

**M.A. PART 1. – Yogashastra**

**Sant Gadge Baba Amravati University, Amravati Syllabus Prescribed under  
NEP 2020**

**Session: 2023-24**

**Faculty of Interdisciplinary  
Two Years- Four Semesters Master's Degree Programme-NEP2020**

**M.A. Part 1. Yogashastra Syllabus -Sem I**

**Eligibility for M. A (Yogashastra) First year (Level 6.0) :**

a) A person who has passed the three year degree of Bachelor of Arts or Bachelor of Science of any statutory University with Yoga as one of the subjects.

OR

b) Candidate having passed Post Graduate Diploma in Yoga Therapy or Diploma in Yoga Education with any bachelor degree of statutory University (not less than three Academic years programme), shall be eligible to the admission of first semester (Part-1) of M.A. Yogashastra.

**Note:**

Students those who have passed any degree from the recognized statutory University and have completed four credit bridge courses in Yoga, shall be eligible to the admission of first semester (Part-1) of M.A. Yogashastra up to academic session 2026-27.

**Sant Gadge Baba Amravati University, Amravati**

**M.A. Yogashastra Part-1**

**Bridge Course**

**Syllabus Prescribed for the Examination of Bridge course for M.A. Yogashastra**

Code of the Course/Subject	Title of the Course/Subject	Credits
	<b>INTRODUCTION TO YOGA</b>	<b>4</b>

After successfully completion of this bridge course, students shall be eligible to the admission of first semester (Part-1) of M.A. Yogashastra

**COs:**

Unit	Content
Unit I	1. Meaning, Concept, Definitions, Aims and Objectives of Yoga. 2. Historical Background of Yoga <b>12 (Hrs.) Periods</b>
Unit-II	1. Misconceptions about Yoga. 2. Introduction to schools of yoga. (Bhakti Yoga, Gyana Yoga, Karma Yoga, Hatha Yoga) <b>12 (Hrs.) Periods</b>
Unit-III	1. Introduction to Patanjali Yoga Sutra. 2. Concepts of Ashtang Yoga. <b>12 (Hrs.) Periods</b>
Unit-IV	1. Introduction to Hath Yogic techniques. 2. Types and significance of Asanas. 3. Types and significance of Pranayama. <b>12 (Hrs.) Periods</b>
Unit-V	1. Concept of Bandha - Mudra. 2. Various practices of Omkar chanting and Meditation <b>12 (Hrs.) Periods</b>

**The evaluation mechanism is as under:**

- A theory paper based on first five units, descriptive type of maximum marks 25 duration 2 hrs.
- Examination with MCQ of 10 marks based on all five units
- Internal assessment of 15 marks based on first to five units

**Reference Books: -**

- Patanjala Yoga Sutra - Dr. P. V. Karambelkar Kaivalyadhama , Lonavala ,
- Yoga Darshan - Dr. S. V. Karandikar Subhar Pal
- Yoga Dipika - B. K. S. Ayangar Orient Langman, N. D.
- Hathapradipika - Dr. M. L. Gharote, Yoga Institute, Lonavala .
- Gherand Samhita - Swami Digambarji & Dr. M.L..Gharote Lonavala.
- Asana - Swami Kuvalayanand Kaivalyadhama , Lonavala .
- Pranayama -Swami Kuvalayanand - Kaivalyadhama, Lonavala .
- Shiva Sutra - Jayadeo singh , Motilal Banarasidas , Delhi
- Vyayam Vidhyana - Dharendra Brahmachari Vishvayatan , Delhi .
- Yogashastra in ancient India - Dr. S. H. Deshpande.
- Prachin Bharat Main Sharirik shikshan Darshan. - Dr. R. H. Tiwari.
- Kalyan Yogank , - Geeta Press,Gorakhpur.
- Essays on yoga - Swami Shivananda

No.	Subject /Paper	Code No	Name of the Subject	Allotted hours
1.	DSC-I.1		Patanjali Yoga sutra	60
	DSC-II.1		Introduction to Basic Anatomy	60
2.	DSC-III.1		Principle Upanishda-I	60
3.	DSE-I /MOOC		Elective I	60
4	RM		Research Methodology and IPR	60
5	DSC-I.1 Lab		Practical of Yoga	60

**Sant Gadge Baba Amravati University, Amravati**  
**Syllabus Prescribe under NEP2020 2023-24**  
**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**

**Part: A**

**POs:**

MA Yogashastra programme equips students with traditional and modern knowledge, general competence, and analytical skills that are required in Schools, Colleges, Hospitals and/or for research. On completion of program, it will-

1. Instill an inquisitive mindset in the students so that they are capable of independent and critical thinking.
2. Train-up the students in such a way that they can objectively carry out investigations, scientific and/or otherwise, without being biased or without having any preconceived notions.
3. Apply the knowledge and skills (traditional and modern techniques of Yoga in the Teaching, Training, YogaTherapy, Coaching and Research)
4. Become professionally trained in the area of Asana, Pranayama, Bandha-Mudra, and Meditation
5. Develop research problems related to Techniques of Yoga, its characterization and application
6. As Yoga have technical language, students properly trained in terminology and concept.
7. Demonstrate highest standards of Actuarial ethical conduct and Professional Actuarial behavior, critical, interpersonal and communication skills as well as a commitment to life-long learning.

**PSOs:**

The specific outcomes will-

1. Understanding the basic concepts of various Yogic practices such as Shatkarma, Asana, Pranayama, Bandha - Mudra, Dhyana etc.
2. Learn how to perform Yogic Practices and able to teach them in a scientific way.
3. Analytical and integrative problem-solving methodologies are developed through research-based learning in the field of yoga.
4. Prepare the students to pursue research career, career in academics, in educational institutions and therapy in Yoga and allied fields.

**Employability Potential of the Programme:**

MA Yogashastra programme developed the skills, particularly the ability to analyze and apply information, gives one a good head start, in any field, one wishes to get in. The skills are useful even in the management disciplines. This programme gives a chance to develop their problem solving, communication skills and critical thinking, that helps to interpret rich scientific data and that is always a boon to scientific researchers. Surely helps one to increase his/her employability in this field. MA Yogashastra qualified can easily avail of jobs, both in the private and public sector. Some of the common job positions or profiles for a Yoga enthusiast are Online tutor, College lecturer, Assistant Professor, Observation Scientist, , School Teacher or Research Analyst, Assistant Scientist, Yoga Training Manager, etc. They can apply for jobs in Defense, Bank, Naturopathy centre, General. Hospitals etc.

MA Yogashastra can pursue disciplines such as communication, or computer science and therapy. For a long career in the field of research, students are advisable to pursue PhD in Yogashastra, after completing MA Yogashastra and join any research center. Students can also apply in Government or private colleges and universities; degree colleges, engineering colleges, IITs, etc for teaching job. The minimum requirement is MA Yogashastra and UGC-CSIR NET exam for lectureship and JRF. Moving on, an MA Yogashastra followed by a D.Y.Ed. can also land you a job in higher secondary schools and then, there is the option of Yoga tutor, at the convenience of one's homes. Some of the prominent national organizations, that student can try aim for, include Defence , Research and Development Organization (DRDO). The Cultural and AYUSH Ministry of Govt. of India also recruit MA Yogashastra graduates, for teaching jobs. etc. These are some of the leading names to be associated with the field of Yoga.

Moving further, student can try for public sector banking to the post of Probationary Officers.

