

B.A. (YOGA)

Eligibility :-	H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11(old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English
Age :-	17 to 60 Years (Physically fit)
Note :-	The students should produce Medical Fitness Certificate at the time of admission.
Medium :-	Hindi, English
Duration :-	Three academic Years (June to March every year) six semesters
Numbers of COURSEs	: - 5+ Practical COURSE each semester
Total Marks :-	3000

NOTE: Elective Paper - Paper V in Sem - IV, Sem - V & Sem - VI is elective paper. The Student can opt any one from the subjects offered as paper V.

SEMESTER I

1. COURSE I - Sanskrit (Foundation.) I
2. COURSE II -History and Philosophy of Yoga I
3. COURSE III -Schools of Yoga I
4. COURSE IV- Yoga Practical I
5. COURSE V -Educational Principles& Practices of Yoga I

संस्कृतभाषा- ५
योगशास्त्रतिहास तद्विज्ञान*च
योगसंप्रदायः
योगप्राच्यशिक्षकम्
योगाभ्यासनपद्धतयः

SEMESTER II

1. COURSE I - Sanskrit (Foundation.) II
2. COURSE II -History and Philosophy of Yoga II
3. COURSE III -Schools of Yoga II
4. COURSE IV- Yoga Practical II
5. COURSE V -Educational Principles& Practices of Yoga II

संस्कृतभाषा- ५
योगशास्त्रतिहास तद्विज्ञान*च
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SEMESTER III

1. COURSE I - Sanskrit III
2. COURSE II -Philosophy of Yogashastra I.
3. COURSE III -Yoga Therapy I
4. COURSE IV- Yoga Practical III
5. COURSE V -Anatomy and Physiology

संस्कृतभाषा- II
योगतद्विज्ञानम्
योगोपचार-पद्धति
योगप्राच्यशिक्षकम्
शरीररचना-कार्यशास्त्रम्

SEMESTER IV

1. COURSE I - Sanskrit IV संस्कृतभाषा- II
2. COURSE II -Philosophy of Yogashastra II योगतत्त्वज्ञानम्
3. COURSE III -Yoga Therapy II योगपचार-पद्धति
4. COURSE IV- Yoga Practical IV योगप्राट्यक्षिकम्
5. COURSE V - **Elective Papers**
Elective – I Advanced Yoga - Anatomy and Physiology शरीररचना-कार्यशास्त्रम्
Elective – II Yoga (For Non Yoga Students) -I
Elective – III Social Sciences -I
Elective – IV Jyotisha -I
Elective – V Education -I
Elective – VI Arham Yoga -I

SEMESTER V

1. COURSE I - Sanskrit V संस्कृतभाषा- III
2. COURSE II -Philosophy of Yogashastra-III योगतत्त्वज्ञानम्- I
3. COURSE III -Applied Yoga-I योगप्रयोगा
4. COURSE IV- Yoga Practical-V योगप्राट्यक्षिकम्
5. COURSE V - **Elective Papers**
Elective – I Advanced Yoga -Yoga and Positive Health योग:तथा अनकूल-डवास्थ्यम् I
Elective – II Yoga (For Non Yoga Students) II
Elective – III Social Sciences -II
Elective – IV Jyotisha II
Elective – V Education II
Elective – VI Arham Yoga -II

SEMESTER VI

1. COURSE I - Sanskrit VI संस्कृतभाषा- III
2. COURSE II -Philosophy of Yogashastra-IV योगतत्त्वज्ञानम्- I
3. COURSE III -Applied Yoga-II योगप्रयोगा
4. COURSE IV- Yoga Practical-VI योगप्राट्यक्षिकम्
5. COURSE V - **Elective Papers**
Elective – I Advanced Yoga -Yoga and Positive Health योग:तथा अनकूल-डवास्थ्यम् II
Elective – II Yoga (For Non Yoga Students) II
Elective – III Social Sciences -III
Elective – IV Jyotisha -III
Elective – V Education -III
Elective – VI Arham Yoga -III

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29/10/22

SEMESTER - I

COURSE - I	SANSKRIT (FOUNDATION)-I	संस्कृतभाषा-I	100 MARKS
Module-I	Nitishatakam (First five paddhati)		50 Marks
Module-I	Abhyasapustakam		25 Marks
Internal Assessment -			25 marks
Assignment - 10 Marks		Library Work - 05 Marks	
Attendace - 05 Marks		Class Interaction - 05 Marks	
Reference Books :			
	नीतिशतकम् - चौखंबा प्रकाशन, वाराणसी		
	नीतिशतकम् - डा. रोजेश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपर हाउस, इलाहाबाद-211002		
	नीतिशतकम् - (मराठी अनुवादासह) प्राचार्य वेदकुमार वेदालंकार, पं. सिध्देश्वर महाराज, विद्याभारती प्रकाशन, लातूर नीतिशतकम् - (मराठी अनुवादासह) डा. हेमा गांखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक		
	नीतिशतकम् - विद्याप्रसार केंद्र, सीताबर्डी, नागपूर		
	अभ्यासपुस्तकम् - डा. एच. आर. विश्वास, संस्कृतभारती प्रकाशन, अक्षरम, बेंगलूर		

COURSE - II	HISTORY AND PHILOSOPHY OF YOGASHASTRA -I	100 MARKS
	योगशास्त्रतिहासः तद्विज्ञानम्	

Module-I	Definition of Yoga Misconceptions about YogaHistory of Yoga Tradition	40 Marks
Module-II	AshtangaYoga- Yama(2-29) Niyamas(2-30)-ethical/moral dimension, Asanas(2-31&46),Pranayama(2-49),Pratyahara(2-54),Dharana(3-01),Dhyana(3-02),Samadhi(3-03).	35 Marks
Internal Assessment -		25 marks
Assignment - 10 Marks		Library Work - 05 Marks
Attendace - 05 Marks		Class Interaction - 05 Marks

Reference Books :

1. यांगप्रक्रियाचे मागदंड - डा.एम.एल. धरोट
2. पातजल यांगशास्त्र - डा. ना.वि.करबेळकर श्री.हर्ट्याप्रमंडळ,अमरावती
3. यांग शिष्य कुजी - डा. अ.अण.खांडेकर, बृहन् महाराष्ट्र यांग परिषद, अमरावती
4. भारतीय मानसशास्त्र आणि यांगशास्त्र - श्री.कोल्हटकर, प्रसाद प्रकाशन, पुणे

COURSE - III

SCHOOLS OF YOGA -I

100 MARKS

योगशास्त्रप्रदायाः

Module-I	Comparative Study of following Schools of Yoga:	60 Marks
1.	Bhakti Yoga - with reference to Narada Bhakti Sutra	12 Marks
2.	Karma Yoga - with reference to Bhagvad Geeta	12 Marks
3.	Jnana Yoga - with reference to Upanishads	12 Marks
4.	Raja Yoga - with reference to Patanjali Yoga Sutra	12 Marks
5.	Hatha Yoga - with reference to Hatha Yoga Pradipika	12 Marks
Module-II	Integral Yoga of Aurobindo	15 Marks

Internal Assessment -**25 marks**

Assignment – 10 Marks

Library Work – 05 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

Reference Books :

