

सावित्रीबाई फुले पुणे विद्यापीठ
(पूर्वीचे पुणे विद्यापीठ)

दूरध्वनी क्रमांक :

०२०-२५६९१२३३

२५६०१२५८

२५६०१२५९



शैक्षणिक विभाग

गणेशखिंड, पुणे-४११ ००७

वेबसाइट : www.unipune.ac.in

ई-मेल : boards@pun.unipune.ac.in

संदर्भ क्र. : सीबीएच / ४९३

दिनांक : ०८.०९.२०२०

परिपत्रक क्र. २५१/२०२०

विषय:- व्दितीय वर्ष एम.ए. योगा अभ्यासक्रमामधील दुरूस्तीस मान्यता देणेबाबत.

विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार कळविण्यात येते की, आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत शैक्षणिक वर्ष २०१९-२०२० पासून एम.ए. योगा (सत्र व श्रेयांक पध्दत) व्दितीय वर्षाच्या अभ्यासक्रमामधील दुरूस्तीस मान्यता देण्यात येत आहे.

सदर अभ्यासक्रम सावित्रीबाई फुले पुणे विद्यापीठाच्या www.unipune.ac.in या संकेतस्थळावर Syllabi या शीर्षकाखाली उपलब्ध करण्यात आला आहे, याची सर्व संबंधितांनी नोंद घ्यावी.

मा. विभागप्रमुख, शारीरिक शिक्षण विभाग, सावित्रीबाई फुले पुणे विद्यापीठ, पुणे-७ यांना विनंती की, सदर परिपत्रकाचा आशय सर्व संबंधितांच्या निदर्शनास आणून दयावा.

उपकुलसचिव
(शैक्षणिक विभाग)

प्रत माहितीसाठी व पुढील योग्य त्या कार्यवाहीसाठी:-

१. मा. अधिष्ठाता, आंतरविद्याशाखीय अभ्यास विद्याशाखा
२. मा. विभागप्रमुख, शारीरिक शिक्षण विभाग
३. मा. संचालक, परीक्षा व मूल्यमापन मंडळ, सावित्रीबाई फुले पुणे विद्यापीठ
४. मा. संचालक, स्पर्धा परीक्षा केंद्र
५. मा. संचालक, (आंतरराष्ट्रीय केंद्र)
६. मा. प्रमुख, विद्यापीठ उपकेंद्र :अहमदनगर, नाशिक.
७. मा. उपकुलसचिव, परीक्षा (१,२)
८. सिस्टीम ऑनॅलिस्ट डेटा प्रोग्रेसिंग युनिट
९. मा. उपकुलसचिव, शैक्षणिक प्रवेश विभाग
१०. मा. उपकुलसचिव, नियोजन व विकास विभाग
११. मा. उपकुलसचिव, शैक्षणिक पात्रता विभाग
१२. मा. उपकुलसचिव (सभा व दफ्तर विभाग)
१३. मा. उपकुलसचिव (परीक्षा-एस.अॅण्ड टी.विभाग)
१४. मा. उपकुलसचिव, (कायदा व तक्रार निवारण विभाग)
१५. मा. उपकुलसचिव, जनसंपर्क अधिकारी
१६. सहायक कुलसचिव (परीक्षा समन्वय विभाग)
१७. सहायक कुलसचिव (गोपनीय कक्ष)
१८. सहायक कुलसचिव (संलग्नता कक्ष)
१९. सहायक कुलसचिव (प्र-कुलगुरू कार्यालय)
२०. कक्षाधिकारी (बहिःस्थ विभाग)

टिपणी क्र. व्हीसी/१८३५ दि. ०३.०९.२०२०



1



Savitribai Phule Pune University

(formerly University of Pune)

Syllabus for Master of Arts in Yoga

(M.A. – Yoga)

Choice Based Credit and

Semester System

(July, 2019)

STRUCTURE OF THE COURSE

Objectives :

- 1 To develop highly skilled scholars in the field of Yoga.
- 2 To master the competencies and skills needed to become professional Yoga resource person.
- 3 To be sensitive about emerging issues in Yoga.
- 4 To develop in the students an inquiring mind & ability to understand the true nature and to solve the innermost questions.
- 5 To provide opportunity for creativity, self-expression & provide information on continued professional growth.