MA Yogashastra graduates have ample opportunities, be it, in healthcare, Health fitness Centres in most foreign countries.

**Sant Gadge Baba Amravati University, Amravati**

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**Session 2023-24**

**Part B**

**Faculty: Interdisciplinary Studies**

**Programme: M.A. Yogashastra**

**Paper I**

**Semester I**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Patanjali Yog Sutra</b>	<b>60 periods (1hour's period) (Including Internal)</b>

**Consumer Economics & Marketing**

**Course outcome:**

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Undertand the essence of Vibhuti and Kaivalya pada.

Unit	Content	60 Periods
<b>Unit 1</b>	<p><b>A) SAMADHI PAADA:</b> Yoga, meaning &amp; Nature of yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya &amp; Upaypratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa,</p> <p><b>B) Chitta-prasadanam.</b> Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna; Samprajnata, Asamprajnata, Sabeeja &amp; Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.</p>	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	<p><b>A) SADHANA PAADA:</b> Concept of Kriya Yoga , theory of Kleshas ; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chaturvyuhavada, Drishyanirupanam,</p> <p><b>B) 4 Drasthanirupanam, Prakriti-Purusha Samyoga;</b> Brief Introduction to Ashtanga Yoga; YamaNiyama; Concept of Vitarka &amp; Mahavrata; Asana, Pranayama, Pratyahara and their siddhis.</p>	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	<p><b>A) VIBHUTI PAADA:</b>A) Introduction of Antarang yoga (Dharana, Dhyana and Samadhi)</p> <p><b>B) Nature of Sanyama;</b> Concept of Chitta samskara, Parinamatraya and Different types of vibhutis</p>	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	<p><b>A) KAIVALYA PAADA:</b> Five means of Siddhis, concept of Nirman Chitta, Importance of siddhis achieved through Samadhi,</p> <p><b>B) Four types of Karmas;</b> Concept of Vasana; Dharmamegh Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana</p>	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	Above 85%	05
	75%to 84%	04
	Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance Marks</b>	<b>05</b>

<b>3</b>	<b>Model Test Attendance &amp; Performance Marks</b>	<b>05</b>	
	Above 75%		05
	60% to 74%		04
	40% to 59 %		03
	Below 40%		01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>	<b>10</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>	<b>05</b>

### Course Material

#### TEXT BOOKS

1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012
2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995
3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004

#### BOOKS FOR REFERENCE

1. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
2. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
3. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
4. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
5. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II

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**Session 2023-24**  
**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**  
**Paper II**  
**Semester I**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Fundamentals of Human Anatomy</b>	<b>60 periods (1hour's period) (Including Internal)</b>

**Consumer Economics & Marketing**

**Course outcome:**

- Understand Anatomical language and describe normal structure of Human body.
- To describe about general structure of Human Skeleton, Joints, Muscles in body.
- To describe and locate vital organs and major blood Vessels. To describe Structure of Respiratory and Digestive organs and their importance to describe about organs of excretion To describe and locate Endocrine glands.
- To understand structure of nervous system, in human body and about sensory organs

Unit	Content	60 Periods
<b>Unit 1</b>	Introduction of Human Physiology and functional organization of Human body <b>A)</b> Meaning and Concept of Physiology: Physiology of Cell, Tissue and Systems of human body composition and Functions of cell and Tissues. Introduction of different systems and their importance in human body. <b>B)</b> Skeletal, Articular and muscular system.: Functions of bone analysis of movements of Joints, functions of muscles, muscle fatigue, muscle tone etc.	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	Circulatory and Respiratory system <b>A)</b> Blood Vessels and their functions, Blood, Composition and functions, Blood groups Heart-Functions, Cardiac Cycle, Blood Pressure <b>B)</b> Respiratory system- Respiration- its types, importance and functions of respiratory organs. Mechanism of respiration, Respiratory Volumes.	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	Digestive and Excretory System Digestive System- organs of Digestion, Metabolism, Important digestive glands, their functions. Process of absorption and Excretion. <b>B)</b> Excretory System-Functions of Various excretory organs. Urine- Formation and composition	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	Endocrine System] Nervous system and sensory organs. <b>A)</b> Endocrine System- Different endocrine glands and their functions Hormone, its functions. Effects of hyper and hypothyroidism <b>B)</b> Nervous System – Introduction of Sensory and motor pathway. Functions of brain and spinal Cord. Spinal nerves, cranial nerves and reflex action. Autonomic nervous system and its importance.	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	Above 85%	05
	75%to 84%	04
	Below 75%	03

<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>	<b>05</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>	
	Above 75%		05
	60% to 74%		04
	40% to 59 %		03
	Below 40%		01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>	<b>10</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>	<b>05</b>

### Course Material

### Reference Books:

1. Yogic Therapy-Its Basic Principles & Methods" Central - Kuvalayananda Swami
2. "Asanas" - Swami Kaivalyadhama, Lonavala.
3. "Pranayama " - Kuvalayananda Swami KaivalyadhamaLonavala
4. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, Megha Prakashan, Lonavala
6. Physiology of Yoga - Dr. P. N. Ronghe
7. "Yogamimansa Journals" - Kaivalyadhama, Lonavala
8. Swadhyay and Yoga Therapy - Dr. Waze, Pune
9. Anatomy & Physiology Of Yogic Practices - M.M.Gore "Kanchan Prakashan Lonavala, 1990".

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**Paper III**  
**Semester I**

<b>Code of the Course</b>	<b>Title Course/subject</b>	<b>Total numbers of periods</b>
	<b>Principal Upanishads I</b>	<b>60 periods (1hour's period) (Including Internal)</b>

### Consumer Economics & Marketing

#### Course outcome:

We are able to see, hear, taste, smell and touch. What is that which makes this body, essentially inert, sentient? What makes our senses, mind and intellect function? Rarely we wonder and ask about this Cosmic Phenomenon that provides us with life and its many and varied gifts. Some rare individuals wonder and for them begins the journey towards the Self. The Upanishads reveal to us that in truth we are beyond life and death, good and bad; that we are the supreme Brahman, the highest Reality. Inclusive of all, excluding nothing, this ultimate Reality of life when realized through the triple means of shravana,



manana and nididhyasana (listening, reflection and meditation) reveals the Self as source of all Bliss and Knowledge within. This Realization when once owned by us, even for a moment (sakrd api), then there is no turning back to our old ignorant state of living. The entire universe becomes one's own abode, and comes to be experienced as a glorious expression of the Self. Come revel in the Upanishads, bask in its knowledge, discover yourself, and become fulfilled. What are you waiting for?