1. यागा के सिद्धांत एव अभ्यास – डा. कालिदास जोशी, डा. गणेश शंकर स्नागर विद्यापीठ, स्नागर (मद्र)
2. भक्तियाग – डॉ. वामी विवकानंद, रामकृष्ण मठ, इताली, नागपुर
3. कमयाग – रामकृष्ण मठ, इताली, नागपुर
5. ज्ञानयाग – रामकृष्ण मठ, इताली, नागपुर
6. याग, ईश्वर ईश्वर कुजी – श्री अरूण खंडेकर, अमरावती

COURSE – IV**YOGA PRACTICALS - 5****100 MARKS****Practicals - 50 Marks****Viva - 25 Marks****Internal Assessment****25 marks**

Assignment – 10 Marks

Library Work – 05 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

The following practices will be taught:-

1. Sukshma Vyayama -

- | | |
|----------------------------------|---------------------------------|
| 1. Kapola Shakti Vikasaka | 2. Karna Shakti Vardhaka |
| 3. Greeva Shakti Vikasaka | 4. Karatala Shakti Vikasaka |
| 5. Manibandha Shakti Vikasaka | 6. Purna Bhujja Shakti Vikasaka |
| 7. Vakshasthala- Shakti Vikasaka | 8. Jangha-shakti vikasaka |

2. Loosening Exercises -

- | | |
|-----------------------------|-------------------------|
| 1. Twisting | 2. Side Bending |
| 3. Forward-backward bending | 4. Twisting and bending |

3. Breathing Exercises -

- | | |
|-------------------------------|---------------------|
| 1. Hands in and out breathing | 2. Tadasan-shavasan |
| 3. Rabbit-breathing | 4. Shwan-shwasana |
| 5. Shashankasana-shwasana | |

4. Asanas (Cultural Asanas)**A. Standing:-**

- | | |
|---------------------------|------------------|
| 1. Ardha-katichakrasana | 2. Padahastasana |
| 3. Ardha-chakrasana | 4. Trikonasana |
| 5. Parivrutta-Trikonasana | |

B. Sitting-Position:-

- | | |
|----------------------|------------------------|
| 1. Paschimottanasana | 2. Ushtrassana |
| 3. Vakrasana | 4. Ardhamatsyendrasana |
| 5. Shashankasana | 6. Suptavajrasana |

C. Relaxative Asanas :-

- | | |
|--------------|---------------|
| 1. Shavasana | 2. Makarasana |
|--------------|---------------|

D. Meditative Asanas :-

- | | | |
|---------------|--------------|-----------------|
| 1. Padmasana | 2. Vajrasana | 3. Swastikasana |
| 4. Siddhasana | 5. Sukhasana | |

Reference Books

1. Encyclopaedia of Yoga (No. 410) - Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
2. Introduction to the Yoga Philosophy - S.C. Vasu

3. Yoga explained
(No. 435)

-

Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi

Bengal Lancer

Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi

4. Yoga Philosophy in relation to other
Systems of Indian Thought
(No. 447)

-

S.N. Dasgupta

Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi

COURSE - V EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA

100 MARKS

योगाध्यापनपद्धतयः

1. Lesson Planning and Class Management
Handling of Classes, direction, guidance, suggestions, counselling
2. Method of introducing and correcting Yoga Practices

40 Marks

35 Marks

Internal Assessment -

25 marks

Assignment – 10 Marks
Attendance – 05 Marks

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Book;

1. Teaching Methods in Yoga
Dr. M.L. Gharote & Dr. S.K. Ganguli,
Kaivalyadham, Lonavala.

SEMESTER II

COURSE - I

SANSKRIT (FOUNDATION)-I

संस्कृतभाषा-I

100 MARKS

Module-I Nitishatakam (Next five paddhati)

50 Marks

(सृजन-पद्धती, परस्परकार-पद्धती, र्थ-पद्धती, दैव-पद्धती, कर्म-पद्धती)

Module-II Aparikshitakarokam

25 Marks

Internal Assessment

25 marks

Assignment – 10 Marks
Attendance – 05 Marks

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Books :

नीतिशतकम् – चौखंबा प्रकाशन, वाराणसी

नीतिशतकम् – डॉ. राजेश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपुर हाउस, इलाहाबाद-211002

नीतिशतकम् – (मराठी अनुवादासह) प्राचार्य वेदकुमार बेदालंकार, पं. सिद्धेश्वर महाराज, विद्याभारती प्रकाशन, लातूर नीतिशतकम् – (मराठी अनुवादासह) डॉ. हेमा गाखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक

नीतिशतकम् – विद्याप्रसार केंद्र, सीताबर्डी, नागपूर

अपरीक्षितकारकम् – चौखंबा प्रकाशन, वाराणसी

Module-I	Yoga as a Darshana, its place and status among other Darshanas Patanjali as a 'Sutrakara' Patanjali's time Nature and structure of Patanjali Yoga.	25 Marks
Module-II	Samkhya metaphysics as the basis of Yoga Sutras. Nirishwara Samkhya and its Dualism, Concept of Ishwara in Yoga Sutras. Pranava and its Significance Cittavrttis and Cittavikshepas, Citta prasadana.	50 Marks

Internal Assessment

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

25 marks**Reference Books :**

1 ^प	यागप्रक्रियाचे मागदंड	–	डा.एम.एल. घरोट
2	पातजल यागसूत्र	–	डा. नावि करबेळकर श्री हंया प्रमंडळ, अमरावती
3	याग वैश्व कुजी	–	डा. अअण खांडेकर, वृहन महाराष्ट्र याग परिषद, अमरावती
4	भारतीय मानसशास्त्र आणि यागशास्त्र	–	श्री.कोल्हटकर, प्रसाद प्रकाशन, पुणे

Module-I Other Schools of Yoga	Prana-samyama Yoga, Kundalini Yoga, Mantra Yoga, Laya Yoga, Shaktipata Yoga.	40 Marks
Module-II	Study of different meditation techniques with reference to their Metaphysical foundations. Patanjala Yoga Meditation Zen Meditation Dynamic Meditation Vipassana Bhavatitadhyana Prekshadhyan	35 Marks

Internal Assessment

Assignment – 10 Marks
Attendance – 05 Marks

Library Work – 05 Marks
Class Interaction – 05 Marks

25 marks**Reference Books :**

1 ^प	लवहं जमबीदपुनमे	–	क्तण डण्ण लीतवजमए स्वदंअंसं
2 ^प	यागा के सिद्धांत एव अभ्यास	–	डां.कालिदास जोशी, डां.गणेश शंकर सागर विद्यापीठ, सागर (म.प्र.)
3 ^प	भक्तियाग	–	रामकृष्ण मठ, धताली, नागपूर
4 ^प	कर्मयाग वैश्वी विवकानंद	–	रामकृष्ण मठ, धताली, नागपूर
5 ^प	ज्ञानयाग	–	रामकृष्ण मठ, धताली, नागपूर
6 ^प	याग, वैश्व कुजी	–	पंडीत हरीकृष्ण शास्त्री दातार कितली सागर प्रकाशन करंट बुक एजन्सी, वाराणसी -5

