

M.A. PART 2. – Yogashastra

Choice Based Credit System

**Sant Gadge Baba Amravati University, Amravati Syllabus Prescribed
under CBCS**

Session: 2023-24

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

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

No.	Subject / Paper	Code No	Name of the Subject	Allotted hours
1	DSC I	23MA201	Applied Yoga	60
2	DSC II	23MA202	Philosophy of Yoga	60
3	DSE III	23MA203	Alternative Therapies	60
4	DSC IV	23MA204	Yoga Practical	60
5	DSC V	23MA205	Practical of Anterative Therapy	60
6	DSC	23MA206	Elective-I	60
7	Research Project	23MA207	Synopsis	30
8	Internship	23MA208	Internship	

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System 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, 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.

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 Centers in most foreign countries.

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part B

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Paper I

Semester III

Code of the Course	Title Course/subject	Total numbers of periods
23MA201	Applied Yoga	60 periods (1hour's period) (Including Internal)

Consumer Economics & Marketing

Course outcome:

This course will enable students to use yoga in different sections of society to overcome psycho-somatic disorders.

Unit	Content	60 Periods
Unit 1 INTRODUCT ION	<ol style="list-style-type: none"> 1. Yoga and its application, scope and limitations of the applied aspect of Yoga. Aims and objectives of such application. 2. International movement of Yoga consciousness: Spiritual consciousness, psychosocial consciousness. 3. Introduction of Yoga Therapy. 	(15 periods)
Unit 2 YOGA AND HEALT H	<ol style="list-style-type: none"> 1. Yoga and Physical Health: Concept of Physical health, Factors of physical Health. Relation of health with fitness. Area of Health and fitness dealt with yoga. 2. Yoga and Mental Health: Meaning and definition of Mental Health, importance of mental health for an individual and society. 3. Relation of Mental Health with Physical Health. 	15 (Hrs) periods
Unit 3 YOGA AND SPORTS	<ol style="list-style-type: none"> 1. Yoga and Sports - Sports as an instinctive need. Special recognition for sports, varieties of sports and capacities Effect on basic skills of sports. 2. Role of yogic practices to enrich the qualities required for different sports. 	15 (Hrs) periods
Unit 4 YOGA AND EXECUT IVE JOBS	<ol style="list-style-type: none"> 1. Yoga and executive Jobs - problems of executives. Conflicts resulting in fatigue. 2. Use of artificial stimulants & their untoward effects, Contribution of yoga to solve the problems of the executives. 	15 (Hrs) periods

Sr. No.		Distribution of Marks
1	Class Attendance	05 Marks
	a) Above 85%	05
	b) 75%to 84%	04
	c) Below 75%	03

2	Model Test Attendance & Performance	05 Marks	
	d) Above 75%		05
	e) 60% to 74%		04
	f) 40% to 59 %		03
	g) Below 40%		01
3	Assignment	10 Marks	10

Course Material

Reference Books

1. Yogic Therap- New-Delhi,Central Bureau of Health services.- Kunalayananda & Vinekar,
2. Hathayoga- Bharat Manilal Goswami S. S.
3. Yoga essay - Yogendra (Ed)
4. Applied Yoga -Gharote M.L. Geeta Press, Gorakhpur.
5. Essays on Yoga - Swami Shivananda.
6. Bases of Yoga – Arbindo.

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part B

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Paper II

Semester III

Code of the Course	Title Course/subject	Total numbers of periods
23MA202	PHILOSOPHY OF YOGA	60 periods (1hour's period) (Including Internal)

Consumer Economics & Marketing

Course outcome:

This course will introduce different philosophers concepts in the field related to Yoga and various traditions in Indian culture.

Unit	Content	60 Periods
Unit 1	<ol style="list-style-type: none"> 1. Origin of Yoga, History and Development of Yoga. 2. Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, 3. Introduction to Indian philosophy: Meaning and characteristics. 4. Introduction to Epics- (Ramayana and Mahabharata) Yoga in Ramayana, Yoga in Mahabharata 	15 (Hrs) periods
Unit 2	<p>Introduction to Schools (Streams) of Yoga:</p> <ol style="list-style-type: none"> 1. Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana), 2. Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali) 1. Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga 	15 (Hrs) periods
Unit 3	<ol style="list-style-type: none"> 1. Introduction to Hatha Yoga and Hatha Yoga Texts. Hatha Pradeepika, Gheranda Samhita, and Shiva Samhita. 2. Aim & objectives, misconceptions about Hatha Yoga. 3. Prerequisites of Hatha Yoga (dasha yama and dasa niyama), Sadhaka and Badhaka tattvas in Hatha Yoga. Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas; 4. Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga; 2. Importance of Shodhana kriyas in health and disease; 	15 (Hrs.) periods
Unit 4	<ol style="list-style-type: none"> 3. 1. Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama. 4. 2. Concept, definition of Bandha and Mudras, in Hatha Pradeepika and Gheranda Samhita; Benefits, precautions and contraindications. 3. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita; 5. 4. Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga. 	15 (Hrs) periods

