



# सावित्रीबाई फुले पुणे विद्यापीठ

गणेशखिंड, पुणे - ४११००७

## Savitribai Phule Pune University

Ganeshkhind, Pune - 411007



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शैक्षणिक विभाग (मान्यता कक्ष)

Academic Section (Approval Cell)

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### परिपत्रक क्र. १५५ / २०२३

विषय :- राष्ट्रीय शैक्षणिक धोरण, २०२० अंमलबजावणीच्या अनुषंगाने राज्यशासनाने गठीत केलेल्या सुकाणू समितीच्या सुधारित शिफारशीनुसार विद्यापीठ शैक्षणिक विभागातील सर्व पदवी आणि पदव्युत्तर पदवी अभ्यासक्रमाचा (UG & PG) सुधारित आराखडा व प्रथम वर्ष अभ्यासक्रमास शैक्षणिक वर्ष २०२३-२४ पासून मान्यता देण्याबाबत...

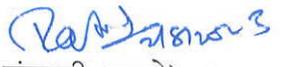
विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार कळविण्यात येते की, राष्ट्रीय शैक्षणिक धोरण, २०२० अंमलबजावणीच्या अनुषंगाने राज्यशासनाने गठीत केलेल्या सुकाणू समितीच्या सुधारित शिफारशीनुसार विद्यापीठ शैक्षणिक विभागातील सर्व पदवी आणि पदव्युत्तर पदवी अभ्यासक्रमाचा (UG & PG) सुधारित आराखडा व प्रथम वर्ष अभ्यासक्रमास शैक्षणिक वर्ष २०२३-२४ पासून मान्यता देण्यात येत आहे.

मा. संचालक, विद्यापीठ शैक्षणिक प्रशाळा, मा. विभागप्रमुख, विद्यापीठ शैक्षणिक विभाग यांना विनंती की, सदर परिपत्रकाचा आशय सर्व संबंधितांच्या निदर्शनास आणून द्यावा.

गणेशखिंड, पुणे - ४११००७

जा. क्र. :- सीबी/७९८

दिनांक :- ०२/०८/२०२३

  
(डॉ. मुंजाजी रासवे)  
उपकुलसचिव

प्रत माहितीसाठी व पुढील योग्य त्या कार्यवाहीसाठी:—

१. मा. अधिष्ठाता, सर्व विद्याशाखा, प्रस्तुत विद्यापीठ
२. मा. संचालक, परीक्षा व मूल्यमापन मंडळ, प्रस्तुत विद्यापीठ
३. मा. संचालक, विद्यापीठ शैक्षणिक प्रशाळा, प्रस्तुत विद्यापीठ
४. मा. विभागप्रमुख, विद्यापीठ शैक्षणिक विभाग, प्रस्तुत विद्यापीठ
५. मा. उपकुलसचिव, शैक्षणिक प्रवेश विभाग, प्रस्तुत विद्यापीठ
६. सहायक कुलसचिव, शैक्षणिक पात्रता विभाग, प्रस्तुत विद्यापीठ

मा. विद्यापरिषद ठराव क्र. — ब १ पीए/१/२०२३ दि. २७ जुलै, २०२३



# **Savitribai Phule Pune University**

(formerly University of Pune)

## **Syllabus for Master of Arts in Yoga**

**(M.A. – Yoga)**

**National Education Policy 2020**

## M.A. Yoga Syllabus Structure

Course Code	Course Name	Credits	Theory / Practical
<b>Semester - I</b>			
<b>Major Core</b>			
YG 501 MJ	Foundation of Yoga	4	Theory
YG 502 MJ	Anatomy and Physiology of Yogic Practices	4	Theory
YG 503 MJ	Bhagavadgeeta	2	Theory
YG 504 MJP	Basic Understanding of Yogic Practices	4	Practical
<b>Research Methodology</b>			
YG 505 MJ	Research Methodology and Statistics	4	Theory
<b>Major Elective (Choose any one)</b>			
YG 506 MJ	Applied Yoga	4	Theory
YG 507 MJ	Yoga and Naturopathy	4	Theory
<b>Semester - II</b>			
<b>Major Core</b>			
YG 551 MJ	Patanjala Yoga sutra	4	Theory
YG 552 MJ	Hatha Yogic Texts – I	4	Theory
YG 553 MJ	Mantra Yoga	2	Theory
YG 554 MJP	In-depth Understanding of Yogic Practices	4	Practical
<b>Internship / On Job Training</b>			
YG 555 OJT	Internship of Yogic Practices	4	Practical
<b>Major Elective (Choose any one)</b>			
YG 556 MJ	Yoga and Mental Health	4	Theory
YG 557 MJ	Yoga and Holistic Health	4	Theory

Course Code	Course Name	Credits	Theory / Practical
<b>Semester - III</b>			
<b>Major Core</b>			
YG 601 MJ	Yoga Upanishads	4	Theory
YG 602 MJ	Introduction to Indian Philosophy	4	Theory
YG 603 MJ	Yoga in Principal Upanishads	2	Theory
YG 604 MJP	Practical Aspects of Therapeutic Yoga	4	Practical
<b>Research Project</b>			
YG 605 RP	Research Project/ Case study	4	Practical
<b>Major Elective (Choose any one)</b>			
YG 606 MJ	Yoga and Manuscriptology	4	Theory
YG 607 MJ	Introduction to Meditation Techniques	4	Theory
<b>Semester - IV</b>			
<b>Major Core</b>			
YG 651 MJ	Yoga, Diet and Nutrition	4	Theory
YG 652 MJ	Hatha Yogic Texts – II	4	Theory
YG 653 MJP	Advance Teaching Practices	4	Practical
<b>Research Project</b>			
YG 654 RP	Dissertation	6	Practical
<b>Major Elective (Choose any one)</b>			
YG 655 MJ	Yoga, Religion and Spirituality	4	Theory
YG 656 MJ	Bhakti Yoga	4	Theory

## Semester – I

### YG 501 MJ – Foundation of Yoga

#### Course Objectives:

- To understand the foundation of Yoga
- To know the history of Yoga
- To understand the aims and objectives of Yoga
- To provide a comparative understanding of Yogic practices as described in different texts

#### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

#### Credit 1 – History of Yoga

- Meaning and definitions of 'Yoga'
- Aim and objectives
- Historical periods of Yoga development
- Common misconceptions about Yoga

#### Credit 2 – Four Streams of Yoga (Based on fundamental principles)

- Jnana Yoga (Vedanta Tradition)
- Bhakti Yoga (Bhagvadgeeta and Narada Bhaktisutra)
- Karma Yoga (Bhagvadgeeta)
- Raja Yoga (Patanjala Yogasutra)

#### Credit 3 – Contribution of Modern Yoga Thinkers

- Contribution of following yoga thinkers in the field of Yoga
- Swami Vivekananda, Maharshi Aravindo
- Maharshi Mahesh Yogi, Paramahansa Yogananda
- T. Krishnamacharya, B.K.S. Iyengar
- Swami Shivananda, Swami Satyananda Saraswati
- Contribution of Swami Kuvalayananda in the field of Yoga education

#### Credit 4 – Introduction to Yogic Terminologies

- Concept of Panchakosha (with special reference to Taittiriya Upanishad)
- Concept of Pancha Prana and Upapranas
- Concept of Nadi
- Concept of Kundalini and Chakra

**Reference Books :**

1. Singh S. P., History of Yoga, PHISPC, Centre for Studies in Civilization
2. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi
3. Kumar K., Yoga Mahavigyana, Standard Publishers, New Delhi.
4. Swami Vivekananda, Raja Yoga, Ramakrishna Math.
5. C. (2014). Taittiriya Upanishad. India: Central Chinmaya Mission Trust.