Admission requirements :

A candidate who has passed B.A. Yoga OR any graduate with Yoga as a Principle/Optional subject at degree level from any recognized Institute/University OR Any graduate with one year Diploma in Yoga from any recognized Institute/University. Provided candidate fulfills all the other conditions required in the admission procedure. Admission will be given on the basis of merit based on regulations of state government and University.

Intake Capacity of the program :

The Intake capacity of the program will be 40 students per batch.

Duration of the program :

The duration of the master's degree program will be of two academic years divided in four semesters. However, in case of failures, the student can complete the program in the 5th/6th semester, whichever is applicable.

General Instructions :

1. The M.A. (Yoga) program consists of **four semesters** spread over **two academic years and 80 credits (20 credits / semester)**.
2. The entire program will be evaluated for a total of **2000 marks i.e. 80 credits**.
3. A student has to successfully complete 80 credits (5 x 4 = 20 credits per semester) in a minimum of two years.
4. A student can choose all the 20 courses in Admitted Institute or 18 Courses in Admitted institute and 02 Courses in any other Department/s as interdisciplinary courses to complete his M.A. Yoga course.

5. One credit will be equivalent to 15 clock hours of student-teacher contact per semester.
6. The syllabus of the open course may be prepared by the teacher of the Department which will be approved by the Departmental committee before the open course is offered by Department for the respective semester.
7. Details of the theoretical and practical components of each semester are given in the structure of the program.
8. Internal evaluation will follow Continuous Comprehensive Evaluation procedures. Internal evaluation should be done on every credit of each course or minimum two per course as decided by the teacher concerned.

RULES AND REGULATIONS

The M.A. Yoga degree will be awarded to a student who completes a total of 80 credits (5 x 4 =20 credits per semester) in a minimum of two years taking 05 courses per Semester.

Each paper will be of 5 credits, the evaluation of which will be decided by the teacher. 05 credits Course will have 100 marks.

A student may take a minimum of 72 credits and a maximum of 80 credits in his / her department.

In case a student wishes to take all courses from the department of registration he / she can also do so.

Eligibility for registering for courses other than the department of registration will be decided by the department.

Each course will have -

1. 50 % of marks as semester end examination
2. 50 % marks for internal assessment

Each core unit will have an internal (continues) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
 - Term Paper
 - Mid Term Test
 - Journal / Lecture / Library Notes
 - Seminar Presentation
 - Short Quizzes
 - Assignments
 - Extension Work
-
- ❖ To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. Internal assessment and semester end examination) and minimum aggregate 40% marks in each course.
 - ❖ Revaluation of the end of semester and exam answer scripts but not of Internal assessments paper according to Ordinance of Amruta Vishwa Vidyapeetham.
 - ❖ Internal assessment answer book may be shown to the students concerned but not the semester - end examination answer scripts.
 - ❖ While marks will be given for all examinations, they will be converted into grades. The Semester end and final grade sheets and transcripts will have only grades and grade-points average.
 - ❖ To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
 - ❖ The system of evaluation will be as follows: Each assignment/ test will be evaluated in terms of marks. The marks for separate assignment and the final (semester end) examination will be added together and converted into a grade and later grade point average. Results will be declared for each semester and the final examination will give total marks, grades, grade point average.

<u>Marks</u>	<u>Grade</u>	<u>Grade point</u>
80 to 100	O : Outstanding	10
70 to 79	A+ : Excellent	9
60 to 69	A : Very Good	8
55 to 59	B+ : Good	7
50 to 54	B : Above average	6
45 to 49	C : Average	5
40 to 44	P : Pass	4
00 to 39	F : Fail	0
	Ab : Absent	0

The formula for conversion of Grade point average (GPA) into the final grade

9	-	10	-	O
8.5	-	8.99	-	A+
7.5	-	8.49	-	A
6.5	-	7.49	-	B+
5.5	-	6.49	-	B
4.25	-	5.49	-	C
4	-	4.24	-	P
0		3.99		F

$$\text{GPA} = \frac{\text{Total Amt. Of Grade Points Earned} \times \text{Credits hrs. for each course}}{\text{Total Credit Hours}}$$

- ❖ If a student misses an internal assessment examination he/she will be given second chance with permission of the teacher concerned.
- ❖ Students who have failed and who have been absent for the entire course may reappear at the semester-end exam. Their internal marks will not change. S/he can also repeat during the 5th / the 6th semester whichever is applicable.