Practicals

50 Marks

Viva

25 Marks

Internal Assessment

25 marks

Assignment – 10 Marks

Attendance – 05 Marks

Library Work – 05 Marks

Class Interaction – 05 Marks

The following practices will be taught:-

1. Suryanamaskara –

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

2. Asanas (Cultural Asanas)**A. Prone on position:-**

- | | | |
|-----------------|--------------------|-----------------|
| 1. Bhujangasana | 2. Ardhsalabhasana | 3. Shalabhasana |
| 4. Dhanurasana | | |

B. Supine position :-

- | | | |
|-------------------|-----------------|---------------|
| 1. Viparitakarani | 2. Sarvangasana | 3. Matsyasana |
| 4. Halasana | | |
| 5. Shirshasana | | |

3. PRANAYAMA :-

- | | |
|---------------------------|-------------------------|
| 1. Sectional Breathing : | 2. Suryabhedan Pranyam |
| 3. Chandrabhedan Pranayam | 4. Nadishodhan Pranayam |
| 5. Shitali Pranayam | 6. Sitkari Pranayam |
| 7. Bhramari Pranayam | 8. Bhastrika Pranayama |

4. KRIYAS :-

- | | | |
|----------------|--------------|--------------|
| 1. Kapalabhati | 2. Jalaneti | 3. Sutraneti |
| 4. Vamandhanti | 5. Dandaneti | 6. Trataka |

5. MEDITATION :- (Different techniques such as)

1. Omkar Japa
2. Sakshibhava
3. Breath- Awareness

Reference Books

- | | | |
|---|---|--|
| 1. Encyclopaedia of Yoga (No. 410) | - | Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi |
| 2. Introduction to the Yoga Philosophy | - | S.C. Vasu
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi |
| 3. Yoga explained
(No. 435) | - | Bengal Lancer
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi |
| 4. Yoga Philosophy in relation to other
Systems of Indian Thought
(No. 447) | - | S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |

COURSE – V EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA -II 100 MARKS

योगाभ्यापनपद्धतयः

Module-I	Method of teaching Yoga to different age groups (Men and Women)	40 Marks
Age	12-20 : 20-30: 30-40 40-50: 50-60: 60-70: 70 above	

Module-II	Classification and importance of Methods, Teaching aids	35 Marks
	1. Classification of Teaching Methods 2. Importance of Teaching Methods 3. Teaching Aids in Yoga	

Internal Assessment		25 marks
Assignment –	10 Marks	Library Work – 05 Marks
Attendance –	05 Marks	Class Interaction – 05 Marks

Reference Book;

1. Teaching Methods in Yoga Dr. M.L. Gharote & Dr. S.K. Ganguli, Kaivalyadham, Lonavala.

SEMESTER – III

COURSE – I SANSKRIT - II संस्कृतभाषा- II 100 MARKS

Module-I	Kathopanishad (Valli I&II)	50 Marks
Module-II	Bhagavadgita (Ch-12)	25 Marks

Internal Assessment		25 marks
Assignment –	10 Marks	Library Work – 05 Marks
Attendance –	05 Marks	Class Interaction – 05 Marks

Reference Books :

- भगवद्गीता – गीताप्रसन्न, गोरखपुर
श्रीमद्भगवद्गीता – (याख्याता, प. श्रीश्रीधर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002 संपोष
भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जाग, 201, महार्त्मा फुल रोड, डंबीवली-421202 कर्तापनिषद् – गीताप्रसन्न, गोरखपुर
कर्तापनिषद् – (याख्याता) ष्वामी प्रखर प्रज्ञानानंद सरस्वती, चौखंबा संस्कृत संस्थान, वाराणसी कर्तापनिषद् –
डा. ब्रह्ममित्रा अवस्थी, ष्वामी केशवानंद याग संस्थान, दिल्ली
कर्तापनिषद् – आनंदवन शोध संस्थान, मुंबई

COURSE – II PHILOSOPHY OF YOGASHASTRA -I योगतत्त्वज्ञानम् 100Marks

Module-I	Six Systems of Indian Philosophy- (Three Astika Darshan - Samkhya, Yoga and Poorva Meemaamsaa)	30 Marks
Module-II	Patanjala Yoga Sutras (Samadhi pada first 25 sutra)	15 Marks
Module-III	Hatha Yoga Pradipika (First Chapter)	30 Marks

Internal Assessment		25 marks
Assignment –	10 Marks	Library Work – 05 Marks
Attendance –	05 Marks	Class Interaction – 05 Marks

Reference Books

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall .
2. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai

3. Introduction to the Yoga Philosophy	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
4. Yoga explained (No. 435)	S.C. Vasu Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
5. Yoga Philosophy in relation to other Systems of Indian Thought	Bengal Lancer Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
6. Hathayoga Pradipika	S.N. Dasgupta Chowkhamba Sanskrit Sansthan (No. 447) P.O.No: 1008, Varanasi
7. Hathayoga Pradipika	Kaivalyadham, Lonavla Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

COURSE - III	YOGA THERAPY - I	योगोपचार-पद्धति	100 MARKS
Module - I	Principles of Yoga Therapy : Meaning, Tools and Principles of Yoga therapy		25 Marks
Module - II	Diseases related to Nervous system and Yoga treatment for them		25 Marks
Module - III	Stress and its Management by Yoga		25 Marks
Internal Assessment			25 marks
	Assignment - 10 Marks	Library Work -	05 Marks
	Attendance - 05 Marks	Class Interaction -	05 Marks

Reference Books

1. Physiology and Anatomy of Yogic Practices -	Dr.M.M. Gore, Lonavala.
2. Yogic Therapy	- Kuvalyananda and Dr. Vinekar
3. Structure and function of human body	- Dr. Shrikrishna, Kaivalyadham, Lonawala.
4. शरीर विज्ञान आर योगाभ्यास (हिन्दी -मराठी)	- शंममगरे, लोनावला
5. शारीरिक रोगाच्या निवारणासाठी योग	- कैवल्यधाम, लोनावला, पण

COURSE IV -	YOGA PRACTICAL - III	100 MARKS
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Practical (Demonstration-50 Marks and Viva-voce- 25 Marks) 75 Marks

Following Practices :-

Asanas:	:	Vrischikasana, Chakrasana, BAYurasana, Matsyendrasana
Pranayama	:	Bhastrika
Bandhas	:	Jalandhar Banda, Mula Bandha, Uddiyana Bandha
Mudras	:	Pranayama Mudras Mahamudra, Viparita Karani Mudra
Meditation	:	Pranav Sadhana, Nadanu Sadhana, Sakshibhava, Japa D
Practice of Yoga-Nidra	:	

Internal Assessment 25 marks

Assignment - 10 Marks,	Library Work - 05 Marks
Attendance - 05 Marks,	Class Interaction - 05 Marks

Reference Books :

1. Hatha Yogapradipika (No. 465)	-	Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001
2. Gheranda Samhita (No.415)	-	Ajay Kumar Gupta, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001 Hathapradipika - Kaivalyadham, lonavala, Mumbai, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001
3. Ghaeranda Samhita	-	Kaivalyadham, lonavala, Mumbai, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001

COURSE - V

INRODUCTION OF ANATOMY AND PHYSIOLOGY

100 MARKS

शरीररचना-कार्बोहाइड्रेट-परिचय

Module-I Basic Knowledge of Anatomy and Physiology

25 Marks

(Cells, Tissues, Organs, Systems)

