

Dr. B. R. Ambedkar University, Agra
(Formerly : Agra University, AGRA)



CURRICULUM FOR

BACHELOR OF ARTS IN YOGA (B.A.Y.) PROGRAMMETHREE YEAR -

(SIX SEMESTERS)

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B.A.Y.

Choice Based Credit System (CBCS Pattern)

Course Curriculum (Syllabus)

(Onwards 2022-2023)

Ordinance, Regulations and Syllabus for B.A.Y. (CBCS)

Preamble

The tradition of Yoga has always been passed on individually from teacher to student through oral teaching and practical demonstration. The formal techniques that are now known as Yoga are, therefore, based on the collective experiences of many individuals over many thousands of years. The particular manner in which the techniques are taught and practiced

today depends on the approach passed down in the line of teachers supporting the individual practitioner. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". Therefore the aim of yoga is to unite the individual consciousness with the supreme consciousness. Yoga is a science and art of living; also it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is an art and science, there is no dogma or belief system attached to it. Yoga tells us to do a certain practice and feel their effects following the practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. In this course we introduce yoga as a science of **Holistic Living** and not merely as yoga postures. During the course the student is taught the concepts of Yoga for the treatment and prevention of various psychosomatic ailments. This course looks at training the enthusiasts to become Yoga therapist so that they could teach yoga under the supervision of a doctor for health and healing.

1. Title of the Programme

The programme shall be called "Bachelor of Arts in Yoga" (B.A. Yoga) To make the people aware of the therapeutic and preventive value of Yoga.

I. To bring peace and harmony in the society at large by introducing the Yogic way of life.

II. To create therapists of high caliber to make the society free from stress and lifestyle related diseases.

2. For the B.A.Y. Degree : The candidates shall have subsequently undergone the prescribed course of study in the university department or a college affiliated to his University for a period of not less than two academic years, passed the examinations prescribed and fulfilled such conditions as have been prescribed there for B.A. Yoga

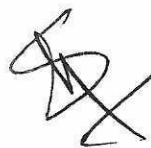
3. Duration:

The B.A. Yoga program shall be of duration of three academic years, that is, six semesters. However, the students shall be permitted to complete the program requirements within a maximum of five years from the date of admission.

4. The CBCS System:

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All Programs shall run on Choice Based Credit System (CBCS). It is an instructional package developed to suit the need of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

5. Courses of Program:

The B.A. Yoga Program consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the Program and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the B.A. Yoga Program.

6. Semesters:

An academic year is divided in to two semesters, each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days excluding examination days. The odd semester may be scheduled from June/July to December/January and even semester from December/January to June/July. The institution shall work for a minimum of 36 working hours in a week (five or six days a week).

7. Working Day:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

8. Credits:

The term 'Credit' refers to a unity by which the program is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half/ two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course. Usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing a M.P.E.S. Program is 90 credits and for each semester 20 credits.

9. Examinations:

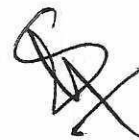
- i. There shall be examinations at the end of each semester, for first semester in the month of December/January: for second semester in the month of May/June. A Candidate who does not pass the examination in any Subjects shall be permitted to appear in such failed subjects in the subsequent examinations to be held in November/December or May/June.
- ii. A candidate should get enrolled/registered for the first semester examination. If enrollment/registration is not possible owing to shortage of attendance beyond condition limit/rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of the semester as a regular student; however, a student of first semester shall be admitted in the second semester, if he/she have successfully kept the term in first semester.

10. Conditions:

Student must have 75% of attendance in each course for appearing the examination. Students who have 74% to 65% of attendance shall apply for condition in the prescribed form with the prescribed fee. Students who have 64% to 50% of attendance shall apply for condition in prescribed form with the


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prescribed fee along with the Medical Certificate. Student who participate in sports competition affiliated by IOA shall apply be considered in examination with the permission of head of the department. Students who have below 50% of attendance are not eligible to appear for the examination.

11. Duration

The minimum duration of the programmed will be three years (6 semesters) and the maximum duration will be six years.

12. Eligibility

The candidate should have completed 12th Standard. 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,

Name of the Course	B.A. Yoga (B.A.Y.)
Name of the Faculty	Faculty of Arts
Examination Type	Semester
Course Duration	06 Semesters
Total Credits	120
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,

Year	Internal		Theory		Practical		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Sem I & II	250	90	600	216	150	54	1000	360	40	--
Sem III & IV	250	90	600	216	150	54	1000	360	40	-
Sem V & VI	250	90	600	216	150	54	1000	360	40	
Final Total	750	270	1800	648	450	162	3000	1080	120	--

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Dr. B. R. Ambedkar University, Agra
(Formerly: Agra University, AGRA)

Date: 17-09-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE-One Year Course: Two Semester), Master in Physical Education & Sports Sciences (MPES-Two Year: Four Semesters) and B.A. in Yoga (BAY-Three Years: Six Semesters) and M.A. in Yoga (MAY- Two Years: Four Semesters) held on 17-09-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

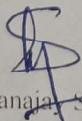
The Following members were present in the meeting –


1. Prof. U.C. Sharma (Dean Arts)
2. Dr. Akhilesh Chand Saxena (Convenor)
3. Dr. Dhanajay Singh, Assistant Professor, R.B. S. College, Agra (Subject Expert)
4. Dr. Sheeldhar Dubey, Associate Professor, PDDU College, Lucknow (Subject Expert)
5. Dr. S. N. Singh, Professor, S.D. PG College, Muzaffarnagar (Subject Expert)
6. Dr. Ram Ji Mishra, Assistant Professor, Patanjali University (Subject Expert)

