

# 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.

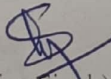
The Following members were present in meeting –


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)

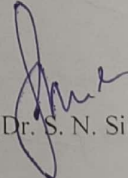
## MINUTES

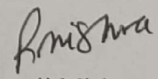
1. The Committee confirms the minutes of previous meeting.
2. The syllabus as per CBCS of P.G. Diploma in Yoga Education (PGDYE) thoroughly studied by the committee and passed by some little changes (Enclosure -1). The theory subjects and practical of this course are given below-
  - a. Theory - Introduction 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 (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.

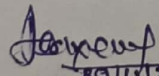
Note : Committee has decided to amend in if further there will change in the above courses as per National Education Policy (NEP)

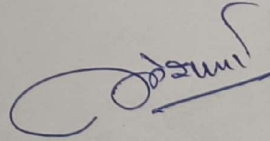
  
(Dr. Dhanajay Singh)

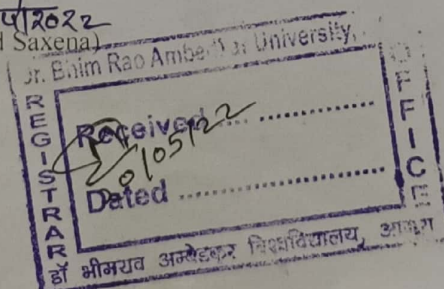
  
(Dr. Sheeldhar Dubey)

  
(Dr. S. N. Singh)

  
(Dr. Ramji Mishra)

  
(Dr. Akhilesh Chand Saxena)

  
(Prof. U.C. Sharma)



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.

### 1. Duration

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

### 2. 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 <b>OR</b> 10+ two years Govt. recognized full time course <b>OR</b> 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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Name 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 Title	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	
<b>Semester I</b>										
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 योगप्रारंभिक	25	09	-	-	75	27	100	36	4
BAY1-I-05	Educational Principles & Practices of Yoga. योगध्यापनपद्धतय	25	09	75	27	-	-	100	36	4
<b>Semester I-Total Marks</b>		<b>125</b>	<b>45</b>	<b>300</b>	<b>108</b>	<b>75</b>	<b>27</b>	<b>500</b>	<b>180</b>	<b>20</b>
<b>Semester II</b>										
BAY1-II-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	25	09	75	27	-	-	100	36	4
BAY1-II-02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञान	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 योगप्रारंभिक	25	09	-	-	75	27	100	36	4
BAY1-II-05	Educational Principles & Practices of Yoga. योगध्यापनपद्धतय	25	09	75	27	-	-	100	36	4
<b>Semester II-Total Marks</b>		<b>125</b>	<b>45</b>	<b>300</b>	<b>108</b>	<b>75</b>	<b>27</b>	<b>500</b>	<b>180</b>	<b>20</b>

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### Semester III

BAY2-III-01	Sanskrit II laṣṭ' rHkk'kk& II	25	09	75	27	-	-	100	36	4
BAY2-III-02	Philosophy of Yogashastra ;ksxršokkue-	25	09	75	27	-	-	100	36	4
BAY2-III-03	Yoga Therapy ;ksksipkj&i)fri	25	09	75	27	-	-	100	36	4
BAY2-III-04	Yoga Practical ;ksxizk;f;kde-	25	09	-	-	75	27	100	36	4
BAY2-III-05	Anatomy and Physiology *kjhjppuk& dk;Zkkš=ke	25	09	75	27	-	-	100	36	4
<b>Semester III-Total Marks</b>		<b>125</b>	<b>45</b>	<b>300</b>	<b>108</b>	<b>75</b>	<b>27</b>	<b>500</b>	<b>180</b>	<b>20</b>

### Semester IV

BAY2-IV-01	Sanskrit II laṣṭ' rHkk'kk& II	25	09	75	27	-	-	100	36	4
BAY2-IV-02	Philosophy of yogashastra ;ksxrRoKkue~	25	09	75	27	-	-	100	36	4
BAY2-IV-03	Yoga Therapy ;ksksipkj&i)fri	25	09	75	27	-	-	100	36	4
BAY2-IV-04	Yoga Practical ;ksxizk;f;kde-	25	09	-	-	75	27	100	36	4

#### Elective Papers (Any one of the following can be opted)

BAY2-IV-05 <b>Elective - I</b>	Anatomy and Physiology *kjhjppuk& dk;Zkkš=ke- (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY2-IV-05 <b>Elective - II</b>	Yoga ( For Non Yoga Students)	25	09	75	27	-	-	100	36	04
BAY2-IV-05 <b>Elective - III</b>	Social Sciences	25	09	75	27	-	-	100	36	04
BAY2-IV-05 <b>Elective - IV</b>	Jyotisha	25	09	75	27	-	-	100	36	04
BAY2-IV-05 <b>Elective - V</b>	Education	25	09	75	27	-	-	100	36	04
BAY2-IV-05 <b>Elective - VI</b>	<i>Pranayama yoga</i>	25	09	75	27	-	-	100	36	04
<b>Semester IV-Total Marks</b>		<b>125</b>	<b>45</b>	<b>300</b>	<b>108</b>	<b>75</b>	<b>27</b>	<b>500</b>	<b>180</b>	<b>20</b>

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## Semester VI

BAY3-VI-01	Sanskrit III lašd' rHkk'kk& III	25	09	75	27	-	-	100	36	4
BAY3-VI-02	Philosophy of Yogashastra ;ksxršokkue- & I	25	09	75	27	-	-	100	36	4
BAY3-VI-03	Applied Yoga; ksxi; z; ksxk	25	09	75	27	-	-	100	36	4
BAY3-VI-04	Yoga Practical ; ksxi; z; f{ kde-	25	09	-	-	75	27	100	36	4

### Elective Papers (Any one of the following can be opted)

BAY3-VI-05/ <b>Elective - I</b>	Yoga and Positive Health ; ksxi; rFkk vuqdwytšokšF; e (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY3-VI-05/ <b>Elective - II</b>	Yoga ( For Non Yoga Students )	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ <b>Elective - III</b>	Social Sciences	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ <b>Elective - IV</b>	Jyotisha	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ <b>Elective - V</b>	Education	25	09	75	27	-	-	100	36	04
BAY3-VI-05/ <b>Elective - VI</b>	Pali <i>Arham yoga</i>	25	09	75	27	-	-	100	36	04
<b>Semester VI-Total Marks</b>		<b>125</b>	<b>45</b>	<b>300</b>	<b>108</b>	<b>75</b>	<b>27</b>	<b>500</b>	<b>180</b>	<b>20</b>
<b>Total Marks</b>		<b>750</b>	<b>270</b>	<b>1800</b>	<b>648</b>	<b>450</b>	<b>162</b>	<b>3000</b>	<b>1080</b>	<b>120</b>