❖ The description for each of the grades will be as follows :

Grades	Proposed Norms
O : Outstanding	Excellent Analysis of the topic Accurate knowledge of the primary material, wide range of reading, logical development of ideas, originality in approaching the subject, neat and systematic organization of content, elegant and lucid style.
A+ : Excellent	Excellent Analysis of the topic (70% to 79%) Accurate knowledge of the primary material, acquaintance with seminal publication, logical development of ideas, neat and systematic organization of content, effective and clear expression.
A : Very Good	Good Analysis of the topic (60% to 69%) Almost Accurate knowledge of the primary material, acquaintance with seminal publication, logical development of ideas, fair and systematic organization of content, effective and clear expression.
B+ : Good	Good analysis and treatment of the topic (55% to 59%) Basic knowledge of the primary material, logical development of ideas, neat and systematic organization of content, effective and clear expression. Some important points covered (50% to 54%)
B : Above Average	Basic knowledge of the primary material, logical development of ideas, neat and systematic organization of content, good language or expression.
C : Average	Some points discussed (45% to 49%) Some important points covered basic knowledge of the primary material, logical development of ideas, neat and systematic organization of content, good language or expression.
E : Pass	Any two of the above (40% to 44%)
F : Fail	None of the above (00% to 39%)

Academic Integrity and Plagiarism

It is the department task to encourage ethical scholarship and to inform students and staff about the institutional standards of academic behavior expected of them in learning, teaching and research. Students have a responsibility to maintain the highest standards of academic integrity in their work. Students must not cheat in examination or other forms of assessment and must ensure they do not plagiarizes.

The Department has adopted the following definition of Plagiarism:

Plagiarism is the act of misrepresenting as one's original work, the ideas, interpretations, words of creative works of another. These include published and unpublished documents, designs, music, sound, image, photographs, computer codes and ideas gained through working in a group. These ideas, interpretations, words or works may be found in print and / or electronic media.

The following are the examples of plagiarism where appropriate acknowledgment or referencing of the author or source does not occur:

- ❖ Direct copying of paragraphs, sentences, a single sentence or significant part of a sentence;
- ❖ Direct copying of paragraphs, sentences, a single sentence or significant part of a sentence with an end reference but without quotation marks around the copied text;
- ❖ Copying ideas, concepts, research results, computer codes, statistical tables, designs, images, sounds or text or any combination of these;
- ❖ Paraphrasing, summarization or simply rearranging another person's words, ideas, etc without changing the basic structure and/or meaning of the text;
- ❖ Offering an idea or interpretation that is not one's own without identifying whose idea or interpretations it is;
- ❖ A 'cut and paste' of statements from multiple sources;
- ❖ Presenting as independent, work done in collaboration with others;
- ❖ Copying or adapting another student's original work into a submitted assessment item.

List of the courses offered by the Department

Compulsory Courses :

- YG – 101 : Foundation of Yoga
- YG – 102 : Hatha Yoga
- YG – 103 : Patanjala Yoga Sutra
- YG – 104 : Yoga Upanishads
- YG – 105 : Yoga Practical
- YG – 201 : Hatha Yogic Texts
- YG – 202 : Anatomy and Physiology of Yoga Practices
- YG – 203 : Yoga Philosophy
- YG – 204 : Yoga and Mental Health
- YG – 205 : Yoga Practical
- YG – 301 : Bhakti Yoga
- YG – 302 : Applied Yoga
- YG – 303 : Mantrayoga
- YG – 304 : Research Methodology
- YG – 401 : Practice Teaching (Advances in Teaching Yoga)
- YG – 402 : Yoga – Health and Fitness Management
- YG – 403 : Yoga & Spirituality
- YG – 404 : Dissertation

Optional Courses : (any TWO of the following)

- YG – 305 : Yoga and Religion
- YG – 306 : Yoga and Sociology
- YG – 307 : Yoga in Modern Era
- YG – 405 : Yoga, Diet and Nutrition
- YG – 406 : Yoga and Pedagogy
- YG – 407 : Open Course - Sanskrit, Manuscriptology Etc.

