



**SANT GADGE BABA AMRAVATI UNIVERSITY,  
AMRAVATI**

**संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती**

**(FACULTY OF INTER-DISCIPLINARY STUDIES)**

**आंतर-विद्याशाखीय अभ्यास विद्याशाखा**

**M.A. Part I (YOGASHASTRA)  
Semester – I & II**

**Syllabus**

**(NEP - v23)**

**Session – 2023-24**

**Sant Gadge Baba Amravati University, Amravati**  
**Faculty: Inter-disciplinary Studies**  
**Two Years – Four Semester Master’s Degree Programme – NEP-v23**  
**Programme : M. A. Yogashastra**  
**Part A**

As per the provisions in the Maharashtra Public Universities Act, 2016 (Mah. Act No. VI of 2017) Clause 45(1), Yogashastra is to create skilled and learned human resources through its various teaching-learning and skills development programmes in higher education. As a part of this initiative Sant Gadge Baba Amravati University propose to launch Two years M.A. Yogashastra programme from the academic year 2021-22 through Department of Lifelong Learning & Extension under the Faculty of Inter-disciplinary Studies. Master of Arts in Yogashastra is an innovative programme which provides the set up for bringing the real world of work in to classroom and gives the opportunities to learner directly involved in development process in community. It would learners a wider and more comprehensive understanding of Yogashastra as a field of knowledge and would accommodate a wide variety of learners’ needs. It is emphasized on knowledge generation process and provide the suitable learning culture to the capabilities enhancement for lifetime and generating social capital.

**OBJECTIVE OF THE PROGRAMME (POs) :**

The M.A. Yogashastra programme aims at producing the well-trained individuals knowledgeable in Yogashastra and its various dimensions; more specifically, the **M.A. Yogashastra** programme intends to:

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

**ELIGIBILITY:**

- 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 Post Graduate Diploma in Naturopathy and Yogic Science or Diploma in Yoga Education with any bachelor degree of statutory University (not less than three Academic years programme), shall be eligible for the admission of third semester (Part-2) of M.A. Yogashastra. The intake capacity being limited for 40 seats for Part -1 and intake capacity being limited for 60 seats for Part -2 of M.A. Yogashastra.

**Note:**

Students those who have passed three years degree of any streams (Faculty) from the recognized statutory University and have completed bridge courses in Yoga, shall be eligible for the admission of first semester (Part-1) of M.A. Yogashastra.

**Exit Option:**

**Exit Option with a P.G. Diploma in Yogashastra with 4 Credits On-the-job training / internship in the respective Major subject. Student has to earn Total minimum 4 Credits cumulatively during Vacations of Semester I and Semester II from internship in order to exit after First Year with PG Diploma in Yogashastra with 44 Credits after Three Year UG Degree**

**DURATION:**

The M.A. (Yogashastra) Programme of full time Two years (Four Semester).

**SPECIAL CHARACTERISTICS OF THIS PROGRAMME (PSo):**

Commitments for learner:

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

**Employability Potential**

M. A. 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. M. A. 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.

M. A. 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 M. A. 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 M. A. Yogashastra and UGC-CSIR NET exam for lectureship and JRF. Moving on, an M. A. 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 M. A. 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. M. A. Yogashastra graduates have ample opportunities, be it, in healthcare, Health fitness Centres in most foreign countries.

Part – B

**Sant Gadge Baba Amravati University, Amravati.**

Faculty: Inter-disciplinary Studies

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

**M.A. in Yogashastra  
Semester I**

Sr. No	Course/Subject	Subject Code	Title of the Course/Subject	(Total Number of Period) / Hours	Credit
1	RM and IPR	MAYO 101	Research Methodology and IPR	60	4
2	DSC I.1	MAYO 102	Patanjali Yogasutra	60	4
3	DSC II.1	MAYO 103	Recent Trends in Yoga	60	4
4	DSC III.1	MAYO 104	Anatomy and Physiology	60	4
5	DSE I.A Or DSE I.B	MAYO 105 A Or MAYO 105 B	Yoga for Humanity Or Shatkarma	60	4
6	DSC-I.1 Lab	MAYO 106	Practical	30	1
7	DSC-II.1 Lab	MAYO 107	Laboratory Practical	30	1
<b>Total Credit</b>					<b>22</b>