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	
<b>Final Total</b>	<b>750</b>	<b>270</b>	<b>1800</b>	<b>648</b>	<b>450</b>	<b>162</b>	<b>3000</b>	<b>1080</b>	<b>120</b>	

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**Semester V**

BAY3-V-01	Sanskrit III lašd' rHkk'kk& III	25	14	75 60	21 27	-	-	100	35	4
BAY3-V-02	Philosophy of Yogashastra ; ksršokkue- & I	25	09	75 60	21 27	-	-	100	35	4
BAY3-V-03	Applied Yoga; ksriz; ksdll	25	09	75 60	21 27	-	-	100	35	4
BAY3-V-04	Yoga Practical ; ksrizk; f{kde-	25	09	-	-	60	21	100	35	4
<b>Elective Papers (Any one of the following can be opted)</b>										
BAY3-V-05/ <b>Elective – I</b>	Yoga and Positive Health ; ksrFkk vuqdwyašokšF; e (Advanced Yoga)	25	09	75	27	-	-	100	36	4
BAY3-V-05/ <b>Elective – II</b>	Yoga ( For Non Yoga Students )	25	09	75	27	-	-	100	36	04
BAY3-V-05/ <b>Elective – III</b>	Social Sciences	25	09	75	27	-	-	100	36	04
BAY3-V-05/ <b>Elective – IV</b>	Jyotisha	25	09	75	27	-	-	100	36	04
BAY3-V-05/ <b>Elective – V</b>	Education	25	09	75	27	-	-	100	36	04
BAY3-V-05/ <b>Elective – VI</b>	Reli Arham yoga	25	09	75	27	-	-	100	36	04
<b>Semester V-Total Marks</b>		<b>125</b>	<b>45</b>	<b>300</b>	<b>108</b>	<b>75</b>	<b>27</b>	<b>500</b>	<b>180</b>	<b>20</b>

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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.  
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

### 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

### 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



#### SEMESTER IV

- COURSE I - Sanskrit IV  
संस्कृतम्- II
- COURSE II - Philosophy of Yogashastra II  
योगशास्त्रज्ञानम्
- COURSE III - Yoga Therapy II  
योगसाधन-चिकित्सा
- COURSE IV - Yoga Practical IV  
योगप्रायोगिकम्
- COURSE V - Elective Papers  
Advanced Yoga - Anatomy and Physiology सहस्रवर्ष-सामान्यम्  
Yoga ( For Non Yoga Students) - I  
Social Sciences  
Jyotisha  
Education  
Arham Yoga - I

#### SEMESTER V

1. COURSE I - Sanskrit V  
संस्कृतम्- III
2. COURSE II - Philosophy of Yogashastra-III  
योगशास्त्रज्ञानम्- I
3. COURSE III - Applied Yoga-I  
योगप्रयोग
4. COURSE IV - Yoga Practical-V  
योगप्रायोगिकम्
5. COURSE V - Elective Papers  
Advanced Yoga -Yoga and Positive Health योगात्मा अनकूल-ईवास्थ्यम्  
Yoga (For Non Yoga Students) II  
Social Sciences - III  
Jyotisha  
Education  
Arham Yoga - II

#### SEMESTER VI

1. COURSE I - Sanskrit VI  
संस्कृतम्- III
2. COURSE II - Philosophy of Yogashastra-IV  
योगशास्त्रज्ञानम्- I
3. COURSE III - Applied Yoga-II  
योगप्रयोग
4. COURSE IV - Yoga Practical-VI  
योगप्रायोगिकम्
5. COURSE V - Elective Papers  
Advanced Yoga -Yoga and Positive Health योगात्मा अनकूल-ईवास्थ्यम्  
Yoga (For Non Yoga Students) II  
Social Sciences - III  
Jyotisha  
Education  
Arham Yoga

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Module-I	Nitishatakam (First five paddhati)	50 Marks
Module-I	Abhyasapustakam	25 Marks

**Internal Assessment -**

Assignment – 10 Marks

Attendance – 05 Marks

**Reference Books :**

नीतिशतकम् - चौखण्डा प्रकाशन, वाराणसी

नीतिशतकम् - डा. राजेश्वर मिश्र, अक्षयवट प्रकाशन, इलाहाबाद-211002

नीतिशतकम् - मराठी अनुवादस्थाने प्रचार्य देवकुमार तिलकर, प. रसायन शिवाजी महाराज, विद्यापीठ प्रकाशन, लातूर नीतिशतकम् - मराठी अनुवादस्थाने डा. रमा गांधी, ककार्थनीकृत विश्वविद्यालय प्रकाशन, समेटेक

नीतिशतकम् - विद्यापीठ केन्द्र, सोलाबाई, नागपूर

अभ्यासपुस्तकम् - डा. एच आर विश्वान्न, सनस्कृतपीठ प्रकाशन, अक्षरम्, गैंगुर

25 marks

Library Work – 05 Marks

Class Interaction – 05 Marks

**COURSE - II****HISTORY AND PHILOSOPHY OF YOGASHASTRA -I**

योगशास्त्रतिहासः तसंज्ञानम्

100 MARKS

Module-I	Definition of Yoga	40 Marks
Module-II	Misconceptions about YogaHistory of Yoga Tradition 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

Assignment – 10 Marks

Attendance – 05 Marks

**Reference Books :**

1. योगप्रक्रियाये मागद श्रान्तं
  2. पातजल योगसत्रा
  3. योग शैलेभ्य कुजी
  4. भारतीय मानसशास्त्राणि आणि योगशास्त्रा-
- डा.एमएल शेटे
- डा. नाविकसोबकर
- डा. अजय खलसनकर, इंदूर महाराष्ट्र, योग परिषद, अम्बावती
- श्रीकोल्हेकर, प्रसाद प्रकाशन, पुणे

25 marks

Library Work – 05 Marks

Class Interaction – 05 Marks

**COURSE - III****SCHOOLS OF YOGA -I**

योग शास्त्रप्रदेशः

100 MARKS

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. Jhana 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