Unit	Content	60 Periods
<b>Unit 1</b>	<b>A )</b> Meaning, Definition, History & Brief Introduction of Ten Principal Upanishads. <b>B)</b> Introduction of Ishavasyopanishad- Concept of karma Sanhita, Concept of Vidhya and Avidhya, Knowledge of Brahman, Atmabhav, Dhyana in Ishavasyopanishad, Concept of Ishvara (Parmeshwar)	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	<b>A )</b> Introduction of Kenaupnishad: Self and the Mind Intuitive Realization of the Truth. Concept of Bramha and his Swarupa <b>B)</b> Moral of Yaksha to Upakhyana, Concept of Uma, Means of attaining Bramhavidhya (Tap, Dam, Karma)	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	<b>A )</b> Introduction of Kathaupnishad: Definition of Yoga, Yama and Nachiketa Discursion Nature of Soul, Importance of Self Realization <b>B)</b> Concept of Kriyafal (Shreya Marg and Preya Marga) Concept of Vidhya and Avidhya, Importance of Om, Concept of Ratha and Rathi, Jiv and Brahma.	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	<b>A)</b> Introduction of Prashnaupnishad : Concept of Prana and Rayi (Cretain), PanchPranas, (Pran, Apan, Vyan, Udan, Saman), Story of Maharshi Pippalad and his Students (Shishya) <b>B):</b> The Six Main Question : 1) "Whence came all created Beings. 2) what are the powers that keep the union of being, how many keep burning the lamps of life, and which is supreme? -an ontological question. 3) whence does life arise? How does it come to this body? How does it abide and leave? How does it sustain the universe within and without? 4) how many powers remain awake in man? Who is the spirit that beholds dreams? Who has no dreams? Who is the spirit on whom all others find rest? 5) what happens to the man who rests his life on om after death? 6) if he knew the Spirit sixteen forms. Upon response, the student says he does not know him and he speaks not untruth. Concept of Omkar Dhyana	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

## Course Material

### Reference Books

1. मांडूक्य उपनिषद : Osho Rajneesh
  2. The Upanishads : Parsa Venkateshwar Rao Jr.
  3. Aitareya Upanisad Of The Rigveda : Trans By. Swami Gambhirananda
  4. Taittiriya Upanisad With Sankarabhasyam: Divyajnana Sarojini Varadarajan
  5. Chandogya Upanishad : Shri Vishnu Devanand Giri
  6. Brihadaranyaka Upanishad : Swami Ananda Giri
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**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**  
**Paper IV**  
**Semester I**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Research Methodology and IPR</b>	<b>60 periods (1hour's period) (Including Internal)</b>

**Consumer Economics & Marketing**

**Course outcome:**

**Course outcome:** The knowledge of this course will provide latest trends in research in the field of Yoga and can be able to do research.

COURSE OUTCOMES : 1. To define research and describe the research process and research methods.

2. To understand the research context within the area of Yoga Education.

3. To understand the processes and requirements for conducting successful research in Yoga education

4. Understand and apply basic research methods.

5. Students use print and electronic library resources effectively and appropriately.

6. To understand the process of sampling, the uses of questionnaires as data gathering instruments, how a survey is carried out in terms of process and method, the uses of surveys and to be able to capture their own data.

7. Understand and apply basic research methods including research design, data analysis, and interpretation.

8. Students develop testable hypotheses, differentiate research design, evaluate aptness of research conclusions, and generalize them appropriately.

9. Students design and conduct quantitative or qualitative research studies in laboratory or field settings.

10. Students use research data to formulate or evaluate new research questions, using reason and persuasion in a logical argument.

11. To know how to apply the basic aspects of the research process in order to plan and execute a research proposal and research report.

12. To be able to present, review and publish scientific articles.

13. Know how to organize, manage, and present data.

14. Explore and organize data for analysis.

15. Use and apply a wide variety of specific statistical methods.

16. Demonstrate understanding of the properties of probability and probability distributions.

17. Demonstrate understanding of the probabilistic foundations of inference.

18. Apply inferential methods relating to the means of Normal distributions.

19. Understand the concept of the sampling distribution of a statistic, and in particular describe the behavior of the sample mean.

20. Effectively communicate results of statistical analysis.

21. Demonstrate understanding of statistical concepts embedded in their courses.
22. Demonstrate proficiency in analyzing data using methods embedded in their courses.
23. Demonstrate ability to select appropriate methodologies for analysis based on properties of particular data sets.

Unit	Content	60 Periods
Unit 1	<p><b>A - Introduction to Research</b> : Meaning and Definition of Research – Need, Nature and Scope of research in Yoga. Classification of Research, Location of Research Problem, Criteria for selection of a problem, Qualities of a good researcher</p> <p><b>Survey of Related Literature</b> : Need and Purpose for Surveying Related Literature, Kinds of Related Literature, Sources of Literature, Steps in Literature Search. Use of Library Sources.</p> <p><b>B – Methods of Research</b>: Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism. Philosophical research: meaning, steps, pitfalls and data synthesis</p>	<b>15 (Hrs.) Periods</b>
Unit 2	<p><b>A – Experimental Research</b> : Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design.</p> <p><b>B – Sampling</b> : Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling.</p>	<b>15 (Hrs.) Periods</b>
Unit 3	<p><b>A –Applied Statistics-</b> Introduction : Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Nature of scale: Nominal, ordinal, Interval. Parametric and non-parametric statistics.</p> <p><b>B (i) – Data Classification, Tabulation and Measures of Central Tendency</b>: Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode on grouped and ungrouped data.</p> <p><b>(ii) – Measures of Dispersions and Scales</b>: Meaning, Purpose, Calculation and advances of Range, Quartile Deviation, Mean Deviation, Standard Deviation, Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales; Sigma scale, Z Scale, Hull scale, T Scale, percentile</p>	<b>15 (Hrs.) Periods</b>
Unit 4	<p><b>A (i) – Probability Distributions and Graphs</b>: Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve. Divergence form normality – Skewness and Kurtosis. Graphical Representation of data in Statistics; Scattered, Line diagram, Bar diagram, Histogram, Frequency Polygon, O give Curve.</p> <p><b>(ii) – Inferential Statistics</b>: Tests of significance; Independent “t” test, Dependent “t” test – chi – square test, level of confidence and interpretation of data. Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method. Concept of ANOVA (One Way) and Theory of ANCOVA. Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.</p> <p><b>B (i) Research Proposal and Report</b> : Chapterization of Thesis / Dissertation, Front Materials, Body of Thesis – Back materials. Method of Writing Research proposal, Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals ,Mechanics of writing Research Report, Footnote and Bibliography writing. Bibliography &amp; Appendix</p> <p><b>(ii) Introduction to intellectual property rights (IPRs)</b>: Meaning Nature and basic concept of IPR International Protection of IPR, Meaning and Nature of patent, Law of patent (the patent Act, 1970) copyright Law ( the Indian copy right Act 1957), Law of trade mark (trade mark act 1999</p>	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	h) Above 85%	05
	i) 75%to 84%	04
	j) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	k) Above 75%	05
	l) 60% to 74%	04
	m) 40% to 59 %	03
	n) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

### Course Material

### References:

- संशोधन पध्दती - डा. गंगाधर वि. कायंदे-पाटील चैतन्य पब्लिकेशन्स, नाशिक-13
- सामाजिक संशोधन पध्दती - डा. सुधीर बोधनकर श्री साईनाथ प्रकाशन, नागपुर
- संशोधन पध्दतीशास्त्र व तंत्रे - डा. प्रदीप आगलावे, विद्या प्रकाशन नागपुर
- शिक्षणातील संशोधन अभिकल्प - प्रा. ब. बि. पंडित नित्य नुतन प्रकाशन
- Statistics for Psychology - J. P. Varma Tata McGraw Hill Education Private Limited New Delhi
- Research Methods applied - Scott, G.M. (Ed): Health,
- Manual for Writing of - Turabian, Kate. L.A.
- Research in Education - Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964.
- Methods of Research: - Good Cater, V. & Douglas, E.S. Carts
- Introduction to Research - Hilway, Tyrus Boston, Houghton Mifflin Co. 1956
- Education Research: - Smith, H.L. Bloomington
- Principles and practices Indian Educational Pub;
- The Elements of Research - Whitney, F.L.: New York Prentice Hall Inc. 1961.
- Research in Yogashastra - Clarke. H.