# YG 502 MJ – Anatomy and Physiology of Yogic Practices

## Course Objectives:

- To understand the fundamental principles of anatomy and physiology
- To understand the role and importance of anatomy and physiology
- To know the utility of Yoga in modern science
- To apply yogic practices for masses
- To develop the sound understanding about Yoga in modern era

## Course Outcomes:

Students will be able to,

- Understand ancient yogic concepts based on modern understanding
- Understand the effects of yogic practices on different systems
- Understand the integrated effect on different systems together
- Highlight the ancient wisdom of yoga through modern parameters

## Credit 1 – Effects of Yogic Practices on Musculoskeletal System

- Cell Physiology
- Anatomy and Physiology of Muscular System
- Anatomy and Physiology of Skeletal System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on Musculoskeletal system

## Credit 2 – Effects of Yogic Practices on Digestive and Excretory System

- Anatomy and Physiology of Digestive system
- Anatomy and Physiology of Excretory System
- Anatomy and Physiology of Urinary System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

## Credit 3 – Effects of Yogic Practices on Nervous system and Glands

- Anatomy and Physiology of Nervous System
- Anatomy and Physiology of Endocrines Glands
- Anatomy and Physiology of Exocrine Glands
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

## Credit 4 – Effects of Yogic Practices on Reproductive, Respiratory and Circulatory System

- Anatomy and Physiology of Reproductive System
- Anatomy and Physiology of Respiratory System
- Anatomy and Physiology of Circulatory System
- Effects of Asana, Pranayama, Mudra, Bandha, Kriya and Meditation on above systems

### Reference Books :

1. Waugh A., Grant A., Ross and Wilson Anatomy and Physiology, Elsevier Hs, 2018.
2. Gore M.M., Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala, 2003.
3. Mandlik V. Yoga Parichaya: Sharira Shastra, Yogachaitanya Prakashana, Nashik.
4. Shirley Telles, Nagendra H.R., A Glimpse into the human body, Swami Vivekananda Yoga Prakashana, Bangalore, 2002.
5. Sri Krishna, Notes on Structure and Functions of Human Body and Effects of Yogic practices on it, Kaivalydhama S.M.Y.M Samiti, Lonavala, 1988
6. Charu, Supriya, Sarir Rachanaevam Kriya Vigyan
7. Mandlik V., Yoga Parichaya, Yogachaitanya Prakashana, Nashik.
8. Evelyn, C. Pearce, Anatomy and Physiology for Nurses (Faber and Faber Ltd. London, 1968)
9. Chatterjee, C.C., Human Physiology (Vol. I & II) (Medical Allied Agency, Calcutta, 1992)
10. John N.A., Human physiology, CBS Publishers and Distributors.
11. Venkatesh D. Sudhakara H., Basics of Medical Physiology, Wolters Kluwer India.
12. Gharote M.M., Therapeutic Reference in Traditional Yoga Texts, The Lonavala Yoga Institute

## YG 503 MJ – Bhagavadgeeta

### Course Objectives:

- To understand the ancient texts
- To know the role of epics
- To produce authentic information of ancient literature
- To the role of ancient wisdom in practical life

### Courser Outcomes:

Students will be able to,

- Understand different types of Yoga
- Know the ancient principles and to apply in day to day life
- Highlight the ancient knowledge
- Develop the authoritativeness, accuracy and objectivity of spiritual wisdom

### Credit 1 – Chapter 1 to 9

- Introduction to Chapter 1
- Introduction to Chapter 2
- Introduction to Chapter 3
- Introduction to Chapter 4
- Introduction to Chapter 5
- Introduction to Chapter 6
- Introduction to Chapter 7
- Introduction to Chapter 8
- Introduction to Chapter 9

### Credit 2 – Chapter 10 to 18

- Introduction to Chapter 10
- Introduction to Chapter 11
- Introduction to Chapter 12
- Introduction to Chapter 13
- Introduction to Chapter 14
- Introduction to Chapter 15
- Introduction to Chapter 16
- Introduction to Chapter 17
- Introduction to Chapter 18

### Reference Books :

1. B. Swami Prabhupada, Bhagavad Geeta, Bhaktivedanta Book Trust Publications.
2. Bhagavad Geeta or The Devine Song, Gita Press, Gorakhpur.
3. Swami Gambhiranand, Bhagavadgita (with Gudharth Dipika), Ramkrishna Matha, Madras.

# YG 504 MJP – Basic Understanding of Yogic Practices

## Course Objectives:

- To apply the textual understanding of yogic practices
- To know the techniques and importance of Asanas
- To know the techniques and importance of Pranayama
- To know the techniques and importance of Bandha and Mudras
- To know the techniques and importance of Kriyas
- To know the techniques and importance of Dharana

## Course Outcomes:

Students will be able to,

- Know the difference between yogic exercises and other exercises
- Understand the higher principles of yoga through practice
- Know the effects of yogic practices on different systems
- Understand the fundamental teaching principle of simple to complex

## Credit 1 – Practice of Asanas

- Asanas in Standing Position: Tadasana, Vrikshasana, Padahastasana, Katichakrasana, Trikonasana, Parshvakonasana, Utkatasana, Sankatasana
- Asanas in Sitting Position: Sukhasana, Swastikasana, Padmasana, Vajrasana, Siddhasana, Muktasana, Veerasana, Guptasana, Gorakshasana, Garudasana, Vrushasana, Ushtrasana, Yogasana Janushirasana, Paschimottanasana, Bhadrasana, Mandukasana, Uttana Mandukasana, Shashankasana, Vakrasana, Ushtrasana, Naukasana, Merudandasana
- Asanas in Supine Position: Uttanapadasana, Ardhalasana, Viparita karani, Sarvangasana, Pavanamuktasana, Setubandhasana, Shavasana
- Asanas in Prone Position: Shalabhasana, Bhujangasana, Dhanurasana, Makarasana

## Credit 2 – Practice of Cleansing Techniques

- Kapalabhati
- Agnisaradhauti
- Jalaneti
- Sutraneti
- Nauli

## Credit 3 – Practice of Pranayama and Bandhas

- Anuloma-viloma, Suryabhedana, Ujjayi
- Practice of Jalandhara, Moola and Uddiyana Bandhas separately

## Credit 4 – Practice of Meditation

- Breath Meditation
- Omkara Chanting with 2:3:5 Ratio

**Reference Books :**

- 1) Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati
- 2) Gheranda Samhita - Srisa Chandra Vasu Sat Guru Publications 2005
- 3) Hatha Yoga Pradipika - Translated by Pancham Sinh
- 4) Ashtanga Yoga Darshan – Yogacharya Vishwas Mandalik (Marathi)
- 5) Asana Why & How - Shri O P Tiwari, Kaivalyadhama
- 6) Asana by Swami Kuvalayananda – Dr. M.L. Gharote
- 7) Pranayama by Swami Kuvalayananda – Dr. M.L. Gharote
- 8) Guidelines for Yogic Practices - Dr. M.L Gharote

