

M. A. 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

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
	INTRODUCTION TO YOGA	4

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

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

Two Years - Four Semester Master's Degree Programme-NEP -v23

M.A. in Yogashastra

Semester I

Sr. No	Subject	Subject Code	Name of the Subject	Total Number of Hours	Teaching Period Per Week	Credit
1	Research Methodology and IPR	24MAYOG101	Research Methodology and IPR	60	4	4
2	DSC-I.1	24MAYOG102	Fundamentals of Yoga	60	4	4
3	DSC-II.1	24MAYOG103	Anatomy and Physiology	60	4	4
4	DSC-III.1	24MAYOG104	Recent Trends in Yoga	45	3	3
5	DSE-I/ MOOC	24MAYOG105 OR 24MAYOG106	Dharmo Sadhana Samanata aur Vidnyan OR Introduction of Vashistha Samhita	45	3	3
6	DSC-I.1 Lab	24MAYOG107	Practical of Yoga-I	30	2	1
7	DSC-II.1 Lab	24MAYOG108	Shatkarma & Pranayama-I	30	2	1
8	DSC-II.1 Lab	24MAYOG109	Yogic Sukshma Vyayama and Sthula Vyayama -I	30	2	1
9	DSE-I Laboratory	24MAYOG110 OR 24MAYOG111	Common Yoga Protocol OR Suryanamaskar	30	2	1
	TOTAL				26+5*	22

Semester II

Sr. No	Subject	Subject Code	Name of the Subject	Total Number of Hours	Teaching Period Per Week	Credit
1	DSC-I.2	24MAYOG201	Health Management	60	4	4
2	DSC-II.2	24MAYOG202	Physiology of Yogic Practices	60	4	4
3	DSC-III.2	24MAYOG203	Yoga Methodology	45	3	3
4	DSE-II/ MOOC	24MAYOG204 OR 24MAYOG205	Prakruti chikitsa OR Yogic Culture	45	3	3
5	DSC-I.2 Lab	24MAYOG206	Practical of Yoga-II	30	2	1
6	DSC-II.2 Lab	24MAYOG207	Shatkarma and Pranayama-II	30	2	1
7	DSC-II.2 Lab	24MAYOG208	Yogic Sukshma Vyayama and Sthula Vyayama -II	30	2	1
8	DSE-II Laboratory	24MAYOG209 OR 24MAYOG210	Practice Teaching OR Laboratory Practical	30	2	1
9	# On Job Training, Internship / Apprenticeship ; Field projects Related to Major @ during vacations umulatively			120		4*
	TOTAL				22+5*	18+4*

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

OBJECTIVE OF THE PROGRAMME (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, Yoga Therapy, 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.

SPECIAL CHARACTERISTICS OF THIS PROGRAMME (PSo):

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
Syllabus Prescribe under NEP2020
Session 2024-25
Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Semester I

Paper I

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
1	RM and IPR	24MAYOG101	Th-Major	Research Methodology and Intellectual Property Right	60	4

Course Outcomes:

The students would be able to:

1. Identify different Sources of Knowledge, types and paradigms of Research.
2. Elucidate meaning, purpose and characteristics of Research.
3. Identify the research gap and Formulates the Research Problem.
4. Formulate research Proposal on an identified problem.
5. Identify and analyze the research problem along with its specification in terms of objectives, Hypothesis, definitions, variables limitation and delimitations.
6. Analyze the types and methods of Research
7. Illustrate concept of Population and Sampling.

Unit	Content	Period
Unit I	Introduction to Research : 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 Survey of Related Literature : Need and Purpose for Surveying Related Literature, Kinds of Related Literature, Sources of Literature, Steps in Literature Search. Use of Library Sources.	12
Unit II	Methods of Research: 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	12
Unit III	Experimental Research : 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	12
Unit IV	Sampling : 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.	12

Unit V	Introduction to intellectual property rights (IPRs): <ul style="list-style-type: none"> • 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) 	12
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Reference Books :-

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| 1. Statistics for Psychology
2. Research Methods applied Health, Physical Education and Recreation 2nd , Washington, D.C., AAHPERD, 1959
3. Manual for Writing of Research papers, thesis and Dissertation
4. Research in Education
5. Methods of Research Educational
6. Psychological and Sociological
7. Introduction to Research
8. Principles and practices
9. The Elements of Research
10. Research in Physical Education | - J. P. Varma Tata McGraw Hill Education Private Limited New Delhi
- Scott, G.M. (Ed): -
- Turabian, Kate. L.A. Chicago University of Chicago Press, 1967
- Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964
- Good Cater, V. & Douglas, E.S. Carts New York, Appleton Cent, Crofts, 1954
- Hilway, Tyrus Boston, Houghton Mifflin Co. 1956
- Indian Educational Pub;
- Whitney, F.L.: New York Prentice Hall Inc. 1961.
- Clarke. H. |
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**M.A. Yogashastra
Semester I**

Paper II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
2	DSC-I.1	24MAYOG102	Th-Major	Fundamentals of Yoga	60	4

Course Outcomes:

The students would be able to:

- Explain the concept of Hatha Yogic techniques.
- Define and analyse Yogic Concepts and philosophy.
- Recall the means of knowledge and Satkarya Vada of Samkhya Philosophy.
- Demonstrate Vyakta - Avyakta and Triguna , Chitta Prasadana and Kriya Yoga
- Distinguish between traditional and modern Yoga techniques.
- Apply knowledge about origin, history development of Yoga and brief introduction of Patanjali Yoga Darshan.
- Apply knowledge of human values (Yama-Niyama)
- Apply skills of asanas described in Hathpradipika with their benefits, precautions, and contraindications
- Apply skills of selected Hatha Yogic Kriya and Sthul Vyayam

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Yoga –Meaning, Concept, Definitions, aims and objectives of Yoga. • Historical Background of Yoga • Introduction of Hatha Yogic text and their practices with reference to Hatha pradipika & Gherand Samhita 	12
Unit II	<ul style="list-style-type: none"> • Introduction to Patanjali Yoga Sutra, Four Padas-Samadhi, Sadhana, Vibhuti and Kaivalya. • Concept of Chitta- Vritti, Chitta -Vikshepa 	12
Unit III	<ul style="list-style-type: none"> • Concepts of Ashtang Yoga, according to Patanjali. • Concept of Chitta-Prasadana, Kriya yoga and Ishwara 	12
Unit IV	<ul style="list-style-type: none"> • Concept of Bandha-Mudra and Kundalini. • Concept of Shatkarma, according to Hathpradipik • Sankhya Philosophy, Twenty-five entities according to Sankhya, Means of Knowledge, Satkaryavada 	12
Unit V	<ul style="list-style-type: none"> • Relation of Yoga with Sankhya:, Similarities and Dissimilarities • Relation of Yoga with Vyakta And Avyakta, Triguna. 	12

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

**M.A. Yogashastra
Semester I**

Paper III

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
3	DSC-II.1	24MAYOG103	Th-Major	Anatomy and Physiology	60	4

Course outcome :

- Understand Anatomical language and describe normal structure of Human body.
- 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	Period
Unit I	<ul style="list-style-type: none"> • Detail Structure and Functions of Cell Contain. • Types of tissue and functions.. • Muscular System: Type of muscle and theri functions, muscle tone, stretch reflex. • Skeletal system- structural & function of organs of skeletal system. 	9
Unit II	<ul style="list-style-type: none"> • Respiratory system: Mechanism of Respiration. • Transport of Oxygen and Carbon dioxide. Factors affecting it. • Respiratory volumes: Tidal Volume, Vital Capacity, Minute Volume, respiratory reserve, dead air. 	9
Unit III	<ul style="list-style-type: none"> • Circulatory system; structure and function of heart, cardiac cycle, Heart sound. • Blood Composition, Plasma proteins and their function. Blood cell and their structure and function. • Mechanism of Blood coagulation. Bleeding time. 	9
Unit IV	<ul style="list-style-type: none"> • Digestive system: function of organs, salivary glands and functions Peristaltic movement, Defecation. • Uro-genital system organs and their functions • Various endocrinal glands and their functions. 	9
Unit V	<ul style="list-style-type: none"> • Special senses: Structure and functions of eye, errors of refraction, Ear, Tongue, Nose, Speech (Vocal cord) • Central nervous system Parts and their functions, Autonomic nervous system. • Spinal cord structure and function, cranial nerves, Reflex action. 	9

Books Recommended:

1. "Yogic Therapy-Its Basic Principles & Methods" Central - Kuvalayananda Swami & S.L. Vinekar Health Education & Bureau, Govt. Of India, New Delhi 1963.
2. "Asanas" - Kuvalayananda Swami Kaivalyadhama, Lonavala.
3. "Pranayama " - Kuvalayananda Swami Kaivalyadhama Lonavala
4. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, Megha Prakashan, Lonavala
5. "Anatomy & Physiology For Nurses Including Notes On Their Clinical - Evely Pearce, Oxford University Application" (1974 Ed) Press, Kolkata
6. Physiology of Yoga - Dr. P. N. Ronghe
6. "Yogamimansa Journals" - Kaivalyadhama, Lonavala
7. Swadhay and Yoga Therapy - Dr. Waze, Pune
8. Anatomy & Physiology Of Yogic Practices - M.M.Gore, "Kanchan Prakashan Lonavala, 1990".

**M.A. Yogashastra
Semester I**

Paper IV

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSC-III.1	24MAYOG104	Th-Major	Recent Trends in Yoga	45	3

COs

Students would be able to

- Apply the knowledge about the organization of Seminar, conference, Symposia, Workshop, and Yoga Camps.
- Develop the communication skills among the students.
- Develop and enhance the ability to listen, converse, speak, present and explain ideas in groups. 4. Apply ICT in effective communication.
- Implement knowledge of communication in classroom discussion and daily life

