



Somaiya Vidyavihar University

Syllabus

M.A. Yogashastra

**From
Academic Year 2020 – 21**

Revision 2

Bharatiya Sanskriti Peetham

K J Somaiya Institute of Dharma Studies

Somaiya Vidyavihar University, Mumbai - 400077

(Constituent Academic Unit-23 of SVU)

Preamble:

This course is meant for those who have basic knowledge of practical and theory of Yoga and who want to pursue higher studies in Yoga. This course gives a vision to a learner to understand various dimensions of Yoga. This course gives a different perspective to a learner and a practitioner of Yoga to understand philosophical, psychological, physiological, social, intellectual and scriptural dimensions of Yoga.

Eligibility:

- B.A. (Yogashastra) or
- Graduation from any other faculty + Diploma or equivalent course in Yoga with 500 marks or 200 hours of teaching from a recognized institute or
- In exceptional cases, (for the candidates having strong foundation in Yoga theory and practices along with Diploma in Yoga from any of the recognized institutes) these criteria will be reviewed on the basis of interviews for which the candidate will be graded.

Duration:

2 years

Fees: Rs. 20,000/- per year

Grade Table

Marks (%)	Grade points	Grade	Performance
80 and above	10	O	Outstanding
70-79.99	9	A+	Excellent
60-69.99	8	A	Very Good
55-59.99	7	B+	Good
50-54.99	6	B	Above Average
45-49.99	5	C	Average
40-44.99	4	D	Pass
FF	FAIL		
XX	ABSENT		
UM	UNFAIR MEANS		

**M.A. Yogashastra
Semester 1**

Credit Scheme

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits	Course Category
123P02C101	Samkhya Darshana and Indian Philosophy	3 – 0 – 0	03	3 – 0 – 0	03	-
123P02C102	Hathayoga and Upanishads	3 – 0 – 0	03	3 – 0 – 0	03	-
123P02C103	Anatomy and Physiology	3 – 0 – 0	03	3 – 0 – 0	03	-
123P02C104	Allied Sciences	3 – 0 – 0	03	3 – 0 – 0	03	-
123P02P101	Practical	0 – 3 – 0	03	0 – 3 – 0	03	-
Total		12 – 3 – 0	15	12 – 3 – 0	15	-

Examination Scheme

Course Code	Course Name	Examination Scheme & Marks						
		Continuous Assessment (CA)		End Semester Examination (ESE)	Term Work (TW)	Oral* (O)	Practical and Oral (P and O)	Total
		In Semester Examination (ISE)	Internal Assessment (IA)					
123P02C101	Samkhya Darshana and Indian Philosophy	-	30	70	-	-	-	100
123P02C102	Hathayoga and Upanishads	-	30	70	-	-	-	100
123P02C103	Anatomy and Physiology	-	30	70	-	-	-	100

123P02C104	Allied Sciences	-	30	70	-	-	-	100
123P02P101	Practical	-	30	-	-	-	70	100
Total		-	150	280	-	-	70	500

Syllabus Semester 1

1.

Paper / Course Code	Paper / Course Title						
123P02C101	Samkhya Darshana and Indian Philosophy						
	TH	P	TUT				Total
Teaching Scheme (Hrs.)	03	--	--				03
Credits Assigned	03	--	--				03
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To introduce the fundamental principles of Samkhya Philosophy, various schools of philosophy, types of writing etc.

Course Outcomes:

At the end of successful completion of the course the students will be able to get the preview of all schools of philosophy collectively and introduction of Samkhya School of Philosophy specifically.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	20
	1.1	Introduction to Samkhya Darshana	
2.0		Unit 2	20
	2.1	Concept of Jiva and Jagat according to Darshana-s	
3.0		Unit 3	5
	3.1	Meaning of the word 'darshana', classification of darshana-s; different forms of writing texts – sutra, bhashya, varttika, karika, shloka, mantra, tika and vyakhya.	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Niranjanananda Swami	Samkhya Darshan: yogic perspective on theories of realism	Yoga Publications Trust, Munger, India	2008
2	शास्त्री, राकेश	सांख्यकारिका: विस्तृत भूमिका, अन्वय, हिंदी अनुवाद, चन्द्रिका हिंदी व्याख्या तथा गौड़पाद भाष्य सहित	संस्कृत ग्रंथागार, दिल्ली, भारत	१ ला संस्क., २०१७
3	रस्तोगी, लीना	सांख्यतत्त्वदीपिका	मंगेश प्रकाशन, नागपुर, भारत	१ ली आवृत्ती, २०१०
4	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi, India	7th edi., 1968
5	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर, भारत	७ वी आवृत्ती, २००२
6	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डोंबिवली, भारत	२ री आवृत्ती, २०१३
7	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी, भारत	२ रा संस्क., १९७९
8	जोशी, महादेवशास्त्री (संपा.)	भारतीय संस्कृतीकोश, खंड ०१-१०	भारतीय संस्कृतीकोश मंडळ, पुणे, भारत	२०१०

2.

Paper / Course Code	Paper / Course Title			
123P02C102	Hathayoga and Upanishads			
	TH	P	TUT	Tota

							1
Teaching Scheme (Hrs.)	03	--	--	--	--	--	03
Credits Assigned	03	--	--	--	--	--	03
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To teach 2 chapters of Hathapradipika and selected Upanishads.

Course Outcomes:

At the end of successful completion of the course the students will be able to learn Hathayoga and also the philosophy of Upanishads which will complement their understanding of Yoga.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	25
	1.1	Hathayogapradipika chapters 1, 2	
2.0		Unit 2	20
	2.1	Upanishads	
	2.1.1	Prashna	
	2.1.2	Jabaladarshana	
	2.1.3	Kena	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatomarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla, India	2nd edi., 1998
2	शास्त्री, श्रीद्वारीकादास	हठयोगप्रदीपिका: विस्तृत भूमिका एवम विशिष्ट हिंदी व्याख्या विभूषित	चौखम्भा विद्याभवन, वाराणसी	२००९

3	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे, भारत	१९८५
4	Joshi, K.L. (Ed.) Bimali, O.N. (Ed.) Trivedi, B. (Ed.)	112 Upanisads: Sanskrit text English translation, an exhaustive introduction and index of verses (2 Vols)	Parimal Publications, Delhi, India	5th edi., 2016
5	शर्मा, श्रीराम (संपा.)	१०८ उपनिषद: सरल हिंदी भावार्थ सहित, खंड १-३ (ब्रह्मविद्या खंड, ज्ञानखंड, साधना खंड)	युग निर्माण योजना, मथुरा, भारत	४ था संस्क., २००५
6	दलाई, बी. के. (संपा.)	योगोपनिषद: मूळ संस्कृत एवम मराठी भाषांतर	सावित्रीबाई फुले पुणे विश्वविद्यालय, पुणे, भारत	१ ली आवृत्ती, २००५

3.

Paper / Course Code	Paper / Course Title						
123P02C103	Anatomy and Physiology						
	TH	P	TUT	Total			
Teaching Scheme (Hrs.)	03	--	--	03			
Credits Assigned	03	--	--	03			
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To introduce Anatomy and Physiology, body system and scientific study of postures.

Course Outcomes:

At the end of successful completion of the course the students will be able to understand the body systems properly and also the application of Yoga in contemporary sciences.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	25

	1.1	Basics of anatomy and physiology; body systems- Cell, Tissues. Digestive, Cardiovascular, Respiratory, Muscular, Skeletal systems	
2.0		Unit 2	20
	2.1	Scientific view and types of Yogic practices- Physiology of Yoga practices: Asana, Kriya, Pranayama, Relaxation & Meditation	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Waugh A. and Grant A.	Ross and Wilson Anatomy and Physiology in health and illness	Churchill Living stone, London	12th edi., 2014
2	Chaudhary, N. V. (Ed.) and Jain, R. (Ed.)	Encyclopaedia of Yoga, Health and Physical education, Vol. I to VII	Khel Sahitya Kendra, New Delhi, India	2013
3	Bhalekar, Sharadchandra	Anatomy and Physiology: yogic text	Kaivalyadhama, Lonavla, India	2nd edi., 2018
4	Gore, M. M.	Anatomy and Physiology of yogic practices	New age books, New Delhi, India	6th edi., 2017
5	गोरे, म. म.	शरीर विज्ञान आणि योगाभ्यास	कॉटिनेंटल प्रकाशन, पुणे, भारत	प्रथम आवृत्ती, २०१०
6	गोरे, म. म.	शरीर विज्ञान और योगाभ्यास	झोलीया पुस्तक भंडार, हरिद्वार, भारत	पंचम संस्क., २०१६

4.