Sr. No.		Distribution of Marks
1	Class Attendance	05 Marks
	h) Above 85%	05
	i) 75%to 84%	04
	j) Below 75%	03
2	Model Test Attendance & Performance	05 Marks
	k) Above 75%	05
	l) 60% to 74%	04
	m) 40% to 59 %	03
	n) Below 40%	01
3	Assignment	10 Marks

Course Material

Reference Books

Reference Books:

1. Ancient Indian culture ed. -By Mogen Chand Dept. of Sanskrit, Delhi.
- 2 Mokasa : The ultimate goal of Indian philosophy -Dr.Pramod Kumar,.
- 3 Introduction to Indian philosophy - tterjee & Dutta
- 4 Relevance of Indian philosophy to moder -Dr.Tanaji Acharya
- 5 The philosophy of the Bhagavad-Gita -ami Krishnanda
- 6 Man and movement principle of physical education-Harold M. Barrow Janie P.Brown
- 7 Vishwa ke mahan shiksha shastri (Hindi)- Dr.Baidyanath,Prasad. Verma
- 8 Bharatiya darshan ka rup Rekha -f. Harendra Prasad

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24
Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Paper III
Semester III

Code of the Course	Title Course/subject	Total numbers of periods
23MA203	ALTERNATIVE THERAPIES	60 periods (1hour's period) (Including Internal)

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
Unit 1	<ol style="list-style-type: none"> Meanings, Definition, importance and principles of Naturopathy, Science of Facial Expression 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. 	15 (Hrs) periods
Unit 2	<ol style="list-style-type: none"> Traditional yogic methods (Shatkarmas) and natural way of living 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 the management of lifestyle Panchkarma and Tridosh of Ayurveda. 	15 (Hrs) periods
Unit 3	<ol style="list-style-type: none"> Mud therapy <ol style="list-style-type: none"> Sources of mud Preparation of mud Therapeutic effects of mud Physiological effect of mud application Chromo Therapy <ol style="list-style-type: none"> History of Chromo Therapy Harmonic law of universe Solar family Chromo chemistry 	15 (Hrs) periods
Unit 4	<p>Massage Therapy</p> <ol 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, Digestive system, Respiratory system, Kidney, skin and skeletal system. 	

	<p>4. Laws of Massage & 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> <p style="text-align: right;">15 (Hrs) periods</p>
--	--

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

Course Material

Reference Book:

1. Yoga-Therapy And its basic Method - Swami Kavalayananda, 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

Practical

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part C

Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Semester III

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

Content	60 Periods
i. Asana: Standing Asanas: Trikonasana, Virasana, Paravruttr Trikonansana, Vrukshashana, Padahstasana, Sitting Asanas: Gorakshasana, Mandukasana, Rajkaputasana, Swastikasana Suptavajrasana Prone Position: PurnaShalbhasana, Manjarasana, Tiryak Bhujangasana, Supine Position: Matsyasana, Naukasana, Setubandh Sarvangasana, Balancing Asanas: Mayurasana (boys), Tolangulasana, Kukkutasana	15 (Hrs) periods
Pranayama: Suryabhedhan, Ujjai, Shitali, Sitkari, Bramari	
Yogic SukshmaVyayama, SthulaVyayama and Suryanamaskar Yogic Sukshma Vyayam 1) Udara Shakti Vikasaka (2) 2) Udara Shakti Vikasaka (3) 3) Udara Shakti Vikasaka (4) 4) Udara Shakti Vikasaka (5) 5) Udara Shakti Vikasaka (6) 6) Udara Shakti Vikasaka (7) 7) Udara Shakti Vikasaka (8) 8) Udara Shakti Vikasaka (9) 9) Udara Shakti Vikasaka (Nauli) (10) 10) Kati Shakti Vikasaka (1) 11) Kati Shakti Vikasaka (2) 12) Kati Shakti Vikasaka (3) 13) Kati Shakti Vikasaka (4) 14) Kati Shakti Vikasaka (5) 15) Muladhar Chakra Shudhi. 16) Upastha thatha swadhasthan Chakara shudhi 17) Kundalini Shakti Vikasaka 18) Jangha Shakti Vikasaka (1) 21) Jangha Shakti Vikasaka (2) 22) Janu Shakti Vikasaka 23) Pindai Shakti Vikasaka 24) Pada-mula Shakti Vikasaka 25) Padanguli –Shakti Vikasaka 26) Pada-Prushtha-Pada- TalaGulpha- shakti-vikasaka	
Yogic SthulaVyayama 1) Urdva-gati 2) Sarvanga-pusti Suryanamaskar	

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part C

Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra

Semester III

Code of the Course	Title Course/subject	Total numbers of periods
23MA205	Practical of Alternative Therapy	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.