Bhakti Yoga  
12/10/2022

Fur

Acharya of yoga

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 -
2. शक्तियोग -
3. कर्मयोग -
4. ज्ञानयोग -
5. योग, षड्विंशत्य कुजी -
6. -

डॉ. कालिदास जोशी, आनन्द आश्रम, आगरा  
श्री श्री विद्यालय, रामकृष्ण मठ, इलाहाबाद, आगरा (मठ)  
रामकृष्ण मठ, इलाहाबाद, नगपुर  
रामकृष्ण मठ, इलाहाबाद, नगपुर  
श्री आरुण खड्गेकर, अमरावती

COURSE - IV

Practicals - 50 Marks

Internal Assessment

- Assignment - 10 Marks  
Attendance - 05 Marks

The following practices will be taught:-

1. Sukshma Vyayama -
  1. Kapala Shakti Vikasaka
  3. Greeva Shakti Vikasaka
  5. Manibandha Shakti Vikasaka
  7. Vakshasthala- Shakti Vikasaka
2. Loosening Exercises -
  1. Twisting
  3. Forward-backward bending
3. Breathing Exercises -
  1. Hands in and out breathing
  3. Rabbit-breathing
  5. Shashankasana-shwasana
4. Asanas ( Cultural Asanas)

A. Standing:-

1. Ardha-katicakrasana
3. Ardha-chakrasana
5. Parivrutta-Trikonasana

B. Sitting-Position:-

1. Paschimottanasana
3. Vakrasana
5. Shashankasana

C. Relaxative Asanas :-

1. Shavasana

D. Meditative Asanas :-

1. Padmasana
4. Siddhasana

Reference Books

1. Encyclopaedia of Yoga (No. 410)
2. Introduction to the Yoga Philosophy

YOGA PRACTICALS - I

Viva - 25 Marks

25 marks

Library Work - 05 Marks  
Class Interaction - 05 Marks

2. Karna Shakti Vardhaka
4. Karatala Shakti Vikasaka
6. Purna Bhujja Shakti Vikasaka
8. Jangha-shakti vikasaka

2. Side Bending
4. Twisting and bending

2. Tadasan-shavasana
4. Shwan-shwasana

2. Padahastana
4. Trikonasana

2. Ushtrassana
4. Ardhamatsyendrasana
6. Suptavajrasana

2. Makarasana

2. Vajrasana
5. Sukhasana
3. Swastikasana


29/10/2022  
Rajendra

Dr. Ramkumar Rai  
Chowkhamba Sanskrit Sansthan  
P.O.No: 1008, Varanasi  
S.C. Vasu

29/10/2022  
Rajendra

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**   
योगशास्त्रपत्रपद्धतयः

100 MARKS

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

**Internal Assessment -**

Assignment - 10 Marks  
Attendance - 05 Marks

**Reference Book:**

1. Teaching Methods in Yoga

25 marks  
Library Work - 05 Marks  
Class Interaction - 05 Marks

Dr. M.L. Gharote & Dr. S.K. Ganguli,  
Kaivalyadharm, Lonavala.

**SEMESTER II**

**COURSE - I**

**SANSKRIT (FOUNDATION)-I**

संस्कृतभाषा-I 100 MARKS

**Module-I**

**Nitishatakam (Next five paddhati)**

(सुजन-पद्धती, चरंचकार-पद्धती, वसु-पद्धती, देव-पद्धती, कर्म-पद्धती)

50 Marks

**Module-II**

**Aparikshitakarakam**

25 Marks

**Internal Assessment**

Assignment - 10 Marks  
Attendance - 05 Marks

**Reference Books :**

नीतिशतकम् - चौखंबा प्रकाशन, वाराणसी  
नीतिशतकम् - डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपुर हाउस, इलाहाबाद-211002  
नीतिशतकम् - (मराठी अनुवाद) प्राचार्य वेदकुमार वेदलकार, पं. सिमरेश्वर महाराज, विद्याभारती प्रकाशन, लातूर नीतिशतकम् - (मराठी अनुवाद) डॉ. हेमा गांखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक  
नीतिशतकम् - विद्याप्रसार केंद्र, सीताबर्डी, नागपुर  
अपरीक्षितकारकम् - चौखंबा प्रकाशन, वाराणसी



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## 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,

25 marks

Library Work – 05 Marks  
Class Interaction – 05 Marks

## Reference Books :

- 1) योगप्रक्रियावै सागदश्लन
  - 2) पातजल योगसत्रा
  - 3) योग ईगंडेश्य कुजी
  - 4) हरतीय मानसशास्त्रे आणि योगशास्त्रे-
- डा.एम.एल. फोट  
डा. नाविकरसोबकर  
डा. अ.अ.अण खडसुनकर, गृहन महाराष्ट्र योग परिषद, अमरावती  
श्री.कोल्हटकर, प्रसाद प्रकाशन, पुणे

## COURSE - III

## SCHOOLS OF YOGA

100 MARKS

योग शास्त्रादाया:

## 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

35 Marks

Vipassana  
Bhavatitadhyana  
Prekshadhyan

## Internal Assessment

Assignment – 10 Marks

25 marks

Attendance – 05 Marks

Library Work – 05 Marks

Class Interaction – 05 Marks

## Reference Books :

- 1) लहं जमबीदपुनमे
  - 2) योगा के सिध्दांत एव अभ्यास - वतप डण्ण्प लीतवजमए स्वदंअसंग
  - 3) शक्तियांग - डांकालिदास जोशी, डांगणेश शंकर सागर विद्यापीठ, सागर (मद्र)
  - 4) कमयांग ईगमी विवकानद - रामकृष्ण मठ, धताली, नागपूर
  - 5) ज्ञानयांग - रामकृष्ण मठ, धताली, नागपूर
  - 6) योग, ईगारईश्य कुजी - पंडीत हरकृष्ण शास्त्री वातार कित्ती सास प्रकाशन
- करंट बुक एजन्सनी, वासगसनी -5

22/11/2022  
Mina

22/11/2022  
Mina

The following practices will be taught:-

1. **Suryanamaskara** -

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

2. **Asanas ( Cultural Asanas)**

A. Prone on position:-

- Bhujangasana
- Ardhshalabhasana
- Dhanurasana
- Shalabhasana

B. Supine position :-

- Viparitarani
- Sarvangasana
- Halasana
- Matsyasana
- Shirshasana

3. **PRANAYAMA :-**

1. Sectional Breathing :

- Chandrabhedan Pranayam
- Suryabhedan Pranyam
- Shitali Pranayam
- Nadishodhan Pranayam
- Bhramari Pranayam
- Sitkari Pranayam
- Bhastrika Pranayama
- 8.