Module-II Anatomy and Physiology of following Systems)

50 Marks

1. Skeletal system
2. Muscular system
3. Respiratory system
4. Circulatory system
5. Digestive system

Internal Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference books:

1. Anatomy and Physiology in health and illness -- Ross and Wilson
2. पृथकशरीरम् - -- डॉ. सनयुक्ता गांखले
3. दृष्टार्थ शरीरम् - -- प.ग.आठवले
4. शरीर क्रिया - -- प.ग.आठवले
5. Anatomy, Physiology of Yoga practices -- Dr. Gore, Kaivalyadham, Lonawala.
6. Structure and function of human body -- Dr. Shrikrishna, Kaivalyadham, Lonawala.
7. Yogic Therapy -- Kuvalyananda and Dr. Vinekar
8. शरीर विज्ञान आंर योगान्यास (हिन्दी -मराठी) - -- डॉ.म.म.गारे, लोनवला

SEMESTER IV

COURSE - I

SANSKRIT - H
संस्कृतभाषा- H

100 MARKS

Module-I Bhagavadgita (Ch-2)

50 marks

Module-II Shwetaketu-Aruni Katha (अरण्यक उपनिषद्, षष्ठ अध्याय, प्रथम खंड)

15 Marks

Yajnavalkya-Maitryi Samvad (हदारण्यक उपनिषद्, चतुर्थ अध्याय, प्रथम ब्राह्मण) 10 Marks Internal

Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Book :

भगवद्गीता - गीताप्रबन्ध, गारखपूर

श्रीमद्भगवद्गीता - टीयाख्याता, प. श्री श्रीधर मिश्र, सनपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002 सनबोध

भगवद्गीता - पं. द. वा. जोग, प्रकाशक, एम. डी. जांग, 201, महट्टमा फुल रोड, डबीवली-421202

छान्दाग्यापनिषद् - गीताप्रबन्ध, गारखपूर

छान्दाग्यापनिषद् - सनपादक, पं. गंगाधर, पं. महावीर प्रसाद, चौखंबा विद्याभवन, वाराणसी-221001 छान्दाग्यापनिषद् - सनपादक, विद्वान रंगनाथ

कट्टी, शाकरनारायण अंगी, पूर्णप्रज्ञाविद्यापीठ, बंगलुरु-28 हदारण्यक उपनिषद् - गीताप्रबन्ध, गारखपूर

हदारण्यक उपनिषद् - चौखंबा प्रकाशन, वाराणसी

वैदिक कथा - डॉ. नदा पुरी, क.का. संस्कृत विश्वविद्यालय प्रकाशन, रामटंक

COURSE – II**PHILOSOPHY OF YOGASHASTRA****II****100 Marks**

योगलवज्ञानम

Module-I Six Systems of Indian Philosophy- (Three Astika Darshan – Nyaya, Vaisheshika and Vedaanta) **25 Marks**

Module-II Patanjala Yoga Sutras (Samadhipada) (from sutra 26 to the end of the first paada) **25 Marks**

Module-III Hatha Yoga Pradipika (Second Chapter) **25 Marks**

Internal Assessment **25 marks**

Assignment – 10 Marks,

Library Work – 05 Marks

Attendance – 05 Marks,

Class Interaction – 05 Marks

Reference Books

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall
2. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
3. Introduction to the Yoga Philosophy S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
4. Yoga explained(No. 435) Bengal Lancer
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
5. Yoga Philosophy in relation to other Systems of Indian Thought S.N. Dasgupta
Chowkhamba Sanskrit Sansthan (No. 447)P.O.No:
1008, Varanasi
6. Hathayoga Pradipika Kaivalyadham, Lonavla
7. Hathayoga Pradipika Chowkhamba Sanskrit Sansthan

COURSE – III**YOGA THERAPY - II**

योगोपचार-पद्धति

100 MARKS

1) **Study of following psychosomatic ailments.** **75 Marks**

Cardio Vascular ailments (Hyper-tension)

Respiratory ailments (Asthma, Nasal Allergy)

Diabetes, Obesity, Gastro intestinal disorders, Migraine, Headaches,

Arthritis, Women's problems, Children Mental Health

Internal Assessment**25 marks**

Assignment – 10 Marks,

Library Work – 05 Marks

Attendance – 05 Marks,

Class Interaction – 05 Marks

Reference Books

1. Anatomy & Physiology of Yogic Practices - Dr.M.M. Gore, Lonavala.
2. Yogic Therapy - Kuvalyananda and Dr. Vinekar
3. Structure and function of human body - Dr. Shrikrishna, Kaivalyadham, Lonawala.
4. शरीर विज्ञान आर योगाम्यास (हिन्दी –मराठी) - डॉ.म.म.गारे, लोनावला
5. शारीरिक रोगाच्या निवारणासाठी योग - कैवल्यधाम, लोनावला, पण

- A) Practical (Demonstration and Viva-voce) 75 Marks
Kriyas : Nauli, Basti, Danda Dhauti, Vastra-Dhauti, Shankha Prkshalana. 25 Marks
- B) Five Lesson Plans 25 Marks
- C) Course Report (Report of the Yoga Course conducted by the student) 25 Marks

Internal Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Books :

- Hatha Yogapradipika (No. 465) - Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001
- Gheranda Samhita (No.415) - Ajay Kumar Gupta, Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001
- Hathapradipika - Kaivalyadham, lonavala, Mumbai, Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001

Course V - Elective Papers (any one of the following can be opted)

- Advanced Yoga (For Yoga Students)
- Yoga (For Non Yoga Students)
- Social sciences
- Jyotisha
- Education
- Arham Yoga

Elective - I**(Advanced Yoga)**

COURSE - V/*

INTRODUCTION OF ANATOMY AND PHYSIOLOGY

100 MARKS

शरीररचना-कार्यशास्त्रापरिचयः

Module-I Anatomy and Physiology of following systems

35 Marks

- Excretory system
- Nervous system
- Endocrine system
- Reproductive system

Module-II Shatkarma (Introduction and physiological significance)

20 Marks

Module-III Nadivijnana, Panchaprana, Panchakosha,

20 marks

Internal Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference books:

- Anatomy and Physiology in health and illness -- Ross and Wilson
- अथकशारीरम् - ह्येनयुक्ता गखले
- दृष्टां शरीरम् - पग.आठवले

4-	शरीर क्रिया	-	पग.आठवले
5.	दंजवउलए धेलेपवसवहल वल्वहं घतंनजपबमे	-	क्तण ठवतमए ज्ञपअंसलंकीउए स्वदूसंण
6.	जतनबजनतम दक निदबजपवद वीनउंद इवकल	-	क्तण तपातपौंदए ज्ञपअंसलंकीउए
7.	ल्वहपब जेमतंचल	-	स्वदूसंण
8.	शरीर विज्ञान आर योगन्यास (हिन्दी -मराठी)	-	ज्ञानअंसलंदंदक दक क्तण टपदमांत
		-	हंममगरै, लानवला

Elective - II

Yoga (For Non Yoga Students) - I

Course - V BASIC PRINCIPLES OF YOGA
Unit- I

100 marks
25 Marks

1. Yoga defination - Concepts, misconcepts, aims and objectives.
2. History & Philosophy of Yoga- Yoga Sutra, including 8 steps of Yoga (Ashtanga Yoga)