Content	60 Periods
<ol style="list-style-type: none"> 1. Hip 2. Bath tub 3. Steam Bath unit 4. Sauna Bath unit 5. Whirlpool Bath tab 6. Mud Pack 7. Enema 8. Spinal Bath 9. Mud Plaster 10. Foot Bath 	

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part C

Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Semester III

Code of the Course	Title Course/sgubject	Total numbers of periods
23MA207	Synopsis	60 periods (1hour's period) (Including Internal)

[01] The candidates opting dissertations shall submit a synopsis as per the guideline given below to the course co-coordinator for consideration of the sub-committee constituted under the provision of Para [03] on or before 30 September of the calendar year.

[02] The synopsis should be submitted under the following heads with details.

I. (Cover Page/First Page)

- Title of the subject of the Dissertation.
- Name of the Candidate.
- Name of the Guide / Supervisor.
- Name of the Department through which it has been submitted for approval of the subject of dissertation with month and year.

II. Synopsis/Dissertation Heads:

Chapter-1 Introduction of the subject

- Introduction of the main area of study and special area of Research.
- Statement of the problem.
- Purpose of the study.
- Significance of the study.
- Hypothesis.
- De-limitations and Limitations.
- Operational Definitions.

Chapter-2 Review of related literature.

Chapter-3 Method and Material.

Chapter-4 Interpretation and Analysis of data.

Chapter-5 Summary, conclusions and recommendations.

- Bibliography.
- Approved and signed by the supervisor.

iii. The final submission of Synopsis / Report / Record will have following specifications-

- a) Typed or computerized with double space and on one side of paper.
- b) Size of paper –28x21cms
- c) Margin – Left -5 cms.; Right – 2 cms.; Header – 3 cms. and Footer - 3 cms.

[03] The sub-committee referred to in Paragraph 11 above shall consist of; -

- (i) The Chairman, Subject Board of Social Sciences.
- (ii) Head of the Department of Yoga or his nominee
- (iii) Two members nominated by the subject Board of Yogashastra .
- (iv) One member nominated by the Board of Management.
- (v) Two Subject Experts co-opted by the chairman.

[04] In giving the approval to the subject of dissertation the subcommittee shall meet in the third week of September of the calendar year to finalize and approve the topics of dissertation.

[05] In giving approval to the subject of dissertation, the sub-committee may prescribe such conditions as it may deem fit and the candidate shall comply with the conditions.

[06] The candidate shall conduct research in his/her subject of dissertation during that academic year and submit his/her dissertation to the course coordinator so as to reach him/her before 15 days commencement of Semester IV examination in 4 copies.

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24
Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Semester IV

Code of the Course	Title Course/s/subject	Total numbers of periods
23MA208	Internship	60 periods (1hour's period) (Including Internal)

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 of the semesters in the final year or after the end of the final semester of the programme usually. It provides students a period of practical experience in the institution relating to their field of study. The experience valuable to students as a means of allowing them to experience how their studies are applied in the “Real World” and as 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 Arts (Yogashastra), internship refers an exchange and extending of services for professional experience to be continued for 30 days in a school. 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 100 be assessed on the basis of the following aspects and its record.

1. The intern shall at least conduct assembly for the students of whole school / organization.
2. The intern shall conduct classroom theory lessons on pertaining to any topics learned in the course.

3. The intern shall conduct practical lessons related to learned based on yogic practices during the training period for syllabus.
4. The intern further shall conduct Shatkarma lesson practically, at least one lesson pertaining to his or her individual mastery in Asana/Pranayama/Shatkarma (Jala neti/Sutra neti/Vamana/Kapalbhati/Agnisar/ Trataka).
5. The interns shall show their sincerity and dedication, discipline, while carrying out the concerned work. The efficiency as a whole of the intern should be placed on record thoroughly.
6. Schools, educational institution, organization **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 one month (18 to 20 working days), Three hour every day. A group of 5 student- teachers individually shall conduct two teaching lessons one each from the theory course, Asanas, Pranayama and Shatkarma for students of different classes in the school / educational institution/ organization every day.
8. A file has to be prepared and maintained with an index of all lessons along with a brief note on conduct 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 / counselor.

Note: A compiled file with an index, having recorded the duty discharged by the intern be maintained accordingly which shall be signed by the administrator of the school, followed by counter signed by the house advisor / counselor / of the programme. Ultimately it has to endorsed by 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 over minimum of one month (18 to 20 working days), 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.

Guidelines for writing an effective reports

1. Give a suitable attention-grabbing heading / preferably in the passive voice.
2. Under the heading write the reporter's name / Designation.
3. Write the date and name of the visiting place if you are writing the report for a newspaper. Begin with –when, what happened, where.

4. Next (preferably in the second paragraph) give details of the event. Also, quote a statement made by an eyewitness.
5. Conclude (preferably in the third paragraph) with the reaction of the people / victims / spectators / officials- whichever is appropriate.