## Practical

Sant Gadge Baba Amravati University, Amravati

Syllabus Prescribe under NEP2020

Session 2023-24

Part C

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Semester I

Code of the Course	Title Course/subject	Total numbers of periods
23MA204	Yoga Practical	60 periods (1hour's period) (Including Internal)

Consumer Economics & Marketing

### *PRACTICAL SYLLABUS*

#### Yoga Practicals

Total Marks: 50

Practical Marks: 25

Sessional Marks: 25

i	Asana.	08 marks
ii	Shatkarma.	08 marks
iii	Pranayama and Bandha-Mudra.	05 marks
iv	Yogic Sukshma Vyayam Sthula Vyayam and Suryanamaskar.	04 marks

#### **i Asana**

**Standing Asanas** : Tadasana, Garudasana, Ardhakatichakrasana.

**Sitting Asanas** : Padmasana, Siddhasana, Vajrasana, Yogmudra, Pachimotanasana, Gomukhasana, Janushirasana.

**Prone Position** : ArdhaShalbhasana (Akpad), Makarasana, Bhujangasana.

**Supine Position** : Shavasana, Ardhalasana, Pawanmuktasana, Setubandhasana.

**Balancing Asanas:** Parvatasana, Bakasana, Vrikshasana.

#### **System of Examination:**

1)	Two asanas as told by examiners 6 marks each.	04 marks
2)	Two asanas of candidate's choice 4 marks each.	04 marks

## ii Shatkarma

1. Neti : Jala and Sutra.
2. Dhauti : Danta, Jivhashodhan, Karnarandhra, and Kapalrandhra.
3. Agnisara : Standing and Siting

### System of examination:

Shatkarmas divided in two groups

#### (1) Without Instrument

1. One Kriya as told by examiner. 2 marks
2. One Kriya of candidate's choice. 2 marks

#### (2) With Instrument

1. One Instrumental Kriya as told by examiner. 2 marks
2. One Instrumental Kriya of candidate's choice 2 marks

### iii Pranayam and Bandha – Mudra :

**Pranayama (without Kumbhak):**Nadishodhan, Suryabhedhan, Ujjai, Shitali.

**Bandha:** Jalandhar, Jivha.

**Mudra:** Nabhomudra, Vipritkarni, Tadagi.

### System of examination:

1. Any One Pranayama as told by the examiner. 2 marks
2. Any one Pranayama of candidate's choice. 1 mark
3. Any one Mudra as told by the examiner 1 marks
4. Any one Bandha of candidate's choice. 1 mark

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected

### iv .Yogic SukshmaVyayama, Yogic SthulaVyayama and Suryanamaskar

Yogic Sukshma Vyayam

- 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)

**Yogic SthulaVyayama**

- 1) Rekha-gati                      2) Hrid-gati    3) Utkurdana

*Suryanamaskar (Twelve Count)*

**02 marks**

1) *Twelve Mantras*

- 2) Ten counts, Twelve counts and Sixteen counts

**System of examination:**

**04 marks**

1. Any One Yogic SukshmaVyayama as told by the examiner. 1 marks.
2. Any one Yogic SukshmaVyayama of candidate's choice. 1 marks.
3. Any one Yogic SthulaVyayama as told by the examiner 1 marks.
4. Any one Yogic SthulaVyayama of candidate's choice. 1 marks.

**Sessional Work:**

**25 marks**

1. Practical Book record 15 marks
2. Attendance 10 marks

**Note:** - Where practical demonstration is not possible during examination verbal explanations of the technique is expected.

**Sant Gadge Baba Amravati University, Amravati**  
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**Session 2023-24**  
**Part C**  
**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**  
**Semester I**

Code of the Course	Title Course/subject	Total numbers of periods
23MA204	Internship	60 periods (1hour's period) (Including Internal)

**Note :**

On Job Training, Internship/ Apprenticeship; Field projects **Related to Major (During vacations of Semester I and Semester II) for duration of 120 hours mandatory to all the students, to be completed during vacations of Semester I and/or II. This will carry 4 Credits for learning of 120 hours. Its credits and grades will be reflected in Semester II credit grade report.**

**Internal Marks – (25)**

Roll No.	Conduct of Assembly (1x2= 2M)	Teaching (Any one)		Coaching (Any one) (5M)	Sincerity (4M)	Discipline (4M)	Efficiency (4M)	Total (25 M)
		Theory (3M)	Practical (3M)					

**Duty discharge recording**



An internship is an opportunity offered by one institution to potential students or students of class undergoing a training / professional programme in the institution, either in any one or both semesters in the final year or after the end of the final semester of the programme usually. It provides students with a period of practical experience in the institution relating to their field of study. The experience is valuable to students as a means of allowing them to experience how their studies are applied in the “Real World” and as a work experience that can be highly attractive to employers on candidate’s CV.

An intern is someone para / unpaid who works in a temporary position starting from a few days to couple of months even more in the organization for employer.

It further determines if they (interns) have an interest in a particular career, create a network of contacts and credits, ultimately putting themselves for forthcoming opportunities for period work.

Here, particularly the programme of Master of Yogashastra, internship refers to an exchange and extending of services for professional experience to be continued for **120 hours** in a school/college/organization. Between the student and organization so that as experienced interns of few needs little or no training when they begin regular employment, such work experiences during this period of internship, the intern is expected to use the things he /she has learned in the institution and put them in to practice thus the students gain with experience in this field of study. It would be a mandatory part of the completion of the said programme.

Duty Discharge Recording: Internal marks for 30 are assessed based on the following aspects and its record.

1. The intern shall at least conduct three assemblies for the students of whole school / organization.
2. The intern shall conduct classroom theory lessons on, at least any three lessons pertaining to any topics learned in the course.
3. The intern shall conduct practical lessons on at least any three lessons related to any learned Yoga Practical from the course.
4. The intern shall further conduct sports coaching lesson practically, at least one lesson pertaining to his or her individual Specific Lesson .
5. The interns shall show their sincerity and dedication, and discipline while carrying out the concerned work. The efficiency of the intern should be placed on record thoroughly.
6. Schools, organizations like Sports schools, Ashramshala, Other recognized and registered local schools shall either be adopted, or hour wise classes be conducted.
7. The duration of internship shall be of **120 hours**. A group of 5 to 10 students - teachers individually shall conduct teaching lessons one each from the theory course, practical activity practically and Advance Yoga coaching for students of different classes in the school / organization every day.
8. A file has to be prepared and maintained with an index of all three lessons along with a brief note on three conducts of assembly of the whole school/organization. The sincerity, discipline and overall efficiency of student-teacher shall be mentioned in the note and be submitted to supervisor after duly signed by the school personnel / administrator of the

school/ organization countersigned by the supervisor / house advisor / counsellor before 10 days of II semester final exam in four copies.

**Note:** A compiled file with an index, having recorded the duty discharged by the intern be maintained accordingly which shall be signed by the Yogashastra personal / administrator of the school, followed by counter signed by the house advisor / counselor / of the programme. Ultimately it has to be endorsed by the head of the department of the programme.

### **Presentation of report of Internship**

A power point presentation shall be made by the examinee pertaining to the internship **120 hours**, in the presence of external examiner. An examinee has to face and answer the questions asked by the examiner with regards to personal and technical preparations for internship and experiences gained during internship.