# YG 505 MJ – Research Methodology and Statistics

## Course Objectives:

- To understand the fundamental principles of research
- To understand the role and importance of research
- To conduct various types of researches
- To provide the basic understanding of research
- To develop the sound understanding about the subject

## Course Outcomes:

Students will be able to,

- Develop the interest for research methodology
- Be able to conduct the research
- Understand the correlation between different types of researches
- Highlight the ancient wisdom of yoga through modern parameters

## Credit 1 – Basics of Research

- Meaning and Definition of Research
- Nature and Characteristics of Research
- Need and Importance of Research in Yoga
- Types and Methods of Research
- Designs of the study
- Variables: Independent, Dependent, Confounding, and Control
- Formulating Method of Study: Describing Method, Participants, Variables, Instruments, Design, Procedure, and Analysis
- Ethical Issues in Research - Scientific Dishonesty, Issues of Copyright
- Researchers Responsibility

## Credit 2 – Research Problem and Related Literature

- Sources and Steps in Locating Research Problem
- Characteristics/Criteria of Selecting Research Problem
- Review of Related Literature – Need and Importance, Sources, Steps in Literature Search, and Evaluating Literature Sources
- Analyzing, Organizing, and Reporting the Literature
- Presenting the Research Problem – Title, Introduction, Statement of Problem, Significance, Objectives, Operational Definitions, Assumptions, Delimitation, and Limitation
- Hypothesis: Meaning & Definition, Types, and Formulation
- Meaning of Sampling, Population and Sample
- Sampling Techniques
- Tools of Data Collection: Questionnaire, Opinionnaire, Interview, Observation, Rating Scale

### **Credit 3 – Basics of Statistics, Descriptive Statistical Measures and its Interpretation**

- Meaning and Definition of Statistics
- Need and Importance of Statistics in Yoga
- Types of Statistics, Types of Data/Scale
- Normal Probability Curve – Characteristics, Skewness, Kurtosis
- Graphical Representation of Data - Line, Pie & Bar Diagram, Histogram, Frequency polygon & Curve
- Measures of central tendency and its Interpretation – Mean, Median, Mode
- Measures of Dispersion and its Interpretation – Range, Mean Deviation, Variance, and Standard Deviation
- Calculation and Interpretation of Standard Scores (T score, Z score), Percentiles, Deciles, & Quartiles

### **Credit 4 – Inferential Statistics and Statistical Software**

- Concepts Underlying Inferential Statistics – Standard Error, Hypothesis Testing, Testing of Significance, Two-tailed & One-tailed, Type I & II Errors, Degrees of Freedom
- Normality testing
- Measures of Relationship and its interpretation – Scattergram, Spearman and Pearson correlation coefficient
- Introduction to Statistical Software – Excel and SPSS
- Interpretation of Parametric Tools – One Sample, Paired, & Independent Sample 't' Test, One way & N way ANOVA, and Post-hoc Test
- Interpretation of Non-Parametric Tools – Chi-square, Mann - Whitney, and Kruskal – Wallis

### **Reference Books :**

1. Best, J. W., Kahn, J. V. (2011) Research in Education, 10th edn New Delhi: Prentice Hall of India (P) Ltd.
2. Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2005) Research Methods in Physical Activity, 5th edn Human Kinetics, United States of America
3. Clarke, D. H. & Clarke, H. H. (1984) Research Processes in Physical Education, 2nd edn United States of America: Prentice-Hall, Inc., New Jersey
4. Johnson, B. & Christensen, L. (2008) Educational Research, 3rd edn United States of America, Sage Publications, Inc., California
5. Gay, & Airasian., (1976) Educational Research: competencies for Analysis and Applications, Pearson Education, Inc., Upper Saddle River, New Jersey

## **YG 506 MJ – Applied Yoga**

### **Course Objectives:**

- To apply the practical understanding of yogic texts
- To know the effects of different yoga practices
- To know the application of Yoga for women and senior citizens
- To apply yogic practices for sports persons
- To apply yogic practices for masses

### **Course Outcomes:**

Students will be able to,

- Know the application of Yoga for different age groups
- Know the need and importance of applied yoga
- Know the yogic practices for prevention, promotion and cure

### **Credit 1 – Yoga in Education**

- Fundamentals principles of applied Yoga in ancient texts
- Need, Importance and features of Yoga for school students
- Need, Importance and features of Yoga college going students
- Need, Importance and features of Yoga for students in higher education

### **Credit 2 – Yoga for Women and Senior Citizen**

- Need, importance and features of Yoga for adolescent and teenage girls
- Need, Importance and features of Yoga for middle age women and for women in menopause;
- Ageing, common Geriatric problems
- Application of Yoga in common Geriatric problems and their prevention

### **Credit 3 – Yoga for Sports Persons**

- Role of yoga in sports
- Yoga for physical performance improvement of a sport person
- Yoga for mental performance improvement of a sport person
- Yoga for sport person in off season
- Yogic practices for injury prevention

### **Credit 4 – Yoga for Common People**

- Workplace stress, its causes, symptoms and complications
- Yogic management of health hazards in computer professionals
- Yogic management of health hazards in chemical, mechanical and mining industries
- Yogic management of health hazards in service industry

**Reference Books :**

1. Dhonde V., Sulabh Prasuti Ani Yoga, Yogachaitanya Prakashan, Nashik
2. Mandlik V., Jyeshthakarita Yogasadhana, Yogachaitanya Prakashan, Nashik.
3. Iyengar B.K.S., Yoga for Sports: A Journey Towards Health and Healing, Westland, 2015.
4. Iyengar G. S., Yoga: A Gem for Women, Allied Publishers.
5. Goel A., Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.

## YG 507 MJ - Yoga and Naturopathy

### Course Objectives:

- To understand the concept of Naturopathy
- To know the role and application of Naturopathy
- To know the different therapeutical practices of Naturopathy
- To apply the Naturopathy practices for masses

### Course Outcomes:

Students will be able to,

- Know the application of Naturopathy for different age groups
- Know the need and importance of Naturopathy in different fields
- Know the Naturopathy practices for prevention, promotion and cure

**Credit I -** Introduction  
History of Naturopathy  
Meaning and Definition of Naturopathy  
Principles of Naturopathy  
Basic Elements of Naturopathy

**Credit II -** Hydrotherapy  
Principals of Hydrotherapy  
Importance of Water  
Properties of Water  
Uses of Water in Therapy

**Credit III -** Mud Therapy  
Properties of Mud  
Types of Mud  
Preparation of Mud Therapy  
Different Uses of Mud Therapy

**Credit IV -** Balance Diet  
Uses of Naturopathic Diet  
Fasting: Importance and Types of Fasting.  
Massage: Importance and Types of Massage.

