



**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 & II (YOGASHASTRA)
Semester – I to IV**

Syllabus

(NEP – v 24)

Session – 2024-25

A-6756
SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI
Faculty : Interdisciplinary Studies
Programme : M.A. Yogashastra
Syllabus Prescribe under NEPv24

Part : A

OBJECTIVE OF THE PROGRAMME (POs) :

M.A. 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.

ADMISSION ELIGIBILITY :

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

- i. A candidate who has passed three years degree Programme of Bachelor of Arts (Yoga, or relevant subject) or Bachelor of Science (Yogic science or relevant subject), or any graduate having yoga or relevant subject as a subject of U.G. degree programme or as major or minor of any statutory university.

OR

- ii. Any other Three Years Bachelor Degree Graduates of Statutory University but for such students it will be mandatory to earn minimum 24 credits from Prescribed Additional Course Work / Pre-requisite Course during the first year of this programme unless the Additional Course Work / Pre-requisite Course is not successfully completed, the result of first year of such student will not be declared.

(B) Eligibility for M. A (Yogashastra) Direct Second Year (Level 6.5) Admission :

- i. Candidate who have passed one year Post Graduate Diploma in Yoga Therapy (Level 6.0) or one year Post Graduate Diploma in Naturopathy and Yogic Science (Level 6.0) or one year Post Graduate diploma in Yoga relevant subject (Level 6.0) with any bachelor degree of statutory University (not less than three academic years programme), shall be eligible to take direct admission of III semester (Part-II) of M.A. Yogashastra.

OR

- ii. Candidates who have completed four years U.G. Degree Programme (Level 6.0) with Yoga or relevant subject as major or minor will be eligible for admission to direct III semester (Part-II) of M.A. Yogashastra.

INTAKE CAPACITY :

- [The intake capacity being limited for 40 seats for level 6.0]
- [The intake capacity being limited for 60 seats for level 6.5]

DURATION :

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

SPECIAL CHARACTERISTICS OF THIS PROGRAMME (PSo) :

The specific outcomes will

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

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EMPLOYABILITY / PLACEMENT POTENTIAL OF THE PROGRAMME :

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

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

Learning outcomes descriptors for a higher education qualification at level 6 on the NHEQF

The Bachelor's degree (Honours/ Honours with Research) or the Post-Graduate Diploma is awarded to students who have demonstrated the achievement of the outcomes located at level 6 on the NHEQF.

Descriptors for qualifications at levels 6 on the NHEQF

Element of the descriptor	NHEQF level descriptors
Knowledge and understanding	The graduates should be able to demonstrate the acquisition of: <ul style="list-style-type: none"> • advanced knowledge about a specialized field of enquiry, with depth in one or more fields of learning within a broad multidisciplinary/ interdisciplinary context. • a coherent understanding of the established methods and techniques of research and enquiry applicable to the chosen fields of learning. • an awareness and knowledge of the emerging developments and issues in the chosen fields of learning, • procedural knowledge required for performing and accomplishing professional tasks associated with the chosen fields of learning.
General, technical and professional skills required to perform and accomplish tasks	The graduates should be able to demonstrate the acquisition of: <ul style="list-style-type: none"> • a range of cognitive and technical skills required for performing and accomplishing complex tasks relating to the chosen fields of learning, • cognitive and technical skills relating to the established research methods and techniques, • cognitive and technical skills required to evaluate complex ideas and undertake research and investigations to generate solutions to real-life problems, • generate solutions to complex problems independently, requiring the exercise of full personal judgement, responsibility and accountability for the output of the initiative taken as a practitioner.
Application of knowledge and skills	The graduates should be able to demonstrate the ability to: <ul style="list-style-type: none"> • apply the acquired advanced technical and/or theoretical knowledge and a range of cognitive and practical skills to analyze the quantitative and qualitative data gathered drawing on a wide range of sources for identifying problems and issues relating to the chosen fields of learning, • apply advanced knowledge relating to research methods to carry out research and investigations to formulate evidence-based solutions to complex and unpredictable problems.
Generic learning outcomes	The graduates should be able to demonstrate the ability to: <ul style="list-style-type: none"> • listen carefully, read texts and research papers analytically, and present complex information in a clear and concise manner to different groups/ audiences. • communicate technical information and explanations, and the findings/ results of the research studies relating to specialized fields of learning,

	<ul style="list-style-type: none"> • present in a concise manner one’s views on the relevance and applications of the findings of research and evaluation studies in the context of emerging developments and issues. • meet own learning needs relating to the chosen fields of learning. • pursue self-paced and self-directed learning to upgrade knowledge and skills that will help accomplish complex tasks and pursue a higher level of education and research. <p>The graduates should be able to demonstrate:</p> <ul style="list-style-type: none"> • a keen sense of observation, enquiry, and capability for asking relevant/ appropriate questions, • the ability to problematize, synthesize and articulate issues and design research proposals, • the ability to define problems, formulate appropriate and relevant research questions, formulate hypotheses, test hypotheses using quantitative and qualitative data, establish hypotheses, make inferences based on the analysis and interpretation of data, and predict cause-and-effect relationships, • the capacity to develop appropriate tools for data collection, • the ability to plan, execute and report the results of an experiment or investigation, • the ability to acquire the understanding of basic research ethics and skills in practicing/doing ethics in the field/ in own research work, regardless of the funding authority or field of study, • examine and assess the implications and consequences of emerging developments and issues relating to the chosen fields of study based on empirical evidence. • make judgement in a range of situations by critically reviewing and consolidating evidence, • exercise judgement based on evaluation of evidence from a range of sources to generate solutions to complex problems, including real-life problems, associated with the chosen field(s) of learning requiring the exercise of full personal responsibility and accountability for the initiatives undertaken and the outputs/outcomes of own work as well as of the group as a team member.
<p>Constitutional, humanistic, ethical, and moral values</p>	<p>The graduates should be able to demonstrate the willingness and ability to:</p> <ul style="list-style-type: none"> • Embrace and practice constitutional, humanistic, ethical, and moral values in life. • adopt objective, unbiased, and truthful actions in all aspects of work related to the chosen field(s) of learning and professional practice. • present coherent arguments in support of relevant ethical and moral issues. • participate in actions to address environmental and sustainable development issues. • follow ethical practices in all aspects of research and development, including avoiding unethical practices such as fabrication, falsification, or misrepresentation of data or committing plagiarism.
<p>Employability and job-ready skills, and entrepreneurship skills and capabilities/qualities and mindset</p>	<p>The graduates should be able to demonstrate the acquisition of knowledge and skills required for:</p> <ul style="list-style-type: none"> • adapting to the future of work and to the demands of the fast pace of technological developments and innovations that drive a shift in employers’ demands for skills, particularly with respect to the transition towards more technology-assisted work involving the creation of new forms of work and rapidly changing work and production processes. • managing complex technical or professional activities or projects, requiring the exercise of full personal responsibility for the output of own work as well as for the outputs of the group as a member of the group/team. • exercising supervision in the context of work having unpredictable changes.

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Additional Course Work / Pre -Requisite Course of Minimum 24 Credits for those Students who have not opted 'Yoga/ Yogashastra/ Naturopathy /Yogic Science' as subject of degree programme or as Major or Minor in 3 Years U.G. Degree programme but had taken admission in M.A. In Yogashastra / Post Graduate Diploma in Yoga Therapy / Post Graduate Diploma in Naturopathy and Yogic Science.

Credit Distribution of Additional Course Work / Pre -Requisite Course

Sr. No.	Course / Subject Code	Course / Subject Name	Credit
1	PRREQYOG001	Introduction To Yoga - I	4
2	PRREQYOG002	Introduction To Yoga - II	4
3	PRREQYOG003	Yoga Practical	4
4	PRREQYOG004	Seminar on above Course	4
5	PRREQYOG005	Home Assignment	4
6	PRREQYOG006	Debate and Discussion / Field Visit	4
		Total	24

Prescribed Syllabus for Pre-requisite course

Course I

Sr. No.	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
1	PRREQYOG001	Additional Course Work / Pre –Requisite course	INTRODUCTION TO YOGA - I	60	4

Cos

After Successful Completion of this Course the students would be able to :

- -Apply Knowledge about Origen History Development of Yoga
- -Recognise the Role of Yama Niyama in Mental Health
- -Learn Different School of Yoga
- -Apply Knowledge of Asanas for Human Health
- -This Course will Introduce Different types of Prayers Shanti Path and their, I Benefits
- -Strengthening the body's ability to fight infections and diseases.
- -Greater vitality and reduced fatigue through balanced diet and holistic practices.
- -Lowered stress levels and improved mental health through techniques like meditation and relaxation exercises.
- -Removal of toxins from the body through dietary changes, fasting, and other detox methods.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Meaning ,concept, definition aims and objectives of Yoga • Historical background of Yoga • Misconceptions about Yoga 	10
Unit II	<ul style="list-style-type: none"> • Importance of different prayers in Yoga • Importance of Shanti Path in Yoga 	10
Unit III	<ul style="list-style-type: none"> • Introduction to Patanjali Yog Darshan • .Concept of Antarang Yog and Bahirang Yoga • Concept of yam-niyam 	10
Unit IV	<ul style="list-style-type: none"> • Aasanas - types and its effects on human body • Pranayama – Concept of Pranayam according to Patanjali Yog Darshan 	10
Unit V	<ul style="list-style-type: none"> • Introduction of different schools of yoga. Gyan Yoga, Bhakti Yog, Karm Yoga, Hatha Yoga. 	10
Unit VI	<ul style="list-style-type: none"> • History of Naturopathy • Introduction of Five Elements 	10

Reference Books :

- | | |
|-----------------------------------|--|
| 1. SamputraYogvidya | - Rajeev jain, mangal Publication House Pvt. Ltd. Bhopal |
| 2. PatanjaliYog-Sutra | - Dr. P.V. karambelkar, kaivalyadhama, Lonawala |
| 3. Aasana, Pranayama Mudra bandha | - Swami SatyanandaSarswati |
| 4. Science of nature life | - Dr. Bansal |
| 5. Davas nature guide | - Dr. Davas |