Paper / Course Code	Paper / Course Title			
123P02C104	Allied Sciences			
	TH	P	TUT	Total
Teaching Scheme (Hrs.)	03	--	--	03
Credits Assigned	03	--	--	03
Examination Scheme	Marks			

	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

Introduction to various branches of therapy such as Ayurveda, Yunani, Naturopathy etc.

Course Outcomes:

At the end of successful completion of the course the students will be able to get the comparative review of Ayurveda and Yoga. They will also be able to know about other branches.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	20
	1.1	Ayurveda (tridosha, diet, dinacharya, rutucharya, panchakarma) Yoga and Ayurveda, Principles in Ayurveda and Types of therapies Yoga and Ayurveda - comparative study of approach of Yoga and Ayurveda	
2.0		Unit 2	15
	2.1	Introduction to Unani, Siddha, Homoeopathy	
3.0		Unit 3	10
	3.1	Naturopathy	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Lad, Vasant	Ayurveda: the science of self healing	Motilal Banarasidass Publishers Pvt. Ltd., Delhi, India	12th edi., 2011
2	Dwivedi, L. D.	Introduction to Ayurveda	Chaukhambha Krishnadas Academy, Varanasi, India	2003
3	Devaraj, T. L.	Speaking of Ayurveda, Yoga and Nature Cure: Health and longevity through Ayurveda, Yoga and Nature Cure	New Dawn Press, New Delhi, India	2008
4	द्विवेदी, मु., शर्मा, ता.	आयुर्वेदीय पंचकर्म चिकित्सा, खंड १-२	चोखम्भा संस्कृत	२०१७

	और मिश्रा, भै.		प्रतिष्ठान, दिल्ली, भारत	
5	जोशी, महादेवशास्त्री (संपा.)	भारतीय संस्कृतीकोश, खंड ०१-१०	भारतीय संस्कृतीकोश मंडळ, पुणे, भारत	२०१०
6	Singh, Daljit	Unani Chikitsasar	Shri Baidyanath Ayurveda Bhavan Ltd., Ilahabad, India	2018
7	अग्रवाल, आर. एस. और अग्रवाल, एन.	प्राचीन युनानी चिकित्सासार	मनोज पब्लिकेशन, दिल्ली, भारत	१० वा संस्क., २०१७
8	Dhama, K. P. S. Dhama, Suman	Homoeopathy: The complete handbook	Ubs Publishers and Distributors Ltd., New Delhi, India	1st edi., 1994
9	सिद्धांतलंकार, सत्यव्रत	होमिओपॅथी के मूल सिद्धांत	विजयकृष्ण लाखनपाल, नई दिल्ली, भारत	-
10	Neeraj, N. K.	Miracles of Naturopathy and Yogic Sciences	Popular Book Depot, Jaipur, India	2nd edi., 2015
11	Singh, Sukhbir	Handbook of Naturopathy	Shree Gajanan Pustakalaya, Surat, India	4th edi., 2019
12	Joshi, K.S.	Speaking of Yoga and Nature-Cure Therapy	New Dawn Press, New Delhi, India	2008
13	नीरज, ना. कु.	प्राकृतिक चिकित्सा एवम योग: वैज्ञानिक प्रयोग	पापुलर बुक डेपो, जयपूर, भारत	-
14	सक्सेना, ओमप्रकाश	वृहद प्राकृतिक चिकित्सा	हिंदी सेवा सदन, मथुरा, भारत	२ रा संस्क., २०१७
15	सावंत, दुर्गादास	निसर्गाहार: निरामय जीवनासाठी निसर्गानुकुल आहार	योग विद्या निकेतन, मुंबई, भारत	१ ली आवृत्ती, २०१७
16	बेदरकर, कुमुद	निसर्गोपचार आणि योगशास्त्र	आरती प्रकाशन,	२००१

		डॉ.बि.व.ली, भारत	
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5.

Paper / Course Code	Paper / Course Title						
123P02P101	Practical						
	TH				P	TUT	Total
Teaching Scheme (Hrs.)	--				03	--	03
Credits Assigned	--				03	--	03
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	70	--	--	100

Course Objectives:

To teach various types of postures, Shatkarma, breathing exercises, kriya-s etc.

Course Outcomes:

At the end of successful completion of the course the students will be able to perform various postures and kriya-s in an authentic manner.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1: Recitation of Prayers & hasta mudra	05
	1.1	Recitation of Prarthana with Shanti Mantras	
	1.2	Recitation of Pranava Japa; Prayers from Upanishads & Yogic Texts	
	1.3	Hasta Mudra: Chin, Drona, Jnana, Padma, Yoni	
2.0		Unit 2	05
	2.1	Yogic sukshma vyayama	
	2.1.1	Kapola shakti-varadhaka (for the cheeks)	
	2.1.2	Griva shakti-vikasaka (for the Neck) (i), (ii) and (iii)	
	2.1.3	Skandha-bahu-mula shakti-vikasaka (for the shoulders)	
	2.1.4	Bhuja-bandha-shakti-vikasaka	
	2.1.5	Kehuni shakti-vikasaka	
	2.1.6	Bhuja-valli shakti-vikasaka	
	2.1.7	Purna-bhuja shaktivikasaka (for the arms)	
	2.1.8	Mani-bandha shakti-vikasaka	
	2.1.9	Kara-prushtha shakti-vikasaka	
	2.1.10	Karatala shakti-vikasaka	

	2.2	Loosening Exercises	
	2.2.1	Forward & Backward Bending, Lateral /Side bending, Twisting, Twisting and bending Paschimottanasana-Halasan rolling, Pavanamuktasana side rolling Dhanurasana rolling.	
3.0		Unit 3: Introduction to Shatkarmas	10
	3.1	Neti (Jalaneti, Rubber Neti)	
	3.2	Dhauti (Vamana Dhauti)	
	3.3	After Kriya Practices, Shvasana Marga Shuddhi	
	3.4	Kapalbhati - 1(30-50 strokes)	
	3.5	Simple Yogic Kriyas for Mukha Shuddhi and Netra Shuddhi (Eye wash with Triphala water)	
4.0		Unit 4: Suryanamaskara	10
	4.1	Mantra rahita Suryanamaskar, 12 Poses with Alignment, Breath Discipline	
	4.2	Namaskarasana, Hastottanasana, Padahastanasana, Ashvasanchalanasana	
	4.3	Chaturanga Dandasana, Sashtanga-namaskarasana, Bhujangasana, Parvatasana	
	4.4	Ashvasanchalanasana, Padahastanasana, Hastottanasana, Namaskarasana	
	4.5	Relaxation	
5.0		Unit 5: Yogasana	10
	5.1	Standing Postures	
	5.1.1	Tadasana, Pada Hastasana, Ardha Chakrasana, Kati Chakrasana, Kati Vakrasana	
	5.2	Sitting Postures	
	5.2.1	Marjarasana A & B, Svastikasana, Ardha Padmasana	
	5.2.2	Vajrasana, Ushtrasana-1, Shashankasana, Parvatasana	
	5.2.3	Tripada Marjarasana, Janushirasana, Supta Vajrasana- 1, Vakrasana-1	
	5.2.4	Kapotasana-1, Hansasana-1, Bhushirasana, Vrishchikasana-1	
	5.3	Supine Postures	
	5.3.1	Utthita Ekapadasana (45 Degrees), Utthita dvipadasana, Ekapada- Ardha-Halasan	
	5.3.2	Ardha- Pavanamuktasana, Setubandhasana, Uttana Vakrasana, Ardha and Sulabha- Dronasana	
	5.4	Prone Postures	
	5.4.1	Bhujangasana-1, Ardha-Shalabhasana, Ardha- Naukasana	
	5.5	Relaxation Postures	
	5.5.1	Shavasana-1, Makarasana-1	
6.0		Unit 6: Breathing practices	05
	6.1	Breathing Exercises/practices: Hands in and out, Hands stretch, Ankle stretch,	