**Sant Gadge Baba Amravati University, Amravati.**

Faculty: Inter-disciplinary Studies

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

**M.A. Yogashastra  
Semester II**

Sr. No	Course/Subject	Subject Code	Title of the Course/Subject	(Total Number of Period) / Hours	Credit
1	DSC I.2	MAYO 201	Yoga Methodology	60	4
2	DSC II.2	MAYO 202	Health Management	60	4
3	DSC III.2	MAYO 203	Physiology of Yogic Practices	60	4
4	DSE II.A Or DSE II.B	MAYO 204 A Or MAYO 204 B	Bandha and Mudra's Or Philosophers & Thinkers in Yoga	60	4
5	DSC-I.2 Lab	MAYO 205	Practice Teaching	30	1
6	DSC-II.2 Lab	MAYO 206	Yoga Practical	30	1
7	# OJT, Internship/ Field Projects		Internship/ Field Projects	120	4*
<b>Total Credit</b>					<b>18+4*</b>

# Sant Gadge Baba Amravati University, Amravati.

Faculty: Inter-disciplinary Studies  
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
BCMY01	INTRODUCTION TO YOGA	8

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

Unit	Content
Unit-I	1. Meaning, Concept, Definitions, Aims and Objectives of Yoga. 2. Historical Background of Yoga <b>24(Hrs.) Periods</b>
Unit-II	1. Misconceptions about Yoga. 2. Introduction to schools of yoga. (Bhakti Yoga, Gyana Yoga, Karma Yoga, Hatha Yoga) <b>24(Hrs.) Periods</b>
Unit-III	1. Introduction to Patanjali Yoga Sutra. 2. Concepts of Ashtang Yoga. <b>24 (Hrs.) Periods</b>
Unit-IV	1. Introduction to Hatha Yogic techniques. 2. Types and significance of Asanas. 3. Types and significance of Pranayama. <b>24 (Hrs.) Periods</b>
Unit-V	1. Concept of Bandha -Mudra. 2. Various practices of Omkar chanting and Meditation <b>24 (Hrs.) Periods</b>

### The evaluation mechanism is as under:

- A exam paper based on first to five units, MCQ type of maximum marks 35 duration 2 hrs.
- Internal assessment of 15 marks based on first to five units

### Reference Books:-

1. Patanjala YogaSutra - Dr.P.V.Karambelkar Kaivalyadhama ,Lonavala,
2. Yoga Darshan -Dr. S. V.Karandikar Subhar Pal
3. Yoga Dipika -B.K.S.Ayengar Orient Langman, N.D.
4. Hathapradipika -Dr.M.L.Gharote, Yoga Institute, Lonavala.
5. Gherand Samhita -Swami Digambarji & Dr.M.L.GharoteLonavala.
6. Asana -Swami Kuvalayanand Kaivalyadhama, Lonavala.
7. Pranayama -Swami Kuvalayan and-Kaivalyadhama, Lonavala.
8. Shiva Sutra -Jayadeosingh, Motilal Banarasidas, Delhi
9. VyayamVidhyana -Dhirendra Brahmachari Vishvayatan, Delhi.
10. Yogashastra in ancient India -Dr.S.H.Deshpande.
11. Prachin Bharat Main
12. Sharirikshikshan Darshan. -Dr.R.H.Tiwari.  
Kalyan Yogank, -Geeta Press, Gorakhpur.

# Sant Gadge Baba Amravati University, Amravati.

Faculty: Inter-disciplinary Studies

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

M. A. Yogashastra

Semester 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	MAYO-101	Th-Major	<b>Research Methodology and Intellectual Property Right</b>	60	4

COs :

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	<b>Introduction</b> 1. Meaning, concept and Definition of Research 2. Need, Importance and Characteristics of Research in Yoga 3. Types of Research – Historical, Descriptive, Action and Experimental. 4. Qualities of a Good Researcher	12
Unit II	<b>Developing the Research Problem</b> 1. Definition and Meaning of Research Problem. 2. Location of Research Problem. 3. Criteria for Selecting a Research problem. 4. Meaning, Definition and types of Research Hypothesis, Formulation of Research hypothesis.	12
Unit III	<b>Survey of Related Literature</b> 1. Need and Purpose for Surveying Related Literature 2. Kinds of Related Literature 3. Sources of Literature 4. Steps in Literature Search. 5. Use of Library Sources.	12
Unit IV	<b>Methods of Research</b> 1. Need and Importance of Formulating Method 2. Sampling and population – meaning, importance. 3. Types of sampling – Probability and Non-Probability Methods 4. Design and analysis of Study, Meaning, Definition and types	12
Unit V	<b>1. Research Report</b> <b>2. Statistics</b> – Mean, Mode, Median, Range, Mean Deviation, Standard Deviation, Quartile Deviation, <b>3. Intellectual Property Rights:</b> i. Introduction to IPR :- ii. Meaning of Property, Origin, Nature, Meaning of Intellectual Rights. iii. Patent Rights and Copy Rights.	12