### Reference Books :

1. H.K.Bakru-The Complete hand book of Naturopathy
2. Dr.Rakesh Jindal-Prakritik Aayurvednyan Arogyaseva Prakashan,Modinagar Uttar Pradesh
3. K.S.Joshi-Speaking of Yoga and Naturopathy,Orient Paperbook,New Delhi

## Semester – II

### YG 551 MJ – Patanjala Yoga Sutras

#### Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Yoga
- To understand the aims and objectives of Yoga
- To know the relationship between Patanjala Yoga and Hatha Yoga texts

#### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

#### Credit 1 – Samadhi Pada

- Definition of Yoga, Concept of Chitta, Chittavrittis and Chittabhūmis, Chittavritti Nirodha Upayas
- Concept Chitta Vikshepas, Chittaprasadana Upayas, Bhava Pratyaya and Upaya Pratyaya
- Types and nature of Samadhis, Difference between Samadhi and Samapatti
- Concept of Ishwara and Ishwara Pranidhana

#### Credit 2 – Sadhana Pada

- Concept of Kriyayoga, five Kleshas and concept of Dukha
- Concept of Drashta and Drishya
- Karmashya and Karmavipaka
- Eight limbs of Yoga

#### Credit 3 – Vibhuti Pada

- Concept and nature of Sanyama
- Concept of three types of Parinamas (Parinamatrayas)
- Concept of Vibhuti and various Vibhutis
- Definition of Kaivaya

#### Credit 4 – Kaivalya Pada

- Five ways to attain Siddhis
- Characteristics of Nirmana Chiita, Types of Karmas
- Concept of Vivekakhyati and Dharmamegha Samadhi
- Attainment of Kaivalya to the Purusha

**Reference Books :**

1. Patanjali. (1975). The Yoga sutras of Patanjali: the book of the spiritual man : an interpretation. London, Watkins
2. Patanjali., Sastri, G. D., & Ballantyne, J. R. (1971). Yoga-sutra of Patanjali, [2d ed.] Delhi, Indological Book House.
3. Patanjali & Miller, B. S. (1996). Yoga: Discipline of freedom: the Yoga Sutra attributed to Patanjali; a translation of the text, with commentary, introduction, and glossary of keywords. University of California Press.
4. Swami Anand Rishi, Patanjali Yoga Darshan - Ek Abhyas: A Commentary and Comparative Study of Maharshi Patanjali's Patanjali Yoga Sutras, Createspace Independent Pub
5. P., Karambelkar, P. V. (1986). Patanjala Yoga Sutras: Sanskrit Sutra with Transliteration, Transtation [sic], & Commentary. India: Kaivalyadhama.
6. पांतजलयोगप्रदीप (संस्कृत एवम् हिन्दी अनुवाद सहित) - A Most Comprehensive Explanation on the Yoga Sutras, Geeta Press
7. Krishnaji Kolhatakar, Patanjali Yogdarshan, Aditya Pratishthan

## YG 552 MJ – Hatha Yogic Texts – I

### Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Hatha Yoga
- To understand the aims and objectives of Hatha Yoga
- To know the relationship between Patanjala Yoga and Hatha Yoga texts
- To know the history of Natha tradition

### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

### Credit 1 – Hathapradipika

- Introduction and salient features of HP, Concept of Hathayoga
- Concept Matha, Mitahara, Pathya and Apathya
- Concept of Sadhaka and Badhaka Tattvas
- Concept of Chaturanga Yoga

### Credit 2 – Gheranda Samhita

- Introduction and salient features of GhS
- Concept of Ghata and Ghatashuddhi
- Concept of Saptanga Yoga
- Summary of Gherand Samhita

### Credit 3 – Siddhasiddhanta Paddhati

- Salient features of SSP
- Origin of Embryo and it's development
- Concept of 16 Adharas and 9 Chakras
- Summary of six chapters of SSP

### Credit 4 – Hatharatnavali

- Salient features of HR
- Concept of Eight Chakras and their purification
- Concept of Mahayoga
- Summary of all the chapters of HR

**Reference Books :**

1. Swami, D., Jha, P. (1998) Swatmarama, S. (2022). Hathpradipika of Svatmarama, 1st edn Kaivalyadham Yoga Institute: Lonavala, Pune, India.
2. Dr. Gharote, M.L., Dr. Parimal, D. (2022) Hatha Pradipika of Svatmarama (With Yogaprakasika Commentary by Balakrsna): The Lonavala Yoga Institute, India.
3. Swami, M. (1999) Hatha Yoga Pradipika, Reprint edn Bihar School of Yoga: Yoga Publication Trust, Munger, Bihar, India.
4. Swami, D., Dr. Gharote, M.L. (1997) Gheranda Samhita, Kaivalyadham Yoga Institute: Pune
5. Swami, N. S. (2012) Gheranda Samhita (Commentary on The Yoga Teachings of Maharshi Gheranda) Bihar School of Yoga: Yoga Publication Trust, Munger, Bihar, India.
6. Dr. Gharote, M.L., Dr. Pai, G.K. (2019) Siddhasiddhantpaddhantih (A treatise on natha philosophy by Gorakshnatha) The Lonavala Yoga Institute, India.
7. Dr. Gharote, M.L., Hatharatnavali (A Treatise on Hathayoga of Srinivasayogi) Motilal Banarsidass

## YG 553 MJ – Mantra Yoga

### Course Objectives:

- To understand the foundation of Mantra Yoga
- To know the fundamental principles of Mantra Yoga
- To understand the aims and objectives of Mantra Yoga
- To know the relationship between Mantra Yoga and Other paths of Yoga

### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Mantras
- Develop the interest about chanting of mantras
- Know the effects of Mantras
- Know the role of Mantras at mental and emotional level
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

### Credit 1 – What is Mantras? and Mantras from Ancient Texts

- Meaning and Definitions of Mantrayoga
- Types of mantra recitation (Vaikhari, Upanshu and Manasi and Likhita)
- Initiation (Diksha) of Mantras, importance of Brahmamuhurta, Ajapa mantra
- Asana (mat) for japa, need for a Mala, counting the japa.
- Vedic Mantras, their characteristics and importance, six aspects of Mantras
- Gayatri Mantra and Mahamrutyunjaya Mantra
- Beeja Mantras
- Pranava and its recitation.

### Credit 2 – Importance of Mantras as a Remedy and Significance of Mantras in Modern World

- General benefits of chanting mantras
- Therapeutic effects of Mantras
- Evidence based studies on the effects of Mantras at different levels of personality
- Importance of mantras for spiritual awakening
- Misconception of Mantras in modern era
- Difference between ancient understanding and modern understanding of Mantras.
- Opinions about mantra Sadhana from modern thinkers
- Usefulness of mantra-sadhana in modern era

**Reference Books :**

1. Yashapala (2001). Mantra rahasya. India: Raṇadhīra Prakāśana.
2. Gonda, J. (1988). Mantra Interpretation in the Śatapatha Brāhmaṇa. Netherlands: E.J. Brill.
3. Pandit, S. M. (1999). Japa (Mantra Yoga). India: Lotus Press.
4. Swami, O. (2017). The Ancient Science of Mantras: Wisdom of the Sages. India: Amazon Digital Services LLC - KDP Print US

## **YG 554 MJP – In-depth Understanding of Yogic Practices**

### **Course Objectives:**

- To apply the textual understanding of yogic practices
- To know the techniques and importance of Asanas
- To know the techniques and importance of Pranayama
- To know the techniques and importance of Bandha and Mudras
- To know the techniques and importance of Kriyas
- To know the techniques and importance of Dharana

### **Course Outcomes:**

Students will be able to,

- Know the difference between yogic exercises and other exercises
- Understand the higher principles of yoga through practice
- Know the effects of yogic practices on different systems
- Understand the fundamental teaching principle of simple to complex

### **Credit 1 – Practice of Advance Asanas**

- Asanas in Standing Position: Garudasana, Natarajasana, Vatayanasana, Parivaritta Trikonasana, Veerasana, Shirshasana, Chakrasana
- Asanas in Sitting Position: Gomukhasana, Matsyasana, Mayurasana, Kukkutasana, Kurmasana, Uttana Kurmasana, Hanumanasana, Ugrasana, Rajkapotasana, Parivritta Paschimottanasana, Tolasana, Simhasana, Ardha Matsyendrasana, Matsyendrasana,
- Asanas in Supine Position: Halasana, Karnapidanasana, Chakrasana, Vistrutapada Halasana
- Asanas in Prone Position: Purna Dhanurasana, Niralamba Shalabhasana, Niralamba Bhujangasana, Tiryaka Bhujangasana.

