कौशल्याचे स्वरूप अवगत करून देणे. २. विद्यार्थ्यांना संभाषण कौशल्याचे विविध प्रकार अवगत करून देणे. ३. विद्यार्थ्यांच्या संभाषण कौशल्य क्षमता विकसित करणे. ४. संभाषण कौशल्याच्या माध्यमातून विद्यार्थ्यांच्या व्यक्तिमत्त्वाचा विकास होण्यास मदत होईल. ५. विद्यार्थ्यांच्या सूत्र संचालन व वक्तृत्व कौशल्य क्षमता विकसित करणे.		
<b>Course Outcomes:</b> / अभ्यासपत्रिके ची फलनिष्पत्ती	१. विद्यार्थ्यांना मूलभूत संभाषण कौशल्याचे आकलन होईल. २. विद्यार्थ्यांना संभाषण कौशल्याचे प्रकार अवगत होईल. ३. विद्यार्थ्यांच्या संभाषण कौशल्य क्षमता विकसित होईल. ४. विद्यार्थ्यांच्या सूत्र संचालन व वक्तृत्व कौशल्य क्षमता विकसित होतील. ५. विद्यार्थ्यांना संभाषण कौशल्ये आत्मसाथ केल्यानंतर रोजगाराच्या संधी निर्माण होतील.		
<b>Unit / विभाग</b>	<b>Content / उपघटक</b>	<b>Workload Allotted</b>	<b>Marks Allotted</b>
<b>Unit- I</b>	<b>संभाषण कौशल्ये -</b> संभाषण : व्याख्या, प्रकार, निवेदन व्याख्या, प्रकार, ई संभाषण	७ तास	7 Marks
<b>Unit- II</b>	<b>सूत्रसंचालन :</b> सूत्रसंचालन एक कला, सूत्रसंचालनाची वैशिष्ट्ये, सूत्रसंचालकाने पाळावयाची पथ्ये, कार्यक्रम पत्रिका, सूत्रसंचालकाची भूमिका, मानसिकता	८ तास	7 Marks
<b>Unit- III</b>	<b>मुलाखत :</b> मुलाखत देणे-घेणे एक कला, वर्तमान पत्रे, आकाशवाणी, दूरचित्रवाणी, सभासंमेलन मध्ये मुलाखत कशी घ्यावी. मुलाखतीतील काही संकेत.	७ तास	8 Marks
<b>Unit- IV</b>	<b>वक्तृत्व:</b> वक्तृत्वाचे स्वरूप, वक्तृत्व ही एक कला, वक्तृत्व हे एक शास्त्र, बोलणं आणि वक्तृत्व, अष्टपैलू वक्तृत्वपटूचे गुण, वक्तृत्वाचे महत्व.	८ तास	8 Marks

**Programme : B. A. Yogashastra (673)**

अभ्यासक्रमा साठी नेमलेले पुस्तक	१. लेखन व संभाषण कौशल्य संपादक डॉ. काशीनाथ बह्हाटे, अथर्व पब्लिकेशन्स, जळगाव, प्रथम आवृत्ती २०२४		
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**गुण विभागणी**

गुण विभागणी	लेखी परीक्षा -	३० गुण
	अंतर्गत मूल्यमापन -	२० गुण
	<b>एकूण गुण</b>	<b>५० गुण</b>
प्रश्नपत्रिकेचे स्वरूप	प्रश्न १ अभ्यास घटकावर 01 दीर्घोत्तरी प्रश्न	१२ गुण
	प्रश्न २ - अभ्यास घटकावर 01' दीर्घोत्तरी प्रश्न	१२ गुण
	प्रश्न ३ - अभ्यास घटकावर 01 लघुत्तरी प्रश्न	०६ गुण
अंतर्गत मूल्यमापन	अभ्यासक्रमाशी संबंधित घटकावर गृहपाठ (Assignment)	२० गुण

**Programme : B. A. Yogashastra (673)**

(AEC) ii

**Indian Knowledge System (Generic)- IKS**

[Common to All Faculties]