## Reference Books :-

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

**M.A. Yogashastra  
Semester I**

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	MAYO-102	Th-Major	Patanjali Yogasutra	60	4

**COs**

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

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> <li>• YOGA : Meaning, Concept, Aims, and objectives</li> <li>• Historical background and Development of Yoga.</li> <li>• Misconceptions of Yoga.</li> </ul>	<b>12</b>
Unit II	<ul style="list-style-type: none"> <li>• SAMADHI PAADA: Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya &amp; Upaypratayaya, Sadhan Panchak, ChittaVikshepas (Antaraya), Ektattva Abhyasa</li> <li>• Chitta-prasadanam. Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna; Samprajnata, Asamprajnata, Sabeeja &amp; Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana.</li> </ul>	<b>12</b>
Unit III	<ul style="list-style-type: none"> <li>• SADHANA PAADA: Concept of Kriya Yoga , theory of Kleshas ; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chaturvyuhavada, Drishyanirupanam,</li> <li>• Drasthanirupanam, Prakriti-Purusha Samyoga; Brief Introduction to Ashtanga Yoga; YamaNiyama; Concept of Vitarka &amp; Mahavrata; Asana, Pranayama, Pratyahara and their siddhis.</li> </ul>	<b>12</b>
Unit IV	<ul style="list-style-type: none"> <li>• VIBHUTI PAADA : A) Introduction of Antarang yoga (Dharana, Dhyana and Samadhi)</li> <li>• Nature of Sanyama; Concept of Chitta samskara, Parinamatraya and Different types of vibhutis</li> </ul>	<b>12</b>
Unit V	<ul style="list-style-type: none"> <li>• KAIVALYA PAADA: Five means of Siddhis, concept of Nirman Chitta, Importance of siddhis achieved through Samadhi,</li> <li>• Four types of Karmas; Concept of Vasana; Dharmamegh Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana</li> </ul>	<b>12</b>

**Reference 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
4. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005
5. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970
6. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi
7. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970
8. 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**

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	MAYO-103	Th-Major	Recent Trends in Yoga	60	4

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

**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**

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	MAYO-104	Th-Major	<b>Anatomy and Physiology</b>	60	4

**COs**

- The students would be able to:
- Recognize the concepts of various systems of body
- Identify the effect of Yogic Practices on Different systems of the body. .
- Provide knowledge of Organization of the human body and its regulation.
- Describe the support and movement of systems of the body.
- Analyze the structural aspect of systems of the body.
- Analyze the functional aspects of Human body.
- Demonstrate Effect of Yogic Exercise on Various system

Unit	Content	Period
Unit I	<ul style="list-style-type: none"> <li>• Detail Structure and Functions of Cell Contain.</li> <li>• Types of tissue and functions. Classification of bones and functions.</li> <li>• Muscular System: Type of muscle, their structure and functions, Neuro muscular transmission of impulse, muscle tone, stretch reflex.</li> <li>• Isometric and isotonic muscles, fatigue, Oxygen debt</li> </ul>	12
Unit II	<ul style="list-style-type: none"> <li>• Respiratory system: Mechanism of Respiration.</li> <li>• Transport of Oxygen and Carbon dioxide. Factors affecting it.</li> <li>• Respiratory volumes: Tidal Volume, Vital Capacity, Minute Volume, respiratory reserve, dead air.</li> </ul>	12
Unit III	<ul style="list-style-type: none"> <li>• Circulatory system; structure and function of heart, cardiac cycle, Heart sound.</li> <li>• Blood Composition, Plasma proteins and their function. Blood cell and their structure and function.</li> <li>• Mechanism of Blood coagulation. Bleeding time.</li> </ul>	12
Unit IV	<ul style="list-style-type: none"> <li>• Digestive system: function of organs, salivary glands and functions Peristaltic movement, Defecation.</li> <li>• Uro-genital system organs and their functions</li> <li>• Various endocrinal glands and their functions.</li> </ul>	12
Unit V	<ul style="list-style-type: none"> <li>• Special senses: Structure and functions of eye, errors of refraction, Ear, Tongue, Nose, Speech (Vocal cord)</li> <li>• Central nervous system Parts and their functions, Autonomic nervous system.</li> <li>• Spinal cord structure and function, cranial nerves, Reflex action.</li> </ul>	12

**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**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSE-I.A	MAYO-105A	Th-Major Elective	Yoga for Humanity	60	4

**COs**

- Learn about the concept of Yoga and Consciousness
- To provide understanding and implementation of vasuadhaiva kutumbakam.
- Learn the various methods of yoga with respect to the body, health, disease and therapy