Unit	Content	Period
Unit I	Information of the following Yoga Institutions/ University with their contributions in the Field of Yoga propagation and development. <ul style="list-style-type: none"> • Kaivalyadhama, Lonavala, Pune. • Moraraji Desai National Yoga Institute, New Delhi. • Central Council for Research in Yoga and Naturopathy, New Delhi. • Shree Hanuman Vyayam Prasarak Mandal, Amravati. • Harising Gour Vishwavidyalaya Sagar, (M.P.) 	12
Unit II	<ul style="list-style-type: none"> • Dev Sanskruti Vishwa-Vidyalaya Haridwar. • Gurukul Kangari Vishwavidyalaya Haridwar. • Patanjali Vidyapeeth, Haridwar. • Swami Vivekananda Yoga Anusandhan Samsthan, Bangalore. 	12
Unit III	<ul style="list-style-type: none"> • Knowledge and demonstration ability • To prepare the course schedule giving due weightage to various aspects of the practice of Yoga • To teach to a pre-defined script through a standard teaching process. Describing the practice (name, meaning, justification, category, type, counts, complementary postures) • Demonstration (Silent demo, demo with counts, demo with counts breathing and explanation) • Benefits and limitation • Single group practice • Practice in pairs • Explanation of Subtle points • Question answers • To teach as per the daily and the course schedule • To keep records of aspirants enrolled, their attendance and their progress report during the programme • To obtain feedback from the aspirants and make course correction as appropriate. 	12
Unit IV	<ul style="list-style-type: none"> • Conferences, Seminars, Symposia and workshops: • Importance, nature and organizational set up of Conference, Seminar, Symposium, Workshop. • Review and general outlook of Yoga text books, journals, periodicals, reference books and Bibliographical approach. 	12

Unit V	<ul style="list-style-type: none"> • Tools of propagation and advertisement techniques: • Yoga camps, demonstration, exhibition, propagation tour, Yoga lecture Series • News writing, Radio, Television, Internet and other techniques of propagation 	12
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Books Recommended :

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. Information brochures and booklets of different Yoga Institutions.
6. Syllabuses of different Yoga courses of various institutes.
7. Yoga periodicals and journals.
8. Text books and reference books of Yoga

**M.A. Yogashastra
Semester I
Paper V Elective**

Elective- I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSE-.1	24MAYOG105	Th-Major Elective	Dharmo Ki Sadhana Samanata aur Vidnyan	45	3

Course outcome:

- Able to know symbols used in dharma and their meaning in modern perspective
- Able to correlate physiological and biological aspects of ritual given in dharma

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Meaning, Concept and definition of Religion, Necessity of Religion for Society. • Teaching of Various Religion thought and their Similarities 	9
Unit II	<ul style="list-style-type: none"> • Meaning and concept of sadhana, Introduction of different Sadhana Padhati • Importance of Sadhana for human life 	9
Unit III	<ul style="list-style-type: none"> • Similarities of different sadhana padhati (Hindu, muslim, Khistian, Jain, Baudh, Sikh), Importance of Symbol of different sadhana padhati 	9
Unit IV	<ul style="list-style-type: none"> • Concept and importance of Spiritual energy, Effect of spiritual anergy in Human life • Science of different sadhana padhati (Hindu, muslim, Khistian, Jain, Baudh, Sikh) 	9
Unit V	<ul style="list-style-type: none"> • Scientific effect of different sadhan padhati in human life 	9

Reference Books :

Unity in Diversity (HIS 285) :- YCMOU

https://drive.google.com/drive/folders/1wVZDTS51C3c5VjqT1pm_WGykNfIMWvQw?usp=drive_link

**M.A. Yogashastra
Semester I
Paper V Elective**

Elective- II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSE-.1	24MAYOG106	Th-Major Elective	Introduction of Vashistha Samhita	45	3

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	Period
Unit I	<ul style="list-style-type: none"> • Introduction of yog Vashishtha • The philosophy of yog vashishth the world appearance • Combination of can and Karma Karma Manas categories 	9
Unit II	<ul style="list-style-type: none"> • Description of body body nadies why use and marmusthal marmusthanam • Vital points of the body, Purification of Nadi, Science of Nadi Shuddhi • Pranayama, Keval Kumbhka, Pranayam its control. 	9
Unit III	<ul style="list-style-type: none"> • Origin of inner sound. • Pratyahar, Dharna, Dhyana, Samadhi according to Vashisht Sanhita • Nature of agency and it and the illusion of world creation Eligibility of yoga practice 	9
Unit IV	<ul style="list-style-type: none"> • Auspicious and inauspicious Science means of conquaring kala • Limitations of Vashisht Sanhita • Origination according to Vashisht sanhita 	9
Unit V	<ul style="list-style-type: none"> • Definition of Advait Jeev, The 4 stage of Jeeva the For fold universe origin of the universe • Kandas of Vashisht Sanhita 	9

Reference Books :

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

**M.A. Yogashastra
Semester I
Practical / Lab I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
6	DSC-I.1 Lab	24MAYOG107	Pr-Major	Practical of Yoga-I	30	1

Course outcome:

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

- Differentiate between Asanas and Bandha – Mudra
- Apply the technique and skills of demonstrating the Asanas and Bandha – Mudra.
- Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
- Observe the performance of subjects to which performing Asanas and Bandha – Mudra.
- Correct other in performance of Asanas and Bandha – Mudra.

On successful completion of yoga practical students will be able to,

- Manage and reduce the stress and anxiety.
- Adapt the art of living
- Accelerate spiritual development
- Use own energy for self-development.
- Concentrate on focused activity

List of Practical/Activities etc.