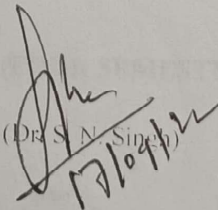
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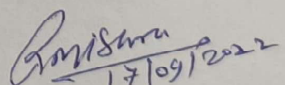
1. The Committee confirms the minutes of previous meeting with appreciation.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed with warm appreciation. The theory subjects and practical of this course are given in the Enclosure-1.
3. The syllabus as per Two Year Course having four semester on the basis of CBCS for Master in Physical Education & Sports Sciences (MPES) thoroughly studied by the committee and passed with positive appreciation. The details of theory subjects and practical of this course are given in the Encloser – 2.
4. The syllabus as per three Year Course having six semester on the basis of CBCS for B A in Yoga (BAY) thoroughly studied by the committee and passed with appreciation. The details of theory subjects and practical of this course are given in Encloser-3.
5. The syllabus as per two Year Course having four semester on the basis of CBCS for M.A. in Yoga (MAY) thoroughly studied by the committee and passed with appreciation. The details of theory subjects and practical of this course are given in Encloser-4.
6. The committee also submitted the list of examiners for the M.A. in Yoga (MAY) course and for other above three courses lists were already submitted in the previous meeting held on 29/04/2022.
7. The committee has discussed and decided that the list of examiners will be approved in the further meeting
8. The meeting ends with the vote of thanks.

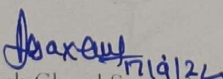
Note : Committee has decided to amend the above courses as per National Education Policy (NEP), if it required.

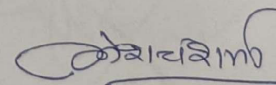

(Dr. Dhanajay Singh)


(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)


(Prof. U.C. Sharma)

Received
for me
23/9/22

प्रो. उमेश चन्द शर्मा
डीन- कला संकाय
डॉ. भीमराव आंबेडकर विश्वविद्यालय
आगरा

Dr. B. R. Ambedkar University, Agra (Formerly: Agra University, AGRA)

Date: 29-04-2022

Meeting of the Board of Studies/ Academic Committee for P.G. Diploma in Yoga Education (PGDYE), Master in Physical Education & Sports Sciences (MPES) and B A in Yoga (BAY) held on 29-04-2022 at 11.00am in the Department of Library & Information Science, Paliwal Park, Dr. B.R.A. University, Agra.

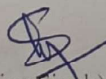
The Following members were present in meeting –


1. Prof. U.C. Sharma (Dean Arts)
2. Dr. Akhilesh Chand Saxena (Convenor)
3. Dr. Dhanajay Singh, Assistant Professor R.B. S. College, Agra (Subject Expert)
4. Dr. Sheeldhar Dubey, Associate Professor, PDDU College, Lucknow (Subject Expert)
5. Dr. S. N. Singh, Associate Professor, S.D. PG College, Muzaffarnagar (Subject Expert)
6. Dr. Ramji Mishra, Assistant Professor, Patanjali University (Subject Expert)

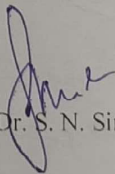
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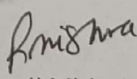
1. The Committee confirms the minutes of previous meeting.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed by some little changes (Enclosure -1). The theory subjects and practical of this course are given below-
 - a. Theory - Introduction of Yoga
 - b. Theory - Patanjali Yogsutra
 - c. Theory - Mental Health
 - d. Theory - Anatomy & Physiology
 - e. Practical – Yogic Practices
3. The syllabus as per Two Year Course having four semester on the basis of CBCS for Master in Physical Education & Sports Sciences (MPES) thoroughly studied by the committee and passed by some little changes (Enclosure - 2). The details of theory subjects and practical of this course are given in encloser.
4. The syllabus as per Three Year Course having six semester on the basis of CBCS for B A in Yoga, ~~BA in Yoga~~ (MAY) (BAY) thoroughly studied by the committee and passed with appreciation (Enclosure - 3). The details of theory subjects and practical of this course are given in encloser.
5. The committee also submitted the list of examiners for the above three courses.
6. The meeting ends with the vote of thanks.

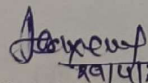
Note : Committee has decided to amend in if further there will change in the above courses as per National Education Policy (NEP)

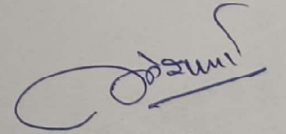

(Dr. Dhanajay Singh)

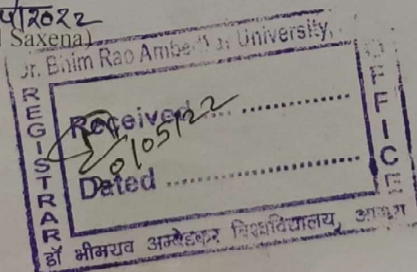

(Dr. Sheeldhar Dubey)


(Dr. S. N. Singh)


(Dr. Ramji Mishra)


(Dr. Akhilesh Chand Saxena)

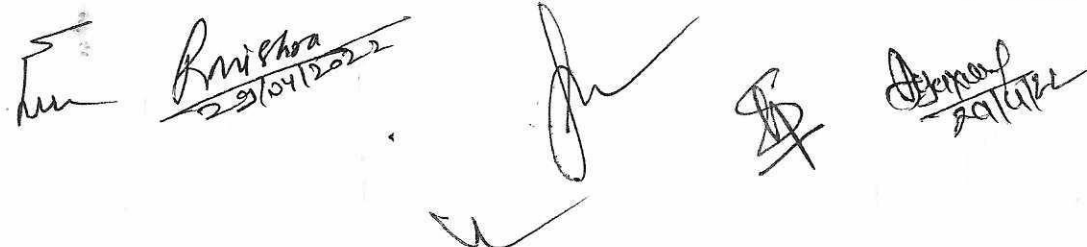

(Prof. U.C. Sharma)



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same of the Course	4.5 - B.A. Yoga
Name of the Faculty	Faculty of Arts
Examination Type	Semester
Course Duration	06 Semesters
Total Credits	120
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,