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Course-II

Sr. No.	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
2	PRREQYOG002	Additional Course Work / Pre –Requisite course	Introduction to Yoga - II	60	4

Cos :

After Successful Completion of this Course the students would be able to:

- Learn Various Shodhan Kriya, there Techniques and their Therapeutic Values
- Learn Various Asanas with their Significance
- Learn Pranayama and their Effects
- Adapt Knowledge of Banda Mudra
- Learn mud applications can promote better blood flow and improve circulation, which can aid in the healing process and reduce muscle tension.
- Mud therapy may help in detoxifying the body by drawing out impurities and toxins through the skin.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Introduction to Bhagavad Gita • Introduction to Hatha Pradipika 	10
Unit II	<ul style="list-style-type: none"> • Shodhan Kriyas Types and Techniques • Types of Hatha Yogik Pranayam and its Signification 	10
Unit III	<ul style="list-style-type: none"> • Types of Bandha According to Hatha Yoga • Concept of Mudras 	10
Unit IV	<ul style="list-style-type: none"> • Concept of pratyahar dharna Dhyam samadhi 	10
Unit V	<ul style="list-style-type: none"> • Importance of Pranav Japa • Meditation and its Importance 	10
Unit VI	<ul style="list-style-type: none"> • Brief introduction of Indian Naturopath • Introduction of • Mud therapy • Fasting therapy • Cromotherapy 	10

Reference Books:

- | | |
|-----------------------------------|--|
| 1. SamputraYogvidya | - Rajeev Jain, mangal Publication House Pvt. Ltd. Bhopal |
| 2. PatanjaliYog-Sutra | - Dr. P.V. karambelkar, kaivalyadhama, Lonawala |
| 3. Aasana, Pranayama Mudra bandha | - Swami SatyanandaSarswati |
| 4. Science of nature life | - Dr. Bansal |
| 5. Davas nature guide | - Dr. Davas |

Practical -I

Sr. No.	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
3	PRREQYOG003	Additional Course Work / Pre –Requisite course	YOGA PRACTICAL	120	4

Cos :

After Successful Completion of this Course the students would be able to:

- Learn Suryanamaskara its techniques.
- Learn Asanas with their significance
- Learn Pranayama and their Effects
- Adapt Knowledge of Banda Mudra
- Effectively Perform Meditative pose, Cultural Asanas and Relaxtative Asanas

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List of Practical / Laboratory Experiments / Activities, etc.

Content
<ul style="list-style-type: none">• Yogic Prayer• Yogic Sukshma Vyayam• Netra Shakti Vikasak, Karna Shakti Vikasak, Medha Shakti Vikasak, Griva Shakti Vikasak, Skandha Shakti Vikasak, Bhujja Shakti Vikasak, Vakshasthl Shakti Vikask.
<ul style="list-style-type: none">• Suryanamaskaar
<ul style="list-style-type: none">• General Guideline of aasanas
<ul style="list-style-type: none">• Nadi Shodhan(Anulom Vilom), Pranayama Method
<ul style="list-style-type: none">• General Guideline of Bandha and Mudras
<ul style="list-style-type: none">• Shanti Path

Reference Books :

1. Samputra Yogvidya - Rajeev jain, mangal Publication House Pvt. Ltd. Bhopal.
2. Patanjali Yog-Sutra - Dr. P.V. karambelkar, kaivalyadhama, Lonawala
3. Aasana, Pranayama Mudra bandha - Swami Satyananda Sarswati
4. Science of nature life - Dr. Bansal

The Evaluation Mechanism Is As Under :

(Internal Assessment / Evaluation / Examination)

The evaluation system of Introduction to Yoga - I

- A theory paper based on 6 units descriptive type of maximum 40 marks duration 2 hours.
- Examination with MCQ of 20marks based on all 6 units.

The evaluation system of Introduction to Yoga - II

- A theory paper based on 6 units descriptive type of maximum 40 marks duration 2 hours.
- Examination with MCQ of 20 marks based on all 6 units.

The evaluation system of Yoga Practical

- Candidate has to demonstrate 4 practices or activities of candidates choice.

The evaluation system of Seminar on above Papers

- Seminar candidate has to deliver 4 seminars any 2 topics from theory paper-I (Introduction to Yoga – I) and any 2 topics from theory paper-II (Introduction to Yoga – II) Seminar Report will have to be submitted.

The evaluation system of Home Assignment

- Home Assignment:- Candidate has to write 2 essays on any 2 topics from theory paper –I (Introduction to Yoga – I) and any 2 topics from theory paper –II (Introduction to Yoga – II)

The evaluation system of Debate and Discussion / Field visit.

- Candidate has to select 2 topics from theory paper-I (Introduction to Yoga – I) and 2 topics from theory paper –II (Introduction to Yoga – II) and has to discuss and debate with other students A report of the activities will be submitted.
- Candidate may have to visit yoga and Naturopathy centre's and write a short report on the visit.

Special Note :

- It is a self learning / online / through SWAYAM or Any recognised MOOC platform course. The teachers / faculty of the Department /Institute / College will facilitate the learning and assessment of the course.
- All those students who have not studied or earn 24 Credit from the course of Yoga/ Yogashastra/ Naturopathy /Yogic Science or relevant course during their U.G. Programme will have to go through this course.
- Yoga/ Yogashastra/ Naturopathy /Yogic Science or relevant subject graduates are exempted from this course.
- Assessment / Examination and Evaluation of this Additional course work / Pre-requisite course will be done through Internal Assessment Process at level of Department / Institute.
- The course completion certificate will be submitted by Head of the Department / Institute to the Examination Section of the University, before completion of second semester university examination of that academic year.

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- The undertaking along with the list of those student who do not required the Additional Course Work / Pre-requisite Course will be simultaneously submitted by the Head of University Department / Principal / Head of the Institute to the Examination Center.
- It is compulsory to the such admitted student (Non-Yoga / Non-Yogashastra/ Non-Naturopathy / Non-Yogic Science graduates) to Complete Additional course work / Pre-Requisite Course in Semester I & II of the same academic year.
- The evaluation of the said Additional course work / Pre-requisite course will be done under the concerned Department / Institute. The subject expert of the regarding programme or course, Institute will have authority to conduct the evaluation.
- The complete outline of the Additional course work / Pre-requisite course is given at the beginning of the syllabus of the said course.

Part-B

Two Years – Four Semesters Masters Degree Programme – NEP –V24

M.A. in Yogashastra Part-I

Semester-I

Sr. No.	Subject	Subject Code	Name of the Subject	Total Learning Hours	Credit
1.	Research Methodology and IPR	24MAYOG101	Research Methodology and IPR	60	4
2.	DSC-I.1	24MAYOG102	Fundamentals of Yoga	60	4
3.	DSC-II.1	24MAYOG103	Anatomy of Physiology	60	4
4.	DSC-III.1	24MAYOG104	Recent Trends in Yoga	45	3
5.	DSE-I / MOOC	24MAYOG105 OR 24MAYOG106	Dharma Sadhana Samanta aur Vidnyan OR Introduction of Vashistha Samhita	45	3
6.	DSC-I.1 Lab	24MAYOG107	Practical of Yoga - I	30	1
7.	DSC-II.1 Lab	24MAYOG108	Shatkarma & Pranayama - I	30	1
8.	DSC-III.1 Lab	24MAYOG109	Yogic Sukshma Vyayama and Sthul Vyayama – I	30	1
9.	DSE-I Laboratory	24MAYOG110 OR 24MAYOG111	Common Yoga Protocol OR Surya Namaskar	30	1
10.	Experiential Learning, Life Skills, Self Study, Field Visits, Digital learning, Assessment, Evaluation, Examination etc.			210	Included above
	TOTAL			Minimum 600 Learning Hours	22

M.A. in Yogashastra Part-I

Semester-II

Sr. No.	Subject	Subject Code	Name of the Subject	Total Learning Hours	Credit
1.	DSC-I.2	24MAYOG201	Health Management	60	4
2.	DSC-II.2	24MAYOG202	Physiology of Yogic Practices	60	4
3.	DSC-III.2	24MAYOG203	Yoga Methodology	45	3
4.	DSE-II / MOOC	24MAYOG204 OR 24MAYOG205	Prakruti Chikitsa OR Yogic Culture	45	3
5.	DSC-I.2 Lab	24MAYOG206	Practical of Yoga - II	30	1
6.	DSC-II.2 Lab	24MAYOG207	Shatkarma & Pranayama - II	30	1
7.	DSC-III.2 Lab	24MAYOG208	Yogic Sukshma Vyayama and Sthul Vyayama - II	30	1
8.	DSE-II Laboratory	24MAYOG209 OR 24MAYOG210	Practice Teaching OR Laboratory Practical	30	1
9.	If the student opts to exit the programme after 1 Year then – # On Job Training, Internship / Apprenticeship ; Field Project Related to Major @ during vacations cumulatively 120 hours				4*
10.	Experiential Learning, Life Skills, Self Study, Field Visits, Digital learning, Assessment, Evaluation, Examination etc.			270	Included above
	TOTAL			Minimum 600 Learning Hours	18 + 4*

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Sant Gadge Baba Amravati University, Amravati