Unit- II

1. Introduction of Asanas, Pranayams, Mudras, Bandhas and Kriyas.

25 Marks

Unit- III

1. Difference between Yogic and non- yogic exercises.
2. Surya- Namaskar.

25 Marks

Internal Assessment

25 marks

Assignment - 10 Marks,
Attendance - 05 Marks,

Library Work - 05 Marks
Class Interaction - 05 Marks

Reference Books-

- | | | |
|-----|---|--|
| 1. | खरः पतञ्जल योग | पप. देशपां |
| 2. | योग व अयुर्वेद | राजकुमार जै |
| 1. | Anatomy and physiology of Yogic Practice. | Makrand Gore |
| 2. | Concept of Ayurveda for Perfect | Motilal Banarasidas, Jawahar Nagar, New Delhi7 |
| 3. | The Yoga Sutra of Patanjali | H.S. kasture, health and Longevity, Chowkhamba Sanskrit Sansthan, P.O.Box 1008, Varanasi 221001. |
| 4. | The philosophy of Patanjali | harihar Swamy, howkhamba Sanskrit Sansthan P.O.Box 1008, Varanasi 221001 |
| 5. | प्राणिक योगसने सुलभ साहिक आसने | जनार्दन स्वामी योगन्यास मंडळ, रामनगर, नागपूर । |
| 6. | योगदिपिका | बीक एस्न अब्बगार, योग इन्स्टिट्यूट, पुणे |
| 7. | सुयंमस्कार एक परिपूर्ण व्यायाम | स्वामी योगन्यासी मंडळ, राम नगर, नागपूर |
| 8. | योगदर्शन (व्यासभ्याससहित)हिन्दी | स्वामी रमायपती परिवारजक, दर्शन महविद्यालय, गुजरात |
| 9. | आरोग्य सुखसंपदा | डा० अग्रण खेडसकर, कृमहराष्ट्र योग परिषद, हनुमान व्यायाम पत्तार मंडळ |
| 10. | योगस्वस्थ कर्जा हिन्दी | डा० अग्रण खेडसकर, कृमहराष्ट्र योग परिषद, हनुमान व्यायाम पत्तार मंडळ |
| 11. | योगसन हिन्दी | डा० अनिल करवंत अमित प्रकाशन, श्रौती, नागपूर |

Elective – III

Social Science -I

Course - V	Social Sciences	100 marks
1.	Hitopadesh - Mitralabha	40 marks
2.	Bruhatsamhita -Vrukshayurveda	35 marks
3.	Internal Assessment	25 marks

Elective – IV

Jyotish -5

Course - V	iii) Jyotisha (Hora)	100 marks
Module- I	Chapter 1,2 & 6	25 marks
Module -II	Chapter 7,10 & 11	25 marks
Module- III	Chapter 13,14,15,16,17 & 18	25 marks
Module- IV	Internal Assessment	25 marks
Text-	Bruhatjataka of Varaha Mihira (RashiPrabheda,grahayoniPrabheda,Arishta, Ayurdaya,Karmajeeva,Rajayoga,Chandra yoga,Dwigrahayoga, RikshaShiladhyay,Chandra Rashi Shiladhyay,Rashishiladhyaya)	

Elective – V

Education -I

Course - V	Education	100 marks
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EDUCATION FOR RURAL DEVELOPMENT**Objectives:****Marks: 75+25=100**

1. To develop an understanding of the present status, issues and prospectus of education pertaining to rural areas.
2. To develop an understanding of the role of education for rural development.
3. To appreciate the contribution of social reformers in education for rural reconstruction.
4. To develop understanding of various national and international schemes, policies and programs of education for rural development.
5. To analyse the role of a teacher in Rural Development.

Unit I- Concept of Rural Development**25**

- a) Concept of Rural Area – Definition, characteristics and structure of rural community in India
- b) Concept of Tribal area – Definition, characteristics needs of tribal community in India
- c) Concept of Rural Development – Definition, need and importance, scope of rural development.

Unit II- POLICIES, SCHEMES AND PROGRAMS FOR RURAL DEVELOPMENT**25****I) Policies**

- a) Panchayat Raj after 73rd amendment and its importance for rural education and development.
- b) Khadi and village Industries Commission: Objectives, Functions, Programs
- c) Right to education, Education for all

II) Scheme and Programs

- a) Women Empowerment- Self help group ,SEWA.
- b) Health Improvement- Gram Swachata Abhiyan, National Program of Mid day meal, National Rural Health Mission.
- c) Educational Scholarships , Integrated Child Development Services
- d) Rashtriya Sarvashiksha Abhiyan, Strengthening of teacher's training Institutes, Setting up Model schools at Block levels
- e. Role of a teacher in the implementation of above policies and schemes

a. Education in Rural Areas- Status and Issues.

a) Status of Education in rural areas.

i) Early childhood Education in rural area. Anganwadi, Balwadi

ii) Formal education in rural area. Primary education, Secondary education, Higher Education.

iii) Non - Formal Education and Adult education.

b. EDUCATIONAL REFORMERS IN RURAL AREAS.

a) Mahatma Gandhi, Appasaheb Patwardhan, Tarabai Modak & Anutai Wagh.

c) Experiments in Anandwan.

Internal Assessment

25

1. Seminar and Assignment

15+10

Elective – VI

Arham Yoga - I

Course - V Arham Yoga

100 marks

1. Arham Dhyana Yoga - Introduction

15

2. The meaning of Yog

15

3. Known Traditions Of the Eight Limbs Of Yoga.

15

4. Culture of Shraman Yog

15

5. Motivation behind Arham yog

15

6. Internal Assessment

25

SEMESTER V

COURSE - I	SANSKRIT - III	संस्कृतभाषा- III	100 MARKS
Module-I	Meghadut (Purvamegh)		50 Marks
Module-II	Bhagavadgita (Ch-III)		25 Marks
Internal Assessment			25 marks
Assignment –	10 Marks,	Library Work –	05 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Book :

भगवद्गीता – गीताप्रबन्ध, गोरखपुर

श्रीमद्भगवद्गीता – ट्याख्याता, प. श्रीवंशीधर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002 संक्षेप

भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जांग, 201, महात्मा फुल रोड, डाबीवली-421202 मधदत्तम् – एम. आर. काळ,

मांतीलाल बनारसीदास प्रकाशन, न्यु दिल्ली

मधदत्तम् – चौखंबा, सार्वभारती प्रकाशन, वाराणसी

COURSE - II	PHILOSOPHY OF YOGASHASTRA-III	योगशास्त्रातहासः तद्विज्ञान-III	100 MARKS
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Module-I Three Systems of Indian Philosophy- (Nastika Darshan Charvaka &Baudha)40 Marks
Module-II Gheranda Samhita 35 Marks

Internal Assessment

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

25 marks

05 Marks

Reference Books

1. Bharatiya tattwajnan

Shri.Srinivasa Dikshit, Any Popular Book Stall .