1	Standing Asanas: Tadasana, Garudasana, Ardhakatichakrasana
2	Sitting Asanas : Padmasana, Siddhasana, Vajrasana, Yogmudra, Pachimotanasana, Gomukhasana, Janushirasana.
3	Prone Position : ArdhaShalbhasana (Ek-pad), Makarasana, Bhujangasana.
4	Supine Position : Shavasana, Ardhalasana, Pawanmuktasana, Setubandhasana.
5	Balancing Asanas: Bakasana, Vrikshasana.
6	Mudra: Nabhomudra, Vipritkarni, Tadagi.
7	Bandha: Jalandhar, Jivha.

Books Recommended :

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| • योग आरोग्यम सुखसंपदा - अमरावती | डॉ. अरुण न. खोडस्कर , ह. व्या. प्र. मंडळ |
| • आसान, प्राणायाम, मुद्राबंध - | स्वामी सत्यानंद सरस्वती, मंगेर |
| • योगिक सुक्ष्म तथा स्थूल व्यायाम - | धिरेंद्र ब्रम्हचारी |
| • पतंजली योग दर्शन - | एन. वि. करबेलकर |
| • हठप्रदीपिका - | पितांबर झा |
| • शरीर विज्ञान आणि योगाभ्यास | -डॉ -मकरंद गोर .लोणावळा |
| • योगाभ्यास सुखजीवन - | प्रा. श्रीपाद जर्दे, कोल्हापुर |
| • Asanas : | Swami Kuvalyanand, Kaiwalya dham, Lonavala |
| • Pranayama: | Swami Kuvalyanand, Kaiwalya dham, Lonavala |

M.A. Yogashastra

Semester I

Practical / Lab - II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
7	DSC-II.1 Lab	24MAYOG108	Pr-Major	Shatkarma and Pranayama-I	30	1

Course outcome:

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

- Differentiate between Asanas and Bandha – Mudra
- Apply the technique and skills of demonstrating the Asanas and Bandha – Mudra.
- Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
- Observe the performance of subjects to which performing Asanas and Bandha – Mudra.
- Correct other in performance of Asanas and Bandha – Mudra.

On successful completion of yoga practical students will be able to,

- Manage and reduce the stress and anxiety.
- Adapt the art of living
- Accelerate spiritual development
- Use own energy for self-development.
- Concentrate on focused activity

List of Practical/Activities etc.

1	Shatkarma <ul style="list-style-type: none">• Neti : Jala and Sutra.• Dhauti : Danta Mula, Jivhashodhan, Karnarandhra, and Kapalrandhra.• Agnisara : Standing and Sitting
2	Pranayama (without Kumbhak): <ul style="list-style-type: none">• Nadishodhan,• Suryabhedhan,• Shitali.

Books Recommended :

- योग आरोग्यम सुखसंपदा - अमरावती डॉ. अरुण न. खोडस्कर , ह. व्या. प्र. मंडळ
- आसान, प्राणायाम, मुद्राबंध - स्वामी सत्यानंद सरस्वती, मंगेर
- योगिक सुक्ष्म तथा स्थूल व्यायाम - धिरेंद्र ब्रम्हचारी
- पतंजली योग दर्शन - एन. वि. करबेलकर
- हठप्रदीपिका - पितांबर झा
- शरीर विज्ञान आणि योगाभ्यास -डॉ -मकरंद गोर .लोणावळा
- योगाभ्यास सुखजीवन – प्रा. श्रीपाद जर्दे, कोल्हापुर
- Asanas : Swami Kuvalyanand, Kaiwalya dham, Lonavala
- Pranayama: Swami Kuvalyanand, Kaiwalya dham, Lonavala

**M.A. Yogashastra
Semester I
Practical / Lab - III**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
8	DSC-III.1 Lab	24MAYOG109	Pr-Major	Yogic Sukshma Vyayama and Sthula Vyayama -I	30	1

Course outcome:

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

- Differentiate between Sthula Vyayam and Sukshma Vyayam.
- Apply the technique and skills of demonstrating the Sthula Vyayam and Sukshma Vyayam..
- Observe the performance of subjects to which performing Sthula Vyayam and Sukshma Vyayam.
- Correct other in performance of Sthula Vyayam and Sukshma Vyayam.

On successful completion of yoga practical students will be able to,

- Manage and reduce the stress and anxiety.
- Adapt the art of living
- Accelerate spiritual development
- Use own energy for self-development.
- Concentrate on focused activity

List of Practical/Activities etc.

1	<p>Yogic SukshmaVyayama:</p> <p>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</p>	
2	<p>Yogic SthulaVyayama</p> <p>1)Rekha-gati 2) Hrid-gati</p>	

Books Recommended :

- योगिक सुक्ष्म तथा स्थूल व्यायाम - धिरेंद्र ब्रम्हचारी
- योगिक सुक्ष्म तथा स्थूल व्यायाम - Dr. P. N. Ronghe

**M.A. Yogashastra
Semester I**

**Practical / Lab - IV
Elective- I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
9	DSE-I.1 Lab	24MAYOG110	Pr-Major Elective	Common Yoga Protocol	30	1

Course outcome:

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

- Apply the technique and skills of demonstrating the Common Yoga Protocol.
- Effectively perform specified meditative poses, performs cultural asanas and relaxative asanas.

List of Practical/Activities etc.