M.A. PART 3. – Yogashastra

Choice Based Credit System

**Sant Gadge Baba Amravati University, Amravati Syllabus
Prescribed under CBCS**

Session: 2023-24

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

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

No.	Subject /Paper	Code No	Name of the Subject	Allotted hours
1.	DSC I	23MA209	Principles of Indian Philosophy	60
	DSC II	23MA210	Applied Alternative Therapies	60
2.	DSE III	23MA211	Applied Yoga Therapy	60
3.	DSC IV	23MA212	Elective II	60
4	DSC V	23MA213	Dissertation	
5	DSC	23MA214	Practical of Alternative Therapies	60
6	DSC	23MA215	Practical of Yoga Therapy	60

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part B

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Paper I

Semester IV

Code of the Course	Title Course/subject	Total numbers of periods
23MA209	PRINCIPLES OF INDIAN PHILOSOPHY	60 periods (1hour's period) (Including Internal)

Consumer Economics & Marketing

Course outcome:

- The knowledge of inward journey of self-important aspects of Yoga and this course will provide guideline for self-realization.

Unit	Content	60 Periods
Unit 1	<p>Patanjala Yoga Sutra</p> <ol style="list-style-type: none"> Introduction: Yoga, it's meaning & purpose & Nature of Yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vritti nirodhopaya Abhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayyas), Chitta-prasadanam, Prakriti and its evolutes. SAMADHI PADA: Types and nature of Samadhi: Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara. 	15 (Hrs) periods
Unit 2	<ol style="list-style-type: none"> SADHANA PADA: Concept of Kriya Yoga of Patanjali, theory of Kleshes; Concept of Dukhavada; Drishyanirupanam, Drasthanirupanama, Prakriti Purusha Sam Yoga; Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in Chittavrittinirodhopayah. VIBHUTI & KAIVALYA PADA: Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; Four types of Karmas; Concept of Vasana; Vivek Khyati Nirupanam, Kaivalya.- Nirvachana. 	15 (Hrs) periods
Unit 3	<p>Basic Yoga Texts:</p> <ol style="list-style-type: none"> Principal Upanishads BhagavadGita, Yoga Vasishtha Principal Upanishads Brief Introduction of Ten principal Upanishadsas thebasis of Yogic context; Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava; Kena Upanishat: Indwelling Power; Indriya and Antahkarana; Self and the Mind; Intutive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana; 	

	<p>4. Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization;</p> <p>5. Prashna Upanishad: Concept of Prana and rayi (creation); Pancha pranas; The five main questions;</p> <p>6. Mundaka Upanishad: Two approaches to Brahma Vidya-the Para and Aparā; The greatness of Brahmadevī, The worthlessness of Selfish-karma; Tapas and Gurubhakti, The origin of creation, Brahman the target of Meditation</p> <p style="text-align: right;">15 (Hrs) periods</p>
Unit 4	<p>1. Mandukya: Four States of Consciousness and its relation to syllables in Omkara.</p> <p>2. Aitareya: Concept of Atma, Universe and Brahman.</p> <p>3. Taittiriya Upanishad Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhṛguvalli.</p> <p>4. Chandogya Upanishad: Sandilyavidya,</p> <p>5. Brihadaryanaka Upanishad : Concept of Atman and Jnana Yoga. Union of Atman and Paramatman</p> <p style="text-align: right;">15 (Hrs) periods</p>

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

Course Material

Reference Books :

1. Ancient Indian culture education - Mogen Chand Dept. of Sanskrit, Delhi.
2. Mokasa : The ultimate goal of Indian philosophy - Dr. Pramod Kumar, India
3. Introduction to Indian philosophy - Chatterjee & Dutta
4. Relevance of Indian philosophy to modern- Dr.Tanaji Acharya
5. The philosophy of the Bhagavad-Gita, - Swami Krishnanada
6. Man and movement principle of physical education - Harold M.Barrow Janie P.Brown
7. Vishwa ke mahan shiksha shastrī (Hindi) - Dr.Baidyanath,Prasad. Verma
8. Bharatiya darshan ka rup rekha - Prof. Harendra Prasad
9. Prachin bhārat main sharirik shikshan darshan, -Dr. R. H. Tiwari.
10. योग वशिष्ठ- महारामायण नेचुरल नंदलाल दशोरा पब्लिशर प्रकाशक रणधीर प्रकाशन हरिद्वार लेखक

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24
Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Paper II
Semester IV

Code of the Course	Title Course/subject	Total numbers of periods
23MA210	APPLIED ALTERNATIVE THERAPIES	60 periods (1hour's period) (Including Internal)

Consumer Economics & Marketing

Course outcome:

- The principles of fasting, Acupressure, diet and physiotherapy will be helpful in treating patients through this course.