SEMESTER – I

All Courses compulsory :

- YG – 101 : Foundation of Yoga
- YG – 102 : Hatha Yoga
- YG – 103 : Patanjala Yoga Sutra
- YG – 104 : Yoga Upanishads
- YG – 105 : Yoga Practical

SEMESTER – II

All Courses compulsory :

- YG – 201 : Hatha Yogic Texts
- YG – 202 : Anatomy and Physiology of Yoga Practices
- YG – 203 : Yoga Philosophy
- YG – 204 : Yoga and Mental Health
- YG – 205 : Yoga Practical

SEMESTER – III

Compulsory Courses :

- YG – 301 : Bhakti Yoga
- YG – 302 : Applied Yoga
- YG – 303 : Mantrayoga
- YG – 304 : Research Methodology

Optional Courses : (any ONE of the following)

- YG – 305 : Yoga and Religion
- YG – 306 : Yoga and Sociology
- YG – 307 : Yoga in Modern Era

SEMESTER – IV

Compulsory Courses :

- YG – 401 : Practice Teaching (Advances in Teaching Yoga)
- YG – 402 : Yoga – Health and Fitness Management
- YG – 403 : Yoga & Spirituality
- YG – 404 : Dissertation

Optional Courses : (any ONE of the following)

- YG – 405 : Yoga, Diet and Nutrition
- YG – 406 : Yoga and Pedagogy
- YG – 407 : Open Course - Sanskrit, Manuscriptology Etc.

External Examination Evaluation Pattern

	Type of Questions	Number of questions	Marks
I	Multiple choice questions based on higher order thinking skills	Minimum 2 questions on each Credit	1*10= 10
II	Questions based critical thinking or ability to apply knowledge or Analytical/evaluative questions	1 out of 2 questions on each Credit	5*4= 20
III	Essay type question based on ability to expound a theme at length with discrimination & justification	Any 2 out of 4 questions given on each Credit	10*2= 20
		Total	50

SEMESTER – I

All Courses compulsory:

- **YG – 101 : FOUNDATION OF YOGA**
 - Credit – 1 History of Yoga,
 - Credit – 2 Historical Periods of Indian History
 - Credit – 3 Importance of Sutra Period
 - Credit – 4 Different schools of Yoga

- **YG – 102 : HATHA YOGA**
 - Credit – 1 Definitions of Hatha Yoga,
 - Credit – 2 Concept of Prana, Nadanusandhan
 - Credit – 3 Functional Modification of Prana (Prana, Apana)
 - Credit – 4 Nadis, Chakras, Kundalini,

- **YG –103 : PATANJALA YOGA SUTRA**
 - Credit – 1 Samadhi Pada
 - Credit – 2 Sadhana Pada
 - Credit – 3 Vibhuti Pada
 - Credit – 4 Kaivalya Pada

- **YG – 104 : YOGA UPANISHADS**
 - Credit – 1 What is Yogopanishads?, Trishikhibrahmanopanishad, Yogakundalyuanishad
 - Credit – 2 Yogacudamanyupanishad, Mandalbrahmanopanishad, Nadabindupanisha
 - Credit – 3 Conceptual Understandings of Vedanta Philosophy, Isa, Kena Kath, Prashna, Mundaka, Mandukya,
 - Credit – 4 Iteriya, Taiteriya, Chandogya, Bruhadaranyaka, Shwetashwatar

- **YG – 105 : YOGA PRACTICAL**
 - Credit – 1 Meditative Asana, Cultural Asana, Relaxative Asana
 - Credit – 2 Pranayamas,
 - Credit – 3 Bandha Mudras, Kriya
 - Credit – 4 Meditation

SEMESTER – II

All Courses compulsory:

- **YG – 201 : HATHA YOGIC TEXTS**
 - Credit – 1 Hathapradipika, Gheranda Samhita, Goraksha Shatak,
 - Credit – 2 Hatharatnavali, Hathamattvakaumudi
 - Credit – 3 Siddha Siddhant Paddhati,
 - Credit – 4 Dattatreya yoga shastra

- **YG – 202 : ANATOMY AND PHYSIOLOGY OF YOGA PRACTICES**
 - Credit – 1 Modern Anatomy and Physiology
 - Credit – 2 Yogic Anatomy and Physiology
 - Credit – 3 Human Systems and Their Function
 - Credit – 4 Effect & Principles of Yogic Practices,

- **YG– 203 : YOGA PHILOSOPHY**
 - Credit – 1 Astik Darshan – Nayay Darshan, Sankhya Darshan, Vaisesik Darshan
 - Credit – 2 Astik Darshan – Purvamimansa, Uttarmimansa, Yoga Darshan
 - Credit – 3 Nastik Darshan – Carvak Darshan, Jain Darshan, Buddha Darshan
 - Credit – 4 Bhagwat Gita