2. Encyclopaedia of Yoga (No. 410)

Dr. Ramkumar Rai

3. Introduction to the Yoga Philosophy S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
4. Yoga explained (No. 435) Bengal Lancer
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi
5. Yoga Philosophy in relation to other
Systems of Indian Thought S.N. Dasgupta
Chowkhamba Sanskrit Sansthan (No. 447)
P.O.No: 1008, Varanasi
6. Hathayoga Pradipika Kaivalyadham, Lonavla
7. Hathayoga Pradipika Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi

COURSE - III

APPLIED YOGA - I योगप्रयोगः

100 MARKS

A) Planning and conducting at least month long Yoga Courses for Students:

75 Marks

- a. Health Courses
- b. Personality development courses
- c. Yoga for memory and concentration
- d. Yoga for eyesight improvement
- e. Yogic games
- f. Yoga for value based education
- g. Yoga course for Patients (with the help of doctors only)
- h. Yoga therapy for:
Hyper-tension, diabetes, Asthma, Anxiety, neurosis, Head ache, migraine, Acidity and ulcers,
Insomnia, joint pains, women's problems.
- i. Discussions with patients, counselling, precautions, motivation.

Internal Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Books :

1. Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
2. Perspective in Yoga - A.K. Sinha, Bharat Manisha, Varanasi.
3. Yoga Dipika - B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi

COURSE IV -

YOGA PRACTICAL - II

100 MARKS

Demonstration (50) & Viva (25) -

75 Marks,

Internal Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

following practices will be taught:-

1. Suryanamaskara –

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

2. Asanas (Cultural Asanas)

A. Standing:-

1. Ardha-katichakrasana
2. Padahasthasana
3. Ardha-chakrasana
4. Trikonasana
5. Parivrutta-Trikonasana

B. Sitting-Position:-

1. Paschimottanasana

3. Vakrasana

5. Shashankasana

C. Prone on position:-

1. Bhujangasana

3. Shalabhasana

D. Supine position :-

1. Viparitarani

3. Matsyasana

5. Shirshasana

E. Relaxative Asanas :-

1. Shavasana

F. Meditative Asanas :-

1. Padmasana

3. Swastikasana

5. Sukhasana

BAYurasan, Vrishchikasan, Chakrasa and Matsyendrasan

2. Ushtrassana

4. Ardhamatsyendrasana

6. Suptavajrasana

2. Ardhsalabhasana

4. Dhanurasana

2. Sarvangasana

4. Halasana

2. Makarasana

2. Vajrasana

4. Siddhasana

Course V - Elective Papers (any one of the following can be opted)

i) Advanced Yoga (For Yoga Students)

ii) Yoga (For Non Yoga Students)

iii) Social sciences

iv) Jyotisha

v) Education

vi) Arham Yoga

Elective - I

Advanced Yoga

COURSE - V

YOGA AND POSITIVE HEALTH

100 MARKS

योग तथा अनकूल-डॉर्वाड्यम

Module 1. Concept of Holistic Health and WHO 25 Marks

Module 2. Concept of Adhi, Vyadhi and Panchakosh 25 Marks

Module 3. Basic Theories of Psychology. (Psycho analysis, Individuation theory, Psychosynthesis, Gestalt psychology) 25 Marks

Module 3. Oriental and occidental concept of mind, and mental states. 25 Marks

Internal Assessment 25 marks

Assignment - 10 Marks,

Attendance - 05 Marks,

Library Work - 05 Marks

Class Interaction - 05 Marks

Reference Books:

1. योग 'स' मनश्चिकिँसा - डा बी.के.बाद, 76 धारकाठी कांलनी, इदार.

2. रोग मनाचा शोध मनाचा - श्रीकृष्ण ँयवाहारे, शंटाळी कांलनी, ठाण (पश्चिम)

3. Yoga Practices for Anxiety - Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression Vivekanand Kendra, Bangalore.

Prishwa
10/4/2022

[Signature]

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4. Yoga Techniques

Dr. M.L. Gharote

Gulmohar Apartment, Bhangarwadi, Lonavala.

5. पातञ्जल योगसूत्रा भाष्य

डा.एन. व्ही. करबेळकर, हनुमान टेंयायम प्रसारक मंडळ,
अमरावती

Elective – II

Yoga (For Non Yoga Students) - II

Course - V ii) Yoga (SWASTHAVRITTA)

100 marks

Unit I

25 Marks

Concept of health & necessity of Swasthavritta
Individual health- Daily resume (Dinacharya) Seasonal
resume (Rutucharya)
The Pillars of Health (Trayopastambha)

Unit II

25 Marks

Social health, Environmental health Air,
Water, Light
Garbage & Swage disposal)Aapadravya Nivarana)Industrial
health & Method o maintaining it Epidemiology or infectious
diseases (Selected Five)

Unit III

25 Marks

Primary health Prevention
national health Programme
Family welfare Programme

Internal Assessment

25 marks

Assignment –

10 Marks,

Library Work –

05 Marks

Attendance –

05 Marks,

Class Interaction

– 05 Marks

Reference Books :

1. आयुर्वेदिक स्वस्थवृत्त

दत्तात्राय जळुकर

2. आरोग्य शास्त्र

चतुरस्र

3. स्वस्थवृत्त विज्ञान

रामहर्षसिंह

4. स्वस्थवृत्तम

शिवकुमार गाड

5. चतमअमदजपअम – वबपंसडमकपबपदम

श्रण्टण च्ता

6. स्वस्थवृत्त

डॉ. रावडे परांजप

7. प्रारंभिक योगासने सुलभ साधक आसने

जनार्दनस्वामी योगाध्यासी, रामनगर, नागपूर -1

8. योगदिपीका

डी.के. एस. अय्यंगर, अय्यंगर योगा इन्स्टिट्यूट, पूणे

Elective – III

Course - V

Social Science

100 marks

i) Social Sciences

1. Manusmriti Ch. 7

50 marks

2. KautilyaArthashastra 3.11 - RunadanaPrakaranam
KautilyaArthashastra 2.19 - Tulamanpoutavam

25 marks

b) Meaning and characteristics of Online learning:

c) Blended learning: Meaning, characteristics, Application(Online and Offline)

d) Legal and ethical issues in the use of IC T in education.

Plagiarism, Copy right violation, hacking

e) Open Education Resources: Meaning, types , application in education

f) M – Learning (Mobile learning):Meaning, characteristics and application software's for education

Internal Assessment

25

1. Seminar and Assignment

15+10

Elective – VI

Arham Yoga II

Course - V

Arham Yoga

100 marks

75

1. Arham - Five Steps Process

2. Activation

3. Relaxation

4. Healing

5. Awareness

6. Internal Marks

- 25 Marks

SEMESTER VI

COURSE - I

SANSKRIT - III- VI

संस्कृतभाषा-III V

100 MARKS

Module-I

Meghadut (Uttaramegh)

50 Marks

Module-II

Viduraniti (Ch-I)

25 Marks

Internal Assessment

25marks

Assignment –

10 Marks,

Library Work –

05 Marks

Attendance –

05 Marks,

Class Interaction – 05 Marks

Reference Book :

मघदत्तम् – चौखबा, संस्कृतभारती प्रकाशन, वाराणसी

मघदत्तम् – एम. आर. काळ, मांतीलाल बनारसीदास प्रकाशन, न्यु दिल्ली.