Faculty : Interdisciplinary Studies

Syllabus Prescribe under -NEPv24

Session 2024-25

Programme: M.A. Yogashastra

Semester I

Course I

Sr. No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
1	RM and IPR	24MAYOG101	Th-Major	Research Methodology and Intellectual Property Right	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	Hours
Unit I	Introduction to Research : Meaning and Definition of Research – Need, Nature and Scope of research in Yoga. Classification of Research, Location of Research Problem, Criteria for selection of a problem,	10
Unit II	Qualities of a good researcher Survey of Related Literature : Need and Purpose for Surveying Related Literature, Kinds of Related Literature, Sources of Literature, Steps in Literature Search. Use of Library Sources.	10
Unit III	Methods of Research: Descriptive Methods of Research; Survey Study, Case study, Introduction of Historical Research, Steps in Historical Research, Sources of Historical Research: Primary Data and Secondary Data, Historical Criticism: Internal Criticism and External Criticism. Philosophical research: meaning, steps, pitfalls and data synthesis	10
Unit IV	Experimental Research: Experimental Research – Meaning, Nature and Importance, Meaning of Variable, Types of Variables. Experimental Design - Single Group Design, Reverse Group Design, Repeated Measure Design, Static Group Comparison Design, Equated Group Design, Factorial Design	10
Unit V	Sampling: Meaning and Definition of Sample and Population. Types of Sampling; Probability Methods; Systematic Sampling, Cluster sampling, Stratified Sampling. Area Sampling – Multistage Sampling. Non- Probability Methods; Convenience Sample, Judgment Sampling, Quota Sampling.	10
Unit VI	Introduction to intellectual property rights (IPRs): <ul style="list-style-type: none">• Meaning Nature and basic concept of IPR International Protection of IPR,• Meaning and Nature of patent, Law of patent (the patent Act, 1970) copyright Law (the Indian copy right Act 1957),• Law of trade mark (trade mark act 1999	10

Reference Books :-

1. Statistics for Psychology - J. P. Varma Tata McGraw Hill Education Private Limited, New Delhi
2. Research Methods applied Health - Scott. G.M.(Ed.) :-
Physical Education and Recreation
2nd Washington, D.C., AAHPERD, 1959
3. Manual for Writing of Research papers, - Turabian, Kate. L.A. Chicago University of
thesis and Dissertation
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

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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****Course II**

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

COs :

The students would be able to:

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

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Yoga –Meaning, Concept, Definitions, aims and objectives of Yoga. • Historical Background of Yoga 	10
Unit II	<ul style="list-style-type: none"> • Introduction of Hatha Yogic text and their practices with reference to Hatha Pradipika & Gherand Samhita, Shiv Samhita • Sankhya Philosophy, Twenty-five entities according to Sankhya, Means of Knowledge, Satkaryavada 	10
Unit III	<ul style="list-style-type: none"> • Introduction to Patanjali Yoga Sutra, Four Padas-Samadhi, Sadhana, Vibhuti and Kaivalya. • Concept of Chitta- Vritti, Chitta -Vikshepa 	10
Unit IV	<ul style="list-style-type: none"> • Concepts of Ashtang Yoga, according to Patanjali Yoga Sutra. • Concept of Chitta-Prasadana, Kriya yoga and Ishwara 	10
Unit V	<ul style="list-style-type: none"> • Concept of Bandha-Mudra and Kundalini. • Concept of Shatkarma, according to Hathpradipika 	10
Unit VI	<ul style="list-style-type: none"> • Yoga Schools with Samkhya-Yoga Tradition • Relation of Yoga with Sankhya., Similarities and Dissimilarities • Relation of Yoga with Vyakta and Avyakta, Triguna. 	10

TEXT BOOKS :

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

BOOKS FOR REFERENCE

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

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M.A. Yogashastra
Semester I

Course III

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

COs :

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

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Detail Structure and Functions of Cell Contain. • Types of tissue and functions. Classification of bones and functions. • Muscular System: type of muscle, their structure and functions, Neuro muscular transmission of impulse, muscle tone, stretch reflex. • Isometric and isotonic muscles, fatigue, Oxygen debt 	10
Unit II	<ul style="list-style-type: none"> • Respiratory system: Mechanism of Respiration. • Transport of Oxygen and Carbon dioxide. Factors affecting it. • Respiratory volumes: Tidal Volume, Vital Capacity, Minute Volume, respiratory reserve, dead air. 	10
Unit III	<ul style="list-style-type: none"> • Circulatory system; structure and function of heart, cardiac cycle, Heart sound. • Blood Composition, Plasma proteins and their function. Blood cell and their structure and function. • Mechanism of Blood coagulation. Bleeding time. 	10
Unit IV	<ul style="list-style-type: none"> • Digestive system: function of organs, salivary glands and functions Peristaltic movement, Defecation. • Uro-genital system organs and their functions 	10
Unit V	<ul style="list-style-type: none"> • Various endocrinal glands and their functions. • Special senses: Structure and functions of eye, errors of refraction, Ear, Tongue, Nose, Speech (Vocal cord) 	10
Unit VI	<ul style="list-style-type: none"> • Central nervous system Parts and their functions, Autonomic nervous system. • Spinal cord structure and function, cranial nerves, Reflex action. 	10

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".

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M.A. Yogashastra
Semester I
Course IV

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

COs :

Students would be able to

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

Unit	Content	Hours
Unit I	Information of the following Yoga Institutions/ University with their contributions in the Field of Yoga propagation and development. <ul style="list-style-type: none"> • Kaivalyadhama, Lonavala, Pune. • Moraraji Desai National Yoga Institute, New Delhi. • Central Council for Research in Yoga and Naturopathy, New Delhi. • Shree Hanuman Vyayam Prasarak Mandal, Amravati. • Harising Gour Vishwavidyalaya Sagar, (M.P.) 	9
Unit II	<ul style="list-style-type: none"> • Dev Sanskruti Vishwa-Vidyalaya Haridwar. • Gurukul Kangari Vishwavidyalaya Haridwar. • Patanjali Vidyapeeth, Haridwar. • Swami Vivekananda Yoga Anusandhan Samsthan, Bangalore. 	9
Unit III	<ul style="list-style-type: none"> • Knowledge and demonstration ability • To prepare the course schedule giving due weightage to various aspects of the practice of Yoga • To teach to a pre-defined script through a standard teaching process. Describing the practice (name, meaning, justification, category, type, counts, complementary postures) • Demonstration (Silent demo, demo with counts, demo with counts breathing and explanation) • Benefits and limitation • Single group practice • Practice in pairs • Explanation of Subtle points • Question answers • To teach as per the daily and the course schedule • To keep records of aspirants enrolled, their attendance and their progress report during the programme • To obtain feedback from the aspirants and make course correction as appropriate. 	9
Unit IV	<ul style="list-style-type: none"> • Conferences, Seminars, Symposia and workshops: • Importance, nature and organizational set up of Conference, Seminar, Symposium, Workshop. • Review and general outlook of Yoga text books, journals, periodicals, reference books and Bibliographical approach. 	9
Unit V	<ul style="list-style-type: none"> • Tools of propagation and advertisement techniques: • Yoga camps, demonstration, exhibition, propagation tour, Yoga lecture Series • News writing, Radio, Television, Internet and other techniques of propagation 	9

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

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Semester I
Course V Elective

Elective- I

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

COs :

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

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

Reference Books :

Unity in Diversity(HIS285) :-YCMOU

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

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Semester I
Course V Elective

Elective- II

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

COs :

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

ReferenceBooks:

1. VasisthyaSanhita Yog Kanda :- Swami DigamberJi, Dr.Pitamber Jha, Shree Gyan Shankar Sahay, Kaivalyadhama , S.M.Y.M. Samiti Lonavala
2. The Historyof Indian Philosophy;-NandLal Dashora
3. वशिष्ठ संहिता योगकांड स्वामी दिगंबर जी डॉक्टर पितांबर झा श्री जानशंकर सहाय कैवल्यधाम श्रीमान माधव जोक मंदिर समिती लोणावला
4. योग वशिष्ठ नंदलाल दशोरा पब्लिकेशन प्रकाशक रणधीर प्रकाशन हरिद्वार

M.A. Yogashastra
Semester I
Practical / Lab I

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

COs :

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

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

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

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

List of Practical / Activities etc.

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

Books Recommended :

- | | |
|--------------------------------------|--|
| 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 | -डॉ -गोर मकरंद .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
Practical / Lab - II**

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

COs :

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

- Differentiate between Asanas and Bandha – Mudra
 - Apply the technique and skills of demonstrating the Asanas and Bandha – Mudra.
 - Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
 - Observe the performance of subjects to which performing Asanas and Bandha – Mudra.
 - Correct other in performance of Asanas and Bandha – Mudra.
- On successful completion of yoga practical students will be able to,
- Manage and reduce the stress and anxiety.
 - Adapt the art of living
 - Accelerate spiritual development
 - Use own energy for self-development.
 - Concentrate on focused activity

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List of Practical / Activities etc.

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

Books Recommended :

- | | |
|--------------------------------------|--|
| 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 | -डॉ -गोर मकरंद .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
Practical / Lab - III

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

COs :

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

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

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

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

List of Practical / Activities etc.

1	Yogic Sukshma Vyayama: <ol style="list-style-type: none"> 1) Vishudh Chakra OR Uccharan-sthalaShudhi 2) Prarthana 3) Buddhitatha Dhriti Shakti – Vikasaka 4) Smaran Shakti Vikasaka 5) Medha Shakti – Vikasaka 6) Kapal – Shakti Vikasaka 7) Netra Shakti Vikasaka 8) Karna Shakti Vikasaka 9) Griva Shakti Vikasaka (1) 10) Griva Shakti Vikasaka (2) 11) Griva Shakti Vikasaka (3) 12) Skandh&Bahumula Shakti Vikasaka 	
2	Yogic Sthula Vyayama	

1) Rekha-gati	
2) Hrid-gati	

Books Recommended :

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

**M.A. Yogashastra
Semester I
Practical / Lab - IV
Elective- I**

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

COs:

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

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

List of Practical / Activities etc.

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

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M.A. Yogashastra
Semester I

Practical / Lab - IV
Elective- II

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

COs:

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

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

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

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

List of Practical / Activities etc.