Unit	Content	Period
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• What is Yoga?</li> <li>• Brief history and development of yoga</li> <li>• Yoga practices for health &amp; wellness.</li> <li>• General guideline for yoga practice.</li> </ul>	12
<b>Unit II</b>	<ul style="list-style-type: none"> <li>• Meaning &amp; concept of vasuadhaiva kutumbakam</li> <li>• Relation of vasuadhaiva kutumbakam with yoga</li> <li>• Utility of vashudhaiva kutumbakam in 21<sup>st</sup> century</li> </ul>	12
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Prayer for mental peace</li> <li>• Prayer for spiritual calmness</li> <li>• Asanas for physical and mental wellbeing ,</li> <li>• Pranayama for mental wellbeing</li> </ul>	12
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• <b>Prayer</b></li> <li>• <b>Loosening practices</b> :Neck bending, Trunk movement, Knee movement</li> <li>• <b>Yogasana</b> <ol style="list-style-type: none"> <li>a) Standing Postures : Tadasana, Vrikshasana, Pad-hastasan, Ardha –chakrasana, Trikonasana</li> <li>b) Sitting Postures : Bhadrasana, Ardha Ushtrasana, Shashankasana, Vakrakasana</li> <li>c) Prone Posters : Bhujangasana, Salabhasana, Makarasana</li> <li>d) Supine : Setubandhasna, Pavanamuktasana, Savasana</li> </ol> </li> </ul>	12
<b>Unit V</b>	<p><b>A) Kapalbhathi</b>  <b>B) Pranayama</b> : Nadisodhana or Anulomvilama, Bhramari Dhyna in sambhavi mudra  <b>C) Shanti Patha</b></p>	12

**Books Recommended:**

1. Common Yoga Protocol – Morarji Desai National Institute of Yoga, New Delhi
2. Yogasane – Dr. P. D. Sharma
3. Anatomy and Physiology of Yogic Practices – Dr. M.M. Gore
4. Bhagawatgeeta – Iskon
5. Yoga therapy: Swami Kuvalyanand & Dr. Vinegar, Lonavala

**M.A. Yogashastra  
Semester I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
5	DSE-LB	MAYO-105B	Th-Major Elective	Shatkarma	60	4

**COs**

- Have an understanding about the concept of Shatkarma
- Have an understanding about pre-requisites, principles about Shatkarma
- Understand the relationship of Shatkarma between Hathapradipika and Gherandasamhita.

Unit	Content	Period
<b>Unit I</b>	<p><b>Dhauti</b></p> <ul style="list-style-type: none"> <li>• Meaning, concept, Aims, objective.</li> <li>• Scope for Dhauti (Hathayogic Text)</li> <li>• Traditional and modern technique in Dhauti, types of dhauti.</li> </ul> <p><b>Basti</b></p> <ul style="list-style-type: none"> <li>• Concept Aims Objectives and Types.</li> <li>• Effects and Benefits of Basti Kriya</li> </ul>	12
<b>Unit II</b>	<p><b>Neti</b></p> <ul style="list-style-type: none"> <li>• Principal of jal Neti and Sutra Neti</li> <li>• Types of Neti</li> <li>• Importance of jalneti,</li> <li>• Modern technique in Sutra Neti,</li> <li>• Physiological effect of Jal Neti and Sutra Neti on human body.</li> </ul>	12
<b>Unit III</b>	<p><b>Nauli</b></p> <ul style="list-style-type: none"> <li>• Traditional concept of nauli</li> <li>• Basic principle of Nauli</li> <li>• Traditional and modern techniques of Nauli Kriya</li> <li>• Physiological effects of Nauli kriya</li> </ul>	12
<b>Unit IV</b>	<p><b>Tratak</b></p> <ul style="list-style-type: none"> <li>• Concept, Aims and Objective.</li> <li>• Basic principle of tratak</li> <li>• Types of tratak (in Hatpradipika)</li> <li>• Role of kapalbhati for cleansing</li> <li>• Physiological effects of tratak</li> </ul>	12
<b>Unit V</b>	<p><b>Kapalbhati</b></p> <ul style="list-style-type: none"> <li>• Types of Kapalbhathi ( according to Hathayogic Texts)</li> <li>• Physiological importance of Kapalbhathi.</li> <li>• Traditional and modern techniques of Kapalbhathi,</li> <li>• Physiological effects of Kapalbhathi</li> </ul>	12

**Books Recommended:**

1. Yoga: Key of Health by Dr. A.N. Khodaskar, Shree H.V.P.M. Amravati
2. Yoga therapy: Swami Kuvalyanand & Dr. Vinegar, Lonavala
3. Yogic Techniques by Dr. M.L. Gharote, Lonavala

**M.A. Yogashastra  
Semester 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	MAYO-106	Pr- Major	Practical	30	1

**COs**

- Differentiate between Sthula Vyayam and Sukshma Vyayam.
- Apply the technique and skills of demonstrating the Sthula Vyayam, Suryanamaskara & Asanas.
- Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
- Observe the performance of subjects to which performing Sthula Vyayam, Suryanamaskara and Asanas.
- Correct other in performance of Sthula Vyayam & Suryanamaskara and Asanas. 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.
- Live in an organized manner.