Unit	Content	60 Periods
Unit 1	<p>Fasting</p> <ol style="list-style-type: none"> Definition, Difference between fasting and starvation, Types of fast, short fast, intermittent fast, long fast, Treatment during fast, How to start fast, how to continue and how to breakfast, Crisis during the fast and its treatment, Methods of fasting-Complete fast, Partial Fast, Water Fast, Juice Fast, Saline Fast, Fruit Fast, Mono-Diet Fast. 	15 (Hrs) periods
Unit 2	<p>Acupressure</p> <ol style="list-style-type: none"> What is acupressure? History of Acupressure , Principles of Acupressure Points of Acu-Pressure and their manipulation methods, uses and limitations. Organ clock. Concept and definition of meridian, Fourteen Chinese meridians (Lung, Large Intestine, Kidney, Urinary bladder, Liver, Gallbladder, Heart Small Intestine, Pericardium, Triple warmer, Spleen & Stomach) Some important points–distal points, organ source point, etc. Some important points– Alarm points, emergency points, etc, Some important diseases and their treatment:– i) Single point treatment, ii) Multiple point treatment, 	15 (Hrs) periods
Unit 3	<p>Ayurveda and Diet</p> <ol style="list-style-type: none"> Introduction of Ayurveda, Introduction of Panchakarma in Ayurveda and its uses, indication and contraindications. Diet: Naturopathic and Yogic concept of diet, preparation & prescription of diet. Sign & symptoms of Deficiency of vitamins and minerals such as Vit. A, Vit.B6, B12, Vit. C, D, E, Calcium, Potassium, Zinc, Magnesium, Phosphorus, etc 	15 (Hrs) periods
Unit 4	<p>Physiotherapy:</p> <ol style="list-style-type: none"> Basic knowledge of Physiotherapy instruments such as traction (manual & electronic) short wave diathermy, ultrasound, wax bath, infrared, cycle ergo meter, shoulder wheel & exercises. 	15 (Hrs) periods

Sr. No.		Distribution of Marks
1	Class Attendance	05 Marks
	Above 85%	05
	75%to 84%	04
	Below 75%	03
2	Model Test Attendance & Performance	05 Marks
	Above 75%	05
	60% to 74%	04
	40% to 59 %	03
	Below 40%	01
3	Assignment	10 Marks

Course Material

Reference Book:

1. Yoga-Therapy And its basic Method - Swami Kuvalayananda, Dr. Vinekar
Kaivalyadhamda Lonavala
2. My Nature Cure - M. K. Gandhi.
3. Text Book of Human Methods of Nutrition Bambji, Vinodini Reddy Oxford and B. H. Publishing Co.Pvt.Ltd. New Delhi -1995.
5. क्युप्रेशर(प्राकृतिक योग उपचार) . Dr. Attarsingh. Chandigarh

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part B

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Paper III

Semester IV

Code of the Course	Title Course/subject	Total numbers of periods
23MA211	APPLIED YOGA THERAPY	60 periods (1hour's period) (Including Internal)

Consumer Economics & Marketing

Course outcome:

- Knowledge of rehabilitation will help them to use yoga as a major aspect of rehabilitation and teach healthy life style in day to day life.

Unit	Content	60 Periods
Unit 1	1. Definition of Rehabilitation 2. Need for rehabilitation 3. Expected out come 4. Yoga of mechanical Aids (Rope, Belt, Brics, Wooden Table, Pillow, Load, Blankets, Chair)	15 (Hrs) periods
Unit 2	1. Basis of yoga based Rehabilitation 2. Yoga based physical Rehabilitation 3. Yoga based Psychiatric rehabilitation. 4. Yoga based medical rehabilitation	
Unit 3	1. Management of depression, obesity, Hypertension, diabetes and chronic disorder 2. Non communicable diseases for life style modification 3. Preventing sports injuries 4. Evidence for the use Yoga Therapy.	
Unit 4	1. Emotional education and management of emotion. 2. Social education, Group, Counseling, Family Counseling 3. Spiritual education 4. Day to day problems, Importance of the life style	

Sr. No.		Distribution of Marks
1	Class Attendance	05 Marks
	Above 85%	05
	75%to 84%	04
	Below 75%	03
2	Model Test Attendance & Performance	05 Marks
	Above 75%	05
	60% to 74%	04
	40% to 59 %	03
	Below 40%	01
3	Discipline	05 Marks

Course Material

Reference Book

1. Anatomy & Physiology - Anne Waugh & Alison Churchill Living Stoned

2. Human Anatomy - Chourasia B. D. C. B. S. Publication, Delhi.
3. मानवी शरीर रचना - डॉ. मुकुंद स्वरुप वर्मा, मोतीलाल नारसीस, दिल्ली.
4. शरीर क्रिया विज्ञान पुर्णचंद्र जैन, चौखंबा, दिल्ली.
5. प्राकृतिक आयुर्विज्ञान, डॉ. गंगाप्रसाद गौड नाहर, आरोग्य सेवा प्रकाशन, युपी.
6. योगोपचार – डॉ. श्रीकांत करंदीकर, पुणे
7. Psychology of Personality Development- A. A. Raback Lakshya Publication Delhi.
8. Nutrition & Health (The Vegetarian Way - K. R. Raghunath Sterling Publication, New Delhi.
9. Research Process in Physical Education - Clarke & Clarke -Prentice Hall, New Jersey. Recreation & Health
10. Yogic Therapy - Swami Kuvalyayanda Lonavala.
11. रोग मनाचा शोध मनाचा - गिताचार्य, श्रीकृष्ण व्यवहारे, घंटाळी मंडळ, ठाणे.
12. New Perspective in stresses Management- Dr. Nagendra, Dr. Nagarathna –Bangaluru.