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

M.A. Yogashastra
Semester II [Level 6.0]

Course I

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

COs

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

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Unit	Content	Hours
Unit - I	<ul style="list-style-type: none"> • Meaning and concept of health, various dimensions of health. • Characteristics of healthy individual, factors influencing health. Role of Yoga in preservation of good health. 	10
Unit - II	<ul style="list-style-type: none"> • First Aid – Wounds, fractures, Bandages, Blood flow. • Accidents, drowning, poison, Snake bite, electrical shocks, unconsciousness. 	10
Unit - III	<ul style="list-style-type: none"> • Stress, Meaning and definition of stress, Types of Stress, Yoga method of managing stress • Meaning and concept, Psychic forces i.e., id, ego and superego. 	10
Unit - IV	<ul style="list-style-type: none"> • Role of Yoga in solving personal and social Psychic problems. • Various Health problems :- health in educational Intuitional environment, malnutrition, fast food, habits and addiction, professional Hazard. 	10
Unit - V	<ul style="list-style-type: none"> • Role of Shatkarma in solving health problems. • Role of Pranayama in solving health problems. 	10
Unit - VI	<ul style="list-style-type: none"> • Role of Shatkarma, Asana, Mudra, • Yogic Sukshma Vyayam, Sthula Vyayam, Suryanamaskar and Dhyana in solving health problems. 	10

Books Recommended :

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

**M.A. Yogashastra
Semester II
Course II**

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

Cos :

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

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Psycho-Physiological importance of Yoga. • Yogic management of stress and behavior. • Mental health and Yam-Niyama. 	10
Unit II	<ul style="list-style-type: none"> • Physiological difference in normal exercise breathing and Pranayama. • Therapeutic importance of Hatha yogic Pranayam. 	10
Unit III	<ul style="list-style-type: none"> • Physiological effects of Asana • Importance of Pratyahar and Dharna. 	10
Unit IV	<ul style="list-style-type: none"> • Effect of Shudhikriya (cleaning techniques) 	10

	<ul style="list-style-type: none"> Effect of Nadanusandhan 	
Unit V	<ul style="list-style-type: none"> Comparison between sleep and Yoga Nidra Effect of Pranava japa 	10
Unit VI	<ul style="list-style-type: none"> Kundalini Yoga chakaras and centers of energy distribution (Shakti Kendra) Scientific importance of Mudras. 	10

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. Swadhyay and Yoga Therapy - Dr. Waze, Pune
10. Anatomy & Physiology Of Yogic Practices - M.M.Gore , "Kanchan Prakashan Lonavala, 1990"

**M.A. Yogashastra
Semester II**

Course III

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

Cos : The students would be able to:

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

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

Reference Books :

1. Teaching methods for Yogic practices: – M. L. Gharote, S. K. Ganguli.
2. Principles of Education: – Dr. R. S. Pandey.
3. Principles of Methods of Teaching: – Bhatia.
4. Introduction to Teaching: – Bernard H. C
5. शिक्षा के सामान्य सिद्धांत तथा विधिया- प्रा केके भाटिया प्रा सी एल नारंग
6. शिक्षा के सामान्य सिद्धांत - प्रा पाठक और प्रा त्यागी

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

**M.A. Yogashastra
Semester II
Course IV
Elective- I**

Sr. No.	Subject	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
4	DSE-II	24MAYOG204	Th-Major Elective	Prakrutik Chikitsa	45	3

Cos :

- To learn Traditional Indian Yoga systems
- This course will introduce different philosophers concepts in the field related to Bhakti Yoga Practices.
- The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature.
- The purposes of Yoga are to cultivate discernment, awareness, self-regulation and higher consciousness in the individual.

Unit	Content	Hours
Unit I	Naturopathy <ul style="list-style-type: none"> • Meanings, Definition, importance and principles of Naturopathy • Hydrotherapy and their application. Hip bath, Foot bath, Full wetpack, Local Wet Pack, Stem Bath Local Stem bath, Enema, Arm Bath, Full Emerssion bath, Sitz bath, Spinal bath and Spinal Spray. 	9
Unit II	<ul style="list-style-type: none"> • Concept of Diet in yoga (Satvik, Rajsik, Tamsik) Eliminative soothing and curative diet and balance diet, Mitahar. • Concepts of Diet, Pathya and Apathya according to Gheranda Samhita • Yogic concept of diet and its relevance in Hatha Yoga 	9
Unit III	<ul style="list-style-type: none"> • Panchkarma and Tridosh of Ayurveda. • Traditional yogic methods (Shatkarmas) and natural way of living 	9
Unit IV	Mud TSherapy <ul style="list-style-type: none"> • a) Sources of mud b) Preparation of mud c) Therapeutic effects of mud d) Physiological effect of mud application Chromo Therapy <ul style="list-style-type: none"> • a) History of Chromo Therapy b) Harmonic law of Universe c) Solar family d) Chromo chemistry 	9
Unit V	Massage Therapy <ul style="list-style-type: none"> • Introduction and brief History of Massage, definition of massage • Basicneeds of Massage, characteristics of a masseur, Therapeutic uses of different types of oil, Preparation of oils. • Effects of massage on heart and circulatory system, Muscularsystem, Lymphatic system, 	9

ReferenceBook :

- Yoga-Therapy and its basic Method-Swami Kuvalayananda, Dr.Vinekar. Kaivalyadham Lonavala.
- Philosophy and Practice of Nature Cure-Henry Lindlhar. Satsahitya Prakashan, Hyderabad.

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- My Nature Cure-M.K.Gandhi.
- Text Book of Human Methods of Nutrition-Bambji, Vinodini Reddy.Oxford and B.H.Publishing Co. Pvt. Ltd. New Delhi -1995.

**M.A. Yogashastra
Semester II**

**Paper IV
Elective- II**

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

COs :

- To learn Traditional Indian Yoga systems
- This course will introduce different philosophers concepts in the field related to Bhakti Yoga Practices.
- The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature.
- The purposes of yoga are to cultivate discernment, awareness, self-regulation and higher consciousness in the individual.

Unit	Content	Hours
Unit I	Sarva Dharma Sambhav Prarthana, Om Sahnavavatu, Om Samgacchadhvam samvadadhvam ,Om Stavan, Shivohom- Shivohom, Mahamrutunjay Mantra , Hanuman Vadvanal Stotra, Gayatri Mantra, Shanti Patha, Purnmud Purnmid,.	9
Unit II	Brief Introduction of Saint & Sadhana Advised by them Saint Namdeo , Saint Gyaneshwar, Saint Tukaram, Saint Savata Mali, • Saint Gora Kumbhar, Saint Janabai,	9
Unit III	Saint Eknath, Samartha Ramdas, Saint Chokhamela, Saint Gadge Baba, Saint Tukdoji Maharaj	9
Unit IV	Ramanand, Saint Garibdas. • Saint Meera, Saint Sahajobai, • Saint Palatu Saheb, Saint Ravidas • Yogi Arvindo, Saint Charandas	9
Unit V	Saint Rai Saligram, Saint Shivdayal Singh Saheb, • Saint Kabir, Pandit Jogendra Shankar Tiwari. • Saint Maharaj Saheb, Gurunanak, • Saint Tulsidas, • Saint Dadudayal, Saint Surdas, Saint Dulandas	9

Books Recommended :

1. Bharat ke mahan Yogi- Vishvanagth Mukharji
2. Bharat ke mahan Sant- Anita Gaud
3. Yogi Arvind: Ek Mahapurush Ki Sangharsh Gatha- Rajendra Bhatnagar
4. Bharat ke Mahan sant- Rameshwar Mishr
5. Tin Sant Charitre- Sgubha Sathe

Web References :

- https://youtu.be/CsZ2Q3TIgp0?si=ROTC-L_UQxdUNuQs
- <https://youtu.be/bVGkAax-CBs?si=t6vHG2QjiSIgKh3J>
- <https://youtu.be/XJiMAnUg5nY>
- <https://youtu.be/-N0CcZDNGe4>
- <https://youtu.be/a1UtuExwda4>
- <https://youtu.be/kDal8KkrYvA>
- https://youtu.be/eZm3hKZnS_E

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M.A. Yogashastra
Semester II

Practical / Lab I

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

COs :

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

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

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

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

List of Practical / Activities etc.

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

Books Recommended :

- | | |
|--------------------------------------|--|
| 1. योग आरोग्यम सुखसंपदा -
अमरावती | डॉ. अरुण न. खोडस्कर , ह. व्या. प्र. मंडळ |
| 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 | -डॉ -गोर मकरंद .लोणावळा |
| 7. योगाभ्यास सुखजीवन - | प्रा. श्रीपाद जर्दे, कोल्हापुर |
| 8. Asanas : | Swami Kuvalyanand, Kaiwalya dham, Lonavala |
| 9. Pranayama: | Swami Kuvalyanand, Kaiwalya dham, Lonavala |

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Semester II

Practical / Lab - II

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

COs:

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

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

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

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

List of Practical / Activities etc.

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

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 - | धिरेन्द्र ब्रम्हचारी |
| 4. पतंजली योग दर्शन - | एन. वि. करबेलकर |
| 5. हठप्रदीपिका - | पितांबर झा |
| 6. शरीर विज्ञान आणि योगाभ्यास | -डॉ -गोर मकरंद .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 II

Practical / Lab - III

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

COs :

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

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- Differentiate between Sthula Vyayam and Sukshma Vyayam.
 - Apply the technique and skills of demonstrating the Sthula Vyayam and Sukshma Vyayam.
 - Observe the performance of subjects to which performing Sthula Vyayam and Sukshma Vyayam.
 - Correct other in performance of Sthula Vyayam and Sukshma Vyayam.
- On successful completion of yoga practical students will be able to
- Manage and reduce the stress and anxiety.
 - Adapt the art of living
 - Accelerate spiritual development
 - Use own energy for self-development.
 - Concentrate on focused activity

List of Practical / Activities etc.

1	Yogic SukshmaVyayama: From 13) Bhujabandha Shakti Vikasaka 14) Kohni Shakti Vikasaka 15) Bhuja-valli Shakti Vikasaka 16) Purnabhuj Shakti Vikasaka 17) Manibandh Shakti Vikasaka 18) Karaprustha Shakti Vikasaka 19) Kara-tala Shakti Vikasaka 20) Anguli Shakti Vikasaka (1) 21) Ansuli Shakti Vikasaka (2) 22) Vaksha Shakti Vikasaka(1) 23)Vakshasthala Shakti Vikasaka (2) 24) Udara Shakti Vikasaka(1)	
2	Yogic SthulaVyayama • Utkurdana	

Books Recommended :

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

**M.A. Yogashastra
Semester II**

**Practical / Lab – IV
Elective- I**

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

Cos :

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

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

List of Practical / Laboratory Experiments / Activities etc.