### **Credit 2 – Practice of Cleansing Techniques**

- Sutraneti, Vamanadhauti, Dandadhauti, Vastradhauti, Trataka

### **Credit 3 – Practice of Pranayamas**

- Shitali, Sitkari, Bhramari, Bhastrika
- Practice of Pranayama with 1:4:2 Ratio with Thribandha

### **Credit 4 – Practice of Meditation**

- Dharana-Dhyana Abhyasa
- Omkara Meditation

### **Reference Books :**

1. Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati
2. Gheranda Samhita - Srisa Chandra Vasu Sat Guru Publications 2005
3. Hatha Yoga Pradipika - Translated by Pancham Sinh
4. Ashtanga Yoga Darshan – Yogacharya Vishwas Mandalik (Marathi)

## **YG 555 OJT – Internship of Yogic Practices**

Departmental committee should design and approve syllabus for Internship of Yogic Practices with details of Internal and External Evaluation and display to the students at the beginning of the semester.

## **YG 556 MJ – Yoga and Mental Health**

### **Course Objectives:**

- To apply the yogic knowledge for mental health
- To know the concept of mental health
- To know the importance of mental health in day to day life
- To know the role of yogic practices for mental stability

### **Course Outcomes:**

Students will be able to,

- Know the application of Yoga practices for mind
- Know the detailed understanding about mental health
- Know the yogic practices for prevention, promotion and cure related to mental disorders

### **Credit 1 – Introduction to Modern Psychology**

- Introduction and history of modern psychology, Needs and goals of psychology
- Developmental stages of psychology: from puberty
- Psychological basis of behavior, Types of behaviors, behavioral theory of psychology
- Cognitive functions of mind, Stages of sleep (modern and yoga)

### **Credit 2 – Introduction to Eastern Psychology**

- Difference between eastern and western psychology
- Nature, meaning and scope of eastern psychology
- Personality traits – Allport and Maslow
- Maslow's hierarchy of needs

### **Credit 3 – Yogic Psychology**

- Mind according to Patanjala Yogasutras and Vedanta tradition
- Yogic perspective of mental health; Five levels of Chitta; Concept of affliction according to Patanjali, chitta prasadana, other practices to overcome the mental afflictions
- Concept of mental afflictions in Bhagavad Geeta, assessment of mental disorders, practices for maintaining mental health
- Various Yogic practices to promote good mental health

### **Credit 4 – Preventive and Curative aspects of Yoga for Common Psychological Disorders**

- Characteristics of common psychological disorders
- Yogic management of Frustration and Stress
- Yogic management of Anxiety, Depression and Aggression
- Yogic management of Insomnia and Eating Disorders

**Reference Books :**

1. Baron, R.A., Branscombe, N.R. & Byrne, D. (2009). Social psychology. (12th ed.). Boston: Pearson.
2. The Social Psychology of Aggression: 2nd Edition (Social Psychology: A Modular Course) by Barbara Krahej.
3. Principles of Behavior Modification, Author: Bandura, Albert Publisher: Holt, Rinehart and Winston
4. Shanti Prakash Attari, Yoga Psychology
5. Abraham H. Maslow, Towards a Psychology of being

## YG 557 MJ - Yoga and Holistic Health

### Course Objectives:

- To understand the concept of Yoga for health
- To know the difference between Holistic health and Wholistic health
- To know the application of Yogic practices for achieving health
- To know yogic practices for removal of diseases
- To apply yogic practices for masses related to health

### Course Outcomes:

Students will be able to,

- Know the application of Yoga for different age groups to develop health
- Know the need and importance of yogic practices to achieve healthy lifestyle
- Know the yogic practices for prevention, promotion and cure

**Credit I -** Meaning and Definition of Health  
Concept of Health and disease  
Factors affecting health  
Yogic approach to health.

**Credit II -** Concept of Holistic Health  
Physical, Mental and Spiritual Health  
Importance of Health in Human Life

**Credit III -** Meaning Definition and Objectives of Yoga  
Need and significance of Yoga  
Role of Yoga in Healthy Living

**Credit IV -** Concept of Health from ancient yogic texts  
Difference between the modern and ancient concept of health

### Reference Books :

1. Swami Vivekananda - Dnyan Yoga, Bhakti yoga, Karm Yoga, Rajyog, Adwait Ashram-Culcutta-2000
2. R.S.Bhagal-Mental Health, Kaivlyadham

## Semester – III

### YG 601 MJ – Yoga Upanishads

#### Course Objectives:

- To understand the relationship between Yoga and Vedanta
- To know the fundamental principles of Hatha Yoga from Vedantic point of view
- To understand the aims and objectives of Yoga Upanishads
- To know the relationship between Upanishads and Yoga Upanishads
- To know the different paths of Yoga

#### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Yoga Upanishads
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

#### Credit 1 – Trishikibrahmana Upanishad and Mandalabrahmana Upanishad

- Introduction and classification of 20 Yoga Upanishads;
- Trishikhibrahmana Upanishad: Introduction, description of Ashtangayoga, Karmayoga and Jnanayoga;
- Mandalabrahmana Upanishad: Introduction, eight limbs of Yoga, description of Taraka, Jyoti-Atmana and Unmani state, description of Raja Yoga.

#### Credit 2 – Yogakundalini Upanishad and Yogachudamani Upanishad

- Yogakundalini Upanishad: Introduction, methods of Pranayama Siddhi, types of Pranayama, means of Self-realization;
- Yogachudamadi Upanishad: Introduction, the description of the six limbs of yoga, their results and sequence;

#### Credit 3 – Yogatattva Upanishad, DhyanaBindu Upanishad and Nadabindu Upanishad

- Yogatattva Upanishad: Introduction, Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions;
- DhyanaBindu Upanishad: importance of Dhyana yoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan;
- Nadabindu Upanishad: Introduction, Hamsavidya, Description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, nature of nadanusandhan sadhana, state of Manolaya.

#### **Credit 4 – Summary of remaining Yoga Upanishads**

- Summary of Hamsa Upanishad, Amritabindu Upanishad and Amrita Nadabindu Upanishad
- Summary of Tejobindu Upanishad, Brahmavidya Upanishad and Kshurika Upanishad
- Summary of Shandilya Upanishad, Yogashikha Upanishad and Advayataraka Upanishad
- Summary of Darshana Upanishad, Mahavakya Upanishad, Varaha Upanishad and Pashupatabrahma Upanishad

#### **Reference Books :**

1. Yogopanishads (Marathi Translation), Savitribai Phule Pune University, Pune.
2. Swami Anant Bharati, Yoga Upanishad Samgrah, Chaukhamba Orientalia, Delhi.
3. Vidyalankar S., Yoga Upanishadah (Hindi), Pratibha Prakashan
4. Shastri M., The Yoga Upanishads, The Adyar Library and research center.
5. Ayyangar S.G., The Yoga Upanishads, The Adyar Library, 1938.
6. Manmath M. Gharote, Parimal Devnath, Vijay Kant Jha, Critical edition of selected Yogopanishads, Lonavla : Lonavla Yoga Institute, 2009.