1	Message by Honb'le Prime Minister of India Introduction, What is Yoga? Brief history and development of Yoga The Fundamentals of Yoga. Traditional Schools of Yoga Yogic practices for health and wellness
2	General Guidelines for Yoga Practice
3	Prayer
4	Sadilaja /Cā lana Kriyas/Loosening Practices Neck Bending Trunk Movement Knee Movement
5	Yogāsanas Standing Posture <ul style="list-style-type: none"> • Tādāsana • Vṛikṣāsana • Pāda-Hastāsana • Ardha Cā krāsana • Trikoṇāsana • Siting Posture Siting Posture <ul style="list-style-type: none"> • Bhadrāsana • Ardha Uṣṭrāsana • Sasānkāsana • Vakraāsana Pron Postures <ul style="list-style-type: none"> • Bhujangāsana • S alabhāsana • Makarāsana • Supine Postures • S etubandhāsana • Pavanamuktāsana • Savāsana
6	Kapālabhāti
7	Prāṇāyāma Nadisodhana / Anuloma Viloma Prāṇāyāma, Bhrāmarī Prāṇāyāma
8	Sankalpa
9	Śantih Pātha

NTERNA INTERNATIONAL DAY OF YOGA Common Yoga Protocol - Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH)

**M.A. Yogashastra
Semester I**

**Practical / Lab - IV
Elective- II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
9	DSE-I.1 Lab	24MAYOG111	Pr-Major Elective	Suryanamaskar	30	1

Course outcome:

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

- Apply the technique and skills of demonstrating the Suryanamaskar.
- Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
- Observe the performance of subjects to which performing Suryanamaskar.
- Correct other in performance of Suryanamaskar.

On successful completion of yoga practical students will be able to,

- Increase Flexibility of body.
- Manage and reduce the stress and anxiety.
- Accelerate spiritual development
- Use own energy for self-development.
- Concentrate on focused activity

List of Practical/Activities etc.

1	General Guidelines for Suryanamaskar
2	Suryanamaskar <ul style="list-style-type: none">• Ten counts,• Twelve Count• Sixteen counts
3	Twelve Mantras and Asana name
4	Dynamic Suryanamaskar
5	Suryanamaskar on Chair
6	Effect of Suryanamaskar on Health

**M.A. Yogashastra
Semester II**

Paper I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
1	DSC-I.2	24MAYOG201	Th-Major	Health Management	60	4

COs

- To know the modern concept of Fitness and Wellness.
- Employ the knowledge about concept of holistic health through fitness and wellness.
- Orient students toward the approach of positive life style.
- Develop competencies in health and fitness sector.
- Realize and apply the fitness and wellness management techniques through Yoga.
- Contemporary health issues and its interventions.
- Design different fitness training program for different age group. Explain common Health problems and their Yogic management.

Unit	Content	Period
Unit - I	<ul style="list-style-type: none"> • Meaning and concept of health, various dimensions of health. • Characteristics of healthy individual, factors influencing health. Role of Yoga in preservation of good health. 	12
Unit - II	<ul style="list-style-type: none"> • First Aid – Wounds, fractures, Bandages, Blood flow. • Accidents, drowning, poison, Snake bite, electrical shocks, unconsciousness. 	12
Unit - III	<ul style="list-style-type: none"> • Stress, Meaning and definition of stress, Types of Stress, Yoga method of managing stress • Meaning and concept, Psychic forces i.e., id, ego and superego. 	12
Unit - IV	<ul style="list-style-type: none"> • Role of Yoga in solving personal and social Psychic problems. • Various Health problems :- health in educational Intuitional environment, malnutrition, fast food, habits and addiction, professional Hazard. 	12
Unit - V	<ul style="list-style-type: none"> • Role of Shatkarma, Asana, Pranayama, Mudra, • Yogic Sukshma Vyayam, Sthula Vyayam, Suryanamaskar and Dhyana in solving health problems. 	12

Books Recommended:

- | | | |
|--|---|---------------------|
| 1. Yoga Therapy in management of Stress | - | Dr. S.V. Karandikar |
| 2. Mental Tension its Cure | - | Dr. O.P.Jaggi |
| 3. A Life Saver | - | Dr. S.V. Karandikar |
| 4. Psychology of Personality Development | - | A.A. Raback |
| 5. Nutrition & Health | - | K.R. Raghunath |
| 6. Diet Cure for Common Diseases | - | Bakhru H. K. |
| 7. Yoga for Stress Relief | - | Thakur, Bharat |
| 8. Managing Stress | - | Shrivastava H.S. |
| 9. Food for Health | - | Mool Raj |
| 10. Commonsense Restoration of Health | - | Felix-o-Striet |

**M.A. Yogashastra
Semester II**

Paper II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
2	DSC-II.2	24MAYOG202	Th-Major	Physiology of Yogic Practices	60	4

Cos

- Recognize the role of Yama Niyama in Mental health.
- Demonstrate the benefits of pranayama and Asanas for health
- Apply knowledge of Kundalini Yoga chakaras and importance in life.
- Classify and Identify the Yogic practices and To be Equipped with the knowledge of Physiology of different kriyas , activities.
- Apply the Yogic knowledge for the society.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Psycho-Physiological importance of Yoga. • Yogic management of stress and behavior. • Mental health and Yam-Niyama. 	12
Unit II	<ul style="list-style-type: none"> • Physiological difference in normal breathing, exercise breathing and Pranayama. • Therapeutic importance of Hatha yogic Pranayam. • Scientific importance of Bandha - Mudras. 	12
Unit III	<ul style="list-style-type: none"> • Physiological effects of Asana • Importance of Pratyahar and Dharna. 	12
Unit IV	<ul style="list-style-type: none"> • Effect of Shudhikriya (cleaning techniques) • Nadanusandhan and Pranava japa 	12
Unit V	<ul style="list-style-type: none"> • Comparison between sleep and Yoga Nidra • Kundalini Yoga chakaras and centers of energy distribution (Shakti Kendra) 	12