Unit	Content
1	<ul style="list-style-type: none"> • Preparation of the teacher and his position : <ul style="list-style-type: none"> • Plan of the lesson.
2	<ul style="list-style-type: none"> • Formation of the class. • Teacher's Practical Demonstration. • Report [Approaches & Relationship]
3	Teaching ability : <ul style="list-style-type: none"> • Self – confidence. • Self - Development.
4	<ul style="list-style-type: none"> • Control of the class.

	<ul style="list-style-type: none"> • Sequence of teaching
5	<p>Maintenance of interest and total impression. Impact and effect on the lesson :</p> <ul style="list-style-type: none"> • Activity Enthusiasm. • Knowledge about the subject taught & maturity.

Books Recommended :

- 1) Teaching methods for Yogic practices : – M. L. Gharote, S. K. Ganguli.
- 2) Principles of Education : – Dr. R. S. Pandey.
- 3) Principles of Methods of Teaching : – Bhatia.
- 4) Introduction to Teaching : – Bernard H. C.
- 5) Information brochures and booklets of different Yoga Institutions.
- 6) Syllabuses of different Yoga courses of various institutes.
- 7) Yoga periodicals and journals.
- 8) Text books and reference books of Yoga
- 9) Yogic Techniques by Dr. M.L. Gharote, Lonavala

**M.A. Yogashastra
Semester II**

**Practical / Lab – IV
Elective- II**

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

COs :

The Students would be able to:

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

List of Practical / Laboratory Experiments / Activities etc.

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

Reference Books :

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

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Sant Gadge Baba Amravati University, Amravati
Faculty : Interdisciplinary Studies
Two Years - Four Semester Master's Degree Programme-NEP -v24

M.A. in Yogashastra
Semester III

Learning outcomes descriptors for a higher education qualification at level 6.5 on the NHEQF

The Master's degree (e.g. M.A., M. Com., M.Sc., etc.) is awarded to students who have demonstrated the achievement of the outcomes located at level 6.5 on the NHEQF.

Descriptors for qualifications at levels 6.5 on the NHEQF

Element of the descriptor	NHEQF level descriptors
Knowledge and understanding	<p>The graduates should be able to demonstrate the acquisition of:</p> <ul style="list-style-type: none"> • advanced knowledge about a specialized field of enquiry with a critical understanding of the emerging developments and issues relating to one or more fields of learning, • advanced knowledge and understanding of the research principles, methods, and techniques applicable to the chosen field(s) of learning or professional practice, • procedural knowledge required for performing and accomplishing complex and specialized and professional tasks relating to teaching, and research and development.
General, technical and professional skills required to perform and accomplish tasks	<p>The graduates should be able to demonstrate the acquisition of:</p> <ul style="list-style-type: none"> • advanced cognitive and technical skills required for performing and accomplishing complex tasks related to the chosen fields of learning. • advanced cognitive and technical skills required for evaluating research findings and designing and conducting relevant research that contributes to the generation of new knowledge. • specialized cognitive and technical skills relating to a body of knowledge and practice to analyze and synthesize complex information and problems.
Application of knowledge and skills	<p>The graduates should be able to demonstrate the ability to:</p> <ul style="list-style-type: none"> • apply the acquired advanced theoretical and/or technical knowledge about a specialized field of enquiry or professional practice and a range of cognitive and practical skills to identify and analyze problems and issues, including real-life problems, associated with the chosen fields of learning. • apply advanced knowledge relating to research methods to carry out research and investigations to formulate evidence-based solutions to complex and unpredictable problems.
Generic learning outcomes	<p>The graduates should be able to demonstrate the ability to:</p> <ul style="list-style-type: none"> • listen carefully, read texts and research papers analytically and present complex information in a clear and concise manner to different groups/audiences, • communicate, in a well-structured manner, technical information and explanations, and the findings/results of the research studies undertaken in the chosen field of study, • present in a concise manner view on the relevance and applications of the findings of recent research and evaluation studies in the context of emerging developments and issues. • evaluate the reliability and relevance of evidence; identify logical flaws and holes in the arguments of others; analyze and synthesize data from a variety of sources; draw valid conclusions and support them with evidence and examples, and addressing opposing viewpoints. • meet one's own learning needs relating to the chosen fields of learning, work/vocation, and an area of professional practice, • pursue self-paced and self-directed learning to upgrade knowledge and skills, including research-related skills, required to pursue a higher level of education and research. • problematize, synthesize, and articulate issues and design research proposals, • define problems, formulate appropriate and relevant research questions, formulate hypotheses, test hypotheses using quantitative and qualitative data, establish hypotheses, make inferences based on the analysis and interpretation of data, and predict cause-and-effect relationships, • develop appropriate tools for data collection for research, • the ability to use appropriate statistical and other analytical tools and techniques for the analysis of data collected for research and evaluation studies,

	<ul style="list-style-type: none"> plan, execute, and report the results of an investigation, follow basic research ethics and skills in practicing/doing ethics in the field/ in one's own research work. make judgements and take decisions regarding the adoption of approaches to solving problems, including real-life problems, based on the analysis and evaluation of information and empirical evidence collected. make judgement across a range of functions requiring the exercise of full responsibility and accountability for personal and/or group actions to generate solutions to specific problems associated with the chosen fields/subfields of study, work, or professional practice.
Constitutional, humanistic, ethical, and moral values	<p>The graduates should be able to demonstrate the willingness and ability to: embrace and practice constitutional, humanistic, ethical, and moral values in one's life,</p> <ul style="list-style-type: none"> adopt objective and unbiased actions in all aspects of work related to the chosen fields/subfields of study and professional practice, participate in actions to address environmental protection and sustainable development issues, support relevant ethical and moral issues by formulating and presenting coherent arguments, follow ethical principles and practices in all aspects of research and development, including inducements for enrolling participants, avoiding unethical practices such as fabrication, falsification or misrepresentation of data or committing plagiarism.
Employability and job-ready skills, and entrepreneurship skills and capabilities/qualities and mindset	<p>The graduates should be able to demonstrate the acquisition of knowledge and skill sets required for :</p> <ul style="list-style-type: none"> adapting to the future of work and responding to the demands of the fast pace of technological developments and innovations that drive the shift in employers' demands for skills, particularly with respect to the transition towards more technology-assisted work involving the creation of new forms of work and rapidly changing work and production processes. exercising full personal responsibility for the output of own work as well as for group/team outputs and for managing work that is complex and unpredictable requiring new strategic approaches.

**M.A. in Yogashastra
Semester-III**

Sr. No.	Subject	Subject Code	Name of the Subject	Total Learning Hours	Credit
1.	DSC-I.3	24MAYOG301	Research Process in Yoga	60	4
2.	DSC-II.3	24MAYOG302	Philosophy of Yoga	60	4
3.	DSC-III.3	24MAYOG303	Applied Yoga	45	3
4.	DSE-III / MOOC	24 MAYOG304 OR 24MAYOG305	Yoga Therapy OR Yoga in Narada Bhakti Sutra & Yogic Contribution of Guru Gorakshnath	45	3
5.	DSC-I.3 Lab	24MAYOG306	Practical of Yoga-III	30	1
6.	DSC-II.3 Lab	24MAYOG307	Shatkarma & Pranayama-III	30	1
7.	DSC-III.3 Lab	24MAYOG308	Yogic Sukshma and Sthula Vyayama-III	30	1
8.	DSE-III Laboratory	24MAYOG309 OR 24MAYOG310	Practical of Prakruti Chikitsa OR Yoga for Posestural Deformative	30	1
9.	Research Project Phase-I	24MAYOG311	Synopsis	60	4
10.	Experiential learning, life skills, self study, field visits, Digital learning, Assessment, Evaluation, Examination etc.			210	Included above
	TOTAL			Minimum 600 Learning Hours	22

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M.A. in Yogashastra
Semester-IV

Sr. No.	Subject	Subject Code	Name of the Subject	Total Learning Hours	Credit
1.	DSC-I.4	24MAYOG401	Principles of Indian Philosophy	60	4
2.	DSC-II.4	24MAYOG402	Applied Yoga Therapy	60	4
3.	DSC-III.4	24MAYOG403	Alternative Therapies	45	3
4.	DSE-IV / MOOC	24 MAYOG404 OR 24MAYOG405	Yoga in Modern & Contemporary Time OR Stress Management Through Yoga	45	3
5.	DSC-I.4 Lab	24MAYOG406	Practical of Yoga-IV	30	1
6.	DSC-II.4 Lab	24MAYOG407	Shatkarma & Pranayama-IV	30	1
7.	DSC-III.4 Lab	24MAYOG408	Yogic Sukshma and Sthula Vyayama-IV	30	1
8.	DSE-IV Laboratory	24MAYOG409 OR 24MAYOG410	Practical of Alternative Therapies OR Project Work	30	1
9.	Research Project Phase-II	24MAYOG411	Dissertation	150	6
10.	Experiential learning, life skills, self study, field visits, Digital learning, Assessment, Evaluation, Examination etc.			120	Included above
TOTAL				Minimum 600 Learning Hours	24

M.A. in Yogashastra
Semester III
Course-I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
1	DSC-I.3	24MAYOG301	Th-Major	Research Process in Yoga	60	4

COs : The students would be able to :

- To know how to apply the basic aspects of the research process in order to plan and execute a research proposal and research report.
- To be able to present, review and publish scientific articles.
- Know how to organize, manage, and present data. 0
- Explore and organize data for analysis.
- Use and apply a wide variety of specific statistical methods.
- Demonstrate understanding of the properties of probability and probability distributions.
- Demonstrate understanding of the probabilistic foundations of inference.
- Apply inferential methods relating to the means of Normal distributions.
- Understand the concept of the sampling distribution of a statistic, and in particular describe the behavior of the sample mean.
- Effectively communicate results of statistical analysis.
- Demonstrate understanding of statistical concepts embedded in their courses.
- Demonstrate proficiency in analyzing data using methods embedded in their courses.
- Demonstrate ability to select appropriate methodologies for analysis based on properties of particular data sets.