4. **KRIYAS :-**

- Kapalabhati
- Jalaneti
- Vamandhauti
- Dandaneti
6. Trataka

5. **MEDITATION :-** (Different techniques such as )

- Omkar Japa
- Sakshibhava
- Breath- Awareness

**Reference Books**

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

2009/12/16  
Dr. Ramkumar Rai

Dr. Ramkumar Rai

Dr. Ramkumar Rai

Dr. Ramkumar Rai

योगशास्त्रासुत्रसंग्रहः

Method of teaching Yoga to different age groups (Men and Women)

12-20 :	20-30:	30-40	40-50:
50-60:	60-70:	70 above	

40 Marks

## Module-II

- Classification and importance of Methods, Teaching aids**
1. Classification of Teaching Methods
  2. Importance of Teaching Methods
  3. Teaching Aids in Yoga

35 Marks

## Internal Assessment

- Assignment – 10 Marks  
Attendance – 05 Marks

25 marks

Library Work – 05 Marks  
Class Interaction – 05 Marks

## Reference Book;

1. Dr. M.L. Gharote & Dr. S.K. Ganguli, Kaivalyadharm, Lonavala.  
**SEMESTER – III**

## COURSE - I

## SANSKRIT - II संस्कृतभाषा - II

## Module-I

**Kathopanishad (Valli I&II)**

## Module-II

**Bhagavadgita (Ch-12)**

100 MARKS

50 Marks

25 Marks

## Internal Assessment

- Assignment – 10 Marks  
Attendance – 05 Marks

25 marks

05 Marks

## Reference Books :

श्रद्धागीता – गीताप्रस्थ, गोरखपुर

श्रीमद्भगवद्गीता – ट्याख्याता, प. श्रीशंकर मिश्र.

श्रद्धागीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जांग, 201, महर्षिभा भुल रोड, डबीवली-421202 कठोपनिषद् – वाराणसी-221002 सप्तमे

कठोपनिषद् – ट्याख्याता ष्वामी प्रखर प्रज्ञानद सारसवती, बौध्वा संस्कृत संशोधन, वाराणसी कठोपनिषद् –

डा. प्रहमित्रा अवशोषी, ष्वामी के श्वानन्द यागसंशोधन, दिल्ली

कठोपनिषद् – आनन्दवन शंभु संशोधन, मुंबई

Class Interaction– 05 Marks

## COURSE - II

## PHILOSOPHY OF YOGASHASTRA -I

योगशास्त्रज्ञान

100Marks

## Module-I

Six Systems of Indian Philosophy-

30 Marks

(Three Astika Darshan - Samkhya, Yoga and Poorva Meemaamsaa)

## Module-II

Patanjala Yoga Sutras

15 Marks

(Samadhi pada first 25 sutra)

## Module-III

Hatha Yoga Pradipika (First Chapter)

30 Marks

## Internal Assessment

- Assignment – 10 Marks  
Attendance – 05 Marks

25 marks

05 Marks

Class Interaction

– 05 Marks

## Reference Books

Bharatiya tattwajnan

Encyclopaedia of Yoga (No. 410)

Shri.Srinivasa Dikshit, Any Popular Book Stall

Dr. Ramkumar Rai

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Introduction to the Yoga Philosophy

Yoga explained(No. 435)

Yoga Philosophy in relation to other Systems of Indian Thought

Hathayoga Pradipika

Hathayoga Pradipika

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

S.C. Vasu Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

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

S.N. Dasgupta

Chowkhamba Sanskrit Sansthan(No. 447)

Kaivalyadharm, Lonavla

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

### COURSE - III

#### YOGA THERAPY - I

Module - I Principles of Yoga Therapy :

Meaning, Tools and Principles of Yoga therapy

Module - II Diseases related to Nervous system and Yoga treatment for them

Module - III Stress and its Management by Yoga

Internal Assessment

Assignment - 10 Marks

Attendance -

05 Marks

योगोपचार-पद्धति

100 MARKS

25 Marks

25 Marks

25 marks

05 Marks

Library Work -

Class Interaction - 05 Marks

#### Reference Books

1. Physiology and Anatomy of Yogic Practices -

2. Yogic Therapy

3. Structure and function of human body

4. शरीर विज्ञान आर योगस्यस्य (हिन्दी -मराठी)

5. शारीरिक रोगाच्या निवारणासाठी योग

Dr.M.M. Gore, Lonavala.

Kuvalyananda and Dr. Vinekar

Dr. Shrikrishna, Kaivalyadharm, Lonawala.

डॉ.म.म.गोरे, लोनावला

कैवल्यधर्म, लोनावला, पूर्ण

### COURSE IV -

#### YOGA PRACTICAL - III

100 MARKS

Practical (Demonstration-50 Marks and Viva-voce- 25 Marks)

Following Practices :-

Asanas:

Pranayama

Bandhas

Mudras

Meditation

Practice of Yoga-Nidra

Vrischikasana, Chakrasana, BAYurasana, Matsyendrasana  
Bhastrika

Jalandhar Banda, Mula Bandha, Uddiyana Bandha

Pranayama Mudras Mahamudra, Viparita Karani Mudra

Pranav Sadhana, Nadanu Sadhana, Sakshibhava, Japa D

75 Marks

Internal Assessment

Assignment -

10 Marks,

Attendance -

05 Marks,

Reference Books :

1. Hatha Yogapradipika (No.465)

2. Gheranda Samhita (No.415)

25 marks

Library Work - 05 Marks

Class Interaction - 05 Marks

Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001

Ajay Kumar Gupta, Choukhamba Sanskrit Series

Po. Box 1008, Varanasi 221001

Hathapradipika -  
Sanskrit Series

Kaivalyadharm, lonavala, Mumbai, Choukhamba

Po. Box 1008, Varanasi 221001

Kaivalyadharm, lonavala, Mumbai, Choukhamba Sanskrit Series

Po. Box 1008, Varanasi 221001

3. Ghaeranda Samhita

Practical  
22/04/2022

Choukhamba Sanskrit Series

# INTRODUCTION OF ANATOMY AND PHYSIOLOGY

100 MARKS

शरीररचना-कान्शास्त्र-परिचय

COURSE - I

## Knowledge of Anatomy and Physiology

25 Marks

(Cells, Tissues, Organs, Systems)

## Anatomy and Physiology of following Systems)

50 Marks

Module-II

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

## Internal Assessment

25 marks

Assignment - 10 Marks,

Library Work - 05 Marks

Attendance - 05 Marks,

Class Interaction - 05 Marks

## Reference books:

Anatomy and Physiology in health and illness

Ross and Wilson

1. एनशापीस

३ सनयुक्ता गांखले

2. दखां शरीरसु

पग आठवले

3. शरीर क्रिया

पग आठवले

4. Anatomy, Physiology of Yoga practices

Dr. Gore, Kaivalyadharm, Lonawala.