विदूरनीति – डा. गजे शंकर चौधरी, चौखबा, संस्कृतभारती प्रकाशन, पो.बॉ.नं.1129, वाराणसी-221001 विदूरनीति – मांतीलाल

बनारसीदास प्रकाशन, न्यु दिल्ली.

विदूरनीति – गौतमप्रसाद, गोरखपुर, कोलकता

विदूरनीति – संपादक, डा. किरण शंकरा, जे. पी. पब्लिशिंग हाउस, 27/28, शंकरा नगर, दिल्ली-110007

COURSE - II

PHILOSOPHY OF YOGASHASTRA-I V

100 MARKS

योगशास्त्रोतिहासः तद्विज्ञानम्-I

Module-I Systems of Indian Philosophy- (Jain Darshan)

40 Marks

Module-II

Hatha Yoga Pradipika

(Chapters-Three, four and five)

35 Marks

Internal Assessment

25 marks

Assignment –

10 Marks,

Library Work –

05 Marks

Attendance –

05 Marks,

Class Interaction – 05 Marks

Reference Books

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall .
2. Encyclopaedia of Yoga (No. 410) Dr. Ramkumar Rai
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi
3. Introduction to the Yoga Philosophy S.C. Vasu Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi.
4. Yoga explained(No. 435) Bengal Lancer
Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi
5. Yoga Philosophy in relation to other Systems of Indian Thought S.N. Dasgupta
Chowkhamba Sanskrit Sansthan(No. 447)
P.O.No: 1008, Varanasi
6. Hathayoga Pradipika Kaivalyadham, Lonavla
7. Hathayoga Pradipika Chowkhamba Sanskrit Sansthan P.O.No:
1008, Varanasi

Prishma
4/1/2022

COURSE – III **APPLIED YOGA II** योगप्रयोग: **100 MARKS**
Application of Yoga Concepts and Practices in Allied Sciences: 75 Marks

- | | |
|----------------------------|----------|
| A) Ayurveda | 15 Marks |
| B) Naturopathy | 15 Marks |
| C) Psychology (Psychiatry) | 15 Marks |
| D) Physical Education | 15 Marks |
| E) Posture | 15 Marks |

Internal Assessment

25 marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Books :

- | | | |
|------------------------|---|---|
| 1. Applied Yoga | - | Dr. M.L. Gharote, Kaivalyadham, Lonavala. |
| 2. Perspective in Yoga | - | A.K. Sinha, Bharat Manisha, Varanasi. |
| 3. Yoga Dipika | - | B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi |

COURSE – IV **YOGA PRACTICAL VI** योगप्रारंभिकम् **100 MARKS**

Demonstration (50) & Viva (25) - 75 Marks,

1. Suryanamaskara –

1. Should be practised as Physiological, Psychological and Spiritual practice.
2. 12 repetitions with the chanting of mantras.

2. Pranayama:-

- | | |
|---------------------------|-------------------------|
| 1. Sectional Breathing | 2. Suryabhedan Pranyam |
| 3. Chandrabhedan Pranayam | 4. Nadishodhan Pranayam |
| 5. Shitali Pranayam | 6. Sitkari Pranayam |
| 7. Bhramari Pranayam | 8. Bhastrika Pranayama |

3. KRIYAS :-

- | | |
|----------------|----------------|
| 1. Kapalabhati | 2. Jalaneti |
| 3. Sutraneti | 4. Vamandhauti |
| 5. Dandaneti | 6. Trataka |

4. MEDITATION :- (Different techniques such as)

1. Omkar Japa
2. Sakshibhava
3. Breath- Awareness

5. MUDRA

Internal Assessment:

Internship:

Organizing at least 3 Yoga courses – each of one month duration with minimum 50 participants.
Collecting the required data and submitting a report.

25 Marks

Course V - Elective Papers (any one of the following can be opted)

- i) Advance Yoga (For Yoga Students)
- ii) Yoga (For Non Yoga Students)
- iii) Social sciences
- iv) Jyotisha
- v) Education
- vi) Arham Yoga

**Elective - I Advanced
Yoga**

II

Elective - I	Advanced Yoga	
COURSE - V	YOGA AND POSITIVE HEALTH	100 MARKS
	योग तथा अनुकूल-ईवाइथ्यम	

Module 1.	Mental Wellness, Mental disorders (Causes, symptoms and Cure):	40 Marks
	frustration, depression, conflict, Obsession, anxiety.	
Module 2.	Yoga and Mental health. Role of Yoga in curing mental disorders.	35 Marks
Internal Assessment		25 marks
Assignment –	10 Marks,	Library Work – 05 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

Reference Books:

- | | | | |
|----|--------------------------------|---|--|
| 1 | योग सन मनश्चिकित्सा | - | डा बी.के.बानर्, 76 धारकाठी कॉलनी, इंदौर. |
| 2. | योग मनाचा शांति मनाचा | - | श्रीकृष्ण येवाहारे, शंटाळी कॉलनी, ठाण (पश्चिम) |
| 3. | ल्वहं च्त्तंबजपबमे वित ।दगपमजल | - | क्तणत्णहंतजीदंडए क्तणभ्त्णहंमदकर्त दक कमगतमेपवद
टपअमांदंदक ज्ञामदकतंए ठंदहसवतमण |
| 4. | ल्वहं ज्मबीदपुनमे | - | क्तण डण स्प कीतिवजम |
| 5. | पातञ्जल योगसूत्रा भाष्य | - | ळनसउवीत ।चंतजउमदजए ठींदहंतूंकपए स्वदंसंण
डाएनू टी. करबेळकर, हनमान येयायम प्रस्नारक मंडळ,
अमरावती |

Elective - II

Yoga (For Non Yoga Students)

III

Course - V	SCHOOLS OF YOGA	योगसंप्रदाया	100 marks
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Module-I	Comparative Study of following Schools of Yoga:	75 Marks
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- | | | | | |
|----|-------------|---|--|----------|
| 1. | Bhakti Yoga | - | with reference to Narada Bhakti Sutra | 10 Marks |
| 2. | Karma Yoga | - | with reference to Bhagvad Geeta | 10 Marks |
| 3. | Jnana Yoga | - | with reference to Upanishads | 10 Marks |
| 4. | Raja Yoga | - | with reference to Patanjali Yoga Sutra | 10 Marks |
| 5. | Hatha Yoga | - | with reference to Hatha Yoga Pradipika | 10 Marks |

Module-II	Integral Yoga of Aurobindo	25 Marks
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Internal Assessment -		25 marks
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Assignment –	10 Marks	Library Work – 05 Marks
Attendance –	05 Marks	Class Interaction – 05 Marks

Reference Books :

- | | | | |
|----------------|----------------------------|---|--|
| 1 ^प | योगा क सिन्धुवात एव अभ्यास | - | डॉ.कालिदास जाशी, डॉ.गणेश शंकर सागर, विद्यापीठ, सागर (म.प्र.) |
| 2 ^प | भक्तियोग | - | ईवामी विवकानंद, रामकृष्ण मठ, धांताली, नागपूर |
| 3 ^प | कर्मयोग | - | रामकृष्ण मठ, धांताली, नागपूर |
| 4 ^प | ज्ञानयोग | - | रामकृष्ण मठ, धांताली, नागपूर |
| 5 ^प | योग, ईवाइथ्य कांजी | - | श्री अरुण खडडेंकर, अमरावती |

