

**Part A**

**Faculty: Interdisciplinary Studies**

**Programme: B. A. Yogashastra**

**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 (Ashtang Yoga).
3. Explain the principles and Techniques of Hatha Yoga.
4. Recognize the essential elements of a yogic life style 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 (Such as IDY, Seminar, Workshop, Webinar etc.) at National and International level.

**Employability Potential of the Programme:**

After completion of this programme students would be 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.

**Part B**  
**Syllabus Prescribed for 2023 Year**  
**UG Programme Programme: B.A. Yogashastra**  
**Semester III**

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
23 BAYOG201	Teaching Methodology in Yoga	60

**COs :**

Students should acquire knowledge of curriculum, course, lesson or activity in terms of demonstrable skills or knowledge that will be acquired by a student as a result of instruction.

Unit	Content
Unit I	a) Meaning, Definition and Need of Lesson Planning, Principles of Lesson Planning. b) Different format of lesson Plan, Planning and observation and Field Activity Lesson and classroom Teaching Lesson. <b>12 (Hrs. ) Periods</b>
Unit II	a) Types of Lesson plans, Knowledge lesson, Skill lesson, Appreciation Lesson and Factors affecting the Teaching and Planning. b) Activity Lesson on Asanas, Shatkarm. <b>12 (Hrs. ) Periods</b>
Unit III	a) Meaning, Characteristics and Methods of Micro Teaching and Factors of Micro Teaching. b) Meaning, Importance and Methods of Team Teaching. c) Meaning, Definition and Types of Teaching Methods (Lecture, Demonstration, Home Assignment and Project) <b>12 (Hrs. ) Periods</b>
Unit IV	a) Meaning, Definition and Need of Teaching Aid. b) Classification of Teaching Aid:- Traditional Teaching Aid and Modern Teaching Aid. c) Teaching Environment and Principles of Teaching Methods. <b>12 (Hrs. ) Periods</b>
Unit V	<b>*SEM (Skill Enhancement Module)</b>
	COs: 1. Student will able to apply the Skill and knowledge of Sukshma Vyayama. 2 Able to provide Skill and knowledge of Sukshma Vyayama, as per age, need and interest of the individuals.

**Activities	<b>i) Yogic Sukshma Vyayam</b> 1) Vishudh Chakra OR Uccharan-sthalaShudhi 2) Prarthana 3) BuddhitathaDhriti Shakti – Vikasaka 4) Smaran Shakti Vikasaka 5) Medha Shakti – Vikasaka 6) Kapal – Shakti Vikasaka 7) Netra Shakti Vikasaka 8) Karna Shakti Vikasaka 9) Griva Shakti Vikasaka (1) 10) Griva Shakti Vikasaka (2) 11) Griva Shakti Vikasaka (3) 12) Skandh&Bahumula Shakti Vikasaka 13) Bhujabandha Shakti Vikasaka 14) Kohni Shakti Vikasaka 15) Bhuja-valli Shakti Vikasaka 16) Purnabhuj Shakti Vikasaka 17) Manibandh Shakti Vikasaka 18) Karaprustha Shakti Vikasaka 19) Kara-tala Shakti Vikasaka 20) Anguli Shakti Vikasaka (1) 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) 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) 31) Udara Shakti Vikasaka (8) 32) Udara Shakti Vikasaka (9) 33) Udara Shakti Vikasaka (Nauli) (10)
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**12 (Hrs. ) Periods**

**The evaluation mechanism is as under:**

- a) A theory paper based on first four units, descriptive type of maximum marks 30 duration 3 hrs.
- b) Examination with MCQ of 10 marks based on first four units
- c) Internal assessment of 10 marks based on unit-V (SEM)

**Reference Books:**

1. Teaching Methods for Yogic practices: – M. L. Gharote, S. K. Ganguli.
2. Principles of Education: – Dr. R. S. Pandey.
3. Principles of Methods of Teaching: – Bhatia.
4. Introduction to Teaching: – Bernard H. C.
5. शारीरिक शिक्षा अध्ययन पध्दती - प्रा. करमरकर, डा. तिवारी, प्रा. शर्मा
6. शिक्षा के सामान्य सिध्दांत तथा विधिया - प्रा. के. के. भाटीया, प्रा.सी. एल. नारंग
7. शिक्षा के सामान्य सिध्दांत - प्रा. पाठक और प्रा. त्यागी
8. शिक्षण, कला, प्रशिक्षण तकनीक एवमं नवीन पध्दतीया - डा. एस.एस. माथूर
9. सफल पाठ योजना - डा. आर. एच. तिवारी
10. अध्ययन शास्त्र और पध्दतिया - श्री. कुंडले
11. आजची अध्ययन पध्दती - प्रा. लीला पाटील

**Practical**  
**Programme: B.A. Yogshastra U.G. Programme**  
**Semester – III**

**COs :**

By the end of the practical course student would be able to:

1. To inculcate the practice of teaching with a teaching Internship to junior students in certificate and post-graduate diploma programmes
2. The students will gain the ability to manage Yoga training classes.
3. The students have to organize Yoga camps/ Workshops. Each students of B.A. would organize at least one Yoga Training Camp / Workshops under the supervision of a Yoga teacher.
4. To help overcome obstacles in self-practice through self-appraisal
5. To assess through regular viva voce and help deepen the understanding

**List Of Practical/ Laboratory Experiments/ Activities etc.**

1	<ol style="list-style-type: none"><li>i) 5 lessons taken throughout the Year</li><li>b) One lesson to be given at the annual Examination<ol style="list-style-type: none"><li>1. Teaching Ability</li><li>2. Control in Class</li><li>3. Personality of Pupil Teacher</li><li>4. Use of Teachig Aid</li><li>5. Demonstration</li></ol></li></ol>
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**Part B**  
**Syllabus Prescribed for 2023Year UG ProgrammeProgramme:**  
**B.A. Yogshastra**  
**Semester IV**