5. Structure and function of human body

Dr. Shrikrishna, Kaivalyadharm,

6. Yogic Therapy

Lonawala.

7. शरीर विज्ञान आर योग्यास (हिन्दी -मराठी)

Kuvalyananda and Dr. Vinekar

8. शरीर विज्ञान आर योग्यास (हिन्दी -मराठी)

३ममगारे, लोनवला

## SEMESTER IV

100 MARKS

COURSE - I

SANSKRIT - II

संस्कृतभाषा- II

Module-I

Bhagavadgita (Ch-2)

50 marks

Module-II

Shwetaketu-Aruni Katha एतन्ने त्पानिदु ऋ अथ्याय, पन्ना खं

15 Marks

Yajnavalkya-Maitryi Samvadit इदार प्यकपनिद कुं अथ्याय, पन्ना गह्यय 10 Marks Internal

25 marks

Assessment

Assignment - 10 Marks,

Attendance - 05 Marks,

Library Work - 05 Marks

Class Interaction - 05 Marks

## Reference Book :

भावदर्शीता - गीताप्रसन्न, गारखपुर

श्रीमद्भगवद्गीता - ट्याख्यता, प. श्रीखलर मिश्र, सनूणानद संस्कृत विश्वविद्यालय, वाराणसी-221002 सनूणे

भावदर्शीता - पं. द. बा. जोग, प्रकाशक, एम. डी. जांग, 201, महट्टेमा फूल रोड, डंबीवली-421202

छांद्यापनिद - गीताप्रसन्न, गारखपुर

छांद्यापनिद - सनूपादक, पं. गंगाधर, पं. महावीर प्रसन्न, बौध्वा विद्यापवन, वाराणसी-221001 छांद्यापनिद - सनूपादक, विद्वान सनूण

कट्टी, शकनरायण अगी, पूणप्रज्ञाविद्यापीठ, गंगुरू-28 इदारप्यक उपनिद - गीताप्रसन्न, गारखपुर

इदारप्यक उपनिद - बौध्वा प्रकाशन, वाराणसी

बैदिक कथ - डा. नदा पुरी, क. का. संस्कृत विश्वविद्यालय प्रकाशन, रामटंक

Mksh 10/20/22  
10/10/22

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PHILOSOPHY OF YOGASHASTRA  
योगशास्त्रज्ञानम्

COURSE - II

100 Marks

Six Systems of Indian Philosophy-

(Three Astika Darshan - Nyaya, Vaisheshika and Vedaanta)  
Patanjala Yoga Sutras  
(from sutra 26 to the end of the first paada)

25 Marks

Hatha Yoga Pradipika

25 Marks

(Second Chapter)

Internal Assessment

Assignment - 10 Marks,  
Attendance - 05 Marks,

25 Marks

25 marks

Library Work - 05 Marks  
Class Interaction - 05 Marks

Reference Books

Bharatiya tattvajnan

1. Encyclopaedia of Yoga (No. 410)

Shri.Srinivasa Dikshit, Any Popular Book Staff

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

Kaivalyadharm, Lonavla

7. Hathayoga Pradipika

Chowkhamba Sanskrit Sansthan

COURSE - III

YOGA THERAPY - II

योगपचार-पद्धतिः

100 MARKS

1) Study of following psychosomatic ailments.

Cardio Vascular ailments (Hyper-tension)

Respiratory ailments (Asthma, Nasal Allergy)

Diabetes, Obesity, Gastro intestinal disorders,  
Arthritis, Women's problems,

Migraine, Headaches,  
Children Mental Health

75 Marks

Internal Assessment

Assignment -

10 Marks,

Attendance -

05 Marks,

25 marks

05 Marks

Library Work -  
Class Interaction - 05 Marks

Reference Books

1. Anatomy & Physiology of Yogic Practices

- Dr.M.M. Gore, Lonavala.

- Kuvalyananda and Dr. Vinekar

3. Structure and function of human body

- Dr. Shrikrishna, Kaivalyadharm, Lonavala.

4) शरीर विज्ञान आर योगभ्यास (हिन्दी -मराठी)

- ईममगारे, लोनवला

5) शारीरिक रोगाब्या निवारणासाठी योग

- कैवल्याधाम, लोनवला, पण

श्रीममगारे

कैवल्याधाम

lonavla

श्रीममगारे

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Practical (Demonstration and Viva-Voce)		75 Marks
: Nauli, Basti, Danda Dhauti, Vastra-Dhauti, Shankha Prkshalana. 25 Marks		
A	Kriyas	25 Marks
five Lesson Report (Report of the Yoga Course conducted by the student)		
B	Course Report	25 Marks
Internal Assessment		
Assignment -		10 Marks,
Attendance -		05 Marks,
Library Work -		25 marks
Class Interaction -		05 Marks
Class Interaction -		05 Marks

## Reference Books :

1. Hathya 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
3. Hathapradipika - Kaivalyadhama, Lonavala, Mumbai, Choukhamba Sanskrit Series Po. Box 1008, Varanasi 221001