Unit	Content	Period
I	<p><b>Asana</b></p> <ul style="list-style-type: none"> <li>➤ <b>Standing Asanas:</b> Tadasana, Garudasana, Ardhakaticakrasana.</li> <li>➤ <b>Sitting Asanas :</b> Padmasana, Siddhasana, Vajrasana, Yogmudra, Pachimotanasana, Gomukhasana, Janushirasana.</li> <li>➤ <b>Prone Position :</b> ArdhaShalbhasana (Akpad), <b>Makarasana,</b> Bhujangasana.</li> <li>➤ <b>Supine Position :</b> Shavasana, Ardhalhasana, Pawanmuktasana, Setubandhasana.</li> <li>➤ <b>Balancing Asanas:</b> Parvatasana, Bakasana, Vrikshasana.</li> </ul>	6
II	<p><b>Shatkarma</b></p> <ol style="list-style-type: none"> <li>1.Neti : Jala and Sutra.</li> <li>2.Dhauti : Danta, Jivhashodhan, Karnarandhra, and Kapalrandhra.</li> <li>3. Agnisara : Standing and Sitting</li> </ol>	6
III	<ul style="list-style-type: none"> <li>• Pranayam and Bandha – Mudra :</li> <li>• Pranayama (without Kumbhak):Nadishodhan, Suryabhedhan, Ujjai, Shitali. Bandha: Jalandhar, Jivha.</li> <li>• <b>Mudra:</b> Nabhomudra, Vipritkarni, Tadagi.</li> </ul> <p><b>Note:</b> - Where practical demonstration is not possible during examination verbal explanation of the technique is expected</p>	6
IV	<ul style="list-style-type: none"> <li>• Yogic SukshmaVyayama:</li> </ul> <ol style="list-style-type: none"> <li>1) Vishudh Chakra OR Uccharan-sthalaShudhi</li> <li>2) Prarthana</li> <li>3) BuddhitathaDhriti Shakti – Vikasaka</li> <li>4) Smaran Shakti Vikasaka</li> <li>5) Medha Shakti – Vikasaka</li> <li>6) Kapal – Shakti Vikasaka</li> <li>7) Netra Shakti Vikasaka</li> <li>8) Karna Shakti Vikasaka</li> <li>9) Griva Shakti Vikasaka (1)</li> <li>10) Griva Shakti Vikasaka (2)</li> <li>11)Griva Shakti Vikasaka (3)</li> </ol>	6

	12) Skandh&Bahumula Shakti Vikasaka 13) Bhujabandha Shakti Vikasaka 14) Kohni Shakti Vikasaka 15)Bhuja-valli Shakti Vikasaka 16) Purnabhuj Shakti Vikasaka 17) Manibandh Shakti Vikasaka 18)Karaprutha 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)	
V	➤ Yogic SthulaVyayama 1)Rekha-gati 2) Hrid-gati 3) Utkurdana ➤ Suryanamaskar (Twelve Count) 1) Twelve Mantras 2) Ten counts, Twelve counts and Sixteen counts	6

### Books Recommended :

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

**M.A. Yogashastra  
Semester I**

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	MAYO-107	Pr- Major	Laboratory Practical	30	1

**Cos :**

The Students would be able to:

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

Unit	Content	Period
I	➤ Measurement of Pulse at different positions-static and dynamic phase. ➤ To measure the Respiratory Rate in rest and after exercise.	6
II	➤ Use of Stethoscope in Blood Pressure recording.	6
III	➤ To measure the lung capacity by Wet Spirometer ➤ To measure the Depth Perception	6
IV	➤ Application of Steadiness Tester ➤ Maintenance of Temperature Recording Chart. (Body temperature and room temperature.)	6
V	➤ Measurement of Height and weight and Body Mass Index.	6

**Books Recommended:**

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



# Sant Gadge Baba Amravati University, Amravati.

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

## M.A. Yogashastra Semester II

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	MAYO-201	Th-Major	Yoga Methodology	60	4

### Cos

- Understand the concept of integrated lessons.
- Adopt Micro teaching skills in the classrooms in line of to Integration the micro teaching skills
- Develop the lesson plan of integrated lessons.
- Describe the advantages of integrated lessons
- Apply different skills of micro teaching in to our day to day teaching