		Rabbit, Dog, Tiger breathing exercises	
	6.2	Breath Awareness: Pranadharana	
	6.3	Abdomen, Thoracic & Clavicular Breathing, Abdomen+Thoracic Breathing, Abdomen + Thoracic + Clavicular Breathing (Sampoorna Yogic Shwasana/Complete Yogic breathing)	
	6.4	Yogic Breathing: Practice of Puraka, Rechaka & Kumbhaka (Antar & Bahya Kumbhaka).	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatomarama	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla, India	2nd edi., 1998
2	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi, India	2003
3	Vasu, Sri Chadra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishthan, Delhi, India	2003
4	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger, India	1st edi, 2012
5	शास्त्री, श्रीद्वारीकादास	हठयोगप्रदीपिका: विस्तृत भूमिका एवम विशिष्ट हिंदी व्याख्या विभूषित	चौखम्भा विद्याभवन, वाराणसी	२००९
6	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	१ ला संस्क., २०११
7	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे, भारत	१९८५

8	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे, भारत	२००५
9	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar, India	4th edi., 2013
10	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore, India	1st edi, 2003
11	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla, India	7th edi., 1993
12	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla, India	11th edi., 2010
13	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra yoga publications, New Delhi, India	-
14	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	३ रा संस्क., २००६
15	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	२००२
16	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल, भारत	५ वा संस्क., २०१८
17	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन मुंबई, भारत	१ ली आवृत्ती, १९८२
18	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन मुंबई, भारत	१ ली आवृत्ती, १९८४
19	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन मुंबई, भारत	३ रा संस्क., २०१७

20	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे, भारत	२ री आवृत्ती, २०१३
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**Semester 2
Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits	Course Category
123P02C201	Yoga Darshana and Indian Philosophy	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02C202	Hathayoga and Meditation	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02C203	Anatomy, Physiology and Applied Yoga	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02C204	Role of Yoga in Therapy and Lifestyle	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02P201	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
Total		12 – 3 – 5	20	12 – 3 – 5	20	-

Examination Scheme

Course Code	Course Name	Examination Scheme & Marks						
		Continuous Assessment (CA)		End Semester Examination (ESE)	Term Work (TW)	Oral* (O)	Practical and Oral (P and O)	Total
		In Semester Examination (ISE)	Internal Assessment (IA)					
123P02C201	Yoga Darshana and Indian Philosophy	-	30	70	-	-	-	100

123P02C202	Hathayoga and Meditation	-	30	70	-	-	-	100
123P02C203	Anatomy, Physiology and Applied Yoga	-	30	70	-	-	-	100
123P02C204	Role of Yoga in Therapy and Lifestyle	-	30	70	-	-	-	100
123P02P201	Practical		30	-	-	-	70	100
Total		-	150	280	-	-	70	500

Syllabus Semester 2

1.

Paper / Course Code	Paper / Course Title							
123P02C201	Yoga Darshana and Indian Philosophy							
	TH				P	TUT		Total
Teaching Scheme (Hrs.)	03				--	01		04
Credits Assigned	03				--	01		04
Examination Scheme	Marks							
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total	
	--	--	30	--	--	70	100	

Course Objectives:

To introduce Yoga Darshana and teach Samadhipada of Patanjala Yogasutra. Also to teach various definitions and history of Yoga. To teach concepts of Avidya and Moksha as per all schools of Philosophy.

Course Outcomes:

At the end of successful completion of the course the students will be able to have the knowledge of origin, history of Yoga. They will also get the comparative preview of key concepts of Avidya and Moksha as per all schools of philosophy.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	20
	1.1	Introduction to Yoga Darshana, Yogasutra: Samadhipada	

2.0		Unit 2	20
	2.1	Concept of Avidya and Moksha according to all Darshana-s	
3.0		Unit 3	05
	3.1	Definitions and history of Yoga	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Vasu, Srisa Chandra	An Introduction to Yoga Philosophy	Munshiram Manoharilal publishers pvt. ltd., New Delhi, India	2004
2	Yardi, M. R.	The Yoga of Patanjali: with an introduction, Sanskrit texts of yogasutras, English translation and notes	Bhandarkar Oriental Research Institute, Pune, India	2nd edi., 1996
3	ब्रम्हलीन मुनि	पातञ्जल योगदर्शनः व्यासभाष्य साहित्य शोधपूर्ण संस्करण	चौखम्भा संस्कृतसंस्थान, वाराणसी, भारत	२०१७
4	कोपर्डेकर, शरदचंद्र	पातंजल योगदर्शनः भगवान पतंजलींची सूत्रे, मराठी भावार्थ व सुबोध भाषेतील विवरण	इंद्रायणी साहित्य, पुणे, भारत	४ थी आवृत्ती, २०१६
5	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi, India	7th edi., 1968
6	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर, भारत	७ वी आवृत्ती, २००२
7	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया,	२ रा संस्क.,

			वाराणसी, भारत	१९७९
8	Dalai, B.K.	Yoga Traditions: an in depth study of less known yoga concepts	Pratibha Prakashan, Delhi, India	1st edi., 2013
9	Larson, G. J. (Ed.) and Bhattacharya, R. (Ed.)	Encyclopaedia of Indian Philosophies: Yoga: India's Philosophy of Meditation, Vol. XII	Motilal Banarasidass Publishers Pvt. Ltd., Delhi, India	1st edi., 2008

2.

Paper / Course Code	Paper / Course Title						
123P02C202	Hathayoga and Meditation						
	TH	P	TUT	Total			
Teaching Scheme (Hrs.)	03	--	01	04			
Credits Assigned	03	--	01	04			
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To teach the next chapters of Hathapradipika. To explain the concepts Shatkarma etc. for better understanding. To give them the idea of how meditation is practiced globally in different religions.

Course Outcomes:

At the end of successful completion of the course the students will be able to understand Hathayoga further. They will understand the philosophical significance of the yogic practices and also can get the comparative preview of the concept of meditation in world religions.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	20
	1.1	Hathayoga Pradipika Chapter 3, 4, 5	
2.0		Unit 2	15
	2.1	Shatkarma, Asana, Pranayama Shatchakra, Panchaprana, Panchakosha, Kundalini	
3.0		Unit 3	10
	3.1	Meditation in World Religions	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Muktibodhnanda Swami	Hatha yoga pradipika: light on hatha yoga	Yoga publications trust, Munger, India	2nd edi., 2004
2	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला, भारत	२ रा संस्क., २०११
3	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे, भारत	१९८५
4	Sivananda Saraswati & Satyananda Saraswati	Hatha Yoga Book 3: Shatkarma	Yoga Publications Trust, Munger, India	1st edi., 2013
5	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla, India	7th edi., 1993
6	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla, India	11th edi., 2010
7	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल, भारत	५ वा संस्क., २०१८
8	ओम स्वामी	कुंडलिनी: एक अनकही कथा	जैको पब्लिशिंग हाऊस, मुंबई, भारत	२०१७
9	आयोध्या प्रसाद	यौगिक शटकर्म: योग्य की शरीर शोधन क्रियाये	चौखम्भा सुरभारती, वाराणसी, भारत	२००१
10	Swami Satyananda Saraswati	Meditations from the tantras	Yoga Publications Trust, Munger, India	2nd edi., 2012

11	Yogendra	Guide to yoga meditation	The Yoga Institute, Mumbai, India	2nd edi., 2014
12	निंबाळकर, सदाशिव	सहज सुलभ ध्यानसाधना	योग विद्या निकेतन, मुंबई, भारत	१ ली आवृत्ती, २०१५
13	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे, भारत	२ री आवृत्ती, २०१३

3.

Paper / Course Code	Paper / Course Title						
123P02C203	Anatomy, Physiology and Applied Yoga						
	TH	P	TUT	Total			
Teaching Scheme (Hrs.)	03	--	01	04			
Credits Assigned	03	--	01	04			
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To teach about the applicability of Yoga in various fields such as Value education, personality development, corporate field, industry. To explain about other body systems.