Paper Code	Paper Tital	Internal (Pr/Desr /Viva/Oral/ Test/Sessional etc.) A		Theory B		Practical C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	
Semester I										
BAY1-I-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	25	09	75	27	-	-	100	36	4
BAY1-I-02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञान	25	09	75	27	-	-	100	36	4
BAY1-I-03	Schools of Yoga. योगसंप्रदाय	25	09	75	27	-	-	100	36	4
BAY1-I-04	Yoga Practical योगाचार्यवैशिक	25	09	-	-	75	27	100	36	4
BAY1-I-05	Educational Principles& Practices of Yoga. योगाध्यापनपद्धतय	25	09	75	27	-	-	100	36	4
Semester I-Total Marks		125	45	300	108	75	27	500	180	20
Semester II										
BAY1-II-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	25	09	75	27	-	-	100	36	4
BAY1-II-02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञानच	25	09	75	27	-	-	100	36	4
BAY1-II-03	Schools of Yoga. योगसंप्रदाय	25	09	75	27	-	-	100	36	4
BAY1-II-04	Yoga Practical योगाचार्यवैशिक	25	09	-	-	75	27	100	36	4
BAY1-II-05	Educational Principles& Practices of Yoga. योगाध्यापनपद्धतय	25	09	75	27	-	-	100	36	4
Semester II-Total Marks		125	45	300	108	75	27	500	180	20



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Semester III										
BAY2-III-01	Sanskrit lašd' rñkk'kk& II	25	09	75	27	-	-	100	36	4
BAY2-III-02	Philosophy of Yogashastra ;ksrSoKkue-	25	09	75	27	-	-	100	36	4
BAY2-III-03	Yoga Therapy ;ksksipkj&i) frl	25	09	75	27	-	-	100	36	4
BAY2-III-04	Yoga Practical ;ksrzk;f{kde-	25	09	-	-	75	27	100	36	4
BAY2-III-05	Anatomy and Physiology *kjhjppuk& dk;Zkk&=ke	25	09	75	27	-	-	100	36	4
Semester III-Total Marks		125	45	300	108	75	27	500	180	20
Semester IV										
BAY2-IV-01	Sanskrit lašd' rñkk'kk& II	25	09	75	27	-	-	100	36	4
BAY2-IV-02	Philosophy of yogashastra ;ksrRoKkue~	25	09	75	27	-	-	100	36	4
BAY2-IV-03	Yoga Therapy ;ksksipkj&i) frl	25	09	75	27	-	-	100	36	4
BAY2-IV-04	Yoga Practical ;ksrzk;f{kde-	25	09	-	-	75	27	100	36	4
Elective Papers (Any one of the following can be opted)										
BAY2-IV-05 Elective - I	Anatomy and Physiology *kjhjppuk& dk;Zkk&=ke (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY2-IV-05 Elective - II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - III	Social Sciences	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - IV	Jyotisha	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - V	Education	25	09	75	27	-	-	100	36	04
BAY2-IV-05 Elective - VI	Pali	25	09	75	27	-	-	100	36	04
Semester IV-Total Marks		125	45	300	108	75	27	500	180	20

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Semester V										
BAY3-V-01	Sanskrit III lašd' rñkk'kk& III	25	14	60	21	-	-	100	35	4
BAY3-V-02	Philosophy of Yogashastra ;ksrřoKkue-ŕ I	25	09	60	21	-	-	100	35	4
BAY3-V-03	Applied Yoga; ksz;iz;ksk	25	09	60	21	-	-	100	35	4
BAY3-V-04	Yoga Practical ;kszižk;f{kde-	25	09	-	-	60	21	100	35	4
Elective Papers (Any one of the following can be opted)										
BAY3-V-05/ Elective – I	Yoga and Positive Health ;ksrřFkk vuqdwy&řokšF; e (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY3-V-05/ Elective – II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective – III	Social Sciences	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective – IV	Jyotisha	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective – V	Education	25	09	75	27	-	-	100	36	04
BAY3-V-05/ Elective – VI	Pali	25	09	75	27	-	-	100	36	04
Semester V-Total Marks		125	45	300	108	75	27	500	180	20

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Semester VI

BAY3-VI-01	Sanskrit III lašd' rllk'kk& III	25	09	75	27	-	-	100	36	4
BAY3-VI-02	Philosophy of Yogashastra ;ksr'šokkue- & I	25	09	75	27	-	-	100	36	4
BAY3-VI-03	Applied Yoga; ksiz; ksk&	25	09	75	27	-	-	100	36	4
BAY3-VI-04	Yoga Practical ;ksizkč; fkd-	25	09	-	-	75	27	100	36	4
Elective Papers (Any one of the following can be opted)										
BAY3-VI-05/ Elective - I	Yoga and Positive Health ;ksr'Fkk vuqdwyt'šokšF; e (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY3-VI-05/ Elective - II	Yoga (For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - III	Social Sciences	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - IV	Jyotisha	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - V	Education	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ Elective - VI	Pali	25	09	75	27	-	-	100	36	04
Semester VI-Total Marks		125	45	300	108	75	27	500	180	20
Total Marks		750	270	1800	648	450	162	3000	1080	120

Year	Internal		Theory		Practical		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Sem I & II	250	90	600	216	150	54	1000	360	40	
Sem III & IV	250	90	600	216	150	54	1000	360	40	
Sem V & VI	250	90	600	216	150	54	1000	360	40	
Final Total	750	270	1800	648	450	162	3000	1080	120	

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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 | संस्कृतभाषा- ५ |
| 2. COURSE II -History and Philosophy of Yoga I | योगशास्त्रतिहास- तद्विज्ञान*च |
| 3. COURSE III -Schools of Yoga I | योग-संप्रदायः |
| 4. COURSE IV- Yoga Practical I | योगप्राक्टिकलम् |
| 5. COURSE V -Educational Principles& Practices of Yoga I | योगाभ्यासपद्धतयः |