Unit	Content	Hours
Unit I	Applied Statistics- Introduction : Meaning and Definition of Statistics. Function, need and importance of Statistics. Types of Statistics. Meaning of the terms, Population, Sample, Data, types of data. Variables; Discrete, Continuous. Nature of scale: Nominal, ordinal, Interval. Parametric and non-parametric statistics.	10
Unit II	Data Classification, Tabulation and Measures of Central Tendency: Meaning, uses and construction of frequency table. Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode on grouped and ungrouped data	10

Unit III	Measures of Dispersions and Scales: Meaning, Purpose, Calculation and advances of Range, Quartile Deviation, Mean Deviation, Standard Deviation	10
Unit IV	Probable Error. Meaning, Purpose, Calculation and advantages of scoring scales, T Scale, percentile, Probability Distributions and Graphs: Normal Curve. Meaning of probability- Principles of normal curve – Properties of normal curve.	10
Unit V	Divergence form normality – Skewness and Kurtosis. Graphical Representation of data in Statistics; Scattered, Line diagram, Bar diagram, Histogram, Frequency Polygon.	10
Unit VI	Inferential Statistics: Tests of significance; Independent “t” test, Dependent “t” test. Concept of ANOVA (One Way) and Theory of ANCOVA. Note : It is recommended that the theory topics be accompanied with practical, based on computer software of statistics.	10

Reference Books :-

1. Statistics for Psychology - J. P. Varma Tata Mc Graw Hill Education Pvt., Ltd., 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, - Turabian, Kate. L.A.Chicago University of Chicago Press, 1967 Thesis and Dissertation
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. in Yogashastra
Semester III
Course-II**

Sr.No.	Subject	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
2	DSC-II.3	24MAYOG302	Th-Major	Philosophy of Yoga	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.
- Undertand the essence of Vibhuti and Kaivalya pada.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Origin of Yoga, History and Development of Yoga. • Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga. • Introduction to Indian philosophy: Meaning and characteristics. 	10
Unit II	<ul style="list-style-type: none"> • Relationship between Hatha Yoga and Raja Yoga. • Yoga Schools with Vedanta Tradition (Jnana, Bhakti,Karma and Dhyana), • Introduction to Hatha Yoga and Hatha Yoga Texts: Hatha Pradeepika, Gheranda Samhita. 	10
Unit III	<ul style="list-style-type: none"> • Aim & objectives, misconceptions about Hatha Yoga. • Prerequisites of Hatha Yoga (dasha yama and dasha niyama), Sadhaka- Badhaka tattvas in Hatha Yoga. Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas 	10
Unit IV	<ul style="list-style-type: none"> • Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga; • Importance of Shodhana kriyas in health and disease 	10
Unit V	<ul style="list-style-type: none"> • 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. • Concept, definition of Bandha and Mudras, in Hatha Pradeepika and Gheranda Samhita; Benefits, precautions and contraindications 	10

Unit VI	<ul style="list-style-type: none"> • Concept, definition, benefits and techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita; • Concept and benefits of Nada and Nadasandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadasandhana 	10
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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 - terjee & 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

**M.A. in Yogashastra
Semester III
Course III**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
3	DSC-III.3	24MAYOG303	Th-Major	Applied Yoga	45	3

Cos :

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

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Yoga and its application, scope and limitations of the applied aspect of Yoga. Aims and objectives of such application. • International movement of Yoga consciousness: Spiritual consciousness, psychosocial consciousness. 	9
Unit II	<ul style="list-style-type: none"> • Introduction of Yoga Therapy • 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 	9
Unit III	<ul style="list-style-type: none"> • Yoga and Mental Health: Meaning and definition of Mental Health, importance of mental health for an individual and society. • Relation of Mental Health with Physical Health. 	9
Unit IV	<ul style="list-style-type: none"> • Yoga and Sports - Sports as an instinctive need. Special recognition for sports, varieties of sports and capacities Effect on basic skills of sports. • Role of yogic practices to enrich the qualities required for different sports. 	9
Unit V	<ul style="list-style-type: none"> • Yoga and executive Jobs - problems of executives. Conflicts resulting in fatigue. • Use of artificial stimulants & their untoward effects, Contribution of yoga to solve the problems of the executives. 	9

Reference Books :

1. Yogic Therap- New-Delhi,Central Bureau of Health services.- Kvalayananda & 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.

**M.A. in Yogashastra
Semester III
Course IV Elective
Elective- I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
4	DSE-III	24MAYOG304	Th-Major Elective	Yoga Therapy	45	3

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COs :

The students will get direct knowledge of therapeutic concept of Yoga which can be utilized by them while treating patients.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> Meaning, Definition importance of Yoga therapy Principles of Yoga therapy. Preventive and Curative, aspects of Yoga Therapy 	9
Unit II	<ul style="list-style-type: none"> Merits and demerits of Yoga therapy Methods of Yoga therapy. Traditional methods of Yoga therapy. 	9
Unit III	<ul style="list-style-type: none"> Yogic methods and natural way of living Integrated approach to Yoga therapy Techniques of Yoga therapy 	9
Unit IV	<ul style="list-style-type: none"> Yogic Treatment of disorders of Metabolic & Hormonal nature, e.g. Diabetes obesity Yogic Treatment of disorders of Uterus, menstrual disorder. Yogic Treatment of constipation, Dyspepsia, Hyper acidity. 	9
Unit V	<ul style="list-style-type: none"> Yogic Treatment of Psychological disorders, eg. Anxiety Neurosis. Yogic Treatment of Psychological disorders, eg. Phobia, Insomnia. Yogic Treatment Stress related disorders such as Hypertension, dysfunction of Thyroid 	9

Reference Book :

- Anatomy & Physiology - - Anne Waugh & Alison Churchill Living Stoned
- Human Anatomy- - Chourasia B. D. C. B. S. Publication, Delhi.
- Psychology of Personality Development - A. A. Raback Lakshya Publication Delhi.
- Nutrition & Health (The Vegetarian Way - K. R. Raghunath Sterling Publication, New Delhi.
- Research Process in Physical Education - Clarke & Clarke -Prentice Hall, New Jersey. Recreation & Health
- Yogic Therapy - Swami Kuvalyayanda & Dr. Vinekar, Lonavala.
- मानवी शरीर रचना - डॉ. मुकुंद स्वरूप वर्मा, मोतिलाल नारसीस, दिल्ली.
- शरीर किया विज्ञान - पुर्णचंद्र जैन, चौखंबा, दिल्ली.
- प्राकृतिक आयुर्विज्ञान, - डॉ. गंगाप्रसाद गौड़ नाहर, आरोग्य सेवा प्रकाशन, युपी.
- रोग मनाचा शोध मनाचा - गिताचार्य, श्रीकृष्ण व्यवहारे, घंटाळी मंडळ, ठाणे.

**M.A. in Yogashastra
Semester III
Course IV Elective**

Elective- II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
4	DSE-III	24MAYOG305	Th-Major Elective	Yoga in Narada Bhakti Sutra & Yogic Contribution of Guru Gorakshnath	45	3

COs:

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	Hours
Unit I	<ul style="list-style-type: none"> Time period of Narada according to ancient texts. Explain Narada as a historical Character Narada's contribution towards devotion. Understanding the contribution of Narad Bhakti Sutra in Vaishnavism. 	9

Unit II	<ul style="list-style-type: none"> • Definition of bhakti. • The importance of renunciation and self-surrender • Provides examples of divine love. • Endorses bhakti as the highest goal of human life. • Types of Bhakti as per Narad Bhakti Sutra 	9
Unit III	<ul style="list-style-type: none"> • History and Introduction of Nath Sampradaya • History and Introduction of Guru Gorakhnath 	9
Unit IV	<ul style="list-style-type: none"> • Different branches of Nathyoga Sampradaya (Satyanathi, Dharmanathi, Rampanthi, Nakeshwari, Kanhad Kapilani, Vairagyapanthi, Mahanathi, Aaipanthi, Pagalpanth, Dhajpanth, Ganganathipanth) 	9
Unit V	<ul style="list-style-type: none"> • Principles of Nathyoga Sadhana (Pind Brhamhand, Shivshakti Bhet, Avadhut Guruwad) • Shadang Sadhana –Asana, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi • Sadhak Bhet- Nathyogi, (Kanfati) Aghoud (akafata), Darshanyogi, Avadhutyogi Gorakshnatha Amanaskyoga. 	9

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

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
5	DSC-I.3 Lab	24MAYOG306	Pr-Major	Practical of Yoga-III	30	1

COs :

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

- Differentiate between Asanas and Bandha – Mudra
 - Apply the technique and skills of demonstrating the Asanas and Bandha – Mudra.
 - Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
 - Observe the performance of subjects to which performing Asanas and Bandha – Mudra.
 - Correct other in performance of Asanas and Bandha – Mudra.
- On successful completion of yoga practical students will be able to,
- Manage and reduce the stress and anxiety.
 - Adapt the art of living
 - Accelerate spiritual development
 - Use own energy for self-development.
 - Concentrate on focused activity

List of Practical / Activities etc.