Course Outcomes:

At the end of successful completion of the course the students will be able to know about applied usages of Yoga in the modern world.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	15
	1.1	Yoga and Value Education and Personality Development	
2.0		Unit 2	15
	2.1	Yoga in Corporates and Industry	
3.0		Unit 3	15
	3.1	Anatomy and Physiology – Reproductive, Endocrinal, Nervous, Excretory	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Gharote M. L	Selected papers of the 4th international conference on yoga research and value education	Kaivalyadhama, Lonavla, India	2002
2	Waugh A. and Grant A.	Ross and Wilson Anatomy and Physiology in health and illness	Churchill Living stone, London, England	12th edi., 2014
3	Chaudhary, N. V. (Ed.) and Jain, R. (Ed.)	Encyclopaedia of Yoga, Health and Physical education, Vol. I to VII	Khel Sahitya Kendra, New Delhi, India	2013
4	Bhalekar, Sharadchandra	Anatomy and Physiology: Yogic Text	Kaivalyadhama, Lonavla, India	2nd edi., 2018
5	गोरे, म. म.	शरीर विज्ञान आणि योगाभ्यास	कॉटिनेंटल प्रकाशन, पुणे, भारत	प्रथम आवृत्ती, २०१०
6	गोरे, म. म.	शरीर विज्ञान और योगाभ्यास	ड्रौलीया पुस्तक भंडार, हरिद्वार, भारत	पंचम संस्क., २०१६

4.

Paper / Course Code	Paper / Course Title						
123P02C204	Role of Yoga in Therapy and Lifestyle						
	TH	P		TUT		Total	
Teaching Scheme (Hrs.)	03	--		01		04	
Credits Assigned	03	--		01		04	
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To explain therapeutic aspects of Yoga in various disorders, in stress and anger management for better health and living etc.

Course Outcomes:

At the end of successful completion of the course the students will be able to know about various opportunities to explore in the field of Yoga. They can make use of yoga for themselves as well as for others.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	15
	1.1	Yogic lifestyle for self-development, Yoga for stress and Anger management, Personality development	
2.0		Unit 2	25
	2.1	Yoga Therapy for Lifestyle disorders: Diabetes, COPD, Hypertension and Cardiac disorders, Obesity, Principles of yoga therapy, aims, benefits, limitations	
3.0		Unit 3	05
	3.1	Yoga for Women	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Udapa, K. N.	Stress and it's management by yoga	Motilal Banarasidass Publishers Pvt. Ltd., Delhi, India	1996
2	Nagendra, H. R.	New perspectives in stress management	Vivekananda Kendra Yoga Prakashan, Bangalore, India	1998
3	Sunakall R. S.	The development of personality	Serials Publications, New Delhi, India	1st edi., 2012
4	Kaul, H. Kumar	Encyclopaedia of yoga for common disease (6 Vols)	B.R. Publishing Corporation, Delhi, India	1st edi., 2015
5	Swami Satyananda Saraswathi	Yoga therapy in asthma, diabetes and heart diseases	The yoga institute, Mumbai, India	2002

6	Kuvalayananda Swami & Vinekar S.L.	Yogic Therapy: its basic principles and methods	Kaivalayadham Shriman Madhav Yogamandir Samiti, Lonavla, India	1st edi., 2011
7	मंडलिक, विश्वास	योगोपचार	योगचैतन्य प्रकाशन, नाशिक, भारत	५ वी आवृत्ती, २०१५
8	मंडलिक, विश्वास	योगोपचार: हिंदी संस्करण	योगचैतन्य प्रकाशन, नाशिक, भारत	१ ला संस्क., २००२
9	कुवल्यानंद स्वामी और विणेकर, स. ल.	योगिक चिकित्सा: मुल सिद्धांत तथा प्रणाली	कैवल्यधाम, लोणावला, भारत	१ ला संस्क., -
10	Vyavahare, Shrikrishna & Natu-Gadam, Ulka	Yoga for health, healing and harmony	Ghantali Mitra Mandal, Thane, India	3rd edi., 2017
11	Iyengar, Geeta	Yoga: a gem for women	B.R. Publishing Corporation, Delhi, 2008	2008
12	अय्यंगार, गीता	स्त्रियांसाठी योग: एक वरदान	रोहन प्रकाशन, पुणे, भारत	४ थी आवृत्ती, २०१५

5.

Paper / Course Code	Paper / Course Title						
123P02P201	Practical						
	TH	P	TUT				Total
Teaching Scheme (Hrs.)	--	03	01				04
Credits Assigned	--	03	01				04
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	70	--	--	100

Course Objectives:

To teach various subtle exercises, postures, meditation techniques etc.

Course Outcomes:

At the end of successful completion of the course the students will be able to perform the known postures with more accuracy and will get the knowledge to perform some new postures.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	05
	1.1	Yogic sukshma vyayama	
	1.1.1	Anguli-mula shakti-vikasaka (for the fingers)	
	1.1.2	Anguli- shakti-vikasaka (for the fingers)	
	1.1.3	Vaksha-sthala shakti-vikasaka (for the chest)	
	1.1.4	Jangha shakti-vikasaka (for the thighs)	
	1.1.5	Janu shakti-vikasaka (for the knees)	
	1.1.6	Pindali shakti-vikasaka (for the calves)	
	1.1.7	Pada-mula shakti-vikasaka	
	1.1.8	Gulpha-pada-pristha-pada-tala-shakti-vikasaka (for the ankles and the feet)	
	1.1.9	Padanguli Shakti-vikasaka (for the toes)	
	1.2	Loosening exercises/Warm ups	
	1.2.1	Janu Vakrasana exercise, Chakki chalana, Nauka chalana	
2.0		Unit 2	05
	2.1	Shatkarma	
	2.1.1	Neti (Vesan Neti, Sutraneti)	
	2.1.2	Dhauti (Danda Dhauti)	
	2.1.3	Trataka (Jatru and Jyoti)	
	2.1.4	Simple Yogic Kriyas for Karna Shuddhi and Twak Shuddhi	
3.0		Unit 3: Suryanamaskara	05
	3.1	Mantra Sahita Suryanamaskar, 12 Poses with Alignment, Breath Discipline.	
	3.2	Starting Prayer, Bija Mantra, Surya Mantra, Ending Prayer	
	3.3	Relaxation	
4.0		Unit 4: Yogasana	15
	4.1	Standing Postures	
	4.1.1	Parivritta Trikonasana, Trikonasana, Veerabhadrasana-1, Utkatsana-1, Eka-pada tolasana	
	4.1.2	Veerabhadrasana-2, Utkatsana-2, Vrikshasana	
	4.2	Sitting Postures	
	4.2.1	Padmasana, Gomukhasana, Bhadrasana, Vakrasana-2	
	4.2.2	Ushtrasana-2, Vajrasanastha Yoga Mudra, Kapotasana-1, Vrishchikasana-2	
	4.2.3	Urdhwa-Janu-Vakshasana, Hansasana-2	
	4.3	Supine Postures	
	4.3.1	Matsyasana-1, Ardha- Halasana, Pavanamuktasana, Kandharasana,	

		Dronasana, Uttana Vakrasana (variations)	
	4.4	Prone Postures	
	4.4.1	Bhujangasana-2, Salamba-Shalabhasana, Naukasana	
	4.5	Relaxation Postures	
	4.5.1	Shavasana-2, Makarasana-2, Balasana (child pose)	
5.0		Unit 5	10
	5.1	Introduction to Pranayama	
	5.1.1	Nadi Shodhana (Technique 1: Same Nostril Breathing, Surya/ Chandra Anuloma viloma)	
	5.1.2	Nadi Shodhana (Technique 2: Alternate Nostril Breathing, Anuloma-viloma)	
	5.1.3	Nadi Shodhana (Technique 3: Alternate Nostril Breathing + Antar kumbhak)	
	5.1.4	Nadi Shodhana (Puraka + Antar Kumbhak + Rechaka) (1:4:2)	
	5.2	Introduction to Bandhas and Mudras	
	5.2.1	Jivha Bandha, Simha Mudra, Bramha Mudra, Sulabha - Tadagimudra	
	5.3	Pranayama (Kumbhaka Rahita)	
	5.3.1	Suryabhedana, Chandrabhedana, Ujjayi, and Bhastrika Pranayama	
	5.3.2	Sheetali and Shitkari Pranayama	
	5.3.3	Bhramari Rechaka Pranayama	
6.0		Unit 6: Practices leading to meditation	05
	6.1	Pranav and Soham Japa; Ajapa-japa Dharana	
	6.2	Yoga Nidra	
	6.3	Antarmauna	
	6.4	Mind sound Resonance technique (MSRT)	
		Total Hours	45