Unit	Content	Period
Unit I	<ul style="list-style-type: none"><li>• Lesson Planning; Meaning definitions and Importance.</li><li>• Factors affecting the teaching and planning</li></ul>	12
Unit II	<ul style="list-style-type: none"><li>• Different formats of lesson plans Planning and observation and field activity Lesson and Classroom Teaching Lesson.</li><li>• Methods of yoga teaching , Tradition and modern methods</li></ul>	12
Unit III	<ul style="list-style-type: none"><li>• Lecture, demonstration, orientation, homework, assignment, project, supervise study.</li><li>• Teaching Aids: meaning need definition and classification of teaching aid necessary precaution for the use of Teaching Aids.</li></ul>	12
Unit IV	<ul style="list-style-type: none"><li>• Evaluation procedure old concept new approach tools of evaluation, Term teaching, Micro teaching.</li><li>• Yoga and Sports</li></ul>	12
Unit V	<ul style="list-style-type: none"><li>• Knowledge lesson , Skill lesson</li><li>• Appreciation lesson planning and observation of different yogik lesson, Assan, Shatakarama Pranayam Bandhas Mudra lesan</li></ul>	12

### 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. Tex books and reference books of Yoga

**M. A. Yogashastra  
Semester 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	MAYO-202	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"> <li>• Meaning and concept of health, various dimensions of health.</li> <li>• Characteristics of healthy individual, factors influencing health. Role of Yoga in preservation of good health.</li> </ul>	12
Unit - II	<ul style="list-style-type: none"> <li>• First Aid – Wounds, fractures, Bandages, Blood flow.</li> <li>• Accidents, drowning, poison, Snake bite, electrical shocks, unconsciousness.</li> </ul>	12
Unit - III	<ul style="list-style-type: none"> <li>• Stress, Meaning and definition of stress, Types of Stress, Yoga method of managing stress</li> <li>• Meaning and concept, Psychic forces i.e., id, ego and superego.</li> </ul>	12
Unit - IV	<ul style="list-style-type: none"> <li>• Role of Yoga in solving personal and social Psychic problems.</li> <li>• Various Health problems :- health in educational Intuitional environment, malnutrition, fast food, habits and addiction, professional Hazard.</li> </ul>	12
Unit - V	<ul style="list-style-type: none"> <li>• Role of Shatkarma, Asana, Pranayama, Mudra,</li> <li>• Yogic Sukshma Vyayam, Sthula Vyayam, Suryanamaskar and Dhyana in solving health problems.</li> </ul>	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
11. Key to Health - M.K. Gandhi
12. Secretes for Health & Longevity - Dr. OmkarNath
13. Food for Health - A.P. Dewan
14. AaharVidnyan - Satyapal
15. Yogasana - Dr. P. D. Sharma.

**M. A. in Yogashastra  
Semester II**

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	MAYO-203	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"> <li>• Psycho-Physiological importance of Yoga.</li> <li>• Yogic management of stress and behavior.</li> <li>• Mental health and Yam-Niyama.</li> </ul>	12
Unit II	<ul style="list-style-type: none"> <li>• Physiological difference in normal exercise breathing and Pranayama.</li> <li>• Therapeutic importance of Hatha yogic Pranayam.</li> <li>• Scientific importance of Mudras.</li> </ul>	12
Unit III	<ul style="list-style-type: none"> <li>• Physiological effects of Asana</li> <li>• Importance of Pratyahar and Dharna.</li> </ul>	12
Unit IV	<ul style="list-style-type: none"> <li>• Effect of Shudhikriya (cleaning techniques)</li> <li>• Nadanusandhan and Pranava japa</li> </ul>	12
Unit V	<ul style="list-style-type: none"> <li>• Comparison between sleep and Yoga Nidra</li> <li>• Kundalini Yoga chakaras and centers of energy distribution (Shakti Kendra)</li> </ul>	12

**Books Recommended:**

1. "Yogic Therapy-Its Basic Principles & Methods" Central - Kuvalayananda Swami & S.L. Vinekar
2. Health Education & Bureau, Govt. of India, New Delhi 1963.
3. "Asanas" - Kuvalayananda Swami Kaivalyadhama, Lonavala.
4. "Pranayama " - Kuvalayananda 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. Swadhay and Yoga Therapy - Dr. Waze, Pune
10. ANATOMY & PHYSIOLOGY OF YOGIC PRACTICES - M.M.Gore , "Kanchan Prakashan Lonavala, 1990"

**M. A. Yogashastra  
Semester 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.A	MAYO-204A	Th-Major Elective	<b>Bandha and Mudra's</b>	60	4

**COs**

- Have an understanding about pre-requisites, principles about Bandha and Mudras
- Understand the relationship of Bandha and Mudras between Hathapradipika and Gherandasamhita.
- Have an understanding about the concept of Bandha and Mudras.