SEMESTER II

- | | |
|---|-------------------------------|
| 1. COURSE I - Sanskrit (Foundation.) II | संस्कृतभाषा- ५ |
| 2. COURSE II -History and Philosophy of Yoga II | योगशास्त्रतिहास- तद्विज्ञान*च |
| 3. COURSE III -Schools of Yoga II | योग-संप्रदायः |
| 4. COURSE IV- Yoga Practical II | योगप्राक्टिकलम् |
| 5. COURSE V -Educational Principles& Practices of Yoga II | योगाभ्यासपद्धतयः |

SEMESTER III

- | | |
|---|-------------------------|
| 1. COURSE I - Sanskrit III | संस्कृतभाषा- II |
| 2. COURSE II -Philosophy of Yogashastra I | योगतद्विज्ञानम् |
| 3. COURSE III -Yoga Therapy I | योगोपचार-पद्धति |
| 4. COURSE IV- Yoga Practical III | योगप्राक्टिकलम् |
| 5. COURSE V -Anatomy and Physiology | शरीररचना-कार्यशास्त्रम् |

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1. COURSE I - Sanskrit IV सनडकुतभाषा II
2. COURSE II - Philosophy of Yogashastra II योगतडवडानभ- I
3. COURSE III -Yoga Therapy II योगप्रयोगा
4. COURSE IV- Yoga Practical IV योगप्रोटडकुकडुडु
5. COURSE V - Elective Papers
 - Elective - I Advanced Yoga - Anatomy and Physiology शरीरररररना-करडशडडडडडुडु
 - Elective - II Yoga (For Non Yoga Students)
 - Elective - III Social Sciences
 - Elective - IV Jyotisha
 - Elective - V Education
 - Elective - VI Arham Yoga

SEMESTER V

1. COURSE I - Sanskrit V सनडकुतभाषा- III
2. COURSE II -Philosophy of Yogashastra-III योगतडवडानभ- I
3. COURSE III -Applied Yoga-I योगप्रयोगा
4. COURSE IV- Yoga Practical-V योगप्रोटडकुकुकुडु
5. COURSE V - Elective Papers
 - Elective - I Advanced Yoga -Yoga and Positive Health योगतडड अनकुल-डडवडडडुडु
 - Elective - II Yoga (For Non Yoga Students)
 - Elective - III Social Sciences
 - Elective - IV Jyotisha
 - Elective - V Education
 - Elective - VI Arham Yoga

SEMESTER VI

1. COURSE I - Sanskrit VI सनडकुतभाषा- III
2. COURSE II -Philosophy of Yogashastra-IV योगतडवडानभ- I
3. COURSE III -Applied Yoga-II योगप्रयोगा
4. COURSE IV- Yoga Practical-VI योगप्रोटडकुकुकुडु
5. COURSE V - Elective Papers
 - Elective - I Advanced Yoga -Yoga and Positive Health योगतडड अनकुल-डडवडडडुडु
 - Elective - II Yoga (For Non Yoga Students)
 - Elective - III Social Sciences
 - Elective - IV Jyotisha
 - Elective - V Education
 - Elective - VI Arham Yoga

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COURSE - I	SANSKRIT (FOUNDATION)-I	संस्कृतभाषा-I	100 MARKS
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Module-I	Niti-shatakam (First five paddhati)	50 Marks
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Module-I	Abhyasapustakam	25 Marks
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Internal Assessment -	25 marks
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Assignment – 10 Marks

Library Work – 05 Marks

Attendace – 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 अनुवाद) प्राचार्य बेंदकुमार बेंदलंकार, पं. सिध्देश्वर महाराज, विद्याभारती प्रकाशन, लातूर. नीतिशतकम् – (मराठी अनुवाद) डॉ. हेमा गांखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक

नीतिशतकम् – विद्याप्रसार के.द.सनीताबड़ी, नागपूर

अभ्यासपुस्तकम् – डॉ. एच.आर. विश्वान, संस्कृतभारती प्रकाशन, अक्षरम, बेबुर

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

Module-I	Definition of Yoga Misconceptions about YogaHistory of Yoga Tradition	40 Marks
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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
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Internal Assessment -	25 marks
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Assignment – 10 Marks

Library Work – 05 Marks

Attendace – 05 Marks

Class Interaction – 05 Marks

Reference Books :

1. योगप्रक्रियाचे मागदंड - डॉ.एम.एल. धरोट
2. पातंजल योगशास्त्र - डॉ. ना.वि.करबेळकर श्री.ह.ट.या.प्रबंडळ,अमरावती
3. योग शिवाय कुजी - डॉ. अ.अण. खंडनकर, इ.ह.न. महाराष्ट्र योग परिषद, अमरावती
4. भारतीय मानसशास्त्र आणि योगशास्त्र - श्री.कोल्हटकर, प्रस्ताव प्रकाशन, पुणे

COURSE - III

SCHOOLS OF YOGA

100 MARKS

योगशास्त्रप्रदायाः

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

Assignment - 10 Marks

Attendance - 05 Marks

25 marks

Library Work - 05 Marks

Class Interaction - 05 Marks

Reference Books :

1. योग के सिद्धांत एवं अभ्यास - डा. कालिदास जोशी, जगन्नाथ शंकर, रत्नागर विद्यापीठ, रत्नागर मद्रा
2. भक्तियोग - डॉ. वामी विवेकानंद, रामकृष्ण मठ, धत्ताली, नागपुर
3. कर्मयोग - रामकृष्ण मठ, धत्ताली, नागपुर
5. ज्ञानयोग - रामकृष्ण मठ, धत्ताली, नागपुर
6. योग, डॉ. वरिष्ठ कुजी - श्री अरुण खंडेकर, अमरावती

COURSE - IV

YOGA PRACTICALS

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. Kapala Shakti Vikasaka
2. Karna Shakti Vardhaka
3. Greeva Shakti Vikasaka
4. Karatala Shakti Vikasaka
5. Manibandha Shakti Vikasaka
6. Purna Bhuj 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-shavasana
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