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

A-6788**Books Recommended :**

- | | |
|---------------------------------------|--|
| 10. योग आरोग्यम सुखसंपदा -
अमरावती | डॉ. अरुण न. खोडस्कर , ह. व्या. प्र. मंडळ |
| 11. आसान, प्राणायाम, मुद्राबंध - | स्वामी सत्यानंद सरस्वती, मंगेर |
| 12. योगिक सुक्ष्म तथा स्थूल व्यायाम - | धिरेन्द्र ब्रम्हचारी |
| 13. पतंजली योग दर्शन - | एन. वि. करबेलकर |
| 14. हठप्रदीपिका - | पितांबर झा |
| 15. शरीर विज्ञान आणि योगाभ्यास | -डॉ -गोर मकरंद .लोणावळा |
| 16. योगाभ्यास सुखजीवन - | प्रा. श्रीपाद जर्दे, कोल्हापुर |
| 17. Asanas : | Swami Kuvalyanand, Kaiwalya dham, Lonavala |
| 18. Pranayama: | Swami Kuvalyanand, Kaiwalya dham, Lonavala |

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

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
6	DSC-II.3 Lab	24MAYOG307	Pr-Major	Shatkarma and Pranayama-III	30	1

COs :

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

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

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

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

List of Practical / Activities etc.

1	Shatkarma <ul style="list-style-type: none"> • Kapalbhathi:- Vata, Yuta, Shita • Nauli :- Madhaya, Vama, Dakshina, NauliCalana
2	Pranayama (without Kumbhak): <ul style="list-style-type: none"> • Bhastrika, Ujjai.

Books Recommended :

- | | |
|---------------------------------------|--|
| 10. योग आरोग्यम सुखसंपदा - | डॉ. अरुण न. खोडस्कर , ह. व्या. प्र. मंडळ अमरावती |
| 11. आसान, प्राणायाम, मुद्राबंध - | स्वामी सत्यानंद सरस्वती, मंगेर |
| 12. योगिक सुक्ष्म तथा स्थूल व्यायाम - | धिरेन्द्र ब्रम्हचारी |
| 13. पतंजली योग दर्शन - | एन. वि. करबेलकर |
| 14. हठप्रदीपिका - | पितांबर झा |
| 15. शरीर विज्ञान आणि योगाभ्यास | -डॉ -गोर मकरंद .लोणावळा |
| 16. योगाभ्यास सुखजीवन - | प्रा. श्रीपाद जर्दे, कोल्हापुर |
| 17. Asanas : | Swami Kuvalyanand, Kaiwalya dham, Lonavala |
| 18. Pranayama: | Swami Kuvalyanand, Kaiwalya dham, Lonavala |

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

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
7	DSC-III.3 Lab	24MAYOG308	Pr-Major	Yogic Sukshma Vyayama and Sthula Vyayama -III	30	1

COs :

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

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

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

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

List of Practical / Activities etc.

1	Yogic SukshmaVyayama: 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
2	Yogic SthulaVyayama • Sarvangapushti

Books Recommended :

1. योगिक सुक्ष्म तथा स्थूल व्यायाम - धिरेन्द्र ब्रम्हचारी
2. योगिक सुक्ष्म तथा स्थूल व्यायाम - Dr. P. N. Ronghe

M.A. Yogashastra
Semester III
Practical / Lab – IV
Elective- I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
8	DSC-III.3 Lab	24MAYOG309	Pr-Major Elective	Practical of Prakrutik Chikitsa	30	1

COs :

- To learn Traditional Indian Yogasystems
- This course will introduce different philosophers concepts in the field related to Prakrutik Chikitsa.
- The original context of yoga was spiritual development practice 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.

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List of Practical / Activities etc.

<p>1</p>	<p>Hydrotherapy:</p> <ul style="list-style-type: none"> • Hip Bath • Foot Bath, • FullWetSheetPack, • SteamBah, • Local Steam, • Enema, • ArmBath, • Spinal Bath.
<p>2</p>	<p>Mud Therapy:</p> <ul style="list-style-type: none"> • Application ofMud • Local Packs, • FullMudPlaster.
<p>3</p>	<p>MassageTherapy:</p> <ul style="list-style-type: none"> • TechniquesEffleurage, • Stroking, Petrissage, • Kneading, • Friction Wringing, • Twisting, Rolling, • Shaking, Hacking, • Tapping, Clapping, • Beating, • Pounding Joint Movement, • Vibration

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Semester III
Practical / Lab – IV
Elective- II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
8	DSC-III.3 Lab	24MAYOG310	Pr-Major Elective	Yoga For Postural Deformities	30	1

COs :

The students will get direct knowledge of therapeutic concept of Yoga which can be utilized by them while treating patients.

List of Postural Deformities

1	• Kyphosis
2	• Lordosis
3	• Scoliosis
4	• Round Shoulder
5	• KnockKnee
6	• FlatFoot
7	• Bowleg

M.A. Yogashastra
Semester III

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
9	Research Project Phase-1	24MAYOG311	Major	Synopsis	60	4

[01] The candidates opting a synopsis 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 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.

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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-5cms.; Right–2cms.;Header–3cms. 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 hisnominee
- (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.

Unit	Content	Hours
Unit I	<p>Patanjala Yoga Sutra :</p> <ul style="list-style-type: none"> ● Introduction: Yoga, its meaning & purpose & Nature of Yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vritti nirodhopaya Abhyasa and Vairagya as the tools of Chitta-Vikshepas (Antarayas), Chitta-prasadanam, Prakriti and its evolutes. 2. <p>SAMADHI PADA :</p> <ul style="list-style-type: none"> ● 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. 	10
Unit II	<p>SADHANA PADA :</p> <ul style="list-style-type: none"> ● Concept of Kriya Yoga of Patanjali, theory of Kleshas; ● Concept of Dukhavada; Drishyanirupanam, Drasthanirupanama, Prakriti Purusha Samyoga; ● Brief Introduction to Ashtanga Yoga ● Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in Chittavrittinirodhopayah. <p>VIBHUTI & KAIVALYA PADA:</p> <ul style="list-style-type: none"> ● Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; ● Four types of Karmas; ● Concept of Vasana; ● Vivekhyati Nirupanam, Kaivalya.- Nirvachana. 	10
Unit III	<p>Basic Yoga Texts:</p> <ul style="list-style-type: none"> ● Brief Introduction of Ten principal Upanishads ● Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava ● Kenopanishad: Indwelling Power; Indriya and Antahkarana; Self and the Mind; Moral of Yaksha Upakhyana; ● Kathopanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization; 	10
Unit IV	<ul style="list-style-type: none"> ● Prashnopanishad: Concept of Prana and rayi(creation); Pancha Prana The fivemainquestions; ● Mundakopanishad: Two approaches to Brahma Vidya-the Para and Aparā; The greatness of Brahavidya, The origin of creation. 	10
Unit V	<ul style="list-style-type: none"> ● Mandukyaupanishad: Four States of Consciousness and its relation to syllables in Omkara. ● Aitareya upanishad : Concept of Atma, Universe and Brahman. 	10
Unit VI	<ul style="list-style-type: none"> ● Taittiriyanopanishad Concept of Pancha Kosha. ● Chandogyopanishad: Shandilyavidya, ● Brihadaryanaka Upanishad: Concept of Atman and JnanaYoga. Union of Atman and Paramatman 	10

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[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.

M.A.Yogashastra
Semester IV [Level 6.5]
Course I

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
1	DSC-I.4	24MAYOG401	Th-Major	Principles of Indian Philosophy	60	4

COs :

- Underst and 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 Kaivalyapada.

ReferenceBooks :

- | | |
|---|---|
| 1. Ancient Indian culture education - | By Mogen Chand Dept.of Sanskrit, Delhi. |
| 2. Mokasa:The ultimate goal of Indian philosophy- | Dr.Pramod Kumar, Ndia"s contribution To world thought and culture ed. |
| 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 shastri (Hindi)- | Dr.Baidyanath, Prasad.Verma |
| 8. Bharatiya darshan ki ruprekha- | Prof. Harendra Prasad |
| 9. Prachin bharat main sharirik shikshan darshan, - | Dr.R.H. Tiwari. |

M.A.Yogashastra
Semester IV
Course II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course / Subject	Total Learning Hours	Credit
2	DSC-II.4	24MAYOG402	Th-Major	Applied Yoga Therapy	60	4

COs :

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	Hours
Unit I	<ul style="list-style-type: none"> • Definition of Rehabilitation • Need for rehabilitation • Expected outcome 	10
Unit II	<ul style="list-style-type: none"> • Yoga of mechanical Aids (Rope, Belt, Brics, Wooden Table, Pilow, Load, Blankets, Chair) • Basis of yoga based Rehabilitation • Yoga based physical Rehabilitation 	10

Unit III	<ul style="list-style-type: none"> • Yoga based Psychiatric rehabilitation. • Yoga based medical rehabilitation • Management of depression, Hypertension, diabetes and chronic disorder 	10
Unit IV	<ul style="list-style-type: none"> • Non-communicable diseases for lifestyle modification • Preventing sports injuries • Evidence for the use Yoga Therapy. 	10
Unit V	<ul style="list-style-type: none"> • Emotional education and management of emotion. • Social education, Group, Counseling, Family Counseling • Yogic Counselling for Psychosomatic disorder 	10
Unit VI	<ul style="list-style-type: none"> • Spiritual education • Day to day problems, Importance of the lifestyle • Management of obesity 	10

Reference Book :

- Anatomy & Physiology—Anne Waugh & Alison Churchill Living Stoned
- Human Anatomy—Chourasia B.D.C.B.S.Publication, Delhi.
- Psychology of Personality Development- A.A.Raback Lakshya Publication Delhi.
- Nutrition & Health (The Vegetarian Way- K.R.Raghunath Sterling Publication, New Delhi.
- Research Process in Physical Education-Clarke & Clarke-PrenticeHall, New Jersey.Recreation & Health
- Yogic Therapy-Swami Kuvalyayanda & Dr.Vinekar, Lonavala.