Recommended books

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatomarama	Kaivalyadham Shrimanmadhav Yogamandir Samiti, Lonavla, India	2nd edi., 1998
2	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi, India	2003

3	Vasu, Sri Chadra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishtan, Delhi, India	2003
4	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger, India	1st edi, 2012
5	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला, भारत	२ रा संस्क., २०११
6	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	१ ला संस्क., २०११
7	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे, भारत	१९८५
8	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे, भारत	२००५
9	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar, India	4th edi., 2013
10	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore, India	1st edi, 2003
11	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla, India	7th edi., 1993
12	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla, India	11th edi., 2010
13	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra yoga publications, New Delhi, India	-
14	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	३ रा संस्क., २००६

15	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	२००२
16	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल, भारत	५ वा संस्क., २०१८
17	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन मुंबई, भारत	१ ली आवृत्ती, १९८२
18	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन मुंबई, भारत	१ ली आवृत्ती, १९८४
19	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन मुंबई, भारत	३ रा संस्क., २०१७
20	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे, भारत	२ री आवृत्ती, २०१३

**Semester 3
Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits	Course Category
123P02C301	Yoga Darshana and Indian Philosophy	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02C302	Yogic Texts and Physiology	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02C303	Yoga and Allied Therapies	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02C304	Research Methodology	3 – 0 – 1	04	3 – 0 – 1	04	-

123P02P301	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
Total		12 – 3 – 5	20	12 – 3 – 5	20	-

Examination Scheme

Course Code	Course Name	Examination Scheme & Marks						
		Continuous Assessment (CA)		End Semester Examination (ESE)	Term Work (TW)	Oral* (O)	Practical and Oral (P and O)	Total
		In Semester Examination (ISE)	Internal Assessment (IA)					
123P02C301	Yoga Darshana and Indian Philosophy	-	30	70	-	-	-	100
123P02C302	Yogic Texts and Physiology	-	30	70	-	-	-	100
123P02C303	Yoga and Allied Therapies	-	30	70	-	-	-	100
123P02C304	Research Methodology	-	30	70	-	-	-	100
123P02P301	Practical		30	-	-	-	70	100
Total		-	150	280	-	-	70	500

Syllabus Semester 3

1.

Paper / Course Code	Paper / Course Title					
123P02C301	Yoga Darshana and Indian Philosophy					
	TH	P	TUT	Total		
Teaching Scheme (Hrs.)	03	--	01	04		
Credits Assigned	03	--	01	04		
Examination Scheme	Marks					
	Oral (O)	Book Review	Internal Assessment	Practical (P)	Term Work	End Semester Examination

			(IA)		(TW)	(ESE)	
	--	--	30	--	--	70	100

Course Objectives:

To teach further Yogasutra-s as well as the concept of Pramana as per all schools of philosophy.

Course Outcomes:

At the end of successful completion of the course the students will be able to have the comparative idea of pramana in all schools of Philosophy.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	20
	1.1	Patanjala-yogasutra: Sadhanapada	
2.0		Unit 2	15
	2.1	Concept of Pramana according to all Darshana-s	
3.0		Unit 3	10
		Introduction to Yogachara sect of Buddhism	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Satyananda Saraswati	Four Chapters on Freedom: Commentary on the yoga sutras of sage Patanjali	Yoga Publications Trust, Munger, India	2nd edi., 2013
2	Rukmani T. S.	Yogavarttika of Vijnanabhiksu Vol.II: Sadhanapada	Munshiram Manoharilal Publishers Pvt. Ltd., New Delhi, India	1998
3	आरण्य, हरिहरानन्द	पातञ्जलयोगदर्शनमः व्यासभाष्य, उसका हिन्दी-अनुवाद तथा सुविशद हिन्दी व्याख्या	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि., दिल्ली, भारत	२००७
4	ओमानंद तीर्थ	पातंजलयोगप्रदीप	गीताप्रेस, गोरखपुर, भारत	-

5	रेळे, ना. स. (संपा.)	पातंजल योगदर्शन	राजेश प्रकाशन, पुणे, भारत	२००७
6	कोल्हटकर, केशव	भारतीय मानसशास्त्र अथवा सार्थ आणि सविवरण पातंजल योगदर्शन	आदित्य प्रतिष्ठान, पुणे, भारत	६ वी आवृत्ती, २०१४
7	Sinha, Jadunath	Indian Philosophy (3 Vols)	Motilal Banarasidass publishers pvt. Ltd., Delhi, India	2nd edi., 2006
8	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi, India	7th edi., 1968
9	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर, भारत	७ वी आवृत्ती, २००२
10	जोग, द. वा.	भारतीय दर्शन संग्रह	म. द. जोग, डोंबिवली, भारत	२ री आवृत्ती, २०१३
11	चट्टोपाध्याय, सतिशचंद्र और दत्ता, धीरेंद्र	भारतीय दर्शन	पुस्तक भांडार पब्लिशिंग हाऊस, पटना, भारत	२०१९
12	सिन्हा, ह. प्र.	भारतीय दर्शन की रूपरेखा	मोतीलाल बनारसीदास पब्लिशर्स प्रा. लि.	४ था संस्क., २०१०

2.

Paper / Course Code	Paper / Course Title						
123P02C302	Yogic Texts and Physiology						
	TH		P		TUT		Total
Teaching Scheme (Hrs.)	03		--		01		04
Credits Assigned	03		--		01		04
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total

	--	--	30	--	--	70	100
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Course Objectives:

To teach selected chapters of Gheranda Samhita as well as Bhagavadgita. To explain physiology of some of the yogic concepts such as Bandha, Mudra etc.

Course Outcomes:

At the end of successful completion of the course the students will be able to understand the philosophy in prescribed texts. They will understand the physiology of the practices they have learnt to perform.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	25
	1.1	Gheranda Samhita: Chapter 1, 2, 3	
2.0		Unit 2	15
	2.1	Bhagavadgita Chapters 2, 14	
3.0		Unit 3	05
	3.1	Physiology of Bandha, Mudra, Pratyahara, Dhyana	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Swami Digambarji	Gheranda Samhita	Kaivalayadhama Shriman Madhav Yogamandir Samiti, Lonavla, India	1997
2	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	१ ला संस्क., २०११
4	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे, भारत	२००५
5	Swarupananda Swami	Srimad Bhagavad Gita: With text, word-for-word translation English rendering, comments and index	Advaita Ashram, Delhi, India	1st edi., 1909
6	-	Srimadbhagvadgita	Gita Press,	1985

			Gorakhpur, India	
7	प्रभूपद स्वामी	श्रीमदभगवद्गीता: यथारूप	भक्ती वेदान्त बुक ट्रस्ट, मुंबई, भारत	१९८८
8	प्रभूपद स्वामी	श्रीमदभगवद्गीता: जशी आहे तशी	भक्ती वेदान्त बुक ट्रस्ट, मुंबई, भारत	१९९८
9	Bhalekar, Sharadchandra	Anatomy and Physiology: Yogic Text	Kaivalyadhama, Lonavla, India	2nd edi., 2018
10	Gore, M. M.	Anatomy and Physiology of Yogic Practices	New age books, New Delhi, India	6th edi., 2017
11	गोरे, म. म.	शरीर विज्ञान आणि योगाभ्यास	कॉटिनेंटल प्रकाशन, पुणे, भारत	प्रथम आवृत्ती, २०१०
12	गोरे, म. म.	शरीर विज्ञान और योगाभ्यास	झोलीया पुस्तक भंडार, हरिद्वार, भारत	पंचम संस्क., २०१६

3.

Paper / Course Code	Paper / Course Title						
123P02C303	Yoga and Allied Therapies						
	TH	P		TUT		Total	
Teaching Scheme (Hrs.)	03	--		01		04	
Credits Assigned	03	--		01		04	
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To teach about naturopathy, physiotherapy, yoga counselling, dietetics, Yogic lifestyle.