### **External Marks – (25)**

<b>Roll No.</b>	<b>Personal Preparation (10M)</b>	<b>Technical Preparation (10M)</b>	<b>Question and Answers (05M)</b>	<b>Total (25 M)</b>

M.A. PART I. – Yogashastra

NEP2020

Sant Gadge Baba Amravati University, Amravati Syllabus Prescribed  
under NEP2020

Session: 2023-24

Faculty of Interdisciplinary

Two Years- Four Semesters Master's Degree Programme-NEP2020

M.A. Part 2. Yogashastra Syllabus -Sem II

No.	Subject /Paper	Code No	Name of the Subject	Allotted hours
1.	DSC I		Hatha Yogic Texts (Hatha Pradipika)	60
2	DSC II		Physiology of Yogic Practices	60
3.	DSE III		Principle Upanishda-I I	60
4.	DSC IV		Elective II	60
5.	DSC V		Practical of Yoga	60

**Sant Gadge Baba Amravati University, Amravati**  
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**Session 2023-24**  
**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**  
**Paper I**  
**Semester II**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Hatha Yogic Texts (Hatha Pradipika)</b>	<b>60 periods (1hour's period) (Including Internal)</b>

**Consumer Economics & Marketing**

**Course outcome:**

- Have an understanding about pre-requisites, principles about Hathayoga.
- Understand the relationship between Patanjala and Rajayoga.
- Have an understanding about the concept of yoga in other yogic texts.

Unit	Content	60 Periods
<b>Unit 1</b>	<b>A)</b> Introduction of Health Pradipika, Importance of Place and time, Sadhak and Badhak tattva <b>B)</b> Ruls of diet. Mitahar, Patthya & Apatthya, Yog Mathika	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	<b>A)</b> Description of Fifteen Asana From Hathyog prdipika (Swastikasana, Gomukhasana, Veerasana, Kurmasana, Kukkutasana, Uttanakoormasana, Dhanurasana, Matsyendrasana, Paschimottanasana, Mayurasana, Shavasana, Siddhasana, Padmasana, Simhasana, and Bhadrasana) <b>B)</b> Description of Ashthakumbhaka From Hathyog prdipika (Surya Bhedan, Ujjayi, Sitkari, Sitali, Bhastrika, Bhramari, Murchha, and Plavini.)	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	<b>A)</b> Introduction at Shatkarma (Nati, Dhouti, Basti, Navali, Tratak, KapalBhati)  <b>B)</b> Concent of Kundalini Proses of Kundilini Jagran, Concept of Bandh and Mudra(Maha Mudra, Maha Bandha, Maha Vedha, Khechari, Uddiyana Bandha, Mula Bandha, Jalandhara Bandha Viparita Karani, Vijroli, and Sakti Chalana.)	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	<b>A)</b> Concept of Nadanusrdan , Process of Nadanusandhan <b>B)</b> Typs of Nada and three avastha of nadanusandhan (Arambhavastha, Ghatavastha, Parichayavastha and Nishpatti avastha)	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	a) Above 85%	05
	b) 75%to 84%	04
	c) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>

	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

### Course Material

#### • TEXT BOOKS

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatomarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013

#### BOOKS FOR REFERENCE

1. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
2. Swatmaramaji : Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
3. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

**Sant Gadge Baba Amravati University, Amravati**  
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**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**  
**Paper II**  
**Semester II**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Physiology of Yogic Practices</b>	<b>60 periods (1hour's period)</b> <b>(Including Internal)</b>

### Consumer Economics & Marketing

#### Course outcome:

1. After completion of syllabus, Students would be able to use correct terminology and various Physiological processes like Homeostasis, metabolism and its importance in human life.
2. To understand Composition of body fluids and their normal Values. To describe Physiology of circulation, respiration and process of digestion. To understand Physiology of Urine formation and endocrine glands, their hormones and functions. To understand motor and sensory pathology, functions of brain, and spinal cord.
3. To describe functions sensory organs and process of sense of sight, touch, Smell, taste and Hearing.]

Unit	Content	60 Periods
<b>Unit 1</b>	Introduction and structural organization of Human Body and Anatomical terminology. Meaning concert and importance of A Human Anatomy. Introduction of cell, Tissue, organ and system. <b>B)</b> Skeletal, Articular and muscular system Structure of Axial and Appendicular Syskeleton Structure of Thorax, Cerebral column, peins structure and types of Bones. Joints- Structure, types, muscles-General introduction of major muscles in body Structure and types	<b>15 (Hrs.)</b> <b>Periods</b>
<b>Unit 2</b>	A) Circulatory and Respiratory System Circulatory System- Artery, Vein, Capillaries structure of Heart Introduction of major arteries, and Veins in the body. <b>Structure of Heart</b> B) Respiratory System- Introduction of respiration and respiratory organs. General Structure of Nose, larynse, lungs, and alveolar tree.	<b>15 (Hrs.)</b> <b>Periods</b>
<b>Unit 3</b>	<b>Digestive and Excretory System</b> A) Digestive System- Introduction of Digestive System. Structure of digestive organs and major glands. B) Excretory System- Introduction of Excretory System and organs of excretion. Structure of kidney, Ureters, Bladder.	<b>15 (Hrs.)</b> <b>Periods</b>
<b>Unit 4</b>	<b>Endocrine, Nervous System and sensory organs.</b> A) Endocrine System- Introduction of Endocrine gands and their structure. Importance of Endocrine glands in body. B) Nervous System and Sensory organs. Structure of Nervous System, its classification. Structure of Brain and Spinal Cord Introduction of Cranial and spinal nerves sensory organs- General structure of Eye, Ear, Nose, Skin and Tongue.	<b>15 (Hrs.)</b> <b>Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	h) Above 85%	05
	i) 75%to 84%	04
	j) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	k) Above 75%	05
	l) 60% to 74%	04
	m) 40% to 59 %	03
	n) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

### Course Material

1. Yogic Therapy -Its Basic - Health Education & Bureau, Govt. Of Vinekar India, New Delhi 1963.
2. "Asanas" - Kvalayananda Swami Kaivalyadhama, Lonavala.
3. "Pranayama " - Kvalayananda Swami Kaivalyadhama Lonavala

4. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, Megha Prakashan, Lonavala
5. Physiology of Yoga - Dr. P. N. Ronghe
6. "Yogamimansa Journals" - Kaivalyadhama, Lonavala
7. Swadhyay and Yoga Therapy - Dr. Waze, Pune
8. Anatomy & Physiology Of Yogic Practices - M.M.Gore "Kanchan Prakashan Lonavala, 1990".

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**Sant Gadge Baba Amravati University, Amravati**  
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**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**  
**Paper III**  
**Semester II**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Principal Upanishads II</b>	<b>60 periods (1hour's period)</b> <b>(Including Internal)</b>

**Consumer Economics & Marketing**

**Course outcome:**

- Have an idea about the major principal Upanishads
- Understand the essence of each Upanishad and how to put them into practice.
- Understand each Upanishad and the role of it in our day to day life.