## YG 602 MJ – Introduction to Indian Philosophy

### Course Objectives:

- To understand the philosophical aspects of Yoga
- To know the history of Yoga
- To understand the aims and objectives of Yoga
- To provide a comparative understanding of different philosophies

### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Indian philosophy
- Understand the different concepts of philosophical speculations
- Understand the interrelation between different philosophies
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

### Credit 1 – Samkhya and Yoga Darshan

- Meaning and definition of 'Darshan', aims and objectives of Darshan, classification of Darshanas;
- Samkhya Darshan: Meaning of the term 'Samkhya', scholars and literature of Samkhya philosophy, principles of Samkya Philosophy, discussion of Pramanas; Relation of Samkhya Philosophy with Yoga Philosophy.
- Yoga Darshan: Organization of Yogasutras, Yoga Psychology, Stages of Chitta, Forms of Chitta, Modification of Chitta, kinds of Kleshas, Eight limbs of Yoga, Concept of Ishwara and Kaivalya;

### Credit 2 – Nyaya and Vaisheshika Darshan

- Nyaya Darshan: Introduction to Nyaya system, scholars and literature of Nyaya Philosophy, theories and principles of logic, school of Navya-Nyaya, discussion on Pramanas, discussion on God; Relation of Nyaya Philosophy with Yoga Philosophy.
- Vaisheshika Darshan: Meaning of the term 'Vaisheshika', scholars and literature of Vaisheshika philosophy, discussion on Padarthas, concept of atom, Induction and destruction of the universe; Relation of Vaisheshika Philosophy with Yoga Philosophy.

### Credit 3 – Purva Mimansa and Vedanta Darshan

- Mimansa Darshan: Meaning and nature of the Mimansa system, scholars and literature of Mimansa philosophy, principal theories, discussion on Pramanas. Relation of Purva Mimansa Philosophy with Yoga Philosophy.
- Vedanta Darshan: Meaning of the term 'Vedanta', prominent schools of Vedanta Philosophy, their scholars and literature, principal theories of Vedanta schools, discussion on Pramanas; Relation of Vedanta Philosophy with Yoga Philosophy.

#### **Credit 4 – Bauddha, Jain and Charvaka Darshan**

- Bauddha Darshan: History of Buddhist philosophy, scholars and literature of Buddhist philosophy, schools of Buddhism, principal theories of Buddhist schools, discussion on Pramanas, comparative analysis of Bauddha Darshan with orthodox (Astika) philosophies;
- Jain Darshan: History of Jain Philosophy, scholars and literature of Jain philosophy, main schools of Jainism, principal theories of Jain Darshan, discussion on Pramanas;
- Charvaka Darshan: History of Charvaka philosophy, scholars and literature of Charvaka philosophy, discussion on elements, concept of Atma according to Charvaka system, creation and development of the universe, discussion on Pramanas.

#### **Reference Books :**

1. Radhakrishnan S., Indian Philosophy, Volume I & II, Oxford.
2. Upadhyaya B., Bharatiya Darshan ki Rooparekha, Chaukhamba Orientalia, Varanasi.
3. Chatterjee S., An Introduction to Indian Philosophy, Rupa & co.
4. Dixit S., Bharatiya Tattvajnana, Phadake Prakashan, Kolhapur
5. Puligandala R., Fundamentals of Indian Philosophy, D.K. Print World Ltd.
6. Radhakrishnan S., Bharatiya Dharshan (Hindi), Rajpal & Sons.

## YG 603 MJ – Yoga in Principal Upanishads

### Course Objectives:

- To understand the relationship between Vedantic philosophy and other philosophies
- To know the concept of Advaita
- To highlight the concept of Vedas
- To know the relationship between Upanishads and Yoga Upanishads
- To know the different paths of Yoga

### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Upanishadic wisdom
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

### Credit 1 – Ishavasya, Kena, Katha and Prashna Upanishad

- Introduction to 10 Principal Upanishads;
- Ishavasya Upanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava;
- Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.
- Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Realization
- Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

### Credit 2 – Mundaka, Mandukya, Aitareya, Taittiriya, Chhandogya, and

#### Brihadaranyaka Upanishad

- Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti;
- Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara;
- Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya.
- Aitareya Upanishad: Concept of Atma, Universe and Brahman;
- Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriguvalli;
- Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

**Reference Books :**

1. Radhakrishnan S., Principal Upanishads, Harpercollins, 2006.
2. Swami Satyananda S., Nine Principal Upanishads, Bihar School of Yoga, 2006.
3. Bapatshastri V.V., Subodha Upanishad Sangraha, Vol. I and II, Pan. D. V. Jog, 2007.
4. Bhagvat H. R., Sartha Upanishad Sangraha, Vasant Krishna Nulkar, 2012.
5. Ishadi Nau Upanishads, Gita Press, Gorakhpur.

## **YG 604 MJP – Practical Aspects of Therapeutic Yoga**

### **Course Objectives:**

- To apply the textual understanding of yogic practices
- To know the therapeutic effects of Asanas
- To know the therapeutic effects of Pranayama
- To know the therapeutic effects of Bandha and Mudras
- To know the therapeutic effects of Kriyas
- To know the therapeutic effects of Dharana

### **Course Outcomes:**

- Know the effects of yogic practices on different systems
- Achieve the health and fitness
- Know the effects of yogic practices on different systems
- Understand yogic practices for preventive measures
- Understand yogic practices for promotive measures
- Understand yogic practices for curative measures

### **Credit 1 – Yogic Remedies for Different Systems**

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, Pranayama's and Relaxation practices. The therapy comprising treatment to the male, female and adolescent using above principles.

### **Credit 2 – Yogic Remedies for Physical Disorders**

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, Pranayama's, Relaxation practices, Mantra therapy and yogic diet. The therapy comprising treatment to the male, female and adolescent using above principles.

### **Credit 3 – Yogic Remedies for Mental and Emotional Disorders**

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, Pranayama's Relaxation practices, Mantra therapy and yogic diet. The therapy comprising treatment to the male, female and adolescent using above principles.

### **Credit 4 – Yogic Remedies for Social Disorders**

- Yogic approach towards a therapy comprised of Yama's, Niyama's, Asanas, Shat Karmas, Breathing Practices, Pranayama's, Dharana Abhyasa, Relaxation practices, Mantra therapy, prayers, Meditation and yogic diet etc. The therapy comprising treatment to the male, female and adolescent using above principles.

**Reference Books :**

1. Anatomy of Hatha Yoga (A Manual for students, Teachers and Practitioners) – H. David Coulter 2001
2. Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati 2009
3. Yoga Anatomy - Leslie Kaminoff 2007
4. Anatomy and Physiology of Yoga Practices - Dr. Makarand M Gore (Ph.D.) 2003
5. Swami Kavalayananda, Yogic Therapy: Its Basic Principles And Methods, Kaivalyadhama Ashram Publications
6. Gharote M.M., Therapeutic Reference in Traditional Yoga Texts, The Lonavala Yoga Institute

## **YG 605 RP – Research Project / Case Study**

### **Course Objectives:**

- To understand the fundamental principles of research
- To understand the role and importance of research
- To conduct various types of researches
- To provide the basic understanding of research
- To develop the sound understanding about the subject

### **Course Outcomes:**

Students will be able to,

- Develop the interest for research methodology
- Be able to conduct the research
- Understand the correlation between different types of researches
- Highlight the ancient wisdom of yoga through modern parameters

Departmental committee should design and approve syllabus for Research Project/Case Study with details of Internal and External Evaluation and display to the students at the beginning of the semester.