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3. Yoga explained
(No. 435)

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

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

Bengal Lancer
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi

COURSE - V EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA

100 MARKS

योगध्यापनपद्धतयः

1. Lesson Planning and Class Management 40 Marks
Handling of Classes, direction, guidance, suggestions, counselling
2. Method of introducing and correcting Yoga Practices 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

(सुजन-पद्धती, परोपकार-पद्धती, अर्थ-पद्धती, देव-पद्धती, कर्म-पद्धती)

Module-II

Aparikshitakaragam

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. रोजश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपुर हाउस, इलाहाबाद-211002

नीतिशतकम् – (मराठी अनुवाद-अनुवाद) प्राचार्य वेदकुमार वेदालंकार, पं. सिद्धेश्वर महाराज, विद्याभारती प्रकाशन, लाहौर नीतिशतकम् – (मराठी अनुवाद-अनुवाद) डॉ. हेमा गांखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, समटेक

नीतिशतकम् – विद्याप्रसार केन्द्र, सीताबर्डी, नागपुर

अपरीक्षितकारकम् – चौखंबा प्रकाशन, वाराणसी


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Module-I Yoga as a Darshana, its place and status among other Darshanas **25 Marks**
 Patanjali as a 'Sutrakara'
 Patanjali's time
 Nature and structure of Patanjali Yoga.

Module-II Samkhya metaphysics as the basis of Yoga Sutras. **50 Marks**
 Nirishwara Samkhya and its Dualism, Concept of
 Ishwara in Yoga Sutras.
 Pranava and its Significance
 Cittavrttis and Cittavikshepas, Citta prasadana.

Internal Assessment

Assignment – 10 Marks,
 Attendance – 05 Marks,

25 marks

Library Work – 05 Marks
 Class Interaction – 05 Marks

Reference Books :

- | | | | |
|---|-------------------------------------|---|--|
| 1 | यांगप्रक्रियावे मार्गदर्शन | - | डा.एम.एल. फोट |
| 2 | पातजल यांगसूत्र | - | डा. नाविकरकर श्री.ह.या.प्र.मंडळ, अमरावती |
| 3 | यांग शास्त्र कुजी | - | डा. अअण खडकर, महाराष्ट्र यांग परिषद, अमरावती |
| 4 | भारतीय मानसशास्त्र आणि यांगशास्त्र- | - | श्री.कोल्हटकर, प्रस्ताव प्रकाशन, पुणे |

COURSE - III**SCHOOLS OF YOGA****100 MARKS**

योगसंप्रदायः

Module-I Other Schools of Yoga **40 Marks**
 Prana-samyama Yoga,
 Kundalini Yoga, Mantra
 Yoga,
 Laya Yoga,
 Shaktipata Yoga.

Module-II **35 Marks**
 Study of different meditation techniques with reference to their Metaphysical foundations.
 Patanjala Yoga Meditation
 Zen
 Meditation
 Dynamic Meditation
 Vipassana
 Bhavatihadyana
 Prekshadhyan

Internal Assessment

Assignment – 10 Marks
 Attendance – 05 Marks

25 marks

Library Work – 05 Marks
 Class Interaction – 05 Marks

Reference Books :

- | | | | |
|---|------------------------------|---|--|
| 1 | लव्हं जमबीदपुनमे | - | वतण डण्ण लीतवजमए स्वदंअंसण |
| 2 | यांग के सिनधदांत एव अम्यास - | - | डा.कालिदास जोशी, डा.गणेश शाकर रनागर विद्यापीठ, रनागर (म.प्र.) |
| 3 | भक्तियांग | - | रामकृष्ण मठ, धंताली, नागपूर |
| 4 | कर्मयांग शास्त्री विवंकानद | - | रामकृष्ण मठ, धंताली, नागपूर |
| 5 | ज्ञानयांग | - | रामकृष्ण मठ, धंताली, नागपूर |
| 6 | यांग, शास्त्र कुजी | - | पंडीत हरीकृष्ण शास्त्री दातार किरती रनागर प्रकाशन
करंट बुक एजन्सनी, वाराणसी - 5 |

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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. Viparitarani | 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. Sutranti |
| 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 |

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योगशास्त्रपद्धतयः

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					

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 – गीताप्रस्थान, गोरखपुर		
श्रीमद्भगवद्गीता – ट्याख्याता, प. श्रीवृंक्षीर मिश्र, स्वरूपानंद संस्कृत विश्वविद्यालय, वाराणसी-221002 संस्कृत		
भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जांग, 201, महात्मा फुल रोड, खीवली-421202 कठोपनिषद् – गीताप्रस्थान, गोरखपुर		
कठोपनिषद् – ट्याख्याता डॉ. वामी प्रखर प्रज्ञानंद स्वरुचि, चौखवा संस्कृत संस्थान, वाराणसी कठोपनिषद् –		
डॉ. ब्रह्ममित्रा अवधुती, डॉ. वामी केशवानंद यांग संस्थान, दिल्ली		
कठोपनिषद् – आनंदवन शास्त्र संस्थान, मुंबई		

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
2. Encyclopaedia of Yoga (No. 410)

Shri.Srinivasa Dikshit, Any Popular Book Stall .