Unit	Content	60 Periods
<b>Unit 1</b>	<b>A)</b> Introduction of Manduka Upanishad, Four Stages of Conciseness (Swapna Avastha, Jagruti Avastha, Turya Avastha, Shushupti Avastha), Concept of jivatma & their Three Part (Sthul sharir, Sukshma Sharir, Sukshma Sharir & Karan Sharir )  <b>B)</b> Three Avastha of the Brahma (Sarveshwara, Sarvadnya, Antaryami) Concept of Hiranyagarbh, Concept of Omkara (Nirgun, Nirakar, Parabram	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	<b>A)</b> Introduction of Aitareya Upanishad – Concept of Loka & Lokpal, Concept of Human creation <b>B)</b> Distribution of work for all organ, Concept of Jiv Utpatti	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	<b>A)</b> Introduction of Taittiriya Upanishad, Concept of Panchkosha (Annamay Kosh, Pranmay Kosh, Mnomy Kosh, Anandmay Kosh, Vidhyanmay Kosh)  <b>B)</b> Concept of Medha[, Summary of Shikshawalli, Anandwalli Bhruquwalli,	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	<b>A)</b> Introduction of Chhandogya Upanishad, Om (Udgitha) Meditation of Shandilya Vidya  <b>B)</b> Introduction of Brihadaranyak Upanishad, Concept of Atman & Jnaya Yoga, Union of Atma of paramatma .	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	o) Above 85%	05
	p) 75%to 84%	04
	q) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	r) Above 75%	05
	s) 60% to 74%	04
	t) 40% to 59 %	03
	u) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

#### Course Material

#### Reference Books

1. मांडूक्य उपनिषद् : Osho Rajneesh
  2. The Upanishads : Parsa Venkateshwar Rao Jr.
  3. Aitareya Upanisad Of The Rigveda : Trans By. Swami Gambhirananda
  4. Taittiriya Upanisad With Sankarabhasyam: Divyajnana Sarojini Varadarajan
  5. Chandogya Upanishad : Shri Vishnu Devanand Giri
  6. Brihadaranyaka Upanishad : Swami Ananda Giri
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**Sant Gadge Baba Amravati University, Amravati**  
**Syllabus Prescribe under NEP2020**  
**Session 2023-24**

**Part C**

**Faculty: Interdisciplinary Studies**

**Programme: M.A. Yogashastra**

**Paper – Practical of Yoga**

**Semester II**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Practical of Yoga</b>	<b>60 periods (1hour's period)</b> <b>(Including Internal)</b>

1	1. Invocation
2	2. Sadilaja/ chalankriya /loosening practices Sukshma-Vyayam 01 to 30
3	Yogasanas <b>A. Standing Postures</b> Uttanpadasana, Kati Chakrasana ,Vrikshasana, Padahastasana Ardha Chakrasana Trikonasana,Tadasana <b>B. Sitting Postures</b> Bhadrasana Vajrasana Ardha Ushatrasana Ushatrasana Sashankasana Uttana Mandukasana Vakrasana , Gomukhasana, Pachhimotanasana, Mandukasana <b>C. Prone Postures</b> Makarasana Bhujajgasana Salabhasana <b>D. Supine Postures</b> Setubandhasana Uttana Padasana Ardha Halasana Pavana Muktasana Shavasana Sarvangasana, Karnapidasana
4	4. Vanhisar Dhouti, Varisar Dhouti, Kunjal, Gajkarani, Shitkram Kapalbhathi, Vyutkram Kapalbhathi
5	5. Pranayama Nadishodhana or anuloma viloma pranayama, Shitali pranayama Bhramari pranayama bastrika pranayama
6	6. Dhyana, Yoganidra
7.	7. Suryanmaskar ( 12 Count ) Shantihpatha
8.	Practical note book

**Sant Gadge Baba Amravati University, Amravati**  
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**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**  
**Paper V – Elective I**  
**Semester I**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Yoga in modern &amp; contemporary times</b>	<b>60 periods (1hour's period) (Including Internal)</b>

**Consumer Economics & Marketing**

**Course outcome:**

Unit	Content	60 Periods
<b>Unit 1</b>	<b>Yoga in Contemporary time</b> 1) Brief Introduction of shri Shamcharan Lahidi 2) Brief Introduction of shri T.Krishnamacharya 3) Brief Introduction of Swami Shivanand Saraswati	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	1) Brief Introduction of Maharshi Maheshyogi 2) Brief Introduction of shri Ram Sharma Achyarya 3) Brieg Introduction of Swami Rama of Himalaya	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	<b>Yoga in Modern Times</b> 1) Yogic contribution of Swami Vivekanand 2) Yogic contribution of shri Arvind 3) Yogic contribution of Maharshi Raman	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	1) Yogic Contribution of Maharshi Ramananda 2) Yogic Contribution of Swami Dayanand Sarswati 3) Yogic Contribution of Dhirendra Bhradhachari	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	Above 85%	05
	75%to 84%	04
	Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	Above 75%	05
	60% to 74%	04
	40% to 59 %	03
	Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

## Course Material

Web. Material :

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1. <https://youtu.be/XJiMAnUg5nY>
  2. <https://youtu.be/-N0CcZDNGe4>
  3. <https://youtu.be/a1UtuExwda4>
  4. <https://youtu.be/kDal8KkrYvA>
  5. [https://youtu.be/eZm3hKZnS\\_E](https://youtu.be/eZm3hKZnS_E)
-

**Sant Gadge Baba Amravati University, Amravati**  
**Syllabus Prescribe under NEP2020**  
**Session 2023-24**  
**Faculty: Interdisciplinary Studies**  
**Programme: M.A. Yogashastra**  
**Paper V – Elective II**  
**Semester I**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Yoga in Narada Bhakti Sutra &amp; Yogic Contribution of Guru Gorakshnath</b>	<b>60 periods (1hour's period) (Including Internal)</b>

**Consumer Economics & Marketing**

**Course outcome:**

The course is designed to provide insights on Divine love and Bhakti. Students will be able to relate the nature of Bhakti. Students will also be able to describe the historical aspects of the Narada Bhakti Sutra and imbibe the science of emotional culture through Narada Bhakti Sutra.

Unit	Content	60 Periods
<b>Unit 1</b>	<ol style="list-style-type: none"> <li>1) Time period of Narada according to ancient texts.</li> <li>2) Explain Narada as a historical Character</li> <li>3) Narada;s contribution towards devotion.</li> </ol> Understanding the contribution of NBS in Vaishnavism	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	<ol style="list-style-type: none"> <li>1) Provides a definition o bhakti.</li> <li>2) Stresses the importance of renunciation and self-surrender</li> <li>3) Provides exemplars of divine love.</li> <li>4) Endorses bhakti as the highest goal of human life.</li> <li>5) Types of Bhakti as per Narad Bhakti sutra</li> </ol>	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	<ol style="list-style-type: none"> <li>1) History and Introduction of Nath Sampradaya, Navnath Parampara,</li> <li>2) Different branch of Nathyoga Sampradaya(Satyanathi, Dharmanathi, Rampanthi, Nakeshwari, Kanhad Kapilani, Vairagyapanthi, Mahanathi, Aaipanthi, Pagalpanth, Dhajpanth, Ganganathipanth)</li> <li>3) History and Introduction of Guru Gorakhnath</li> </ol>	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	<ol style="list-style-type: none"> <li>1) Principal of Nathyog Sadhana (Pind Brhamhand, Shivshakti Bhed, Avadhut Guruwad)</li> <li>2) Shdang Sadhana – Asana, Pranayama, Pratyahar, Dharana, Dhyana, Samadhi</li> <li>3) Sadhak Bhed- Nathyogi, ( Kanfata) Aghoud ( A kafata), Darshanyogi, Avadhutyogi Gorakshnatha Amanask yoga</li> </ol>	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	v) Above 85%	05
	w) 75%to 84%	04
	x) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	y) Above 75%	05
	z) 60% to 74%	04

	aa) 40% to 59 %	03
	bb) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

### Course Material

### Suggested Reading:

1. Narada Bhakti Sutras – Swami ShivanandaSaraswati.
2. Narada Bhakti Sutras – Swami Chinmayanand

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**Programme: M.A. Yogashastra**  
**Paper V – Elective III**  
**Semester I**

Code of the Course	Title Course/subject	Total numbers of periods
23MA206	<b>Prakrutik Chikitsa (Introduction of Naturopathy)</b>	<b>60 periods (1hour's period) (Including Internal)</b>

### Consumer Economics & Marketing

#### Course outcome:

This course will enable them to know about various drugless therapies such as Naturopathy which can be used with the Yoga therapy for betterment of health of ill person.