SEMESTER II							
Indian Knowledge System (Generic) - IKS							
Level	Sem	Course Code	Course Name	Credits	Teaching Hrs	Exam Duration	Max Marks
4.5	II	673221	<b>Indian Knowledge System (Generic)</b>	1	15	1 Hrs	25
<b>Objective</b>	: The main objective of the course are <ol style="list-style-type: none"> <li>Evaluate the impact of yoga practices on enhancing emotional intelligence and overall well-being.</li> <li>Understand Ayurveda's definition of health, the concept of tridoshas, and their role in maintaining wellness through daily regimens and disease management.</li> <li>Analyze Kautilya's Arthashastra to understand ancient principles of governance and administration.</li> <li>Explore the practices of ancient Indian trade, agriculture, and transportation, including the role of ports and animal husbandry in economic activities.</li> </ol>						
<b>Course Outcome</b>	After successfully completing the course, students will be able to: <ol style="list-style-type: none"> <li>Assess how integrating yoga into daily life enhances emotional intelligence and overall health.</li> <li>Analyze Ayurveda's holistic approach to health, including tridoshas, daily regimens, and disease management.</li> <li>Evaluate Kautilya's Arthashastra and Vidura Niti for insights into ancient governance and leadership strategies.</li> <li>Understand the role and importance of governance, public administration through Kautilya's Artha Shastra, VidurNiti, etc.</li> <li>Take up a detailed study of some of these topics and explore their application potential.</li> <li>Explore the impact of ancient Indian trade, agriculture, and transportation practices on economic development and business.</li> </ol>						
<b>Unit</b>	<b>Content</b>					<b>Hours</b>	
<b>Unit-III</b>	<b>(Inter-disciplinary):</b> Impact of yoga way of life on emotional intelligence. Ayurveda definition of health, tridoshas-relationship to health, dinacharya daily regimen for wealth and wellness, surgical techniques disease management: diagnostic techniques, sleep and food importance to health, drugs and physical therapy					7	



**Programme : B. A. Yogashastra (673)**

<b>Unit-IV</b>	<b>(Commerce and Management):</b> Governance and public administration: Kautilya's Arthashastra governance and administration. Vidura Niti: advice to head of the nation, Trading in ancient India. ancient Indian agriculture, crops and tools; ways of travelling and business, animal husbandry ancient Indian ports	8
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**References:**

**Text Books:**

1. Kapur K and Singh A. K (Eds) 2005). Indian Knowledge Systems, Vol. 1. Indian Institute of Advanced Study, Shimla. Tatvabodh of sankaracharya, Central Chinmay mission trust, Bombay, 1995.

**e Books:**

1. Ranganathananda, Swami. *The Message of the Upanishads*. Bombay: Bharathya Vidya Bhaven, 1985.
2. OmPrakash, Religion and Society in Ancient India, Bhariya VidhyaPrakashan, 1985
3. J Auboyer, Daily Life in Ancient India from Approximately 200 BC to AD 700, Munshi Ram Manoharlal publication, 1994.
4. DK Chakrabarty, Makkhan Lal, History of Ancient India (Set of 5 Volumes), Aryan book International publication, 2014
5. Dr. Girish Nath Jha, Dr. Umesh Kumar Singh and Diwakar Mishra, Science and Technology in Ancient Indian Texts, DK Print World limited,
6. Swami BB Vishnu, Vedic Science and History - Ancient Indian's Contribution to the Modern World, Gosai publication, 2015
7. Chatterjee, S.C. *The Nyaya Theory of Knowledge*. Calcutta: University of Calcutta Press, 1950.
8. Dasgupta, Surendra. *A History of Indian Philosophy*. Delhi: Motilal Banarsidass, 1991. Vols. III & IV. 22. Mercier, Jean L. *From the Upanishads to Aurobindo*. Bangalore: Asian Trading Corporation, 2001. 23. M. Hiriyanna. *Essentials of Indian Philosophy*. London: Diane Publications, 1985.
9. Hume, Robert Ernest, Tr. *The Thirteen Principal Upanishads*. Virginia: Oxford University Press, 1931. 25. Radhakrishnan, S. *Principal Upanishads*. New York: HarperCollins, 1963.
10. Satprakashananda. *The Methods of Knowledge according to Advaita Vedanta*. Calcutta: Advaita Ashram, 2005.
11. Potter, K.H. *Encyclopaedia of Indian Philosophies*, Vol. III. Delhi: Motilal Banarasidass, 2000.