Books Recommended:

1. "Yogic Therapy-Its Basic Principles & Methods" Central - Kunalayananda Swami & S.L. Vinekar
2. Health Education & Bureau, Govt. of India, New Delhi 1963.
3. "Asanas" - Kunalayananda Swami Kaivalyadhama, Lonavala.
4. "Pranayama " - Kunalayananda Swami Kaivalyadhama Lonavala
5. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, Megha Prakashan, Lonavala
6. "Anatomy & Physiology For Nurses Including Notes On Their Clinical - Evely Pearce, Oxford University Press,
7. Application" (1974 Ed) Kolkata Physiology of Yoga - Dr. P. N. Ronghe
8. Yogamimansa Journals" - Kaivalyadhama, Lonavala
9. Swadhyay and Yoga Therapy - Dr. Waze, Pune
10. Anatomy & Physiology Of Yogic Practices - M.M.Gore , "Kanchan Prakashan Lonavala, 1990"

**M.A. Yogashastra
Semester II**

Paper III

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
3	DSC-III.2	24MAYOG203	Th-Major	Yoga Methodology	45	3

Cos: The students would be able to:

1. Illustrate concept of integrated lessons.
2. Adopt Micro teaching skills in the classrooms in line of to Integration the micro teaching skills.
3. Develop the lesson plan of integrated lessons.
4. Describe the advantages of integrated lessons.
5. Apply different skills of micro teaching in to our day to day teaching.

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> • Lesson Planning; meaning definitions and Importance. • Factors affecting the teaching and planning 	9
Unit II	<ul style="list-style-type: none"> • Different formats of lesson plans Planning and observation and field activity lesson and classroom teaching lesson • Methods of Yoga teaching Tradition and Modern methods 	9
Unit III	<ul style="list-style-type: none"> • Lecture, demonstration, orientation, home work, assignment, project, supervised study. • Teaching aids; Meaning need definition and classification of teaching aid necessary precaution for the use of teaching aids. 	9
Unit IV	<ul style="list-style-type: none"> • Evaluation procedure old concept, new approach, tools of evaluation, Team teaching, micro teaching • Yoga and sports. 	9
Unit V	<ul style="list-style-type: none"> • Knowledge lessons , Skill lesson • Appreciation lesson, planning and observation of different yogic lesson, Asanas, shatkarma, pranayama, Bandas, Mundra lesson. 	9

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. शिक्षा के सामान्य सिद्धांत तथा विधिया-- प्रा केके भाटिया प्रा सी एल नारंग
6. शिक्षा के सामान्य सिद्धांत - प्रा पाठक और प्रा त्यागी
7. शिक्षण, कला, प्रशिक्षण तकनिकी व्यायाम की नई पध्दतीया - डॉ.एस.एस. माथुर
8. सफलपथ योजना - डॉ. आर.एच. तिवारी
9. अध्ययन शास्त्र और पध्दतीया - श्री कुंडले
10. शारिरीक शिक्षा अध्ययन पध्दती - प्रा. करमरकर, डॉ. तिवारी व प्रा.शर्मा
11. आजची अध्ययन पध्दती - प्रा.लिला पाटील
12. Information brochures and booklets of different Yoga Institutions.
13. Syllabuses of different Yoga courses of various institutes.
14. Yoga periodicals and journals.
15. Text books and reference books of Yoga

**M.A. Yogashastra
Semester II**

**Paper IV
Elective- I**

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSE-II	24MAYOG204	Th-Major Elective	Prakruti Chikitsa	45	3

Cos

- To learn Traditional Indian Yoga systems
- This course will introduce different philosophers concepts in the field related to Bhakti Yoga Practices.
- 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	Period
Unit I	Naturopathy <ul style="list-style-type: none"> • Meanings, Definition, importance and principles of Naturopathy • 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. 	9
Unit II	<ul style="list-style-type: none"> • 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 • Yogic concept of diet and its relevance in 	9
Unit III	<ul style="list-style-type: none"> • Panchkarma and Tridosh of Ayurveda. • Traditional yogic methods (Shatkarmas) and natural way of living 	9
Unit IV	Mud therapy <ul style="list-style-type: none"> • Sources of mud b) Preparation of mud c) Therapeutic effects of mud d) Physiological effect of mud application Chromo Therapy <ul style="list-style-type: none"> • a) History of Chromo Therapy b) Harmonic law of universe c) Solar family d) Chromo chemistry 	9
Unit V	Massage Therapy <ul style="list-style-type: none"> • Introduction and brief History of Massage, definition of massage • Basic needs of Massage, characteristics of a masseur, Therapeutic us different types of oils, Preparation of oils. • Effects of massage on heart and circulatory system, Muscular system, Lymphatic system, 	9

Reference Book:

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

**M.A. Yogashastra
Semester II**

**Paper IV
Elective- II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
4	DSE-II	24MAYOG205	Th-Major Elective	Yogic Culture	45	3

Course outcome:

- To learn Traditional Indian Yoga systems
- This course will introduce different philosophers concepts in the field related to Bhakti Yoga Practices.
- 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	Period
Unit I	Sarva Dharma SambhavPrarthana, Om Sahnnavavatu, Om Samgacchadhvam samvadadhvam ,Om Stavan, Shivohom- Shivohom, ,Mahamrutunjay Mantra ,Hanuman Vadvanal Stotra, ,Gayatri Mantra, ,Shanti Patha, , Purnmud Purnmid,.	9
Unit II	Brief Introduction of Saint & Sadhana Advised by them Saint Namdeo , Saint Gyaneshwar, Saint Tukaram, Saint Savata Mali, • Saint Gora Kumbhar, Saint Janabai,	9
Unit III	Saint Eknath, Samartha Ramdas, Saint Chokhamela, Saint Gadge Baba, Saint Tukdoji Maharaj	9
Unit IV	Ramanand, Saint Garibdas. • Saint Meera, Saint Sahajobai, • Saint Palatu Saheb, Saint Ravidas • Yogi Arvindo, Saint Charandas	9
Unit V	Saint RaiSaligram, Saint Shivdayal Singh Saheb, • Saint Kabir, Pandit Jogendra Shankar Tiwari. • Saint MaharajSaheb, Gurunanak, Saint Tulsidas, • Saint Dadudayal, Saint Surdas, Saint Dulandas	9

Web. Material

- <https://youtu.be/XJiMAnUg5nY>
- <https://youtu.be/-N0CcZDNGe4>
- <https://youtu.be/a1UtuExwda4>
- <https://youtu.be/kDal8KkrYvA>
- https://youtu.be/eZm3hKZnS_E

**M.A. Yogashastra
Semester II**

Practical / Lab I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSC-I.2 Lab	24MAYOG206	Pr-Major	Practical of Yoga-II	30	1

Course outcome:

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

- Differentiate between Asanas and Bandha – Mudra
- Apply the technique and skills of demonstrating the Asanas and Bandha – Mudra.
- Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
- Observe the performance of subjects to which performing Asanas and Bandha – Mudra.
- Correct other in performance of Asanas and Bandha – Mudra.

On successful completion of yoga practical students will be able to,

- Manage and reduce the stress and anxiety.
- Adapt the art of living
- Accelerate spiritual development
- Use own energy for self-development.
- Concentrate on focused activity

List of Practical/Activities etc.

1	Standing Asanas: Vrukshasana, Konasana, Tiriyak-Tadasana,
2	Sitting Asanas : Swastikasana, Bhadrasana, Baddha-Padmasana, Vakrasana, Mandukasana.
3	Prone Position : Naukasana, Dhanurasana ArdhaShalbhasana , Makarasana, Tiriyak-Bhujangasana.
4	Supine Position : Naukasana, Uttanpadasana. Hahalasana, Sarvangasana,
5	Balancing Asanas: Aanandamandirasana
6	Mudra: Shambhavi, Pran, Shanmukhi, Pruthvi.
7	Bandha: Udiyan, Mul

Books Recommended :

- | | |
|-------------------------------------|--|
| • योग आरोग्यम सुखसंपदा -
अमरावती | डॉ. अरुण न. खोडस्कर , ह. व्या. प्र. मंडळ |
| • आसान, प्राणायाम, मुद्राबंध - | स्वामी सत्यानंद सरस्वती, मंगेर |
| • योगिक सुक्ष्म तथा स्थूल व्यायाम - | धिरेंद्र ब्रम्हचारी |
| • पतंजली योग दर्शन - | एन. वि. करबेलकर |
| • हठप्रदीपिका - | पितांबर झा |
| • शरीर विज्ञान आणि योगाभ्यास | -डॉ -मकरंद गोर .लोणावळा |
| • योगाभ्यास सुखजीवन - | प्रा. श्रीपाद जर्दे, कोल्हापुर |
| • Asanas : | Swami Kuvalyanand, Kaiwalya dham, Lonavala |
| • Pranayama: | Swami Kuvalyanand, Kaiwalya dham, Lonavala |

**M.A. Yogashastra
Semester II**

Practical / Lab - II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
6	DSC-II.2 Lab	24MAYOG207	Pr-Major	Shatkarma and Pranayama-II	30	1

Course outcome:

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

- Differentiate between Asanas and Bandha – Mudra
- Apply the technique and skills of demonstrating the Asanas and Bandha – Mudra.
- Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
- Observe the performance of subjects to which performing Asanas and Bandha – Mudra.
- Correct other in performance of Asanas and Bandha – Mudra.

On successful completion of yoga practical students will be able to,

- Manage and reduce the stress and anxiety.
- Adapt the art of living
- Accelerate spiritual development
- Use own energy for self-development.
- Concentrate on focused activity

List of Practical/Activities etc.

1	Shatkarma <ul style="list-style-type: none"> • Hriday Dhauti :Danda, Vastra Vaman, Kunjal, Gajkarni. • Trataka : Samipa, Sadura
2	Pranayama (without Kumbhak): <ul style="list-style-type: none"> • Bhramari, • Shitakari.