Code of the Course/Subject	Title of the Course/Subject	(Total Number of Periods)
<b>23BAYOG203</b>	<b>Yoga Education</b>	<b>60</b>

• **COs:**

The students would be able to:

This course will introduce Maharshi Patanjali's Different concepts in the field related to Yoga

Unit	Content
Unit I	a) Introduction and General Consideration of Patanjali Yoga darshan. b) Concepts of Chittavritti and their control. <b>12 (Hrs.) Periods</b>
Unit II	a) Concepts of Panchklesha : P.Y.S.II-3 (Avidya, Asmita Rag, Dwesh and Abhinivesh. b) Concepts of Antaraya P.Y.S.II : (Vyadhi, Sthyan, Sansaya Pramad, Alasya, Avirati, Bhranridarshan, Alabdhabhumikatva, Anavasthitatva. <b>12 (Hrs.) Periods</b>
Unit III	a) Concept of Kriyayoga: P.Y.S.II-1 and 2 (Tap, Swadhyaya and Ishwarpranidhana) b) Concepts of Asana as per Patanjali: P.Y.S.II-46,47 and 43 and Types of Asanas as per Hathayoga c) Concept of Pranayama as per Patanjali P.Y.S.II-49,50,51 and 52 and Types of Kumbhaka as per Hathayoga. <b>12 (Hrs.) Periods</b>
Unit IV	b) Concept of Dharana as per Patanjali P.Y.S.III-1 and Types of Dharana as per Hathayoga. a) Concept of Dhyana as per Patanjali P.Y.S.II-2 and Types of Dhyana as per Hathayoga. c) Concept of Samadhi as per Patanjali P.Y.S.III-3 and P.Y.S.III-4 and Types of Samadhi. <b>12 (Hrs.) Periods</b>
Unit V	<b>*SEM (Skill Enhancement Module)</b>
	COs: 1. Student will able to apply the Skill and knowledge of Sukshma Vyayama and Sthula Vyayama. 2 Able to provide Skill and knowledge of Sukshma Vyayama and Sthula Vyayama, as per age, needand interest of the individuals.
**Activities	<b>Sukshma Vyayama.</b> 34) Kati Shakti Vikasaka (1) 35) Kati Shakti Vikasaka (2) 36) Kati Shakti Vikasaka (3) 37) Kati Shakti Vikasaka (4) 38) Kati Shakti Vikasaka (5) 39) Muladhar Chakra Shudhi. 40) UPasteethathaswadhistan Chakarashuddhi 41) Kundalini Shakti Vikasaka 42) Jangha Shakti Vikasaka (1) 43) Jangha Shakti Vikasaka (2) 44) Janu Shakti Vikasaka 45) Pindai Shakti Vikasaka 46) Pada-mula Shakti Vikasaka 47) Padanguli –Shakti Vikasaka 48) Pada-Prushtha-Pada-TalaGulpha- shakti-vikasaka  <b>ii) Yogic SthulaVyayama</b> 1)Rekha-gati 2) Hrid-gati 3) Urdva-gati 4) Sarvanga-pusti 5) Utkurdana <b>12 (Hrs.) Periods</b>

**The evaluation mechanism is as under:**

- a) A theory paper based on first four units, descriptive type of maximum marks 30 duration 3 hrs.
- b) Examination with MCQ of 10 marks based on first four units
- c) Internal assessment of 10 marks based on unit-V (SEM)

**Reference Books: -**

1. Patanjala Yoga Sutra - Dr. P. V. Karambelkar Kaivalyadhama , Lonavala ,
2. Yoga Darshan - Dr. S. V. Karandikar Subhar Pal
3. Yoga Dipika - B. K. S. Ayangar Orient Langman, N. D.
4. Asana - Swami Kuvalayanand Kaivalyadhama , Lonavala .
5. Pranayama - Swami Kuvalayanand - Kaivalyadhama, Lonavala .
6. Physical Education in ancient India - Dr. S. H. Deshpande.
7. Bases of Yoga - Arbindo.
8. Patanjali Yoga Sutra - Dr. N. V. Karbelkar., H.V.P.M. Amravati.  
(Marathi Edn.)

**Practical**  
**Programme: B.A. Yogshastra U.G. Programme**  
**Semester - II**

**COs :**

By the end of the practical course student would be able to:

1. Follow and apply Yogic Prakriya
2. Perform Sukshma Vyayam, Yogasana Shudhi Kriya and Dhyana etc.
3. Extend training to the masses of Yoga Class.
4. Develop skill for performing different activities under Suryanaskar.
5. Apply knowledge of Yogic Prakriya, precautions and benefits.

**List of Practical/ Laboratory Experiments/ Activities etc.**

1	1. Invocation
2	Suryanamskar ( 12 Count )
3	3. Yogasanas <b>A. Standing Postures</b> Uttanpadasana, Kati Chakrasana ,Vrikshasana, Padahastasana Ardha Chakrasana Trikonasana <b>B. Sitting Postures</b> Bhadrasana Vajrasana Ardha Ushatrasana Ushatrasana Sashankasana Uttana Mandukasana Vakrasana <b>C. Prone Postures</b> Makarasana Bhujajgasana Salabhasana <b>D. Supine Postures</b> Setubandhasana Uttana Padasana Ardha Halasana Pavana Muktasana Shavasana
4	4. Jalaneti, sutraneti, trataka
5	5. Pranayama Nadishodhana or anuloma viloma pranayama Shitali pranayama Bhramari pranayama bastrika pranayama
6	6. Dhyana
7.	8. Shantihpatha
8.	Practical note book