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**(SEC)Life Skills II Communication Skills in English**

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks	
						50	
II	673222	(P) SEC Life skills-II Professional Skills (Career Skills and Team Skills-I)-English Resume Skills, Interview Skills, Group Discussion Skills, Presentation Skills. (UGC-jivan koushalya 2.0)	1	-	-	Theory Internal 25	Practical Internal 25

<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. To develop essential professional skills</li> <li>2. To develop skills of resume writing, interview preparation, group discussion proficiency.</li> <li>3. To develop skill of effective presentation techniques in English.</li> </ol>		
<b>Course Outcomes</b>	<p><b>After successful completion of course students should be able to –</b></p> <ol style="list-style-type: none"> <li>1. Prepare the resume on an appropriate template using proper syntax.</li> <li>2. Participate in a simulated interview.</li> <li>3. Actively participate in group discussions towards gainful employment</li> <li>4. Enlist the common errors in an interview.</li> <li>5. Perform appropriately and effectively in group discussions.</li> <li>6. Explore both online and offline sources of career opportunities.</li> </ol>		
<b>Unit System</b>	<b>Contents</b>	<b>Learning Hours</b>	<b>Incorporation of Pedagogies</b>
<b>Unit I</b>	<p><b>Resume Skills:</b></p> <p><b>I. Preparation and Presentation</b> Introduction of resume and its importance Difference between a CV, resume and bio data Essential components of a good résumé</p> <p><b>II. Common Errors</b> Common errors while preparing a resume Prepare a good résumé considering all essential components</p>	<b>7 Hours</b>	<ol style="list-style-type: none"> <li>1. Demonstration</li> <li>2. Experiential learning</li> <li>3. Imitation</li> <li>4. Participative learning</li> <li>5. Practice Method</li> <li>6. Command</li> </ol>

**Programme : B. A. Yogashastra (673)**

	<b>Interview Skills</b>		<b>Method</b>
<b>Unit II</b>	<b>I. Preparation and Presentation:</b> <ul style="list-style-type: none"> <li>• Meaning and types of interviews (F2F, telephonic, video, etc.)</li> <li>• Dress code, background research, do's and don'ts.</li> <li>• Situation, task, action, and response (STAR concept) for facing an interview.</li> <li>• Interview procedure (opening, listening skills, and closure).</li> <li>• Important questions generally asked at a job interview (open- and close-ended questions).</li> </ul> <b>II. Simulation:</b> <ul style="list-style-type: none"> <li>• Observation of exemplary interviews.</li> <li>• Comment critically on simulated interviews.</li> </ul> <b>III.</b> <b>IV. Common Errors</b> <ul style="list-style-type: none"> <li>• Discuss the common errors that candidates generally make at an interview</li> <li>• Demonstrate an ideal interview</li> </ul>	<b>7 Hours</b>	
<b>Unit III</b>	<b>Group Discussion Skills</b> <ul style="list-style-type: none"> <li>• Meaning and Methods of Group Discussion</li> <li>• Procedure of Group Discussion</li> <li>• Group Discussion — Simulation</li> <li>• Group Discussion — Common Errors</li> </ul>	<b>8 Hours</b>	
<b>Unit IV</b>	<b>Exploring Career Opportunities</b> <ul style="list-style-type: none"> <li>• Knowing yourself — Personal characteristics.</li> <li>• Knowledge about the world of work, requirements of jobs, including self-employment.</li> <li>• Sources of career information.</li> <li>• Preparing for a career based on potential and availability of opportunities</li> </ul>	<b>8 Hours</b>	

**References:**

- "The 7 Habits of Highly Effective People" by Stephen R. Covey
- "Emotional Intelligence 2.0" by Travis Bradberry and Jean Greaves
- "What Color is Your Parachute? 2022: Your Guide to a Lifetime of Meaningful Work and Career Success" by Richard N. Bolles