**M.A.Yogashastra
Semester IV
Course III**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
3	DSC-III.4	24MAYOG403	Th-Major	Applied Alternative Therapies	45	3

COs :

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

Unit	Content	Hours
Unit I	<p>Fasting :</p> <ul 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. 	9
Unit II	<p>Acupressure :</p> <ul style="list-style-type: none"> • Points of Acu-Pressure and the irmanipulation 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, Triplewarmer, Spleen & Stomach) • Some important points–distal points, organ source point, etc. Some important points– Alarm points, emergency points, etc, Some importantdiseasesandtheirtreatment:- i)Single point treatment, ii) Multiple point treatment, 	9

Unit III	Ayurveda and Diet : <ul style="list-style-type: none"> • Introduction of Ayurveda, Introduction of Panchakarma in Ayurveda and its uses, indication and contraindications. • 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 	9
Unit IV	Magneto Therapy : <ul style="list-style-type: none"> • The history of magnet therapy. Theory of magnet therapy. • Effect of magnet therapy, the principles of applying magnet for treatment. • The advantages of magnet therapy. • Magnetized water, magnetized milk, oil. 	9
Unit V	Physiotherapy : <ul style="list-style-type: none"> • Basic knowledge of Physiotherapy instruments such as traction (manual & electronic) short wave diathermy, ultrasound, waxbath, infrared, cycle ergo meter, shoulder wheel & exercises. 	9

Reference Book :

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

**M.A.Yogashastra
Semester IV
Course IV Elective
Elective I**

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
5	DSE-.1V	24MAYOG404	Th-Major Elective	Yoga in Modern & Contemporary time	45	3

COs :

- To learn Traditional Indian Yoga systems
- This course will introduce different philosophers concepts in the field related to Bhakti Yoga Practices.
- The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature.
- The purposes of yoga are to cultivate discernment, awareness, self-regulation and higher consciousness in the individual.

Unit	Content	Hours
Unit I	<ul style="list-style-type: none"> • Brief Introduction of shri Shamcharan Lahidi • Brief Introduction of shri T.Krishnamacharya • Brief Introduction of Swami Shivanand Saraswati 	9
Unit II	<ul style="list-style-type: none"> • Brief Introduction of Maharshi Maheshyogi • Brief Introduction of shri Ram Sharma Achyarya 	9
Unit III	<ul style="list-style-type: none"> • Yogic contribution of Swami Vivekananda • Yogic contribution of shri Arvind 	9
Unit IV	<ul style="list-style-type: none"> • Yogic Contribution of Maharshi Ramananda • Yogic Contribution of Swami Dayanand Sarswati 	9
Unit V	<ul style="list-style-type: none"> • Brief Introduction of Swami Rama of Himalaya • Yogic contribution of Maharshi Raman 	9

Web Material :

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

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Semester IV
Course IV Elective
Elective II

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
4	DSE-IV	24MAYOG405	Th-Major Elective	Stress Management Through Yoga	45	3

COs :

The Knowledge of all 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	Period
Unit I	<ul style="list-style-type: none"> ● Brief History of modern Psychology ● Major Perspective sin Modern Psychology ● Introduction to Altered States of Consciousness Sleep:Stages of Sleep, ● CircadianRhythm, Sleep Disorders; Dreams:The Content of Dreams; ● Hypnosis, Bio feedback Behavioral Psychology: Psychologyasa Science of Behavior; ● Definition of Behavior; Psychic forces and human behavior, Behavior and Consciousness, Psychological basis of behavior; 	9
Unit II	<ul style="list-style-type: none"> ● Psycho-Social Implication of Yoga ● Tackling ill effects of conflict and frustration through yogic methods. ● Yoga psychology, for adjustment psychological philosophical and Yogic counseling. 	9
Unit III	Introduction to Stress, <ul style="list-style-type: none"> ● Concept of Stress; Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation; ● Yoga and Stress Management; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita, ● Specific practices for stress management,breath awareness, shavasana, Yoganidra, Pranayama and meditation, ● Impact of yogic lifestyle on stress management. 	9
Unit IV	Mental Health: <ul style="list-style-type: none"> ● Means of mental health; ● Positive Mental Health; ● Causes and Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; <ul style="list-style-type: none"> ● Depressive disorders; ● Anxiety disorders. 	9
Unit V	Neurological Disorders <ul style="list-style-type: none"> ● Headaches ● Migraine ● Tension headache Psychiatric disorders: <ul style="list-style-type: none"> ● Psychiatric disorders: Generalized anxiety disorder ● Panic ● Anxiety ● Obsessive Compulsive Disorder ● Phobias ● Depression ● Schizophrenia 	9

Reference Books :

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

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

Sr.No.	Subject	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
5	DSC-I.4 Lab	24MAYOG406	Pr-Major	Practical of Yoga-IV	30	1

COs :

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

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

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

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

List of Practical / Activities etc.

1	Standing Asanas: All Standing Asanas From Semistar-I to Semistar-III With Mechanical Aid
2	Sitting Asanas: All Sitting Asanas From Semistar-I to Semistar-III With Mechanical Aid
3	Prone Position: All Prone Position Asanas From Semistar-I to Semistar-III With Mechanical Aid
4	Supine Position: All Supine Position Asanas From Semistar-I to Semistar-III With Mechanical Aid
5	Balancing Asanas: All Balancing Asanas From Semistar-I to Semistar-III With Mechanical Aid
6	Mudra: Mahavedh, Yonimudra, Kaki, Manduki

- Asanas: Swami Kuvalyanand, Kaiwalyadham, Lonavala
- Pranayama: Swami Kuvalyanand, Kaiwalyadham, Lonavala

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Semester IV
Practical/Lab II

Sr.No.	Subject	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
6	DSC-II.4 Lab	24MAYOG407	Pr-Major	Shatkarma and Pranayama-IV	30	1

COs :

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

- Differentiate between Asanas and Bandha– Mudra
- Apply the technique and skills of demonstrating the Asanas and Bandha–Mudra.
- Effectively perform specified meditative poses, performe cultural asanas and relaxative asanas.
- Observe the performance of subjects to which performing Asanas and Bandha– Mudra.
- Correct other inperformance of Asanas and Bandha–Mudra. On successful completion of yoga practical students will be able to,
- Manage and reduce the stress and anxiety.
- Adapt the art of living
- Accelerate spiritual development
- Use ownen energy for self-development.
- Concentrate on focused activity

List of Practical / Activities etc.

1	Shatkarma <ul style="list-style-type: none"> • Kapalbhati: Vatkram, Shitkram, Vyutkram • Mulashodhan • Shankhaprakshalana
2	Pranayama (without Kumbhak): <ul style="list-style-type: none"> • Murcha • Plavini

Books Recommended :

- Asanas : Swami Kuvalyanand, Kaiwalyadham, Lonavala
- Pranayama: Swami Kuvalyanand, Kaiwalyadham, Lonavala

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Semester IV
Practical/Lab III

Sr.No.	Subject	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
7	DSC-III.4 Lab	24MAYOG408	Pr-Major	Yogic Sukshma Vyayama and Sthula Vyayama-IV	30	1

COs :

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

- Differentiate between Sthula Vyayam and Sukshma Vyayam.
- Apply the technique and skills of demonstrating the Sthula Vyayam and Sukshma Vyayam.
- Observe the performance of subjects to which performing Sthula Vyayam and Sukshma Vyayam.
- Correct other inperformance of Sthula Vyayam and Sukshma Vyayam. On successful completion of yoga practical students will be able to,
- Manage and reduce the stress and anxiety.
- Adaptt heart of living
- Accelerate spiritual development
- Use own energy or self-development.
- Concentrate on focused activity

A-6799**List of Practical / Activities etc.**

1	Yogic Sukshma Vyayama: 1) KatiShakti Vikasaka(4) 2) KatiShakti Vikasaka(5) 3) Muladhar Chakra Shudhi. 4) Upastha Swadhisthan Chakara shuddhi 5) Kundalini Shakti Vikasaka 6) Jangha Shakti Vikasaka(1) 7) Jangha-shakti Vikasaka(2) 8) JanuShakti Vikasaka 9) Pindai Shakti Vikasaka 10) Pada-mulashakti Vikasaka 11) Padanguli –ShaktiVikasaka 12) Pada-Prushtha- Pada-Tala Gulphashakti
2	Yogic Sthula Vyayama Urdhvagati

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

Sr.No.	Subject	Code of the Subject/Course	Type of Course	Title of the Course/Subject	Total Learning Hours	Credit
8	DSC-II.4 Lab	24MAYOG409	Pr-Major Elective	Practical of Alternative Therapies	30	1

COs:

- To learn Traditional Indian Yoga systems
- This course will introduce different philosophers concepts in the field related to Bhakti Yoga Practices.
- The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature.
- The purposes of yoga are to cultivate discernment, awareness, self-regulation and higher consciousness in the individual.

List of Practical / Activities etc.

1	• Traction
2	• Short Waves diathermy,
3	• Wax bath,
4	• Infrared,
5	• Cycle Ergometer.
6	• Shoulder Wheel
7	• Manipulative Exercises

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Semester IV
Practical/Lab IV
Elective II

Sr.No.	Subject	Code of the Subject/Course	Type of Course	Title of the Course	Total Learning Hours	Credit
8	DSC-III.4 Lab	24MAYOG410	Pr-Major Elective	Project Works	30	1

Project work Insection– I Project record/ report on any one of the following

1	Organization of Yoga treatment camps for two weeks
2	Educational Tour
3	Participation/Organization of Seminar or Conference or Workshop.
4	Research paper/Poster presentation at State/National level seminar or conference or workshop

M.A.Yogashastra
Semester IV

Sr.No.	Subject	Code Of the Subject/Course	Type of Course	Title of the Course	Total Learning Hours	Credit
9	Research Project Phase-II	24MAYOG411	Pr-Major	Dissertation	150	6

[01] The candidates opting a Dissertation 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 dissertation 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.

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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-5cms.; Right–2cms.;Header–3cms. and Footer-3 cms.

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

IV. The Chairman, Subject Board of Social Sciences.

V. Head of the Department of Yoga or hisnominee

VI. Two members nominated by the subject Board of Yogashastra.

VII. One member nominated by the Board of Management.

- (i) Two Subject Experts co-opted by the chairman.

[01] 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.

[02] 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.

[03] 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.