Course Outcomes:

At the end of successful completion of the course the students will be able to know about the applicability of Yoga in various fields.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	15
	1.1	Naturopathy: Techniques, Benefits, Limitations & applications	
2.0		Unit 2	15
	2.1	Physiotherapy and Occupational Therapy	
3.0		Unit 3	15
	3.1	Yoga counseling, Dietetics and Nutrition for Yogic lifestyle	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Bakhru, H. K.	The complete handbook of Nature Cure: The most comprehensive family guide to health, the natural way	Jaico Publishing House, Mumbai, India	5th edi., 2013
2	Jindal, S.R.	Nature Cure: A way of life	Institute Of Naturopathy & Yogic Sciences, Bangalore, India	2005
3	Joshi, K.S.	Speaking of Yoga and Nature-Cure Therapy	New Dawn Press, New Delhi, India	2008
4	लिंडल्हार, हेन्नी	व्यावहारिक प्राकृतिक चिकित्सा	केंद्रीय योग एवम प्राकृतिक चिकित्सा अनुसंधान परिषद, नई दिल्ली, भारत	३ रा संस्क., २०१२
5	लिंडल्हार, हेन्नी	प्राकृतिक चिकित्सा दर्शन एवम व्यवहार	केंद्रीय योग एवम प्राकृतिक चिकित्सा अनुसंधान परिषद, नई दिल्ली, भारत	२ रा संस्क., २०१२
6	सक्सेना, ओमप्रकाश	वृहद प्राकृतिक चिकित्सा	हिंदी सेवा सदन, मथुरा,	२ रा संस्क.,

			भारत	२०१७
7	सावंत, दुर्गादास	निसर्गाहार: निरामय जीवनासाठी निसर्गानुकूल आहार	योग विद्या निकेतन, मुंबई, भारत	१ ली आवृत्ती, २०१७
8	बेदरकर, कुमुद	निसर्गोपचार आणि योगशास्त्र	आरती प्रकाशन, डोंबिवली, भारत	२००१
9	Mohanty, P. P. & Pattnaik, Monalisa	Managing common musculoskeletal conditions by Physiotherapy and Yoga	Jaypee Brothers Medical Publishers (P) Ltd., New Delhi, India	1st edi., 2008

4.

Paper / Course Code	Paper / Course Title						
123P02C304	Research Methodology						
	TH	P		TUT		Total	
Teaching Scheme (Hrs.)	03	--		01		04	
Credits Assigned	03	--		01		04	
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To introduce the details of research methodology.

Course Outcomes:

At the end of successful completion of the course the students will be able to initiate their work for dissertation

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	25
	1.1	Definition, Types of Research, Methods, Design. Ideal Researcher, Quality of good research work, Need and scope of Yoga research	
2.0		Unit 2	20
	2.1	Details of sequence of Research methodology. Introduction to Dissertation work	

		Total Hours	45
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Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Kothari, C. R. & Garg, Gaurav	Research Methodology: Methods and techniques	New Age International Publishers, New Delhi, India	3rd edi., 2019
2	Kumar, Ranjit	Research Methodology: A step-by-step guide for beginners	Sage Publication India Pvt. Ltd., New Delhi, India	1st edi., 2015
3	कोली, लक्ष्मीनारायन	रिसर्च मैथडोलॉजी	व्हाय. के. पब्लिशर्स, आग्रा, भारत	२०१४
4	संत, दु. का.	संशोधन: पद्धती, प्रक्रिया, अंतरंग	पुणे विद्यार्थी गृह प्रकाशन, पुणे, भारत	३ री आवृत्ती, २०१०
5	कुमार, रणजित	संशोधन पद्धती: नवोदितांकरिता क्रमवार मार्गदर्शक	सेज पब्लिकेशन इंडिया प्रा. लि., नवी दिल्ली, भारत	४ थी आवृत्ती, २०१७

5.

Paper / Course Code	Paper / Course Title						
123P02P301	Practical						
	TH				TUT	Total	
Teaching Scheme (Hrs.)	--	03			01	04	
Credits Assigned	--	03			01	04	
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	70	--	--	100

Course Objectives:

To introduce some more types of exercises.

Course Outcomes:

At the end of successful completion of the course the student will be able to grasp more types of exercises.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1: Shatkarma	05
	1.1	Shankhaprakshalana (Purna)	
	1.2	Kapalabhati – (90-100/min)	
	1.3	Uddiyana- Agnisara	
2.0		Unit 2: Yogasana	15
	2.1	Standing Postures	
	2.1.1	Parsva Konasana, Veerabhadrasana-3, Utkatsana-3	
	2.2	Sitting Postures	
	2.2.1	Dwipada Marjarasana, Baddha-hasta Padmasana, Parvatasana-variations, Mandukasana,	
	2.2.2	Ardha-Matsyendrasana, Ushtrasana-3, Janu-Urdhwasana 1 & 2, RajaKapotasana-3	
	2.3	Supine Postures	
	2.3.1	Matsyasana-2, Viparita Karani Mudra, Chakrasana	
	2.4	Prone Postures	
	2.4.1	Bhujangasana-3, Shalabhasana, Dhanurasana	
	2.5	Relaxation Postures	
	2.5.1	Shavasana-3, Makarasana-3	
3.0		Unit 3: Bandhas and Mudras	10
	3.1	Mula Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha bandha	
	3.2	Yoga Mudra, Kaki Mudra, Tadagi Mudra, Shanmukhi Mudra.	
4.0		Unit 4: Pranayama (with Antar Kumbhaka)	05
	4.1	Surya-bhedana and Chandra-bhedana Pranayama	
	4.2	Ujjayi Pranayama, Bhastrika Pranayama	
	4.3	Sheetali Pranayama, Shitkari Pranayama	
5.0		Unit 5: Practices leading to meditation	10
	5.1	Practices leading to Breath Meditation (Anapanasatti)	
	5.2	Practices leading to Om Meditation (Nadanusandhana)	
	5.3	Practices leading to Vipassana Meditation	
		Total Hours	45

Recommended books

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatamrarama	Kaivalayadham Shrimanmadhav Yogamandir Samiti, Lonavla, India	2nd edi., 1998
2	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi, India	2003
3	Vasu, Sri Chadra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishthan, Delhi, India	2003
4	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger, India	1st edi, 2012
5	स्वामी दिगंबरजी और झा, पीताम्बर	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम श्रीमन्माधव योगमंदिर समिती, लोनावला, भारत	२ रा संस्क., २०११
6	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	१ ला संस्क., २०११
7	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे, भारत	१९८५
8	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे, भारत	२००५
9	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar, India	4th edi., 2013
10	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan,	1st edi, 2003

			Bangalore, India	
11	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla, India	7th edi., 1993
12	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla, India	11th edi., 2010
13	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra yoga publications, New Delhi, India	-
14	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	३ रा संस्क., २००६
15	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	२००२
16	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी योग	मंजुल पब्लिशिंग हाउस, भोपाल, भारत	५ वा संस्क., २०१८
17	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन मुंबई, भारत	१ ली आवृत्ती, १९८२
18	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन मुंबई, भारत	१ ली आवृत्ती, १९८४
19	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन मुंबई, भारत	३ रा संस्क., २०१७
20	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे, भारत	२ री आवृत्ती, २०१३

**Semester 4
Credit Scheme**

Course Code	Course Name	Teaching Scheme (Hrs.) TH – P – TUT	Total Hrs.	Credits Assigned TH – P – TUT	Total Credits	Course Category
123P02C401	Yoga and Indian Philosophy	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02C402	Study of Scriptures	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02C403	Physiology of Yogic practices	3 – 0 – 1	04	3 – 0 – 1	04	-
123P02D401	Dissertation	0 – 8 – 0	08	0 – 4 – 0	04	-
123P02P401	Practical	0 – 3 – 1	04	0 – 3 – 1	04	-
Total		9 – 11 – 4	24	9 – 7 – 4	20	-

Examination Scheme

Course Code	Course Name	Examination Scheme & Marks						
		Continuous Assessment (CA)		End Semester Examination (ESE)	Term Work (TW)	Oral* (O)	Practical and Oral (P and O)	Total
		In Semester Examination (ISE)	Internal Assessment (IA)					
123P02C401	Yoga and Indian Philosophy	-	30	70	-	-	-	100
123P02C402	Study of scriptures	-	30	70	-	-	-	100
123P02C403	Physiology of Yogic practices	-	30	70	-	-	-	100
123P02D401	Dissertation	-	-	-	50	50	-	100

123P02P401	Practical	-	30	-	-	-	70	100
Total		-	120	210	50	50	70	500

Syllabus Semester 4

1.