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- "Designing Your Life: How to Build a Well-Lived, Joyful Life" by Bill Burnett and Dave Evans
- "The Five Dysfunctions of a Team: A Leadership Fable" by Patrick Lencioni

"Crucial Conversations: Tools for Talking When Stakes Are High" by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler

**Programme : B. A. Yogashastra (673)**

**Communication Skills in Second Language/ MIL**

Semester	Course Code	Course Name	Credits	Teaching Hrs.	Exam Duration	Max. Marks	
						50	
II	673223	(P) Career Skills and Team Skills-II-Second Language / Marathi/ Hindi/ Urdu Exploring Career Opportunities Skills, Trust and Collaboration, Listening as a Team Skill, Brainstorming, Social and Cultural Etiquettes, Internal Communication	1	-	-	Theory Internal 25	Practical Internal 25

<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. आवश्यक व्यावसायिक कौशल्ये विकसित करणे.</li> <li>2. जीवनवृत्त लेखन, मुलाखतीची तयारी, गटचर्चा कार्यक्षमतेची कौशल्ये विकसित करणे.</li> <li>3. मराठीत प्रभावी सादरीकरण तंत्राची कौशल्ये विकसित करणे.</li> </ol>		
<b>Course Outcomes</b>	<p><b>विद्यार्थी निम्नलिखित कार्ये करण्यात सक्षम होतील:</b></p> <ol style="list-style-type: none"> <li>1. उचित वाक्यविन्यासाचे उपयोग करते वेळी योग्य टेम्पलेटवर जीवनवृत्त तयार करण्यात सक्षम होतील .</li> <li>2. लाभकारी उपक्रमासाठी समूह चर्चा मध्ये सक्रिय रूपाने भाग घेतील.</li> <li>3. विचारमंथन क्षमता विकसित करतील आणि समस्यांचे समाधान करण्यात सक्षम होतील.</li> <li>4. प्रदर्शन दक्षता विकसित करण्यात आणि उत्तरदायित्व घेण्यात सक्षम होतील.</li> <li>5. संबंधित नोकरी किंवा भूमिके संबंधा मध्ये स्वयं - मुलाखत अनुकरणचा व्हिडिओ बनविण्यात सक्षम होतील.</li> <li>6. समूह चर्चा मध्ये उचित आणि प्रभावी पणे भाग घेतील.</li> </ol>		
<b>Unit System</b>	<b>Contents</b>	<b>Learning Hours</b>	<b>Incorporation of Pedagogies</b>
<b>Unit I</b>	<p><b>जीवनवृत्त कौशल्ये:</b></p> <p><b>I. तयारी आणि प्रदर्शन</b></p> <ul style="list-style-type: none"> <li>● जीवनवृत्ताचा परिचय आणि त्याचे महत्त्व</li> <li>● सारवृत्, जीवनवृत्त आणि बायोडाटा च्या मधले अंतर</li> <li>● एक चांगले जीवनवृत्त आवश्यक घटक</li> </ul> <p><b>II. सज्जि चुक</b></p> <ul style="list-style-type: none"> <li>● जीवनवृत्त तयार करतेवेळी होणार सामान्य चुका</li> <li>● सर्व आवश्यक घटकांवर विचार करणे एक चांगले जीवनवृत्त तयार करणे</li> </ul>	<b>7 Hours</b>	<ol style="list-style-type: none"> <li>1. Demonstration</li> <li>2. Experiential learning</li> <li>3. Imitation</li> <li>4. Participative learning</li> </ol>