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24
Part C
Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Paper – Practical of Yoga Therapy
Semester IV

1	1. Invocation
2	2. Sadilaja/ chalankriya /loosening practices Sukshma-Vyayam 01 to 30
3	3. Yogasanas A. Standing Postures Uttanpadasana, Kati Chakrasana ,Vrikshasana, Padahasthasana Ardha Chakrasana Trikonasana,Tadasana B. Sitting Postures Bhadrasana Vajrasana Ardha Ushatrasana Ushatrasana Sashankasana Uttana Mandukasana Vakrasana , Gomukhasana, Pachhimotanasana, Mandukasana C. Prone Postures Makarasana Bhujajgasana Salabhasana D. Supine Postures 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
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part C

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Paper – Practical of Alternative Therapy

Semester IV

1	Physiotherapy :Uses and application of the following apparatus (I) Infrared radiation (ii) Ultra sound (iii) Paraffin wax. (iv) Shoulder Wheel (v) Traction Cervical (vi) Traction Lumber. 5. Pulse Oximeter: recording and its inference
2	Practical note book

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part C

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Semester III

Code of the Course	Title Course/Subject	Total numbers of periods
23MA213	Dissertation	60 periods (1hour's period) (Including Internal)

The candidates opting dissertations shall submit as per the guideline given below to the course co-coordinator for consideration of the sub-committee constituted under the provision of Para [03] on or before 15 days commencement of Semester IV examination in 4 copies.

[02] The dissertations should be submitted under the following heads with details.

I. (Cover Page/First Page)

- Title of the subject of the Dissertation.
- Name of the Candidate.
- Name of the Guide / Supervisor.
- Name of the Department through which it has been submitted for approval of the subject of dissertation with month and year.

II. Synopsis/Dissertation Heads:

Chapter-1 Introduction of the subject

- Introduction of the main area of study and special area of Research.
- Statement of the problem.
- Purpose of the study.
- Significance of the study.
- Hypothesis.
- De-limitations and Limitations.
- Operational Definitions.

Chapter-2 Review of related literature.

Chapter-3 Method and Material.

Chapter-4 Interpretation and Analysis of data.

Chapter-5 Summary, conclusions and recommendations.

- Bibliography.
- Approved and signed by the supervisor.

iv. The final submission of dissertations / Report / Record will have following specifications-

- d) Typed or computerized with double space and on one side of paper.
- e) Size of paper –28x21cms
- f) Margin – Left -5 cms.; Right – 2 cms.; Header – 3 cms. and Footer - 3 cms.

[03] The sub-committee shall consist of; -

- (i) The Chairman, Subject Board of Social Sciences.
- (vi) Head of the Department of Yoga or his nominee
- (vii) Two members nominated by the subject Board of Yogashastra .
- (viii) One member nominated by the Board of Management.
- (ix) Two Subject Experts co-opted by the chairman.

[04] The candidate shall conduct research in his/her subject of dissertation during that academic year and submit his/her dissertation to the course coordinator so as to reach him/her before 15 days commencement of Semester IV examination in 4 copies.

Elective Basket:

**Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24**

Part B

**Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Paper IV- Elective I
Semester III**

Code of the Course	Title Course/subject	Total numbers of periods
--------------------	----------------------	--------------------------

23MA206	Introduction of Vashistha Samhita	60 periods (1hour's period) (Including Internal)
----------------	--	---

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
Unit 1	I) Introduction of yog Vashishtha II) The philosophy of yog vashishth the world appearance III) Combination of can and Karma Karma Manas categories IV) Description of body body nadies why use and marmusthal marmusthanam	15 (Hrs) periods
Unit 2	I) Vital points of the body, Purification of Nadi, Science of Nadi Shuddhi II) Pranayama, Keval Kumbhka, Pranayam its control. III) Origin of inner sound.	15 (Hrs) periods
Unit 3	IV) Pratyahar, Dharna, Dhyana, Samadhi according to Vashisht Sanhita II) Nature of agency and it and the illusion of world creation Eligibility of yoga practice III) Auspicious and inauspicious Science means of conquaring kala IV) Limitations of Vashisht Sanhita,	15 (Hrs) periods
Unit 4	III) Origination according to Vashisht sanhita. VI) Definition of Advait Jeev, The 4 stage of Jeeva the For fold universe origin of the universe V) Kandas of Vashisht Sanhita	15 (Hrs) periods

Sr. No.		Distribution of Marks
1	Class Attendance	05 Marks
	Above 85%	05
	75%to 84%	04
	Below 75%	03
2	Model Test Attendance & Performance	05 Marks
	Above 75%	05
	60% to 74%	04
	40% to 59 %	03
	Below 40%	01

3	Assignment	10 Marks	10
----------	-------------------	-----------------	-----------

Course Material

BOOKS FOR REFERENCE

Vasisthya Sanhita Yog-Kanda.