## 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/\*

**INTRODUCTION OF ANATOMY AND PHYSIOLOGY**

100 MARKS

शरीररचना-काशांडांपत्रिकायः

## Module-I Anatomy and Physiology of following systems

1. Excretory system
2. Nervous system
3. Endocrine system
4. Reproductive system

35 Marks

## Module-II Shatkarma (Introduction and physiological significance)

## Module-III Nadivijnana, Panchaprana, Panchakosha,

20 Marks  
20 marks

## Internal Assessment

10 Marks,

25 marks

Assignment -

Library Work -

Attendance -

Class Interaction - 05 Marks

## Reference books:

1. Anatomy and Physiology in health and illness

Ross and Wilson

2. शकशारीरस

ब. सनयुक्ता गोखले

3. दस्ताथ शरीरस

पराआठवले

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22/01/2020  
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22/01/2020  
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Amishma  
22/01/2020  
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1. योग आठवले  
2. योग कवितमए ज्ञपअसलकीउए स्वदूसंग  
3. योग तपगतपौदए ज्ञपअसलकीउए  
4. स्वदूसंग  
5. ज्ञनअसलदंदकं दंक क्ताए टपदमांत  
6. ईममगरे लंनवला

**Elective – II**

Yoga (For Non Yoga Students) -I

100 marks  
25 Marks

**BASIC PRINCIPLES OF YOGA**

Yoga definition - Concepts, misconcepts, aims and objectives.

History & Philosophy of Yoga- Yoga Sutra, including 8 steps of Yoga (Ashtanga Yoga)

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

25 Marks  
25 Marks

Difference between Yogic and non- yogic exercises.

25 marks

Surya- Namaskar.

Library Work – 05 Marks  
Class Interaction – 05 Marks

Internal Assessment  
Assignment – 10 Marks,  
Attendance – 05 Marks,

**Reference Books-**

1. छरा पातञ्जल योग
2. योग व आयुर्द
1. Anatomy and physiology of Yogic Practice.
2. Concept of Ayurveda for Perfect

पप, रोपण

रजककुम के

Makrand Gore

Motilal Banarasiidas, Jawahar Nagar, New Delhi7  
H.S. kasture, health and Longevity, Chowkhamba Sanskrit  
Sansthan, P.O.Box 1008, Varanasi 221001.

3. The Yoga Sutra of Patanjali
4. The philosophy of Patanjali

harihar Swamy ,howkhamba Sanskrit Sansthan  
P.O.Box 1008, Varanasi 221001

5. पामिक योगसने सुलम साकिक आसने
6. योगदिपिका
7. सुरमस्कार एक परिपूर्ण व्यायाम
8. योगदर्शन (ब्रह्मसूत्रसहित)हिन्दी
9. आर्येण सुखसंपदा
10. योगसाधन्य कर्जा हिन्दी
11. योगसन् हिन्दी

जगदीश स्वामी योग्यास्त्री मंडल, रामनगर, नागपुर 1

श्रीकं एस्स अखणार, योग इन्स्टिट्यूट, पुणे

स्वामी योग्यास्त्री मंडल, राम नगर, नागपुर

स्वामी स्वयंपती परिब्रजक, दर्शन महविद्यालय, पुज्यरत

डा० अक्षय खेडसकर, कृष्णहरदूर, योग परिषद, हुमान व्यायाम प्रसार मंडल

डा० अक्षय खेडसकर, कृष्णहरदूर, योग परिषद, हुमान व्यायाम प्रसार मंडल

डा० अनिल करंद, अमित प्रकाशन, लोहा, नागपुर

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Course - V Social Sciences

**Elective – III**

Social Science

1. Hitopadesh - Mitrabha
2. Bruhatsamhita -Vrukshayurveda
3. Internal Assessment

100 marks  
40 marks  
35 marks  
25 marks

**Elective – IV**

Jyotish

- iii) Jyotisha (Hora)  
Chapter 1, 2 & 6  
Chapter 7, 10 & 11  
Chapter 13, 14, 15, 16, 17 & 18  
Internal Assessment

100 marks  
25 marks  
25 marks  
25 marks  
25 marks

**Bruhatjataka of Varaha Mihira** (RashiPrabheda, grahayoniPrabheda, Arishta, Ayurdaya, Karmajeeva, Rajayoga, Chandra yoga, Dwigrahayoga, RikshaShiladhya, Chandra Rashi Shiladhya, Rashishiladhya)

**Elective – V**

Course - V Education

Education

100 marks

**EDUCATION FOR RURAL DEVELOPMENT**

**Objectives:**

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 analyses the role of a teacher in Rural Development.

Marks: 75+25=100

**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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**Unit III - Education Status and Issues Reformers in Rural Areas****Education in Rural Areas- Status and Issues.**

Status of Education in rural areas.

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

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

c) Non - Formal Education and Adult education.

**EDUCATIONAL REFORMERS IN RURAL AREAS.**

a) Mahatma Gandhi, Appasaheb Patwardhan, Tarabai Modak &amp; Anant Wagh.

c) Experiments in Anandwan.

**Internal Assessment****1. Seminar and Assignment****Elective - VI****Arham Yoga****Course - V****Arham Yoga**

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

100 marks

15

15

15

15

15

15

25

**SEMESTER V****COURSE - I****SANSKRIT - III**

संस्कृतभाषा- ३

100 MARKS

**Module-I****Meghadut (Purvamegh)****Module-II****Bhagavadgita (Ch-III)**

50 Marks

25 Marks

**Internal Assessment**

Assignment -

10 Marks,

Attendance -

05 Marks,

25 marks

Library Work -

05 Marks

Class Interaction - 05 Marks

**Reference Book :**

भाष्यदीप्ता - गीताप्रश्न, गोरखपुर

श्रीमद्भगवद्गीता - टीकाख्याता. प. श्रीधर मिश्र. सतगुरुद संस्कृत विश्वविद्यालय, वाराणसी-221002

भाष्यदीप्ता - पं. द. वा. जोग, प्रकाशक, एम डी जॉर्ज, 201, महर्षि कुल रोड, डब्लिवली-421202

मार्तिलाल बनारसीदास प्रकाशन, नु दिल्ली

भद्रतप - चौबे, सारस्वती प्रकाशन, वाराणसी

**COURSE - II****PHILOSOPHY OF YOGASHASTRA-III**

योगशास्त्रतिसः तसंब्रह्मज्ञानस्य - ८

100 MARKS

**Module-I Three Systems of Indian Philosophy- (Nastika Darshan Charvaka & Bauddha)40 Marks**

Gheranda

**Internal Assessment**

Assignment -

10 Marks,

Attendance -

05 Marks,

25 marks

Library Work -

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. Ram Kumar Rai

Ramesh Chandra

Rai

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

Introduction to the Yoga Philosophy

Yoga explained (No. 435)