Paper / Course Code	Paper / Course Title						
123P02C401	Yoga and Indian Philosophy						
	TH	P			TUT		Total
Teaching Scheme (Hrs.)	03	--			01		04
Credits Assigned	03	--			01		04
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To teach Yogasutra-s, explain the concept of Ishvara as per all schools of Philosophy, to make them understand the contribution of various legendary personalities to the field of Yoga.

Course Outcomes:

At the end of successful completion of the course the students will be able to get a comparative preview of concept of Ishvara as per all the schools. They will also be able to know about the selected thinkers and their works.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	25
	1.1	Yogasutra: Vibhutipada and Kaivalyapada	
2.0		Unit 2	10
	2.1	Concept of Ishvara according in Darshana-s	
3.0		Unit 3	10
	3.1	Yoga masters: Maharshi Ramana, Sri Aurobindo, Swami Vivekananda, Swami Kuvalayananda	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Karambelkar, P. V.	Patanjala Yoga Sutra: Sanskrita sutras with transliteration and commentary	Kaivalyadhama, Lonavla, India	2012
2	Aranya, Hariharananda	Yoga Philosophy of Patanjali with Bhasvati: Containing his yoga aphorisms with commentary of Vyasa in original Sanskrit, with annotations, and allied topics illustrating the theory and practice of samkhya yoga	University Of Calcutta, Calcutta, India	4th edi., 2012
3	रेळे, ना. स. (संपा.)	पातंजल योगदर्शन	राजेश प्रकाशन, पुणे, भारत	२००७
4	कोपर्डेकर, शरदचंद्र	पातंजल योगदर्शन: भगवान पतंजलीची सूत्रे, मराठी भावार्थ व सुबोध भाषेतील विवरण	इंद्रायणी साहित्य, पुणे, भारत	४ थी आवृत्ती, २०१६
5	ब्रम्हलीन मुनि	पातञ्जल योगदर्शन: व्यासभाष्य साहित्य शोधपूर्ण संस्करण	चौखम्भा संस्कृतसंस्थान, वाराणसी, भारत	२०१०
6	ओमानंद तीर्थ	पातंजलयोगप्रदीप	गीताप्रेस, गोरखपुर, भारत	-
7	Chatterjee, Satischandra & Datta, Dhirendramohan	An Introduction to Indian Philosophy	Rupa publications India Pvt. Ltd., New Delhi, India	7th edi., 1968
8	दीक्षित, श्रीनिवास	भारतीय तत्त्वज्ञान	फडके बुक हाऊस, कोल्हापूर, भारत	७ वी आवृत्ती, २००२
9	उपाध्याय, बलदेव	भारतीय दर्शन की रूपरेखा	चौखम्भा ओरिएण्टलिया, वाराणसी, भारत	२ रा संस्क., १९७९

10	Tejasananda Swami	A short life of swami Vivekananda	Advaita Ashram, Delhi, India	1984
11	मुजुमदार, सतेंद्रनाथ	स्वामी विवेकानंद यांचे चरित्र	रामकृष्ण मठ, नागपुर, भारत	१९९०
12	अपूर्वानंद स्वामी	स्वामी विवेकानंद: संक्षिप्त जीवनी तथा उपदेश	रामकृष्ण मठ, मद्रास, भारत	१९९३
13	Aurobindo	On himself	Aurobindo Ashram Trust, Pondicherry, India	1st edi., 1972
14	दास, मनोज	श्रीअरविन्द: भारतीय साहित्य के निर्माता	साहित्य अकादेमी, नई दिल्ली, भारत	२ रा संस्क., १९९२
15	Osborne, Arthur	Ramana Maharishi and the path of self knowledge: a biography	Jaico Publishing House, Mumbai, India	1st edi., 1993
16	Kaivalyadhama	Yogi and scientist: biography of swami Kualayananda	Kaivalyadhama, Lonavla, India	1st edi., 2012

2.

Paper / Course Code	Paper / Course Title						
123P02C402	Study of scriptures						
	TH	P		TUT		Total	
Teaching Scheme (Hrs.)	03	--		01		04	
Credits Assigned	03	--		01		04	
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	--	--	70	100

Course Objectives:

To teach further chapters of the Gheranda Samhita and introduce some other Yoga texts.

Course Outcomes:

At the end of successful completion of the course the students will be able to know in depth about Hathayoga.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	25
	1.1	Gheranda Samhita Chapters 4-7	
2.0		Unit 2	20
	2.1	Introduction to Yogic texts: Shiva-samhita, Goraksha-shataka, Siddha-siddhanta-paddhati, Hatha-ratnavali	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger, India	1st edi, 2012
2	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	१ ला संस्क., २०११
3	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे, भारत	२००५
4	Maheshananda Swami (Ed.), Sharma, B. R. (Ed.), Aahat, G. S. (Ed.) and others	Siva Samhita: A Critical Edition	Kaivalyadhama, Lonavla, India	2nd edi., 2014
5	महेशानंद स्वामी (संपा.), शर्मा, बा. (संपा.), सहाय, ज्ञा. (संपा.) और अन्य	शिवसंहिता: एक अलोचनात्मक संस्करण	कैवल्यधाम, लोणावला, भारत	१९९९
6	Darshanik Sahityanusandhan Vibhag	Gorakshashatakam	Kaivalyadhama, Lonavla, India	1st edi., 2013
7	Gharote, M. L. (Ed.)	Siddha-siddhanta-paddhati: a treatise on	The Lonavala Yoga	1st edi.,

	Pai, G. K. (Ed.)	the Natha philosophy by Gorakshanatha	Institute, Lonavla, India	2016
8	Maheshananda Swami (Ed.), Bodhe, R. (Ed.), Bhat, R. (Ed.) & Kulkarni A. (Ed.)	Siddhasiddhantapaddhatih: Goraksanatha	Kaivalyadhama, Lonavla, India	1st edi., 2018
9	Gharote, M. L. (Ed) Devnath, P. (Ed) Jha, V. K. (Ed)	Hatharatnavali: A treatise on Hathayoga of Srinivas yogi	The Lonavala Yoga Institute, Lonavla, India	2014

3.

Paper / Course Code	Paper / Course Title						
123P02C403	Physiology of Yogic Practices						
	TH	P	TUT			Total	
Teaching Scheme (Hrs.)	03	--	01			04	
Credits Assigned	03	--	01			04	
Examination Scheme	Marks						Total
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	
	--	--	30	--	--	70	

Course Objectives:

To explain the physiology of the postures, mudra, bandha etc. To introduce various meditative techniques.

Course Outcomes:

At the end of successful completion of the course the students will be able to know different techniques of meditation.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1	20
	1.1	Physiology of Asana, Pranayama, Kriya, Mudra-Bandha	
2.0		Unit 2	25
	2.1	Meditative techniques: Zen, Vipassana, Samath, Preksha dhyana, Om meditation; Relaxative techniques for well-being: Yoganidra, DRT	
		Total Hours	45

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Bhalekar, Sharadchandra	Anatomy and Physiology: Yogic Text	Kaivalyadhama, Lonavla, India	2nd edi., 2018
2	Gore, M. M.	Anatomy and Physiology of Yogic Practices	New age books, New Delhi, India	6th edi., 2017
3	गोरे, म. म.	शरीर विज्ञान आणि योगाभ्यास	कॉटिनेंटल प्रकाशन, पुणे, भारत	प्रथम आवृत्ती, २०१०
4	गोरे, म. म.	शरीर विज्ञान और योगाभ्यास	झोलीया पुस्तक भंडार, हरिद्वार, भारत	पंचम संस्क., २०१६
5	Ahir, D. C.	Vipassana: a universal Buddhist meditation technique	Sri satguru Publication, Delhi, India	1996
6	Raghupati, K. V.	Yoga and Zen: A monograph	New bhartiya book corporation, Delhi, India	1st edi., 2007
7	पांडे, सुरुची	झेन	मनोविकास प्रकाशन, पुणे, भारत	२००६
8	Acharya Mahaprajna	Preksa Dhyana: Theory and Practice	Jain Visva Bharati, Ladnun, India	2003
9	Acharya Mahaprajna	Preksha Dhyana: Perception of Breathing	Jain Visva Bharati, Ladnun, India	1994
10	Satyananda Saraswati	Yoga Nidra	Yoga Publications Trust, Munger, India	6th edi., 1998
11	सत्यानंद सरस्वती	योग निद्रा	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	२०१३

12	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे, भारत	२ री आवृत्ती, २०१३
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4.