Dr. Ramkumar Rai

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	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

COURSE - III	YOGA THERAPY	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 और योगान्यास (हिन्दी -मराठी)	- डॉ.म.म.गोरे, लोनावला
5. शारीरिक रोगाच्या निवारणासाठी योग	- कैवल्यधाम, लोनावला, पुणे

COURSE IV -	YOGA PRACTICAL	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

Assignment - 10 Marks,	Library Work - 05 Marks	25 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

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Module-I Basic Knowledge of Anatomy and Physiology
(Cells, Tissues, Organs, Systems) 25 Marks

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

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. सयुक्ता गांखले |
| 3- दृष्टार्थं 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 योगाभ्यास (हिन्दी -मराठी) | - | डॉ.म.म.गारे, लोनवला |

SEMESTER IV

Module-I Bhagavadgita (Ch-2)

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

50 marks

15 Marks

Yajnavalkya-Maitryi Samvadik (हदारण्यक उपनिषद्, तृतीय अध्याय, पंचम ब्राह्मणं) 10 Marks Internal

Assessment

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Book :

भगवद्गीता - गीताप्रश्न, गारखपूर

श्रीमद्भगवद्गीता - टीयाख्याता, प. श्रीविश्वेश्वर मिश्र, सनपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002 संज्ञा

भगवद्गीता - पं. द. बा. जोग, प्रकाशक, एम. डी. जॉंग, 201, महात्मा फुल रोड, डीबीवली-421202

छान्दाग्योपनिषद् - गीताप्रश्न, गारखपूर

छान्दाग्योपनिषद् - सनपादक, पं. गंगाधर, पं. महावीर प्रश्नाद, चौखंबा विद्याभवन, वाराणसी-221001 छान्दाग्योपनिषद् - सनपादक, विद्वान् रंगनाथ

कट्टी, शंकरनारायण अंगी, पूर्णप्रज्ञाविद्यापीठ, बंगलुरु-28 बृहदारण्यक उपनिषद् - गीताप्रश्न, गारखपूर

बृहदारण्यक उपनिषद् - चौखंबा प्रकाशन, वाराणसी

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

Dr. R. Mishra
29/04/2022

Dr. R. Mishra

Dr. R. Mishra

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**

योगपचार-पद्धति:

100 MARKS

1) Study of following psychosomatic ailments. Cardio Vascular ailments (Hyper-tension) Respiratory ailments (Asthma, Nasal Allergy) Diabetes, Obesity, Gastro intestinal disorders, Migraine, Headaches, Arthritis, Women's problems, Children Mental Health	75 Marks
Internal Assessment	25 marks
Assignment -	10 Marks,
Attendance -	05 Marks,
	Library Work - 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 योगशास्त्र (हिन्दी -मराठी) | - | डॉ.म.म.गौरे, लोनावला |
| 5. शारीरिक रोगाच्या निवारणासाठी योग | - | कैवल्यधाम, लोनावला, पण |

Dr. M.M. Gore
29/04/2022

Dr. Shrikrishna

Dr. M.M. Gore

- 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

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, Ionavala, 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

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

35 Marks

Module-II Shatkarma (Introduction and physiological significance)

20 Marks

Module-III Nadivijnana, Panchaprana, Panchakosha,

20 marks

Internal Assessment

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
- पथकशारीरम् - डॉ. रघुवुक्ता गोखले
- दृष्टार्थ शरीरम् - पद्म.आठवले

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4-	आंगेर क्रिया	श्रीमत्सुख
5-	द्विजवसुदेव धेनुपयसवहल वल्लिह चतुर्विधमे	वृत्त कवचमर ज्ञानअसलकीरुए स्वदूसण
6-	जतनबजनतम दक निदबजपवद वीनरुद इवकल	वृत्तपौतपातपौदए ज्ञानअसलकीरुए
7-	ल्वहपब जैमंतचल	स्वदूसण
8-	शरीर विज्ञान आर योगाभ्यास (हिन्दी –मराठी)	ज्ञानअसलदंदक दक वृत्त टपदमांत श्रीमत्सुख, लंनवला

Elective – II

Yoga (For Non Yoga Students)

Course - V	BASIC PRINCIPLES OF YOGA	100 marks
Unit- I		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		25 Marks
1.	Difference between Yogic and non- yogic exercises.	
2.	Surya- Namaskar.	
Internal Assessment		25 marks
Assignment –	10 Marks,	Library Work – 05 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

Reference Books-

1.	खरा पांजल योग	पद्म शेषा
2.	योग व आयुर्वेद	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 योगभ्यासनी मंडळ, रामनगर, नागपूर 1
6.	योगदिपिका	बीक एस्न अयंगर, योग इन्स्टिट्यूट, पुणे
7.	सूर्यनमस्कार एक परिपूर्ण व्यायाम	स्वामी योगभ्यासनी मंडळ, राम नगर, नागपूर
8.	योगदर्शन (व्यासभ्याससहित)हिंदी	स्वामी रत्नपती परिब्रजक, दर्शन महाविद्यालय, पुंजरत
9.	आरोग्य सुखसंपदा	डां अअण खोडसकर,कृमहराष्ट्र योग परिषद, हुमान व्यायाम पसार मंडळ
10.	योगस्वस्थ कर्जा हिंदी	डां अअण खोडसकर,कृमहराष्ट्र योग परिषद, हुमान व्यायाम पसार मंडळ
11.	योगसन हिंदी	डां अनिल करबंदे अमित प्रकाशन, धोलेती, नागपूर


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Elective – III

Social Science

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

Elective – IV

Jyotish

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,Dwighrahayoga, RikshaShiladhyay,Chandra Rashi Shiladhyay,Rashishiladhyaya)	

Elective – V

Education

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

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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

Course - V Arham Yoga

100 marks

1. Arham Dhyana Yoga - Introduction
2. The meaning of Yog
3. Known Traditions Of the Eight Limbs Of Yoga.
4. Culture of Shraman Yog
5. Motivation behind Arham yog
6. Internal Assessment

15
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15
25

SEMESTER V

COURSE - I	SANSKRIT - III	संस्कृतभाषा- ३	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 :			
भावदगीता - गीताप्रश्न, गोरखपुर			
श्रीमद्भगवद्गीता - ट्याख्याता, प. श्रीवंशीर मिश्र, संपूर्णनंद संस्कृत विश्वविद्यालय, वाराणसी-221002 संपूर्ण			
भावदगीता - पं. द. वा. जोग, प्रकाशक, एम. डी. जांग, 201, महात्मा फुल रोड, डब्लीवली-421202 मंचदत्तम् - एम आर कार्ड,			
मार्तोलाल बनारसीदास प्रकाशन, न्यु दिल्ली			
मंचदत्तम् - चौखंबा, संस्कारती प्रकाशन, वाराणसी			
COURSE - II	PHILOSOPHY OF YOGASHASTRA-I	योगशास्त्रातिहासः तद्विज्ञानम्- १	100 MARKS
Module-I Three Systems of Indian Philosophy- (Nastika Darshan Charvaka & Bauddha) 40 Marks			
Module-II Gheranda Samhita 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	

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Class Interaction - 05 Marks

20

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

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 achè, migraine, Acidity and ulcers,
Insomnia, joint pains, women's problems.
- i. Discussions with patients, counselling, precautions, motivation.