Books Recommended :

- | | |
|-------------------------------------|--|
| • योग आरोग्यम सुखसंपदा - अमरावती | डॉ. अरुण न. खोडस्कर , ह. व्या. प्र. मंडळ |
| • आसान, प्राणायाम, मुद्राबंध - | स्वामी सत्यानंद सरस्वती, मंगेर |
| • योगिक सुक्ष्म तथा स्थूल व्यायाम - | धिरेंद्र ब्रम्हचारी |
| • पतंजली योग दर्शन - | एन. वि. करबेलकर |
| • हठप्रदीपिका - | पितांबर झा |
| • शरीर विज्ञान आणि योगाभ्यास | -डॉ -मकरंद गोर .लोणावळा |
| • योगाभ्यास सुखजीवन - | प्रा. श्रीपाद जर्दे, कोल्हापुर |
| • Asanas : | Swami Kuvalyanand, Kaiwalya dham, Lonavala |
| • Pranayama: | Swami Kuvalyanand, Kaiwalya dham, Lonavala |

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Practical / Lab - III

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
7	DSC-III.2 Lab	24MAYOG208	Pr-Major	Yogic Sukshma Vyayama and Sthula Vyayama -II	30	1

Course outcome:

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

- Differentiate between Sthula Vyayam and Sukshma Vyayam.
- Apply the technique and skills of demonstrating the Sthula Vyayam and Sukshma Vyayam..
- Observe the performance of subjects to which performing Sthula Vyayam and Sukshma Vyayam.
- Correct other in performance of Sthula Vyayam and Sukshma Vyayam.

On successful completion of yoga practical students will be able to,

- Manage and reduce the stress and anxiety.
- Adapt the art of living
- Accelerate spiritual development
- Use own energy for self-development.
- Concentrate on focused activity

List of Practical/Activities etc.

1	Yogic SukshmaVyayama: From 13) Bhujabandha Shakti Vikasaka 14) Kohni Shakti Vikasaka 15)Bhuja-valli Shakti Vikasaka 16) Purnabhujas 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)	
2	Yogic SthulaVyayama • Utkurdana	

Books Recommended :

- योगिक सुक्ष्म तथा स्थूल व्यायाम - धिरेंद्र ब्रम्हचारी
- योगिक सुक्ष्म तथा स्थूल व्यायाम - Dr. P. N. Ronghe

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**Practical / Lab – IV
Elective- I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
8	DSE-II Lab	24MAYOG209	Pr-Major Elective	Practice Teaching	30	1

Cos

At the successful completion of internship students would be able to:

1. Integrate practical experience with classroom instruction for more complete learning process.
2. Plan and demonstrate a micro lesson, macro lessons and models of teaching to pre-service teachers.
3. Develop skill of planning and organizing team- teaching lesson to teach pre-service teachers.

List of Practical / Laboratory Experiments / Activities etc.

It is necessary to perform at least seven experiments from the list given below.

Unit	Content
1	<ul style="list-style-type: none"> • Preparation of the teacher and his position.: • Plan of the lesson.
2	<ul style="list-style-type: none"> • Formation of the class. • Teacher's Practical Demonstration. • 4. Report. [Approaches & Relationship]
3	Teaching ability.: <ul style="list-style-type: none"> • Self – confidence. • Self - Development.
4	<ul style="list-style-type: none"> • Control of the class. • Sequence of teaching
5	Maintenance of interest and total impression. Impact and effect on the lesson.: <ul style="list-style-type: none"> • Activity Enthusiasm. • Knowledge about the subject taught & maturity.

Books Recommended:

- 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) Information brochures and booklets of different Yoga Institutions.
- 6) Syllabuses of different Yoga courses of various institutes.
- 7) Yoga periodicals and journals.
- 8) Text books and reference books of Yoga
- 9) Yogic Techniques by Dr. M.L. Gharote, Lonavala

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**Practical / Lab – IV
Elective- II**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
8	DSE-II Lab	24MAYOG210	Pr-Major Elective	Laboratory Practical	30	1

COs:

The Students would be able to:

1. Develop an assessment instrument (a health & fitness test and skill test etc.) and a scoring.
2. Develop knowledge, skills, and abilities related to health and fitness assessment
3. Evaluate students' performance assessment by using techniques and various instruments
4. Develop skills for administering, scoring, interpreting and analyzing test results

List of Practical/Laboratory Experiments/Activities etc.

1	Measurement of Pulse at different positions-static and dynamic phase.
2	To measure the Respiratory Rate in rest and after exercise.
3	Use of Stethoscope in Blood Pressure recording.
4	To measure the lung capacity by Wet Spirometer
5	To measure the Depth Perception.
6	Application of Steadiness Tester.
7	Maintenance of Temperature Recording Chart. (Body temperature and room temperature.)
8	Measurement of Height and weight and Body Mass Index.

Reference Books:

1. Sharirik Shiksha me Parikshan, Mapan tatha Moolyaankan / Test Measurement & Evaluation in Physical Education - Yashoda Rani & Sandip Kumari (Hindi)
2. Scientific Apparatus in Physical Education and Exercise Science - Dr. K. K. Varma/Dr. Shashi Prabha Varma
3. Laboratory Manual of physiology Of Exercise - Laurence E. Morehouse