Paper / Course Code	Paper / Course Title						
123P02D401	Dissertation						
	TH	P		TUT		Total	
Teaching Scheme (Hrs.)	00	08		00		08	
Credits Assigned	00	04		00		04	
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	50	--	--	--	50	--	100

Course Objectives:

To teach about the process of writing research thesis, to make them aware about Yoga institutes.

Course Outcomes:

At the end of successful completion of the course the students will be able to understand the technique to write research thesis and they will know about the Yoga institutes.

Recommended books:

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Kothari, C. R. & Garg, Gaurav	Research Methodology: Methods and techniques	New Age International Publishers, New Delhi, India	3rd edi., 2019
2	Kumar, Ranjit	Research Methodology: A step-by-step guide for beginners	Sage Publication India Pvt. Ltd., New Delhi, India	1st edi., 2015
3	कोली, लक्ष्मीनारायन	रिसर्च मॅथडोलॉजी	व्हाय. के. पब्लिशर्स, आग्रा, भारत	२०१४

4	संत, दु. का.	संशोधन: पद्धती, प्रक्रिया, अंतरंग	पुणे विद्यार्थी गृह प्रकाशन, पुणे, भारत	३ री आवृत्ती, २०१०
5	कुमार, रणजित	संशोधन पद्धती: नवोदितांकरिता क्रमवार मार्गदर्शक	सेज पब्लिकेशन इंडिया प्रा. लि., नवी दिल्ली, भारत	४ थी आवृत्ती, २०१७

5.

Paper / Course Code	Paper / Course Title						
123P02P401	Practical						
	TH	P		TUT		Total	
Teaching Scheme (Hrs.)	--	03		01		04	
Credits Assigned	--	03		01		04	
Examination Scheme	Marks						
	Oral (O)	Book Review	Internal Assessment (IA)	Practical (P)	Term Work (TW)	End Semester Examination (ESE)	Total
	--	--	30	70	--	--	100

Course Objectives:

To enable students to perform various types of exercises.

Course Outcomes:

At the end of successful completion of the course the students will be able to perform the postures, kriya-s and other exercises with proficiency.

Module No.	Unit No.	Topics	Hours
1.0		Unit 1: Shatkarmas	10
	1.1	Kapalbhati (120/min)	
	1.2	Dhauti (Vastra)	
	1.3	Neti (Vesan)	
	1.4	Trataka (Antar and Bahya Trataka)	
	1.5	Nauli Madhyama, Vama, Dakshina and Nauli Chalana	
	1.6	Kapalabhati: Vatakrama- 120/min, Sitkrama & Vyutkrama	
2.0		Unit 2: Yogasana	15
	2.1	Standing Postures	
	2.1.1	Natarajasana, Garudasana, Eka-pada-angushtasana	

	2.2	Sitting Postures	
	2.2.1	Siddhasana, Simhasana, Bakasana	
	2.2.2	Paschimottanasana, SuptaVajrasana-3, Purvottanasana	
	2.2.3	Shirshasana, Hansasana-3, Mayurasana, Vrischikasana-3	
	2.3	Supine Postures	
	2.3.1	Pavanamuktasana with Ashvini Mudra, Halasana and Chakrasana	
	2.3.2	Matsyasana-3, Sarvangasana and Karnapeedasana	
3.0		Unit 3: Pranayama (with Antar and bahya Kumbhaka)	05
	3.1	Surya-bhedana and Chandra-bhedana Pranayama	
	3.2	Ujjayi Pranayama, Bhastrika Pranayama	
	3.3	Sheetali Pranayama, Shitkari Pranayama	
4.0		Unit 4: Bandha and Mudras	05
	4.1	Maha Mudra, Shambhavi Mudra, Khechari Mudra	
5.0		Unit 5: Practices leading to meditation	10
	5.1	Practices leading to Preksha Meditation	
	5.2	Shatchakra Meditation	
	5.3	Sthula Dhyana, Tejo Dhyana, Sukshma Dhyana.	
		Total Hours	45

Recommended books

Sr No	Name/s of Author/s	Title of Book	Name of Publisher with country	Edition and Year of Publication
1	Digambaraji Swami (Ed.) & Kokaje Raghunatha Shastri (Ed.)	Hathapradipika of Svatomarama	Kaivalyadham Shrimanmadhav Yogamandir Samiti, Lonavla, India	2nd edi., 1998
2	Singh, Pancham	The Hatha Yoga Pradipika	Chaukhamba Sanskrit Sansthan, Varanasi, India	2003
3	Vasu, Sri Chadra	The Gheranda Samhita: Text With English Translation	Chaukhamba Sanskrit Pratishthan, Delhi, India	2003
4	Niranjanananda Saraswati	Gheranda Samhita: Commentary on the yoga teachings of Maharshi Gheranda	Yoga Publications Trust, Munger, India	1st edi, 2012
5	स्वामी दिगंबरजी और	हठप्रदीपिका: स्वात्माराम कृत	कैवल्यधाम	२ रा संस्क.,

	झा, पीताम्बर		श्रीमन्माधव योगमंदिर समिती, लोनावला, भारत	२०११
6	निरंजनानन्द सरस्वती	घेरण्ड संहिता: महर्षि घेरण्ड की योग शिक्षा पर भाष्य	योग पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	१ ला संस्क., २०११
7	देवकुळे, व. ज.	हठप्रदीपिका: सुबोध मराठी भाषांतर	सरस्वती बुक डिस्ट्रिब्युटर्स, पुणे, भारत	१९८५
8	देवकुळे, व. ज.	घेरण्ड संहिता: सुबोध मराठी भाषांतर	शारदा साहित्य, पुणे, भारत	२००५
9	Satyananda Saraswati	Asana Pranayama Mudra Bandha	Yoga Publications Trust, Munger, Bihar, India	4th edi., 2013
10	Nagarathna, R. & Nagendra, H. R.	Integrated approach of yoga therapy for positive health	Swami Vivekananda yoga prakashan, Bangalore, India	1st edi, 2003
11	Kuvalayananda Swami	Asana	Kaivalyadhama, Lonavla, India	7th edi., 1993
12	Kuvalayananda Swami	Pranayama	Kaivalyadhama, Lonavla, India	11th edi., 2010
13	Dhirendra Brahmachari	Yogic Sukshma Vyayam	Dhirendra yoga publications, New Delhi, India	-
14	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (हिंदी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	३ रा संस्क., २००६
15	सत्यानंद सरस्वती	आसन प्राणायाम मुद्रा बंध (मराठी)	योगा पब्लिकेशन्स ट्रस्ट, मुंगेर, भारत	२००२
16	जैन, राजीव	संपूर्ण योग विद्या: योगासन, प्राणायाम, मुद्रा, बंध, षट्कर्म, ध्यान एवं कुण्डलिनी	मंजुल पब्लिशिंग हाउस, भोपाल, भारत	५ वा संस्क., २०१८

		योग		
17	निंबाळकर, सदाशिव	योगिक क्रिया: आरोग्याचा पाया	योग विद्या निकेतन मुंबई, भारत	१ ली आवृत्ती, १९८२
18	निंबाळकर, सदाशिव	प्राणायाम	योग विद्या निकेतन मुंबई, भारत	१ ली आवृत्ती, १९८४
19	निंबाळकर, सदाशिव	स्वास्थ्य के लिए योग	योग विद्या निकेतन मुंबई, भारत	३ रा संस्क., २०१७
20	आनंद ऋषी	ध्यानप्रचीती: ध्यानाच्या विविध मार्गाविषयी अनुभवसिद्ध मार्गदर्शन	नविन प्रकाशन, पुणे, भारत	२ री आवृत्ती, २०१३