Unit	Content	60 Periods
<b>Unit 1</b>	1. Meanings, Definition, importance and principles of Naturopathy, Science of Facial Expression 2. Hydrotherapy and their application. Hipbath, Foot bath, Fool wet pack, Local Wet Pack, Stem Bath Local Stem bath, Enema, Arm Bath, Full Emersion bath, Sitz bath, Spinal bath and Spinal Spray.	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	1. Traditional yogic methods (Shatkarmas) and natural way of living 2. Concept of Diet in yoga (Satvik, Rajsik, Tamsik) Eliminative soothing and curative diet and balance diet, Mithar. Concepts of Diet Pathya and Apathya according to Gheranda Samhita 3. Yogic concept of diet and its relevance in the management of lifestyle 4. Panchkarma and Tridosh of Ayurveda.	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	1. Mud therapy a) Sources of mud b) Preparation of mud c) Therapeutic effects of mud d) Physiological effect of mud application 2. Chromo Therapy a) History of Chromo Therapy b) Harmonic law of universe c) Solar family d) Chromo chemistry	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	Massage Therapy 1. Introduction and brief History of Massage, definition of massage 2. Basic needs of Massage, characteristics of a masseur, Therapeutic use of different types of oils, Preparation of oils. 3. Effects of massage on heart and circulatory system, Muscular system, Lymphatic system, Digestive system, Respiratory system, Kidney, skin and skeletal system.	

	<p>4. Laws of Massage &amp; techniques in different diseases (Insomnia Neurasthenia, madness, High blood pressure, polio, obesity, underweight, beautification of female, skin disease, Fracture, sprain)</p> <p>5. Massage techniques (Effleurage, Stroking, Petrissage, kneading, friction wringing, Twisting, Rolling, Shaking) Massage techniques (Tapotement: Hacking, Tapping, Clapping, Breathing, Pounding Joint movement, Vibration.) Massage techniques for different parts of the body (Foot, leg, arm, abdomen, chest, throat, back, head and Neck)</p>	<b>15 (Hrs.) Periods</b>
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Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	cc) Above 85%	05
	dd) 75% to 84%	04
	ee) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	ff) Above 75%	05
	gg) 60% to 74%	04
	hh) 40% to 59 %	03
	ii) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

### Course Material

### Reference Book:

1. Yoga-Therapy And its basic Method. - Swami Kunalayananda, Dr. Vinekar. Kaivalyadham Lonavala.
2. Philosophy and Practice Of Nature Cure - Henry Lindlhar satsahitya Prakashan, Hyderabad.
3. My Nature Cure - M. K Gandhi.
4. Text Book of Human Methods of Nutrition - Bambji, Vinodini Reddy. Oxford and B.H. Publishing Co. Pvt. Ltd. New Delhi -1995.

5. प्राकृतिक आयुर्विज्ञान - गंगाप्रसाद गौड

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**Programme: M.A. Yogashastra**  
**Paper IV – Elective IV**  
**Semester II**

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Dharmo Sadhana Samanata aur vidnyan</b>	<b>60 periods (1hour's period) (Including Internal)</b>

**Consumer Economics & Marketing**

**Course outcome:**

- 1) Able to know symbols used in dharm and their meaning in modern perspective
- 2) Able to correlate physiological and biological aspects of ritual given in dharm

Unit	Content	60 Periods
<b>Unit 1</b>	A) Meaning, Concept and definition of Religion, Necessity of Religion for Society. B) Teaching of Various Religion thought and their Similarities	15 (Hrs.) Periods
<b>Unit 2</b>	A) Meaning and concept of sadhana, Introduction of different Sadhana Padhati B) Importance of Sadhana for human life	15 (Hrs.) Periods
<b>Unit 3</b>	A) Similarities of different sadhana padhati (Hindu, muslim, Khistian, Jain, Baudh, Sikh), Importance of Symbol of different sadhana padhati B) Concept and importance of Spiritual energy, Effect of spiritual energy in Human life	15 (Hrs.) Periods
<b>Unit 4</b>	A) Science of different sadhana padhati (Hindu, muslim, Khistian, Jain, Baudh, Sikh) B) Scientific effect of different sadhan padhati in human life	15 (Hrs.) Periods

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	jj) Above 85%	05
	kk) 75%to 84%	04
	ll) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	mm) Above 75%	05
	nn) 60% to 74%	04
	oo) 40% to 59 %	03
	pp) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>

5	Discipline	05 Marks	05
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**Course Material**

**Reference Books :**

[https://drive.google.com/drive/folders/1wVZDTS51C3c5VjqT1pm\\_WGyknflMwyQw?usp=drive\\_link](https://drive.google.com/drive/folders/1wVZDTS51C3c5VjqT1pm_WGyknflMwyQw?usp=drive_link)

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**Programme: M.A. Yogashastra**  
**Paper IV – Elective V**



## Semester II

Code of the Course	Title Course/subject	Total numbers of periods
	<b>Introduction of Vashistha Samhita</b>	<b>60 periods (1hour's period) (Including Internal)</b>

### Consumer Economics & Marketing

#### Course outcome:

- Understand various modification of mind and the means of inhibiting them.
- Have an understanding about the essence of Samadhi and Sadhana Pada.
- Undertand the essence of Vibhuti and Kaivalya pada.

Unit	Content	60 Periods
<b>Unit 1</b>	<ol style="list-style-type: none"> <li>1. Introduction of yog Vashishtha</li> <li>2. The philosophy of yog vashishth the world appearance</li> <li>3. Combination of can and Karma Karma Manas categories</li> <li>4. Description of body body nadies why use and marmusthal marmusthanam</li> </ol>	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	<ol style="list-style-type: none"> <li>1. Vital points of the body, Purification of Nadi, Science of Nadi Shuddhi</li> <li>2. Pranayama, Keval Kumbhka, Pranayam its control.</li> <li>3. Origin of inner sound.</li> </ol>	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	<ol style="list-style-type: none"> <li>1. Pratyahar, Dharna, Dhyana, Samadhi according to Vashisht Sanhita</li> <li>2. Nature of agency and it and the illusion of world creation Eligibility of yoga practice</li> <li>3. Auspicious and inauspicious Science means of conquaring kala</li> <li>4. Limitations of Vashisht Sanhita,</li> </ol>	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	<ol style="list-style-type: none"> <li>1. Origination according to Vashisht sanhita.</li> <li>2. Definition of Advait Jeev, The 4 stage of Jeeva the For fold universe origin of the universe</li> <li>3. Kandas of Vashisht Sanhita</li> </ol>	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	qq) Above 85%	05
	rr) 75%to 84%	04
	ss) Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	tt) Above 75%	05
	uu) 60% to 74%	04
	vv) 40% to 59 %	03
	ww) Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