Unit	Content	Period
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Introduction and Definition of Mudras</li> <li>• Introduction and Definition of Bandhas</li> </ul>	<b>12</b>
<b>Unit II</b>	<p><b>Types of Mudras and Bandhas :</b></p> <ul style="list-style-type: none"> <li>• Mahamudra, Mahabandha, Mahaved, Khechhari, Udiyana</li> <li>• Mulbandh, Jalandharbandh, Vipritkarni, Vajroli</li> </ul>	<b>12</b>
<b>Unit III</b>	<ul style="list-style-type: none"> <li>• Characteristics and Aim of Mudras and Bandhas</li> <li>• Use of Bandha-Mudra and precaution during practice</li> </ul>	<b>12</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>• Nabhomudra, Yonimudra, Shaktichalini, Tadagi, Manduki.</li> <li>• Shambhavi, Ashvini, Pashvini, Matangini, Kaki,</li> </ul>	<b>12</b>
<b>Unit V</b>	<ul style="list-style-type: none"> <li>• Yogamudra, Pranmudra, Bujangini, Aagreyi dharana, Akashi Dharana.</li> <li>• Effect of Bandhas and Mudras on Chakras.</li> </ul>	<b>12</b>

**Books Recommended:**

1. Swami Muktibodhananda Saraswati Sahay G.S.: Hatha Yoga Pradeepika, Bihar school of yoga publications, Munger, 2000
2. HathaYoga Pradeepika of Svatmarama, MDNIY Publication, 2013
3. Sharma BR: Jotsna (Comentory of HathaYoga Pradeepika) Kaivalyadhama, Lonavala, 2013
4. Gharote, M.M. & others: Therapeutic references in Traditional Yoga Texts, the Lonavla Institute, Lonavla, 2010. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi, 2000.
5. Swatmaramaji : Hathapradipika (Jyotsana- tika), Adyar Library, Madras.
6. Bharati, Swami Veda Reddy Venkata: Philosophy of Hatha Yoga (English), Himalayan, Pennsylvania, Hatha Ratnavali

**M. A. Yogashastra  
Semester 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.B	MAYO-204B	Th-Major Elective	Philosophers & Thinkers in Yoga	60	4

**COs**

Student will able to understand the thinkers in Yoga

Unit	Content	Period
<b>Unit I</b>	• Yogic contribution of Swami Vivekanand	<b>12</b>
<b>Unit II</b>	• Brief Introduction of Maharshi Maheshyogi	<b>12</b>
<b>Unit III</b>	• Brief Introduction of Swami Shivanand Saraswati	<b>12</b>
<b>Unit IV</b>	• Yogic contribution of shri Arvind	<b>12</b>
<b>Unit V</b>	• Yogic Contribution of Swami Dayanand Sarswati	<b>12</b>

**Books Recommended:**

**Web. Material:**

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

**M.A. Yogashastra  
Semester II**

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	MAYO-205	Pr-Major	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	Period
1	<ul style="list-style-type: none"> <li>• Preparation of the teacher and his position.:</li> <li>• Plan of the lesson.</li> </ul>	6
2	<ul style="list-style-type: none"> <li>• Formation of the class.</li> <li>• Teacher's Practical Demonstration.</li> <li>• 4. Report. [Approaches &amp; Relationship]</li> </ul>	6
3	Teaching ability.: <ul style="list-style-type: none"> <li>• Self – confidence.</li> <li>• Self - Development.</li> </ul>	6
4	<ul style="list-style-type: none"> <li>• Control of the class.</li> <li>• Sequence of teaching</li> </ul>	6
5	Maintenance of interest and total impression. Impact and effect on the lesson.: <ul style="list-style-type: none"> <li>• Activity Enthusiasm.</li> <li>• Knowledge about the subject taught &amp; maturity.</li> </ul>	6

**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

**M. A. Yogashastra  
Semester 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	MAYO-206	Pr-Major	Practical	30	1

**Cos**

- By the end of the practical course student would be able to:
  - Demonstrate difference between Sthula Vyayam and Sukshma Vyayam.
  - Demonstrate the Sthula Vyayam, Suryanamaskara & Asanas.
  - Students can effectively perform specified meditative poses, perform cultural asanas and relaxative asanas.
  - Observe the performance of subjects to which performing Sthula Vyayam, Suryanamaskara and Asanas.
  - Correct other in performance of Sthula Vyayam & Suryanamaskara and Asanas.