Yoga Philosophy in relation to other  
Systems of Indian Thought

6. Hathayoga Pradipika
7. Hathayoga Pradipika

S.C. Vasu Chowkhamba Sanskrit Sansthan  
P.O.No: 1008, Varanasi

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

S.N. Dasgupta  
Chowkhamba Sanskrit Sansthan (No. 447)  
P.O.No: 1008, Varanasi

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

**COURSE - III** **APPLIED YOGA - I** योगशास्त्रः **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
  2. Perspective in Yoga
  3. Yoga Dipika
- Dr. M.L. Gharote, Kaivalyadharm, Lonavala.  
A.K. Sinha, Bharat Manisha, Varanasi.  
B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi

100 MARKS

**YOGA PRACTICAL**

75 Marks,

**COURSE IV -**

**Demonstration (50) & Viva (25) -**

25 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-katicchakrasana
  3. Ardha-chakrasana
  5. Parivrutta-Trikonasana

2. Padahastana
4. Trikonasana

**B. Sitting-Position:-**

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1. Paschimottanasana

3. Vakrasana

5. Shashankasana

C. Prone on position:-

1. Bhujangasana

3. Shalabhasan

D. Supine position :-

1. Viparitakarani

3. Matsyasana

5. Shirshasana

E. Relaxative Asanas :-

1. Shavasana

F. Meditative Asanas :-

1. Padmasana

3. Swastikasana

5. Sukhasana

BAYurasan, Vrishchikikasan, Chakrasa and Matsyendrasan

2. Ushtrassana

4. Ardhamatsyendrasana

6. Suptavajrasana

2. Ardshhalabhasana

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

100 MARKS

YOGA AND POSITIVE HEALTH

योग तथा अन्तर्बल-शैवाश्रम

Module 1. Concept of Holistic Health and WHO

Module 2. Concept of Adhi, Vyadhi and Panchakosh

Module 3. Basic Theories of Psychology.

(Psycho analysis, Individuation theory, Psychosynthesis, Gestalt psychology)

Internal Assessment

Assignment - 10 Marks,

Attendance - 05 Marks,

Reference Books:

1 योग रत्न मनश्चिकित्सा

2. योग मनावा शैव मनावा

3. Yoga Practices for Anxiety

डा बीकेबाबू, 76 भारकाठी कालनी, इंदौर

श्रीकृष्ण ढंयाहारे, टाळ्डी बोलनी, ठाण (पश्चिम)

Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression

Vivekanand Kendra Bangalore.

Library Work - 05 Marks  
Class Interaction - 05 Marks

25 Marks

25 Marks

25 Marks

25 marks

05 Marks

Class Interaction - 05 Marks

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## Elective – II

## Yoga (For Non Yoga Students) - II

Course - V	ii) Yoga (SWASTHAVRITTA)	100 marks
Unit I	Concept of health & necessity of Swasthavritta Individual health- Daily resume (Dinacharya) Seasonal resume (Rutucharya) The Pillars of Health (Trayopastambha)	25 Marks
Unit II	Social health, Environmental health Air, Water, Light Garbage & Swage disposal )Aapaddravya Nivarana)Industrial health & Method o maintaining it Epidemiology or infectious diseases (Selected Five)	25 Marks
Unit III	Primary health Prevention national health Programme Family welfare Programme	25 Marks
Internal Assessment		25 marks
Assignment –	10 Marks,	Library Work – 05 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

## Reference Books :

- |    |                                  |  |
|----|----------------------------------|--|
| 1. | आयुर्वेदिक स्वस्थवृत्त           | दत्तात्रय जळुकर                                    |
| 2. | आरोग्य शास्त्रा                  | चतुरस्रे   |
| 3. | स्वस्थवृत्त विज्ञान              | रामर्षिसिंह  |
| 4. | स्वस्थवृत्तम                     | शिवकुमार गांड                                      |
| 5. | वृत्तमअमदजपअम – वैवपंसडमकपबपदम   | श्रण्टण चंता                                       |
| 6. | स्वस्थवृत्त                      | डॉ. रागडे परांजप                                   |
| 7. | प्रारंभिक योगासने सुलभ साधक आसने | जनार्दनस्वामी योगाध्यासी, रामनगर, नागपूर -1        |
| 8. | योगादिपीका                       | डॉ.के.एस. अय्यंगर, अय्यंगर योगा इन्स्टिट्यूट, पुणे |

## 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 II

Course - V Module- I	iii) Jyotisha (Kundali Vidnyana) Natakala Sadhan ,Dasham lagna Sadhan,  Sasandhi Dwadashabhava sadhan	100 marks  25 marks
Module -II	Madhyamayu Sadhan, Spashtayu Sadhan, Uccha-Neecha- Swagrihadi Ayu Vichar, ChakrardhaHaani, RashmiSadhan Abhijit Dasha, Yogini Dasha. (Mishra Prakaran of B.K.V)	25 marks
Module- III	Videsh Kundali Sadhan-rekhansha, Akshamsha, Velantar Kranti, Char, Dinman, Deshantar Sadhan.	25 marks
Module- IV	Internal Assessment	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 II

Course - V	Education	100 marks
	<b>I C T IN EDUCATION</b>	
	<b>Objectives:</b>	<b>Marks: 75+25=100</b>
	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.	
	<b>Unit I- Basics of Information and Communication Technology</b>	<b>25</b>
	a. Meaning & Characteristics of Information and Communication Technology	
	b. Scope of Information and Communication Technology Areas: (Teaching learning Process, Evaluation, Research, Administration)	
	<b>Unit II - Dynamics of Communication and Designing Instruction</b>	<b>25</b>
	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)	
	<b>Unit III- e- Learning</b>	<b>25</b>
	a) Meaning and characteristics of e-learning	

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Meaning and characteristics of Online learning:

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

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

1. Arham - Five Steps Process

75

2. Activation

3. Relaxation

4. Healing

5. Awareness

6. Internal Marks

- 25 Marks

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COURSE - I

SANSKRIT - III - VI

संस्कृतभाषा - III - VI

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 :		
मघदत्तम् - चौखंबा, स्नरुभरती प्रकाशन, वाराणसी		
मघदत्तम् - एम. आर. काळ, मांतीलाल बनारसीदास प्रकाशन, नु दिल्ली		
विदूरनीति - डा. गजे शंकर चौहरी, चौखंबा, स्नरुभरती प्रकाशन, पो.नं.1129, वाराणसी-221001		
बनारसीदास प्रकाशन, नु दिल्ली		
विदूरनीति - गौतमस्य, गोरखपुर, कोलकता		
विदूरनीति - स्नपादक, डा किरण शंभला, जे. पी. पब्लिशिंग हाउस, 27/28, शक्ति नगर, दिल्ली-110007		