- **YG– 204 : YOGA AND MENTAL HEALTH**
 - Credit – 1 Modern Psychology
 - Credit – 2 Yogic Psychology
 - Credit – 3 Concept of Mind in Yoga
 - Credit – 4 Mental Disturbances and Promotive, Preventive, Curative Aspect of Yoga, Stress, Mental Diseases,

- **YG – 205 : YOGA PRACTICAL**
 - Credit – 1 Meditative Asana, Cultural Asana, Relaxative Asana
 - Credit – 2 Pranayamas,
 - Credit – 3 Bandha Mudras, Kriya
 - Credit – 4 Meditation

(Maintenance time should be increased)

SEMESTER – III

Compulsory Courses:

- **YG – 301 : BHAKTI YOG**
 - Credit – 1 What is the Concept of Bhakti Yoga ?
 - Credit – 2 Textual References of Bhakti Yoga
 - Credit – 3 Concept of Navavidha Bhakti, Concept of Bhakti Yoga as a Remedy
 - Credit – 4 Grade Bhaktiyogi, Sant Kabir, Tulsidas, Surdas

- **YG – 302 : APPLIED YOGA**
 - Credit – 1 Principles of Yoga Therapy
 - Credit – 2 Yoga applied to different psychosomatic disorders
 - Credit – 3 Yoga research applied to human health & fitness
 - Credit – 4 Limitations of Yoga therapy

- **YG – 303 : MANTRAYOGA**
 - Credit – 1 What is Mantras?
 - Credit – 2 Mantras from Ancient Texts
 - Credit – 3 Importance of Mantras as a Remedy
 - Credit – 4 Mantras and their Significance in Modern World

- **YG – 304 : RESEARCH METHODOLOGY**
 - Credit – 1 Concept of Research
 - Credit – 2 Statistical Measurements and Tests
 - Credit – 3 Different Research Methods and Designs
(Applied, Experimental, Survey, Philosophical Etc.)
 - Credit – 4 Questionnaire and its Importance in Research

Optional Courses : (any ONE of the following)

- **YG – 305 : YOGA AND RELIGION**
 - Credit – 1 History of religions (Buddhism, Jainism, Christianity, Sufiism)
 - Credit – 2 Message of religions
 - Credit – 3 Meditational Techniques in various religions
 - Credit – 4 Similarity of Yoga with different religions

- **YG – 306 : YOGA AND SOCIOLOGY**
 - Credit – 1 What Is Sociology?
 - Credit – 2 Present Status of Society and Role of Yoga
 - Credit – 3 Fundamental Principles of Sociology
 - Credit – 4 How Yoga is Useful for Social Upliftment?

- **YG – 307 : YOGA IN MODERN ERA**
 - Credit – 1 Difference between Modern and Traditional Understandings of Yoga
 - Credit – 2 Role of Modern Stalwarts in Yoga (Swami Vivekanand, Swami Ramanand, Maharshi Rishiarvind, Swami Kulvalayaananda)
 - Credit – 3 Modern Development of Yoga
 - Credit – 4 Modern Drawbacks and Authenticity of Yoga

SEMESTER – IV

Compulsory Courses:-

- **YG – 401 : PRACTICE TEACHING (ADVANCES IN TEACHING YOGA)**
 - Credit – 1 Use of teaching aids (chart, PPT, Smart Board, LCD, etc.),
Class formation
 - Credit – 2 Strategy of teaching theoretical aspects of Yoga
 - Credit – 3 Strategy of teaching practical aspects of Yoga
 - Credit – 4 Lesson (Micro & Macro teaching in Yoga)

(Four lessons compulsory for Yoga Practical and One lesson compulsory for Yoga theory)

- **YG – 402 : YOGA – HEALTH AND FITNESS MANAGEMENT**
 - Credit – 1 What is Health and Fitness?
 - Credit – 2 Types of Exercises
 - Credit – 3 Difference between Static and Dynamic Exercises
 - Credit – 4 Modern Understanding about Yogic Exercises

- **YG – 403 : YOGA & SPIRITUALITY**
 - Credit – 1 What Is Spirituality?
 - Credit – 2 Role of Spirituality in Modern Era
 - Credit – 3 Spirituality – Path to Achieve Aim of Life
 - Credit – 4 Relation between Spirituality An Yoga

- **YG – 404 : DISSERTATION**

Optional Courses:- (any ONE of the following)