Internal Assessment

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

100 MARKS

Demonstration (50) & Viva (25) -

75 Marks,

Internal Assessment

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. Padahastasana
3. Ardha-chakrasana 4. Trikonasana
5. Parivrutta-Trikonasana

B. Sitting-Position:-

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1. Paschimottanasana
2. Ushtrasana
3. Vakrasana
4. Ardhamatsyendrasana
5. Shashankasana
6. Suptavajrasana
- C. Prone on position:-
1. Bhujangasana
2. Ardhsalabhasana
3. Shalabhasan
4. Dhanurasana
- D. Supine position :-
1. Viparitarani
2. Sarvangasana
3. Matsyasana
4. Halasana
5. Shirshasana
- E. Relaxative Asanas :-
1. Shavasana
2. Makarasana
- F. Meditative Asanas :-
1. Padmasana
2. Vajrasana
3. Swastikasana
4. Siddhasana
5. Sukhasana
- BAYurasan, Vrishchikasan, Chakrasa and Matsyendrasan

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 अनुकूल-ईवास्थ्यम्

- Module 1. Concept of Holistic Health and WHO 25 Marks
Concept of Adhi, Vyadhi and Panchakoshi
Module 2. Basic Theories of Psychology. 25 Marks
(Psycho analysis, Individuation theory, Psychosynthesis, Gestalt psychology)
Module 3. Oriental and occidental concept of mind, and mental states. 25 Marks

Internal Assessment

Assignment - 10 Marks,
Attendance - 05 Marks,

Library Work - 05 Marks
Class Interaction - 05 Marks

Reference Books:

1. योग रत्न मनश्चिकित्सा - डा बी.के.बाबू, 76 धारकाठी कर्नाटकी, इंदौर
2. रोग मनाचा रक्षा मनाचा - श्रीकृष्ण ऐवाहारे, गंटाळी नॉलनी, ठाण (पश्चिम)
3. Yoga Practices for Anxiety - Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression Vivekanand Kendra, Bangalore.

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4. Yoga Techniques

Dr. M. L. Gharote

5. पातञ्जल योगसूत्राचार्य

Gulmohar Apartment, Bhangarwadi, Lonavala.

डा. एन. एम. कारबेकर, हनुमान ट्यायम प्रस्तावक मंडळ
अमरावती

Elective – II

Yoga (For Non Yoga Students)

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 दत्तात्रेय जळुकर
2. आरोग्य शास्त्र चतुरस्रे
3. स्वस्थवृत्त विज्ञान रामहरिसिंह
4. स्वस्थवृत्तम शिवकुमार गांड
5. चतमअमदजपअम - वैवपंसडमकपबपदम श्रण्टण च्ता
6. स्वस्थवृत्त डॉ. रानडे, परांजप
7. प्राथमिक योगासने सुलभ साधक आसने जनार्दनस्वामी योगाग्यासी, रामनगर, नागपूर -
8. योगादिपीका डॉ. ए.स. 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

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Elective – IV

Jyotish

Course - V	iii) Jyotisha (Kundali Vidnyana)	100 marks
Module- I	Natakala Sadhan ,Dasham lagna Sadhan,	
Module -II	Sasandhi Dwadashabhava sadhan Madhyamayu Sadhan, Spashtayu Sadhan, Uccha-Neecha- Swagrihadi Ayu Vichar, ChakrardhaHaani, RashmiSadhan	25 marks
Module- III	Abhijit Dasha, Yogini Dasha. (Mishra Prakaran of B.K.V)	25 marks
Module- IV	Videsh Kundali Sadhan-rekhansha, Akshamsha, Velantar Kranti, Char, Dinman, Deshantar Sadhan.	25 marks
Text-	1) Bharatiya Kundali Vidnyan- by Meethalal Ojha, Varanasi. 2) Jyotish sobati.	
Note:	Calculation and examples are covered in Internal Assessment.	

Elective - V

Education

Course - V **Education** **100 marks**

I C T IN EDUCATION

Objectives:

Marks: 75+25=100

1. To develop an understanding of the conceptual bases of Instructional and Communication Technology.
2. To analyze the dynamics of communication in an educational set-up.
3. To develop an understanding of the strategies for designing instruction.
4. To develop an understanding of the concept and application of e-learning.
5. To analyze the use of Information and Communication Technology in open and distance learning.

Unit I- Basics of Information and Communication Technology

25

a. Meaning & Characteristics of Information and Communication Technology

b. Scope of Information and Communication Technology Areas: (Teaching learning Process, Evaluation, Research, Administration)

Unit II - Dynamics of Communication and Designing Instruction

25

a. Communication: Meaning, process, types and barriers

b. Transactional Analysis: Concept, Educational implications.

c. Role of teacher for effective communication.

d. Instructional Design: Meaning and characteristics

e. Self-Learning Material (Meaning, principles, guidelines for preparing SLM)f .