COURSE - II

PHILOSOPHY OF YOGASHASTRA-I

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

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

Amishwa  
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- A) Ayurveda
- B) Naturopathy
- C) Psychology (Psychiatry)
- D) Physical Education
- E) Posture

**Internal Assessment**

Assignment – 10 Marks,  
Attendance – 05 Marks,

Library Work – 05 Marks  
Class Interaction – 05 Marks

**25 marks**

- Reference Books :**
1. Applied Yoga
  2. Perspective in Yoga
  3. Yoga Dipika

Dr. M.L. Gharote, Kaivalyadharm, Lonavala.  
A.K. Sinha, Bharat Manisha, Varanasi.  
B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi

**COURSE - IV**

**YOGA PRACTICAL VI**

योगप्रयोग

**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. Sitikari Pranayam
  7. Bhramari Pranayam
  8. Bhastrika Pranayama

3. **KRIYAS :-**
  1. Kapalabhati
  2. Jalaneti
  3. Sutraneiti
  4. Vanandhauri
  5. Dandaneti
  6. Trataka
4. **MEDITATION :-** (Different techniques such as )
  1. Omkar Japa
  2. Sakshibhava
  3. Breath- Awareness

**5. MUDRA**

**25 Marks**

**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.

**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

II

Advanced Yoga

YOGA AND POSITIVE HEALTH

योग तथा अंगुल-ईकाईयम

100 MARKS

Elective - I

COURSE - V

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

Assignment - 10 Marks,

Attendance - 05 Marks,

Library Work -

25 marks

Class Interaction - 05 Marks

Reference Books:

- 1 योग रत्न मनश्चिकित्सा - डा. बी.के.बान्द, 76 भारकाली कलनी इंदौर
2. योग मन्वाला रत्न मनवाला - श्रीकृष्ण ट्यावाहरे, धाढी बेलनी, ठाण (पश्चिम)
3. ल्हं वल्लभपबसे वित्तराजपमजल - कतारुल्लहंतवीरुए कतारुल्लहंतमदकतं दक वमयतमेपवद टयशमादक ब्रमदकतए उदहसवतमए कतए हए स कीर्तवजम
4. ल्हं ज्मबीदपुनसे - जनसउवीत त्रितजउमदजए दीदहंतूकए सवदअंसण
5. पातञ्जल योगसूत्राण्य - डाएण्टी कसलकर, इनमान ट्यायम पञ्जारक भंडळ, अमरावती

Elective - II

Yoga (For Non Yoga Students)

III

Course - V SCHOOLS OF YOGA

योगशाळा

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 Bhagavad 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

25 Marks  
25 marks

Module-II Integral Yoga of Aurobindo

Internal Assessment -

Assignment - 10 Marks

Attendance - 05 Marks

Library Work - 05 Marks

Class Interaction - 05 Marks

Reference Books :

- 1<sup>0</sup> योग क र्त्तित्वात् एव अथा र्त्त - हेकालिदा र्त्त ज्ञानी, शांभुशं शकर र्त्तणार विद्यापद, र्त्तणार (प्र)
- 2<sup>0</sup> शक्तियोग - ईशगी विवकानंद, रामकृष्ण मठ, बाली, नागपुर
- 3<sup>0</sup> कर्मयोग - रामकृष्ण मठ, बाली, नागपुर
- 4<sup>0</sup> ज्ञानयोग - रामकृष्ण मठ, बाली, नागपुर
- 5<sup>0</sup> योग, ईश्वरेश्वर कर्त्त - श्री अरुण खड्ककर, अमरावती

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29/04/22

j) Social Sciences

1. Gramageeta of Dr. Varnekar (First 20 Chapter)
2. Manusmriti ( II Chapter)
3. Internal Assessment

Elective – III  
Social Science



100 marks

40 marks

35 marks

25 marks

Elective – IV  
Jyotish



100 marks

25 marks

25 marks

25 marks

25 marks

- Course - V Jyotisha (Shashtra Ithas)
- Module- I Bharatiya Jyotish-swaroop and Vikas
- Module -II Bharatiya Jyitish-Kala Vargikaran-upio Adlkala.
- Module- III PurvaMadhyakala, UttarMadhyaKala, ArvachinAkala
- Module- IV Internal Assessment
- Text- Jyotishshstra Ithasa of Nemichand Shastri

Elective – V  
Education



100 marks

EDUCATIONAL MANAGEMENT

Marks: 75+25=100

Objectives:

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
4. To analyze the Educational System in India and the world.

Assessment.

25

Unit- I. 1. Concept of Educational Management.

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

25

Unit- II. Institutional Management.

- 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.

25

Unit- III. Quality Management.

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

25

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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

1. Seminar and Assignment

15+10

Course - V	Arham Yoga	Elective - VI	Arham Yoga
1.	8 limbs of Meditation		100 marks
2.	Theoretical Study/ Of Meditation		40
3.	Internal Assessment		35
			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.&Karnatulla 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, MacMillion, Delhi 1971
8. NKrYadav&AKSingh, RuralRetaliniIndia
9. MukundaRural Development and Poverty Eradication in India 2008
10. S C Kalwar, TejramMeenaGramenNirdhantaUmoolanAven
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](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, Ill: 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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Kirk, Gallagher, Anastasiow & Coleman Educating exceptional children (11th ed.) Houghton Mifflin Company  
 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  
 8. Mangal S.K. & Mangal Uma Essentials of educational technology. PHI learning pvt. Ltd. 2010.  
 9. Mayer, R. E. (2001). *Multimedia learning*. New York: Cambridge University Press. ISBN 0 521 78749 1 )  
 10. Rajsekar, S. Computer education. Neelkamal publication. 2008.  
 11. 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 Collins (Author). Tanya Fedoruk Cook (Author), 2007, Sage Publications India Pvt. Ltd.
3. Essentials of Management. : An International Perspective [Paperback], Harold Koontz (Author), Heinz Weirich (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. NCFRE 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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