- **YG – 405 : YOGA, DIET & NUTRITION**
 - Credit – 1 Concept of Diet & Nutrition
 - Credit – 2 Role of Diet in Yoga, The Concept of Mitahar,
 - Credit – 3 Difference between Modern Diet and Yogic Diet
 - Credit – 4 Role of Diet for Remedy and Cure

- **YG – 406 : YOGA AND PEDAGOGY**
 - Credit – 1 What is Pedagogy ?
 - Credit – 2 Relation between Pedagogy and Yoga
 - Credit – 3 Fundamental Principles of Pedagogy
 - Credit – 4 Ethics & Morals in Teachings And Promoting The Growth

- **YG – 407 : OPEN COURSE - SANSKRIT, MANUSCRIPTOLOGY ETC.**

YG – 404 : Dissertation

The facility of dissertation provides for student's interest in doing research on a topic of his/her choice. The topic and the plan of the dissertation is decided in consultation with the Faculty member and is executed on approval by the Departmental committee. Every candidate must follow all the guidelines given in the research report format given in the appendix of this document.

Departmental committee should plan and display internal and external evaluation structure to the students at the beginning of the semester.

YG – 407 : Open Course

The Facility of open course provides for presentation of a faculty member's current research or specialized academic interest. The title and syllabus will be framed by the faculty member. The course will be given on approval by the Departmental Committee

Appendix A

Format & Guidelines for Writing Research Report

The student should use the following guidelines for thesis/dissertation.

- ✓ **Language:** English and Marathi are acceptable. If candidate is writing in English then Quotations in languages other than English must require a translation and if Marathi then quotations in language other than Marathi must require a translation. Thesis written in English / Marathi Language must have two abstracts, one in Marathi and other one in English and for Dissertation/thesis written in English Language must have abstract in English only.
- ✓ **Paper:** The thesis must be printed on good quality, A4 Size (8.27" x 11.69"), white paper (Executive bond) on both sides of the paper. Photographs and other special figures or tables may be printed on photographic quality paper. Oversize or undersize pages (e.g., maps/Drawings) can be included but will not be bound into the thesis—they will be placed in a pocket at the back of the thesis.
- ✓ **Margins:** Left-hand margins should be 38 mm (1.5") wide, to facilitate binding. All other margins should be well defined at approximately 25 mm (1"). Text alignment should be justified.
- ✓ **Font:** For the main body of the text, a standard, easily legible, 12-point font is preferred (e.g., Times New Roman / Arial) although for some font styles (e.g., Arial or Helvetica) 11-point may be acceptable. For Marathi a 16-point font is preferred. Condensed type is not acceptable. Chapter titles and section (sub) headings may be in a different style and should stand out clearly from the text. Text styles and title/(sub)heading styles should be consistent throughout the thesis, except that 11 or 12-point font consistent with the thesis text may be used in the table of contents. The thesis must be printed in black ink; printing should be laser or better quality.

Title	Marathi	English
Chapter Heading	16/18 Bold	14 Bold
Headings	16 Bold	14 Bold
Sub Headings	14 Bold	12 Bold
Body Text	14	12

- ✓ **Page Numbers:** All pages must be numbered in sequence. There must be no missing, blank, or duplicate pages.
 - The page numbers in the preliminary material are to be in lower case Roman numerals, centered at the bottom of the page, except for the title page, which is not numbered. Minimum font size is 12-point and must be consistent throughout the text.

- The page numbers in the main part (all text pages) are to be numbered consecutively with Arabic numerals.
- Placement of page numbers is as follows: Assign page numbers for the first page of each chapter, bibliography, and title page but do not print the number. Number should be placed ½ inch from top of page and aligned with right margin.
- ✓ **Line Spacing:** 1.5 for text; exceptions are noted below.
- ✓ **Printing:** Preliminary pages to be printed on one side of the page and Body of the Thesis on both sides of the pages. Every new chapter should start on right hand side page.
- ✓ **Table of Contents:** The thesis must contain a complete table of contents. Individual entries (titles, headings, etc.) that extend onto more than one line should be single-spaced; line spacing of 1.5 should be maintained between entries. For clarity, chapter titles and (sub) headings should be in 12point font regardless of their font size in the main body of the text. Page numbers listed in the table of content should be aligned at the right-hand side of the page.
- ✓ **List of Illustrations/Figures and/or Tables** (if applicable): Individual entries (titles, captions, etc.) that extend onto more than one line should be single-spaced, but line spacing of 1.5 should be maintained between entries. The lists should include any material inserted in a back pocket.
- ✓ **Abstract:** The thesis must contain an abstract. This should occupy a single page, and may be single-spaced, if necessary. There should be no illustrations or footnotes. Students are advised that, due to space limitations shorten abstract to minimum 350 words.
- ✓ General sequence to be followed in the research dissertation is as follows:
 - Title Page
 - Certificate of the Guide
 - Statement/Declaration by the Candidate
 - Acknowledgment (Not more than TWO pages)
 - Abstract
 - Table of Contents
 - List of Tables (if applicable) and List of Figures (if applicable)
 - Body of Thesis
 - Bibliography
 - Appendix (If Applicable)
 - Vita (optional)