## Course Material

### BOOKS FOR REFERENCE

1. Vasisthya Sanhita Yog-Kanda. : Swami Digamber Ji, Dr. Pitamber Jha, Shree Gyan Shankar Sahay, Kaivalyadhama , S.M.Y.M. Samiti Lonavala
  2. The History of Indian Philosophy ; Nand Lal Dashora,
  3. वशिष्ठ संहिता (योग कांड) : स्वामी दिगंबर जी, डॉक्टर पितांबर झा, श्री ज्ञान शंकर सहाय, कईबाल्यधाम श्रीमन माधव जोक मंदिर समिति, लोनावला
  4. योग वशिष्ठ - नंदलाल दशोरा पब्लिशर प्रकाशक रणधीर प्रकाशन हरिद्वार
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**Programme: M.A. Yogashastra**  
**Paper IV- Elective VI**  
**Semester II**

Code of the Course	Title Course/subject	Total numbers of periods
	YOGIC CULTURE	60 periods (1hour's period) (Including Internal)

### Consumer Economics & Marketing

#### Course outcome:

1. To learn Traditional Indian Yoga systems
2. This course will introduce different philosophers concepts in the field related to Bhakti Yoga Practices.
3. The original context of yoga was spiritual development practices to train

the body and mind to self observe and become aware of their own nature. The purposes of yoga are to cultivate discernment, awareness, self-regulation and higher consciousness in the individual.

Unit	Content	60 Periods
<b>Unit 1</b>	Sarva Dharma SambhavPrarthana, Om Sahnavaatu, Om Samgacchadhvam samvadadhvam ,Om Stavan, ,Shivohom- Shivohom, ,Mahamrutunjay Mantra ,Hanuman Vadvanal Stotra, ,Gayatri Mantra, ,Shanti Patha, , Purnmud Purnmid,	<b>15 (Hrs.) Periods</b>
<b>Unit 2</b>	Brief Introduction of Saint &Sadhana Advised by them • Saint Namdeo , Saint Gyaneshwar, Saint Tukaram, • Saint Eknath, SamarthaRamdas, Saint Savata Mali, • Saint Gora Kumbhar, Saint Janabai, Saint Chokhamela. • Saint Gadge Baba, Saint Tukdoji Maharaj	<b>15 (Hrs.) Periods</b>
<b>Unit 3</b>	Ramanand, Saint Garibdas. • Saint Meera, Saint Sahajobai, • Saint Palatu Saheb, Saint Ravidas • Yogi Arvindo, Saint Charandas	<b>15 (Hrs.) Periods</b>
<b>Unit 4</b>	• Saint RaiSaligram, Saint Shivdayal Singh Saheb, • Saint Kabir, Pandit Jogendra Shankar Tiwari. • Saint MaharajSaheb, Gurunanak, Saint Tulsidas, • Saint Dadudayal, Saint Surdas, Saint Dulas,	<b>15 (Hrs.) Periods</b>

Sr. No.		Distribution of Marks
<b>1</b>	<b>Class Attendance</b>	<b>05 Marks</b>
	Above 85%	05
	75%to 84%	04
	Below 75%	03
<b>2</b>	<b>Unit test Attendance &amp; Performance</b>	<b>05 Marks</b>
<b>3</b>	<b>Model Test Attendance &amp; Performance</b>	<b>05 Marks</b>
	Above 75%	05
	60% to 74%	04
	40% to 59 %	03
	Below 40%	01
<b>4</b>	<b>Assignment</b>	<b>10 Marks</b>
<b>5</b>	<b>Discipline</b>	<b>05 Marks</b>

### Course Material

### Reference Books :

#### Web References

1. [https://drive.google.com/drive/folders/1Hx78-9qJu\\_GcXsLpDlim2G1WPTaFCK9N?usp=sharing](https://drive.google.com/drive/folders/1Hx78-9qJu_GcXsLpDlim2G1WPTaFCK9N?usp=sharing)
2. स्वामी वववेकानंद जी : [https://youtu.be/F\\_N1Byuxr\\_w](https://youtu.be/F_N1Byuxr_w)
3. अरवव ंद घोष जी : <https://youtu.be/guETJXchsK0>
4. स्वामी दयानंद सरस्वती : <https://youtu.be/qDmhndzU6XQ>

5. गोरखनाथ जी का जीवन नररचय : <https://youtu.be/Kxx8GKSuKgY>
6. महवषि निजसर जी का जीवन नररचय : <https://youtu.be/aDEE1lpkbfY>
7. स्वामी राम (टहमारयन) जीवन नररचय : <https://youtu.be/2924Lo-35SQ>
8. श्री श्यामाचरण राटहड़ी जी का जीवन नररचय : <https://youtu.be/lzW2IO0qo9U>
9. स्वामी सशवानंद जी का जीवन नररचय : [https://youtu.be/6MB\\_EjBk9zl](https://youtu.be/6MB_EjBk9zl)

## Appendix-B

**Examination and question pattern of M.A. Degree Programme:- (Semester I to IV)**

- 1) Examinations shall be conducted in Offline mode in accordance with Ordinance No. 9. However, under special circumstances and in specific cases, those can be conducted in online mode on the recommendations of Board of Examination & Evaluation and approval by the Academic Council.
- 2) An examinations shall be held at the end of each semester.
- 3) Question paper of examination shall be in English, Marathi and Hindi as applicable.
- 4) The question bank for theory/subject/paper (MCQ, Long answer, short answer, problems or numerical, computations, design as applicable) except case study should be prepared along with memorandum and solutions of problem.
- 5) Syllabi of respective papers have been divided in to five units for each paper/subject.
- 6) Weightage shall be equal for each unit of the respective paper/subject.
- 7) All questions in the question paper shall be compulsory.

### Distribution of Marks NEP2020 2023-24 for PG Programme

<b>Notes :</b>	
1)	<b>Distribution of Marks of Theory &amp; Internal Subjects 60+10+30= 100 (Yogashastra)</b>
a)	<b>60 Marks for Descriptive Type Questions.</b>
b)	<b>10 Marks for Multiple Choice Questions</b>
c)	<b>30-( Internal).</b>
e)	<b>M.C.Q. 10 x 1 Mark Each, Theory 60, Internal 30= 100 marks</b>

### Evaluation System of the examination NEP2020 2023-24 for PG

Total	Internal	External	
	<b>20</b>	<b>Theory 70</b>	
<b>100</b>	Class Attendance / Unit test / Model Test Attendance & Performance, Assignment, Discipline	<b>1. Multiple Choice Questions (1 mark each)</b>	<b>1x10=10</b>
		<b>1. Descriptive Type Questions.</b>	<b>60 Marks</b>
		a).Essay type Answer 2 questions (15 marks each 2x30=30) b)Short Answer 3 questions (3 marks each 3x4=12)	2x15=30 3x10=30
<b>100</b>	<b>30</b>	<b>70</b>	

### Distribution of Marks NEP2020 2023-24 for PG

<b>Notes : ( Total Period 75 (60+15=75 (1 hour Period)</b>	
1)	<b>Distribution of Marks of Practical 25+25 (practical)=50</b>
<b>For Practical Subjects: (Yogashastra)</b>	
c)	<b>50 Marks for Practical</b>
<b>Internal Marks : 25, External Marks : 25</b>	