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<p align="center"><b>Unit II</b></p>	<p><b>मुलखित कौशल्ये:</b></p> <p><b>I. तयरी आणि प्रदर्शन:</b></p> <ul style="list-style-type: none"> <li>• मुलाखतीचा अर्थ आणि प्रकार (समोरासमोर, टेलिफोनिक, व्हिडिओ, इ.)</li> <li>• ड्रेस कोड, पार्श्वभूमीचा शोध, काय करावे आणि काय करू नये.</li> <li>• मुलाखतीचा सामना करण्यासाठी स्थिती, कार्य, क्रिया आणि प्रतिक्रिया (स्टार अंक).</li> <li>• मुलाखत प्रक्रिया (आरंभ, चार का कौशल, आणि समापन)</li> <li>• नोकरी के मुलाखतीमध्ये सामान्यतः विचारले जाणारे महत्त्वपूर्ण प्रश्न (खुले आणि बंद प्रश्न)</li> </ul> <p><b>II. अनुकरण:</b></p> <ul style="list-style-type: none"> <li>• अनुकरणीय मुलाखतीचे निरीक्षण.</li> <li>• सरावातील चुकांची आलोचना.</li> </ul> <p><b>सखिचुका</b></p> <ul style="list-style-type: none"> <li>• मुलाखती दरम्यान होणाऱ्या सामान्य चुका, त्यावर चर्चा करणे</li> <li>• एक आदर्श मुलाखत प्रदर्शन करणे</li> </ul>	<p align="center"><b>7 Hours</b></p>	<p><b>5. Practice Method</b></p> <p><b>6. Command Method</b></p>
<p align="center"><b>Unit III</b></p>	<p><b>समूह चर्चा कौशल्ये</b></p> <ul style="list-style-type: none"> <li>• समूह चर्चा चा अर्थ आणि पद्धती</li> <li>• समूह चर्चा प्रक्रिया</li> <li>• समूह चर्चा — सिमुलेशन</li> <li>• समूह चर्चा — सामान्य चुका</li> </ul>	<p align="center"><b>8 Hours</b></p>	
<p align="center"><b>Unit IV</b></p>	<p><b>रोजगारसिद्धी संधी शोधने</b></p> <ul style="list-style-type: none"> <li>• स्वताला जाणणे - वैयक्तिक वैशिष्ट्ये.</li> <li>• कार्यक्षेत्र स्वरोजगाराचा समावेश नौकरितील उपकरणाचे ज्ञान.</li> <li>• कॅरियर संबंधित माहितीचे स्रोत.</li> <li>• संभाव्यता आणि संधी उपलब्धता आधारावर तयार करणे</li> </ul>	<p align="center"><b>8 Hours</b></p>	

**References**

1. Kumar, R. (2023). Importance of a Resume. *Psychology: Way of Positive Life*.
2. Singh, A. (2022). Differences Between Resume, CV, and Bio-data. *Job Skills Guide*.
3. Sharma, P. (2023). Essential Components of a Good Resume. *Career Advancement Journal*.
4. Desai, K. (2023). How to Avoid Common Resume Mistakes. *Professional Development Quarterly*.
5. Patel, N. (2022). Job Interview Etiquette: Do's and Don'ts. *Workplace Professionalism Guide*.
6. Jadhav, S. (2022). Group Discussion Processes. *Career Advancement Journal*.
7. Reddy, S. (2021). Identifying Job Opportunities Based on Market Trends. *Resume Writing Tips*.

Programme : B. A. Yogashastra (673)

Sant Gadge Baba Amravati University, Amravati

Faculty : Inter-Disciplinary Studies

Three Years- Six Semesters Bachelor's Degree Programme – NEP-v24

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**Distribution of Marks**  
( Semester I and Semester II)

<b>Distribution of Marks</b>	Theory Exam -	30 Marks
	Internal -	20 Marks
	<b>Total</b>	<b>50 Marks</b>
<b>Theory Exam</b>	Q.1 Students will have to answer one long answer questions out of two of 7 marks each on unit-I	7x1 = 07 Marks
	Q.2 Students will have to answer one long answer questions out of two of 7 marks each on unit-II	7x1 = 07 Marks
	Q.3 Students will have to answer two short answer questions out of four of 8 marks each on unit-III	4x2 = 08 Marks
	Q.4 Students will have to answer two short answer questions out of four of 8 marks each on unit-IV	4x2 = 08 Marks
Internal (Theory)	Personal Interview	10 Marks
	Assignment-	10 Marks
	<b>Total Theory Marks</b>	<b>50 Marks</b>
<b>Practical Exam</b>	External	25 Marks
	Practical book	10 Marks
	Personal Interview	15 Marks
	<b>Total Practical Marks</b>	<b>50 Marks</b>