Appendices and other Supplementary Material

- ✓ **General:** Appendices may include survey forms, or any other supplementary material excluding data. Content and format should be in accordance with discipline practice.
- ✓ **Copyright Permission:** Where a thesis includes copyrighted material (e.g., publications), copyright permission letters should be included as a separate appendix. Reprints may be included in the appendices, provided copyright permission is obtained.

Vita

Include your vita, or biographical sketch, with the document. List all educational institutions attended after graduation from high school and the date you received the undergraduate or graduate degree (or both). Include the list of professional organizations and other personal information of a scholarly nature. Do not include a list of publications. Do not number the vita page. Margins are identical to the preliminary pages. The Vita is limited to one page only.

Reference Books

Name of the Book published by The Lonavla Yoga Institute (India)
Swami Kuvalayananda – A Pioneer of Scientific Yoga and Physical Education
An Introduction to Yuktabhavadeva of Bhavadeva Mishra (English Summary & Critical Appraisal)
Yogic Techniques
Hatharatnavali by Srinivasayogi
Hathapradipika (10 chap.) with the commentary Yogaprakasika by Balakrishna
Hatha Pradipika Vrtti by Bhojatmaja- (Marathi)
Glossary of Yoga Texts
Traditional Theory of Evolution and its Application in Yoga
Kumbhaka Paddhati or Science of Pranayama
Yuktabhavadeva of Bhavadeva Mishra Original Sanskrit Text, English Summary, Critical Appraisal)
Pranayama-The Science of Breath-Theory and Guidelines for Practice
Siddha-siddhanta- paddhati of Goraksanatha
Encyclopaedia of Traditional Asanas
Hathatatvakaumudi (A Treatise on Hathayoga by SUNDARADEVA)
Guidelines for Yogic Practices
Critical Edition of Yogopanishads
Therapeutic references in Traditional Yoga Texts
Dattatreya-yogashastra
Amanaskayoga
Critical Edition of Two Yogopanishads – Mandalbrahmanopanisad & Nadabindupanisad
Miraculous wisdom of Sadguru Shree Satam Maharaj – Essence of Spirituality
Amrutvakyam (Hindi)
Amrutvakyam (English)
Swami Kuvalayananda, 1982, Asanas (Kaivalyadhama, Lonavala)
Swami Anandrushy, Pantajali Yoga Darshan
Dr. P. V. Karambelkar, Transliteration of Patanjali Yoga Sutra (Kaivalyadhama, Lonavala)
Swami Swatmarams Hath Pradipika (Kaivalyadhama, Lonavala)
Dr. M.L. Gharote, Gheranda Samhita (Kaivalyadhama, Lonavala)
Swami Kuvalayananda, 1982, Pranayama (Kaivalyadhama, Lonavala)
O.P. Tiwari, Asana – Why and How? (Kaivalyadhama, Lonavala)
Dr. M.M. Gore, Anatomy & Physiology of Yoga Practices
Dr. P.D. Sharma, Yoga, Yogasana and Pranayama for Health
R.S. Bhogal, Yoga & Mental Health (Kaivalyadhama, Lonavala)
Dr. M.L. Gharote & S.K. Ganguly, Practice Teaching in Yoga (Kaivalyadhama, Lonavala)

योग उपनिषदे – गीता प्रेस, गोरखपुर
योग तत्वांक – गीता प्रेस, गोरखपुर
डॉ. शिशकांत खलाणे, सामान्य मानसशास्त्र
डॉ. अभ्यंकर, डॉ. शिला गोळिवलकर, डॉ. अमृता ओक, सामान्य मानसशास्त्र
श्रीनिवास दिक्षित, भारतीय तत्वज्ञान
ग.द. दातीर, भारतीय योग साधना