Author : Swami Digamber Ji, Dr. Pitamber Jha, Shree Gyan Shankar Sahay,

Publisher: Kaivalyadhama , S.M.Y.M. Samiti Lonavala

II) The History of Indian Philosophy,

Author: Nand Lal Dashora,

वशिष्ठ संहिता (योग कांड) स्वामी दिगंबर जी, डॉक्टर पितांबर झा, श्री जान शंकर सहाय, कईबाल्यधाम श्रीमन माधव जोक मंदिर समिति, लोनावला

योग वशिष्ठ- महारामायण नेचुरल नंदलाल दशोरा पब्लिशर प्रकाशक रणधीर प्रकाशन हरिद्वार लेखक

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part B

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Paper IV- Elective II

Semester IV

Code of the Course	Title Course/subject	Total numbers of periods
23MA212	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
Unit 1	Sarva Dharma SambhavPrarthana, Om Sahnnavavatu, Om Samgacchadhvam samvadadhvam • Om Stavan, Shivohom- Shivohom, Mahamrutunjay Mantra • Hanuman Vadvanal Stotra, Gayatri Mantra, • Shanti Patha, Purnmud Purnmid,	15 (Hrs) periods
Unit 2	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
Unit 3	Ramanand, Saint Garibdas. • Saint Meera, Saint Sahajobai, • Saint Palatu Saheb, Saint Ravidas • Yogi Arvindo, Saint Charandas
Unit 4	• Saint Rai Saligram, Saint Shivdayal Singh Saheb, • Saint Kabir, Pandit Jogendra Shankar Tiwari. • Saint Maharaj Saheb, Gurunanak, Saint Tulsidas, • Saint Dadudayal, Saint Surdas, Saint Dulas,

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	Above 85%	05
	75% to 84%	04
	Below 75%	03
2	Model Test Attendance & Performance 05 Marks	
	Above 75%	05
	60% to 74%	04
	40% to 59 %	03
	Below 40%	01
3	Assignment 10 Marks	10

Course Material

Reference Books :

Web References 1. https://drive.google.com/drive/folders/1Hx78-9qJu_GcXsLpDlim2G1WPTaFCK9N?usp=sharing

2. स्वामी वववेकानंद जी :

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 निंजसर 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

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24
Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Paper IV- Elective III
Semester IV

Code of the Course	Title Course/subject	Total numbers of periods
23MA212	Yoga in Narada Bhakti Sutra & Yogic Contribution of Guru Gorakshnath	60 periods (1hour's period) (Including Internal)

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

Sr. No.		Distribution of Marks
1	Class Attendance	05 Marks
	h) Above 85%	05
	i) 75%to 84%	04
	j) Below 75%	03
3	Model Test Attendance & Performance	05 Marks
	k) Above 75%	05
	l) 60% to 74%	04

	m) 40% to 59 %	03
	n) Below 40%	01
4	Assignment	10 Marks
		10

Course Material

Reference Books :

Suggested Reading:

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

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24

Part B

Faculty: Interdisciplinary Studies

Programme: M.A. Yogashastra

Paper IV- Elective IV

Semester III

Code of the Course	Title Course/subject	Total numbers of periods
23MA206	Dharmo ki Sadhana Samanta aur Vidnyan,	60 periods (1hour's period) (Including Internal)

Consumer Economics & Marketing

Course outcome:

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

Unit	Content	60 Periods
Unit 1	A) Meaning, Concept and definition of Religion, Necessity of Religion for Society. B) Teaching of Various Religion thought and their Similarities	15 (Hrs) periods
Unit 2	A) Meaning and concept of sadhana, Introduction of different Sadhana Padhati B) Importance of Sadhana for human life	15 (Hrs) periods
Unit 3	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 anergy in Human life	15 (Hrs) periods
Unit 4	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
1	Class Attendance	05 Marks
	h) Above 85%	05
	i) 75%to 84%	04
	j) Below 75%	03
2	Model Test Attendance & Performance	05 Marks
	k) Above 75%	05
	l) 60% to 74%	04
	m) 40% to 59 %	03
	n) Below 40%	01
3	Assignment	10 Marks

Course Material

Reference Book:

[https://drive.google.com/drive/folders/1wVZDTS51C3c5VjqT1pm_WGykNflMWyQw?usp=drive link](https://drive.google.com/drive/folders/1wVZDTS51C3c5VjqT1pm_WGykNflMWyQw?usp=drive_link)

Sant Gadge Baba Amravati University, Amravati
Syllabus Prescribe under Choice Based Credit System
Session 2023-24
Part B
Faculty: Interdisciplinary Studies
Programme: M.A. Yogashastra
Paper IV- Elective V
Semester IV

Code of the Course	Title Course/subject	Total numbers of periods
23MA212	STRESS MANAGEMENT BY YOGA	60 periods (1hour's period) (Including Internal)

Consumer Economics & Marketing

Course outcome:

- The Knowledge of ill effect of modern lifestyle which leads to psychological problems and their Yogic solutions make them able to handle patients in a better manner.