Elective – III
Social Science

Course - V	i) Social Sciences	100 marks
1.	Gramageeta of Dr. Varnekar (First 20 Chapter)	40 marks
2.	Manusmriti(II Chapter)	35 marks
3.	Internal Assessment	25 marks

Elective – IV
Jyotish

Course - V	Jyotisha (Shastra Itihas)	100 marks
Module- I	Bharatiya Jyotish-swaroop and Vikas	25 marks
Module -II	Bharatiya Jyotish-KalaVargikaran-upto Adikala.	25 marks
Module- III	PurvaMadhyakala,UttaraMadhyaKaala,ArvachinaKala	25 marks
Module- IV	Internal Assessment	25 marks
Text-	Jyotishshastra Itihasa of Nemichand Shastri	

Elective – V
Education

Course - V	Education	100 marks
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EDUCATIONAL MANAGEMENT

Objectives:

Marks: 75+25=100

1. To develop an understanding of the concept of Administration, Management and Governance.
2. To analyze the various aspects of Institutional Management.
3. To develop an understanding of the concept and significance of Institutional Quality and its Assessment.
4. To analyze the Educational System in India and the world.

Unit-I. 1. Concept of Educational Management.

25

- a) Concept of Administration, Management and Governance.
- b) Educational Management: Meaning/Definition, Principles and Importance
- c) Dimensions and Characteristics of Democratic Institutional Climate

Unit- II. Institutional Management.

25

- a) Institutional Planning: Concept, Process and Advantages
- b) Institutional Discipline: Meaning and ways of ensuring effective,
- c) Scheduling: Academic Calendar and Time Table: Types and Principles of Construction.

Unit- III. Quality Management.

25

- a) Concept of Institutional Quality
- b) Quality Control- Performance Appraisal: Concept, Types and Criteria for Teachers' Performance Appraisal

c) Measures for Enhancing Institutional Management

Resource Management

- a) Leadership: Styles, Roles, Challenges of Institutional Heads and Teachers.
b) Stress Management- Concept and Strategies,
c) Crisis Management: Concept and Strategies in relation to different types of Crisis e.g. Disaster.

Internal Assessment

25

15+10

1. Seminar and Assignment

Elective – VI

Arham Yoga

Course - V	Arham Yoga	100 marks
1.	8 limbs of Meditation	40
2.	Theoretical Study Of Meditation	35
3.	Internal Assessment	25 Marks

Reference Books

For Education (For Sem – IV)

Reference Books:

1. Iyer R., Moral and Political Ideas of Mahatma Gandhi, Oxford, 1975
2. Ramma Reddy G. (Ed.) Patterns of Panchayati Raj in India, Delhi, 1977
3. Mishra S. N., Rural Development and Panchayati Raj, Concept, 1981.
4. Prasad K (ed) Planning & its implementation, New Delhi, IIPA, 1984
5. Purushottam P. W.&Karmatulla M. Development Adminiatration,a Rural perspective, Delhi, kaniska
6. Bajpayi A. Panchayat Raj & Rural Development, SahityaPrakashan, Delhi,1997
7. G. Ram Reddy, Patterns of Panchayati Raj in India, MacMillion ,Delhi 1971
8. NKrYadav&AKSingh,RuralRetailininIndia
9. MukundaRural Development and Poverty Eradication in India 2008
10. S C Kalwar, TejramMeenaGrameenNirdhantaUnmoolanAvem
11. S.BVerma,GraminVikas 2010
12. Prof. K. Vijaya Kumar Empowerment of Weaker Sections: Future Planning and Strategies for Rural Development in India

Education (For Sem- V)

Reference Books:

1. Abbot C. (2007) E- inclusion: Learning difficulties and digital technologies retrieved from http://archive.futurelab.org.uk/resources/documents/lit_reviews/learning_Difficulties_rev.pdf
2. Barrows, H.S. (1994), Practice based Learning: Problem based Learning applied to medical Education, Springfield, III: Southern Illinois University School of Medicine.
4. Duch, B., Groh S., Allen D. (2001). *The Power of Problem-based Learning: A Practical "how To" for Teaching Undergraduate Courses in Any Discipline*. Stylus Publishing, LLC.,

5. Kirk, Gallagher, Anstasiow & Coleman. Educating exceptional children (11th ed.) Houghton Mifflin Company. 2006.
6. Thompson J., Bakken J., Fulk B., Karlan G. (2004) 'Using Technology to improve the Literacy skills of students with disabilities' retrieved from <http://www.learningpt.org/pdfs/literacy/disability.pdf>
7. Mangal S.K. & Mangal Uma. Essentials of educational technology. PHI learning pvt. Ltd. 2010.
8. Mayer, R. E. (2001). *Multimedia learning*. New York: Cambridge University Press. ISBN 0-521-78749-1.
9. Rajsekar, S. Computer education. Neelkamal publication. 2008.
10. Singh P.P. & Sharma S. e-learning new trends and innovations. Deep & deep public. Pvt. Ltd. 2005.
11. Vanaja, M & Rajasekhar S. Educational Technology Computer Education. Neelkamal publication. 2006.

Websites :

1. en.wikipedia.org/
2. <http://www.e-learningconsulting.com/>
3. <http://kserver.360training.com/kserver/KSERVER+Whitepaper+Ver1.pdf>
4. <http://www.timelesslearntech.com/blog/5-advantages-of-using-the-learning-management-system-lms/>
5. www.m-learning.org/

Education (For Sem – VI)

Reference Books:

1. Theories of Educational Leadership and Management [Paperback], Tony Bush (Author), 2010, Sage Publications Ltd.
2. Organizational Learning: Improving Learning, Teaching, and Leading in School Systems [Paperback], Vivienne Collinson (Author), Tanya Fedoruk Cook (Author), 2007, Sage Publications India Pvt. Ltd.
3. Essentials of Management, : An International Perspective [Paperback], Harold Koontz (Author), Heinz Wehrlich (Contributor), 2009, Publishers-Tata McGraw Hill Education Pvt. Ltd.
4. Educational Management, Ashima V. Deshmukh, Anuj P. Naik, Publisher: Himalaya Publishing House (2010)
5. Administration and Management of Education (Hardcover), by Dr. S. R. Pandya, Publisher: Himalaya Publishing House Pvt. Ltd. (2001)
6. Educational Management: Redefining Theory, Policy and Practice (Paperback) by Tony Bush (Editor), Les Bell (Editor), Ray Bolam (Editor),
7. Educational Administration Supervision & School Management (Hardcover), by Mohanty, Jagannath, Publisher: Deep & Deep Publications Pvt. Ltd. (2005).
8. A Text Book of Management Information System, by Deepak Singh Publisher: Vision Publications (2009)
9. Recommendations of the National Knowledge Commission, Author: Government of India National Knowledge Commission, Publisher, Academic Foundation, 2010, ISBN 8171887678, 9788171887675.
10. Educational Administration, Supervision And School Management, By J. Mohanty, 2005, NCERT Publications of India
11. Educational Administration And Management: An Integrated Approach, by S.L. Goel, Aruna Goel
12. Sultana Shaikh, Paalimi Insaran (2012), Deccan traders, Educational publishers, Hyderabad. (Urdu)