Meaning of Computer Assisted Learning.

g. Models of Teaching:(Concept Attainment Model, Inquiry Training Model)

Unit III- e- Learning

a) Meaning and characteristics of e-learning

25

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- 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

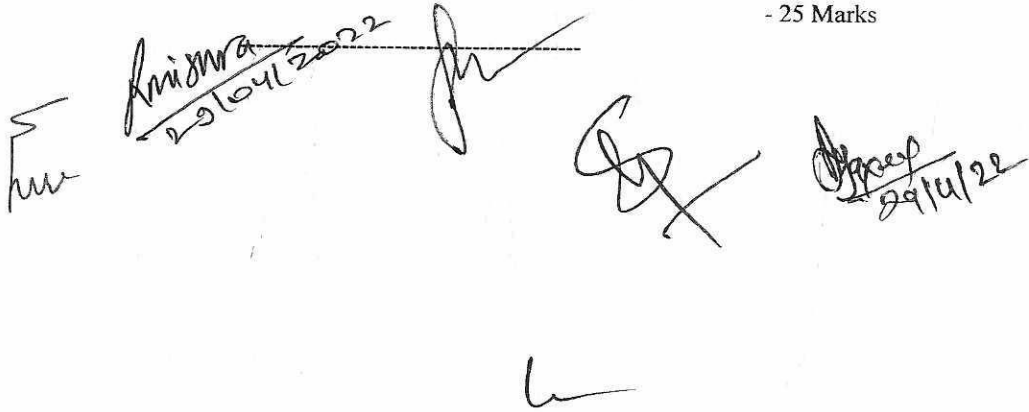
Elective – VI

Arham Yoga

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



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COURSE - I

SANSKRIT - III

संस्कृतभाषा - III

100 MARKS

Module-I	Meghadut (Uttaramegh)	50 Marks
Module-II	Viduraniti (Ch-I)	25 Marks
Internal Assessment		25marks

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 05 Marks
Class Interaction – 05 Marks

Reference Book :

मघदतम् – चौखंबा, बनारसी प्रकाशन, वाराणसी

मघदतम् – एम आर काळ, मांतीलाल बनारसीदास प्रकाशन, नु दिल्ली

विदूरनीति – डॉ गजेन्द्र चोपरी, चौखंबा, बनारसी प्रकाशन, पौरी नं 1129, वाराणसी-221001 विदूरनीति – मांतीलाल बनारसीदास प्रकाशन, नु दिल्ली

विदूरनीति – गीताप्रसन्न, गोरखपुर, कोलकता

विदूरनीति – सनपादक, डा किरण शक्ला, जे पी पब्लिशिंग हाउस, 27/28, शकती नगर, दिल्ली-110007

COURSE - II

PHILOSOPHY OF YOGASHASTRA-I

100 MARKS

योगशास्त्रोपनिषद्: तद्विज्ञानप्रथम- 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

Assignment – 10 Marks,
Attendance – 05 Marks,

Library Work – 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

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COURSE - III	APPLIED YOGA	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,

Library Work – 05 Marks

Attendance – 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	योगप्राक्टिकल	100 MARKS
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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:

25 Marks

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

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

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Elective - I Advanced
Yoga

Elective - I
COURSE - V

Advanced Yoga

YOGA AND POSITIVE HEALTH

100 MARKS

योग तथा अनुकूल-डॉ. वेंकटरम

Module 1.	Mental Wellness, Mental disorders (Causes, symptoms and Cure): frustration, depression, conflict, Obsession, anxiety.	40 Marks
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 'स्न' मनश्चिकित्सा - डॉ. बी.के.बाद, 76 धारकाठी कालनी, इंदौर.
2. योग मनाचा श्रेष्ठ मनाचा - श्रीकृष्ण देववाहारे, घंटाळी बॉलनी, ठाण (पश्चिम)
3. ल्हं चंभजपबमे वित ।दगपमजल - वतण्ण्छंहंतजीदंए क्तण्ण्छंहमदकतं दक कमचतमेपवद
टपअमांदंदक जमदकतंए उंदहसवतमण
4. ल्हं ज्मबीदपुनमे - वतण्ण् छ स छीतवजम
ळनसउवीत ।चंतजउमदजए ठीदहंतूंकपए स्वदंसंण
5. पातञ्जल योगसूत्रा भाष्य - डॉ.एन्.सी. करबेळकर, हनमान देव्यायम प्रचारक मंडळ,
अमरावती

Elective - II

Yoga (For Non Yoga Students)

Course - V SCHOOLS OF YOGA योगसंप्रदाया 100 marks

Module-I Comparative Study of following Schools of Yoga: 75 Marks

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

Internal Assessment - 25 marks

Assignment - 10 Marks Library Work - 05 Marks

Attendance - 05 Marks Class Interaction - 05 Marks

Reference Books :

- 1st योग क' सिद्धांत एव अस्यास्य - डॉ.कालिदास जीशी, डॉ.गणेश शंकर स्नागर, विद्यापीठ, स्नागर (म.प्र.)
- 2nd भरित्याग - डॉ.वामी विवंकानंद, रामकृष्ण मठ, धंताली, नागपूर
- 3rd कर्मयाग - रामकृष्ण मठ, धंताली, नागपूर
- 4th ज्ञानयाग - रामकृष्ण मठ, धंताली, नागपूर
- 5th योग, डॉ. वेंकटरम कर्जी - श्री अरुण खंडेकर, अमरावती

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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-Kala Vargikaran-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

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e) 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

I. Seminar and Assignment

15+10

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 Administration, 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, MacMillan, Delhi 1971
8. NKrYadav&AKSingh, Rural Retail in India
9. Mukunda Rural Development and Poverty Eradication in India 2008
10. S C Kalwar, Tejram Meena Grameen Nirdhanta Unmoolan Avem
11. S.B Verma, Gramin Vikas 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.,

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5. Kirk, Gallagher, Anastasiow & 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-thelearning-management-system-lms/>
5. www.m-learning.org/

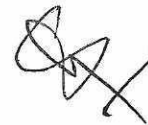
Education (For Sem – VI)

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 Weihrich (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)

 
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