Unit	Content	60 Periods
------	---------	------------

Unit 1	<ol style="list-style-type: none"> 1. Brief History of modern Psychology 2. Major Perspectives in Modern Psychology 3. Key data collection methods in Psychology 4. Introduction to Altered States of Consciousness Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams; Hypnosis, Biofeedback Behavioral Psychology: Psychology as a Science of Behavior; Definition of Behavior; 5. Psychic forces and human behavior, behavior and Consciousness, Psychological basis of behavior; <p style="text-align: right;">15 (Hrs) periods</p>
Unit 2	<ol style="list-style-type: none"> 1. Psycho-Social Implication of Yoga 2. Tackling ill effects of conflict and frustration through yogic methods. 3. Yoga psychology, for adjustment psychological philosophical and yogic counseling. <p style="text-align: right;">15 (Hrs) periods</p>
Unit 3	<ol style="list-style-type: none"> 1. Introduction to Stress, Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation; 2. Yoga and Stress Management; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita, 3. specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation, 4. Impact of yogic lifestyle on stress management. <p style="text-align: right;">15 (Hrs) periods</p>
Unit 4	<ol style="list-style-type: none"> 1. Mental Health: Means of mental health; Positive Mental Health; Causes and Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders; anxiety disorders. 2. Neurological Disorders: Headaches: Migraine, Tension headache; Psychiatric disorders: Psychiatric disorders: Generalized anxiety disorder, Panic 3. Anxiety, Obsessive Compulsive Disorder, Phobias: Depression: Schizophrenia.

Sr. No.		Distribution of Marks
1	Class Attendance	05 Marks
	o) Above 85%	05
	p) 75%to 84%	04
	q) Below 75%	03
3	Model Test Attendance & Performance	05 Marks
	r) Above 75%	05
	s) 60% to 74%	04
	t) 40% to 59 %	03
	u) Below 40%	01

4	Assignment	10 Marks	10
---	------------	----------	----

Course Material

Reference Books :

1. Yogic Therapy New-Delhi,Central Bureau of Health services.- Kunalayananda & Vinekar,
- 2 Day by Day Yoga',London : Hamlyn.- Kent H
- 3 Proceedings of the seminar on yoga, science- Sinha A.K. and Man. Delhi central Council for research in Indian Medical Hoemeopathy.
- 4.Hathayoga- Bharat Manilal Goswami S. S.
Yoga essay Yogendra (Ed)
6. Applied Yoga - Gharote M.L. Geeta Press, Gorakhpur.
- 7.Essays on Yoga - Swami Shivananda.
- 8.Bases of Yoga – Arbindo.

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 CBCS 2023-24 for PG Programme

Notes :

- 1) **Distribution of Marks of Theory & Internal Subjects 80+20+100**
(Yogashastra)
 - a) 60 Marks for Descriptive Type Questions.
 - b) 20 Marks for Multiple Choice Questions
 - c) 20-(Internal/ Skill Enhancement activities).
 - e) M.C.Q. 4 x 5, Theory 80, Internal 20= 100 marks

Evaluation System of the examination CBCS 2023-24 for PG

Total	Internal	External	
	20	Theory 70	
100	Internal/ Skill Enhanced Activities	1. Multiple Choice Questions	1x20=20
		1. Descriptive Type Questions.	60 Marks
		a).Essay type Answer 2 questions (12 marks each 2x12=24)	2x12=24
		b)Short Answer 3 questions (3 marks each 3x4=12)	3x12=36
100	20	80	

Distribution of Marks CBCS 2023-24 for PG

Notes : (Total Period 75 (60+15=75 (1 hour Period)

- 1) **Distribution of Marks of Theory & Practical 80+20 (practical)=100**

For Practical Subjects: (Yogashastra)

- | | |
|---------------------------------------|----|
| a) | 60 |
| Marks for Descriptive Type Questions. | |

b) 20 Marks for Multiple Choice Questions

c) 20 Marks for Practical

M.C.Q. 4 x 5= 20 Theory -60, Practical-20 = 100

Evaluation System of the Examination CBCS 2023-24 for PG

Total	External		
Theory 80 Practical 20	Theory 80		Practical 20
	1. Descriptive Type Questions. Marks	60	Internal 10 External 10
	.Essay type Answer 2 questions (12 marks each 2x12=24) .Short Answer 3 questions 3x12=36 (3 marks each 3x4=12)	2x12=24	
	2. Multiple Choice Questions 1x20=20 (1 mark each)		
100	80		20