## **YG 606 MJ - Yoga and Manuscriptology**

### **Course Objectives:**

- To collect various manuscripts
- Making understandable the Sanskrit Yoga texts to the masses
- To produce authentic information of the various principles and concepts of Yoga and Yoga practices
- To provide a comparative study on Yogic practices as described in different texts
- To collect information on therapeutic effects of Yogic practices described in ancient yogic texts.

### **Course Outcomes:**

Students will be able to,

- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

### **Credit 1 – Introduction to the Importance of Manuscriptology**

- Meaning and definitions of Manuscripts
- History and development of Manuscriptology
- Manuscript materials
- Indian scripts

### **Credit 2 – Introduction to the lower textual criticism**

- Manuscript Collection, Selection of Vulgate edition, Transliteration
- Manuscript collation
- Recension
- Critical Edition, Footnotes

### **Credit 3 – Introduction to the higher textual criticism**

- Importance of Introduction
- Importance of Bibliography
- Appendices
- Word Index, List of the half verses and Glossary etc.

### **Credit 4 – Detailed Information about Yoga Manuscripts**

- Information of published Yoga texts
- Information of unpublished Yoga texts

### **Reference Books :**

1. Katre S.M. Introduction to Indian Textual Criticism,
2. Dr. M. L. Gharote, Glossary of Yoga texts, The Lonavala Yoga Institute
3. Yoga Kosha, Kaivalyadhama, Lonavala

## **YG 607 MJ – Introduction to Meditation Techniques**

### **Course Objectives:**

- To understand the fundamental techniques of Yoga
- To know the higher practices of Yoga
- To understand the aims and objectives of Dhyana (Meditation)
- To know the relationship between Dhyana (meditation) and other practices of Yoga

### **Course Outcomes:**

Students will be able to,

- Understand the fundamental techniques of Dhyana (meditation)
- Develop the real awareness
- Reach up to the higher stage of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

### **Credit 1 – Meditation techniques from ancient Hathayogic texts**

- Meditation techniques as Adharas from Siddha Siddhanta Paddhati
- Meditation techniques as Lakshya from Siddha Siddhanta Paddhati
- Meditation techniques as Vyoma from Siddha Siddhanta Paddhati
- Meditation techniques as Marma-sthana from Yuktabhavadeva

### **Credit 2 – Mantra Meditation**

- Types of mantra recitation (Ucchaih, Upanshu and Manasi)
- Omkara Meditation
- Chanting of Vedic Mantras, Beeja Mantra Meditation
- Ajapa Gayatri Meditation

### **Credit 3 – Modern Meditation Techniques**

- Preksha Meditation of Jainism
- Zen Meditation
- Rajayoga meditation of Brahmakumaris

### **Credit 4 – Other Meditation Techniques**

- Transcendental Meditation by Maharshi Mahesh Yogi
- Vipassana Meditation of Buddhism
- Guided Meditation (Yoga Nidra)

### **Reference Books :**

1. Swami Satyananda S., Ajapa Japa and Chidakash Dharana, Yoga Publication Trust, Bihar.
2. Maharshi Mahesha Yogi, Science of Being and Art of living, Plume, 2001.
3. Mind Sound Resonance Technique (MSRT), Swami Vivekananda Yoga Prakashan.
4. Swami Satyananda S., Antar Mouna: Inner Silence, Yoga Publication Trust, Bihar.
5. Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000.
6. Yoga Tatwank, Geeta Press
7. Dr. M. L. Gharote, Siddha Siddhanta Paddhati (A Treatise on The Natha Philosophy), The Lonavla Yoga Institute, Lonavla
8. Dr. M. L., Gharote Yuktabhavadeva (A Treatise on Yoga) of Bhavadevamisra, Motilal Banarsidass

## Semester IV

### YG 651 MJ - Yoga, Diet and Nutrition

#### Course Objectives:

- To understand the concept of Diet and Nutrition
- To know the yogic understanding about diet and nutrition
- To know the effects of diet and nutrition on yogic practices
- To know the concept of diet and nutrition in ancient yogic texts

#### Course Outcomes:

Students will be able to,

- Know the application of good diet and nutrition in day to day life
- Know the need and importance of healthy diet and nutrition
- Know the yogic concepts of sattvika, rajasika and tamasika diet

#### Credit 1 – Fundamentals of Diet and Nutrition

- Concept of Food, Diet and Nutrition
- Fundamental principles of Nutrition
- Introduction to nutrients, fluids and water
- Concept of Metabolism

#### Credit 2 – Role of Diet in Yoga

- Concept of Mitahara
- Diet as per Hathayoga texts
- Diet as per Upanishads and Bhagvadgeeta
- Difference between normal and yogic diet

#### Credit 3 – Ayurvedic Concept of Diet

- Concept of diet according to Ayurveda
- Concept of Pathya and Apathya, Viruddha Ahara
- Diet according to Prakriti, Ritucharya and Dincharya

#### Credit 4 – Role of Diet in Remedy and Cure

- Diet as per nature cure therapy
- Wrong regimen of diet, Food borne diseases
- Fasting therapy

#### Reference Books :

1. Shirlakshmi B., Dietetics, New Age International Publication, 2014.
2. Gupta S. and others, Textbook of Nutrition and Dietetics, Elite Publication House, 2016.
3. Shirlakshmi B., Food Science, New Age International Publication, 2018.
4. Joshi S. A., Nutrition and Dietetics, McGraw Hill Education, 2017.
5. Singh J., Handbook of Nutrition and Dietetic, Lotus Press, 2008.

## YG 652 MJ – Hatha Yogic Texts – II

### Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Hatha Yoga
- To understand the aims and objectives of Hatha Yoga
- To know the relationship between Patanjala Yoga and Hatha Yoga texts
- To know the history of Natha tradition

### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Yoga
- Develop the interest about cultural aspects
- Reach up to the roots of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

### Credit 1 – Goraksha Samhita and Gorakshashatakam

- Introduction and salient features of Goraksha Samhita
- Concept of Shadanga Yoga
- Introduction and salient features of Gorakshashataka
- Yogic practices as given in Gorakshashataka

### Credit 2 – Shiva Samhita and Vasistha Samhita (Yoga Kanda)

- Introduction and salient features of ShS
- Concept of Chaturvidha Yoga
- Concept of Vayusadhana
- Salient features of Vasistha Samhita
- Eight Limbs of Yoga
- Methods of attaining knowledge
- Summary of the text

### Credit 3 – Yogabeeja and Dattatreya Yogashastra

- Salient features of Yogabeeja
- Concept Avidya and Maya
- Means and measures for the attainments of salvation
- Summary of the text
- Salient features of Dattatreya Yogashastra
- Yogic practices as given in Dattatreya Yogashastra

### Credit 4 – Hathatattvakaumudi and Amanaska Yoga

- Salient features of Hathatattvakaumudi
- Yogic practices as given in Hathatattvakaumudi
- Salient features of Amanaska Yoga
- Yogic practices as given in Amanaska Yoga