Unit	Content	Period
1	<b>Asana</b> <b>Standing Asanas:</b> Trikonasana, Utkatasana , Sankatasana. <b>Sitting Asanas:</b> Bhadrasana, Badnapadmasana, Ardha Matsyendrasana, Guptasana. <b>Prone Position:</b> Dhanurasana, Naukasana. <b>Supine Position:</b> Uttanpadasana, Viparitkarni, Setubandhasana, Sarvangasana. <b>Balancing Asanas:</b> Vatayanasana, Shirsasana.	6
2	<b>Shatkarma</b> 1. Dhauti : Dand Dhauti, Vastra Dhauti 2. Trataka : Samip and Sudur	6
3	<b>Pranayam and Bandha – Mudra :</b> <b>Pranayama (without Kumbhak):</b> Sitkari, Bhastrika, and Bhramari. <b>Bandha:</b> Uddiyan, MulUddiyanbandha. <b>Mudra:</b> Shambhavi, Kaki, Bhujangi and Mahamudra.	6
4	<b>Yogic SukshmaVyayama:</b> 1) Udara Shakti Vikasaka 1                      2) Udara Shakti Vikasaka 2 3) Udara Shakti Vikasaka 3                      4) Udara Shakti Vikasaka 4 5) Udara Shakti Vikasaka 5                      6) Udara Shakti Vikasaka 6 7) Udara Shakti Vikasaka 7                      8) Udara Shakti Vikasaka 8 9) Udara Shakti Vikasaka (Nauli)              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 swadhisthan Chakara shuddhi 17) Kundalini Shakti Vikasaka                    18) Jangha Shakti Vikasaka (1) 19) Jangha Shakti Vikasaka (2)                    20) Janu Shakti Vikasaka 21) Pindai Shakti Vikasaka                      22) Pada-mula Shakti Vikasaka 23) Padanguli –Shakti Vikasaka                    24) Pada-Prushtha-Pada-TalaGulphashakti-	6
5	<b>Yogic SthulaVyayama</b> 1) Urdva-gati                      2) Sarvanga-pusti                      3) Suryanamaskar	6

**Books Recommended :**

- आसन, प्राणायाम, मुद्राबंध - स्वामी सत्यानंद सरस्वती, मुंगेर
- योगिक सुक्ष्म तथा स्थूल व्यायाम - धीरेंद्र ब्रह्मचारी
- हठप्रदीपिका - पितांबर झा.
- Asanas: Swami Kuvalyanand Kaiwalya dham, Lonavala
- Pranayama: Swami Kuvalyanand, Kaiwalya dham, Lonavala

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

M. A. Yogashastra

Semester II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Number of Periods	Credit
7	# Internship/ Field Projects		Related to Major	On Job Training, Internship / Field Projects	120	4*

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

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

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

Here, particularly the programme of Master of Yogashastra, internship refers to an exchange and extending of services for professional experience to be continued for **120 hours** in a school/college/organization, so that as experienced interns when they begin regular employment, such work experiences during this period of internship, the intern is expected to use the things/technique 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.

**Assessment of Internship :** Internal marks for 30 are assessed based on the following aspects and its record.

1. The intern shall at least conduct three assemblies for the students of whole school / organization.
2. The intern shall conduct classroom theory lessons or, at least any three lessons pertaining to any topics learned in the course.
3. The intern shall conduct practical lessons or at least any three lessons related to any learned Yoga Practical from the course.
4. The intern shall further conduct sports coaching lesson practically, at least one lesson pertaining to his or her individual Specific Lesson .
5. The interns shall show their sincerity and dedication, and discipline while carrying out the concerned work. The efficiency of the intern should be placed on record thoroughly.
6. Schools, organizations like Sports schools, Ashramshala, Other recognized and registered local schools shall either be adopted, or hour wise classes be conducted.
7. The duration of internship shall be of 120 hours. A group of 5 to 10 students - teachers individually shall conduct teaching lessons one each from the theory course, practical



activity practically and Advance Yoga coaching for students of different classes in the school / organization every day.

8. A file has to be prepared and maintained with an index of all three lessons along with a brief note on three conducts of assembly of the whole school/organization. The sincerity, discipline and overall efficiency of student-teacher shall be mentioned in the note and be submitted to supervisor after duly signed by the school personnel / administrator of the school/ organization countersigned by the supervisor / house advisor / counsellor before 10 days of II semester final exam in four copies.

**Note:**

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

**Presentation of report of Internship**

A power point presentation shall be made by the examinee pertaining to the internship of 120 hours, in the presence of 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.