### **Reference Books :**

1. Swami, V. (2014) Goraksha Samhita (Also Known as Goraksha Paddhati) 1<sup>st</sup> edn, Divine Yoga Institute: Kathmandu, Nepal.
2. Swami, V. (2015) Two Yoga Samhitas: Gheranda Samhita and Goraksha Samhita 1<sup>st</sup> edn, Divine Yoga Institute: Kathmandu, Nepal.
3. Swami, V. (2002) Shiva Samhita (A Classical Text on Yoga and Tantra) 2<sup>nd</sup> edn, Divine Yoga Institute: Kathmandu, Nepal.
4. Bharadwaj, C.L., & et al. (2009) Shiva Samhita, 1<sup>st</sup> edn. Kaivalyadham Yoga Institute: Lonavala, Pune, India.
5. Swami, A.B. (2019) Yoga Bija. Indu prakashan, India.
6. Aiyer, K.N. (2001) Laghu-yoga-vasistha. Adyar Library and Research Centre: India.
7. Swami, V. (1993) Vasistha's Yoga. State University of New York Press: India
8. Dr. Manmath M. Gharote, Dattatreya Yoga Sastram, The Lonavla Yoga Institute, Lonavla
9. Swami Kuvalyananda, Goraksa Satakam, Kaivalyadhama
10. Dr. M.L. Gharote, Hathatatvakaumudi - Hatha Tattva Kaumudi (A Treatise on Hathayoga by Sundaradeva), The Lonavla Yoga Institute, Lonavla
11. Dr. Manmath M. Gharote, Amanaska Yoga (A Treatise on Layayoga), The Lonavla Yoga Institute, Lonavla

## YG 653 MJP – Advance Teaching Practices

### Course Objectives:

- To teach the facets and features of Yoga education
- To know the salient features of Yoga education
- To know how to teach Yogic practices based on ancient fundamental principles of Yoga

### Course Outcomes:

Students will be able to,

- Know the role of the teacher
- Understand the individual yoga teaching techniques, group yoga teaching techniques
- Teach how to conduct lesson plan
- Know the application of teaching aids

### Credit 1 – Facets and Features of Yoga Education

- Salient features of yoga education
- Role of yoga teacher; characteristics of an ideal yoga teacher
- Individual yoga teaching techniques, group yoga teaching techniques, techniques of mass instruction
- Organization of teaching, time management, discipline management and resource management.

### Credit 2 – Art of Lesson Planning

- Lesson plan and its importance
- Micro lesson plan
- Essentials of good lesson plan; lesson plan content
- Lesson plans for teaching various yogic practices

### Credit 3 – Strategy of Teaching Theoretical Aspects of Yoga

- Types of theory of teaching
- Application of teaching aids
- Resources for teaching theoretical aspects of Yoga

### Credit 4 – Strategy of Teaching Practical Aspects of Yoga

- Different demonstration techniques
- Application of teaching aids
- Strategy for teaching Yogic practices to different age groups

### Reference Books :

- 1) Teaching Methods for Yogic Practices - Dr ML Gharote and Dr. SK Ganguly - Kaivalyadhama
- 2) Teaching Yoga Essential Structure and Strategies - Varda Toussaint

## YG 654 RP – Dissertation

### **Course Objectives:**

- To understand the fundamental principles of research
- To understand the role and importance of research
- To conduct various types of researches
- To provide the basic understanding of research
- To develop the sound understanding about the subject

### **Course Outcomes:**

Students will be able to,

- Develop the interest for research methodology
- Be able to conduct the research
- Understand the correlation between different types of researches
- Highlight the ancient wisdom of yoga through modern parameters

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.

# YG 655 MJ – Yoga, Religion and Spirituality

## Course Objectives:

- To understand the foundation of Yoga
- To know the fundamental principles of Religion and Spirituality
- To understand the aims and objectives of Spirituality
- To know the relationship between Yoga, Religion and Spirituality

## Course Outcomes:

Students will be able to,

- Understand the fundamental principles of Yoga
- Understand the fundamental principles of Religion
- Understand the fundamental principles of Spirituality
- Know the effects of Yogic practices for developing spirituality
- Develop the authoritativeness and objectivity of Yoga and Spirituality

## Credit 1 – What is Yoga?

- Definitions of Yoga
- Aim of yogic practices in ancient texts
- How Yoga is important to understand teaching of religion
- How yoga is important to understand the teaching of spirituality

## Credit 2 - What is Religion?

- What is the definition of religion?
- Purpose of teachings of religion
- What is the relationship of religion with yoga and with spirituality?
- Difference between Dharma and Religion

## Credit 3 – What is Spirituality?

- What is the definition of spirituality?
- Concept of spirituality
- Purpose and teachings of spirituality
- Role of yoga to understand Spirituality

## Credit 4 – Relation between Spirituality and Yoga

- Definition about the concept of Dharma
- Fundamental principles of Yoga and Dharma
- Fundamental principles of Yoga and Spirituality
- Role of Yoga in spiritual upliftment

## Reference Books :

1. Religion and Dharma. (n.d.). (n.p.): Advaita Ashrama (Ramakrishna Math, Belur).
2. Hindu Dharma and Sanskriti. (2021). (n.p.): Prabhat Prakashan.
3. Hindu Spirituality: Vedas Through Vedanta. (1989). United States: Crossroad.
4. Spiritual Yoga. (2004). United States: Bhaktivedanta Book Trust.

## YG 656 MJ – Bhakti Yoga

### Course Objectives:

- To understand the foundation of Bhakti Yoga
- To know the fundamental principles of Bhakti Yoga
- To understand the aims and objectives of Bhakti Yoga
- To know the relationship between Bhakti Yoga and Other paths of Yoga

### Course Outcomes:

Students will be able to,

- Understand the fundamental knowledge of Bhakti Yoga
- Develop the interest about Bhakti Yoga
- Know the effects of Bhakti
- Know the role of Bhakti at mental, emotional and spiritual level
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

### Credit 1 - Concept of Bhakti Yoga

- Historical Perspective of Bhakti Yoga
- Introduction of Bhakti Yoga
- Meaning and Definitions of Bhakti Yoga
- Aim of Bhakti Yoga
- Effects of Bhakti Yoga for mental, emotional and spiritual upliftment

### Credit 2 - Textual References of Bhakti Yoga

- Text Narada Bhakti Sutra
- Bhakti yoga in Bhagavad Gita: qualities of Bhakta
- Chapter 12 Bhakti Yoga from Bhagawad Gita
- Bhakti yoga in Ramcharit Manas

### Credit 3 - Concept of Navavidha Bhakti

- Significance of the path of Bhakti
- Stages in bhakti; Apra and Para Bhakti / Saguna and Nirguna
- Forms of Bhakti: Navavidha bhakti; 11 forms of bhakti

### Credit 4 - Biography of Great Bhakti Yogis

- Life Sketch of Sant Kabir
- Life Sketch of Sant Tulsidas
- Life Sketch of Sant Tukaram
- Life Sketch of Sant Meera Bai
- Life Sketch of Sant Namadeo
- Life Sketch of Sant Jnaneshwara

### Reference Books :

1. Jnaneshwari
2. Bhagavadgeeta
3. Narada Bhaktisutra
4. Tukarama Maharajanchi Gatha
5. Shrimad Bhagavatam

## 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 12-point 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.

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