



Kavikulaguru Kalidas Sanskrit University

University established by State Government of Maharashtra and UGC Recognized u/s 2f and 12B

Ramtek Office : Administrative Building, Mauda Road, Ramtek - 441106, Dist.Nagpur

Nagpur Office : 05th Floor, NIT Commercial Complex, Near Morebhavan, Sitabuldi, Nagpur 440012



योगेनचित्तस्य पदेन वाचा मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

B.A. Yogashastra Course Curriculum (Syllabus)

Approved by the Academic Council Meeting No. 01/2013, Item no. 14, Dt. 01.06.2013

(Onwards 2014-2015)

Name of the Course	B.A. Yogashastra
Name of the Faculty	Faculty of Bharatiya Dharma Tattvadnyana tatha Sanskriti
Examination Type	Semester
Course Duration	06 Semesters
Total Credits	120
Eligibility	H.S.C...or Its Equivalent OR 10+ two years Govt. recognized full time course OR 11(old SSC) + 1 year Govt. recognized full time course With working knowledge of Hindi/English,

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Sem I & II	400	140	480	168	0	0	1000	350	40	--
Sem III & IV	400	140	480	168	0	0	1000	350	40	-
Sem V & VI	400	140	480	168			1000	350	40	
Final Total	1200	420	1440	504	360	126	3000	1050	120	--

Curriculum Charges : (NET copy Rs.30/-)
(Print Copy Rs. 7/- per page)

Name of the Course	4.5 - B.A. Yogashastra
Name of the Faculty	Faculty of Bharatiya Dharma Tattvadyana tatha Sanskriti
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.)		Theory B		Other C		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		A Max	Passing	Max	Passing	Max	Passing	Max	Passing	
Semester I										
MAY1-I-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	40	14	60	21					4
MAY1-I-02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञान	40	14	60	21					4
MAY1-I-03	Schools of Yoga. योगसंप्रदायाः	40	14	60	21					4
MAY1-I-04	Educational Principles& Practices of Yoga. योगाध्यापनपद्धतयः	40	14	60	21					4
MAY1-I-05	Yoga Practical योगप्रात्यक्षिक	40	14			60	21			4
Semester I-Total Marks		200	70	240	84	60	21	500	175	20
Semester II										
MAY1-II-01	SANSKRIT (FOUNDATION)-I संस्कृतम्	40	14	60	21					4
MAY1-II -02	History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञानञ्च	40	14	60	21					4
MAY1-II -03	Schools of Yoga. योगसंप्रदायाः	40	14	60	21					4
MAY1-II -04	Educational Principles& Practicesof Yoga. योगाध्यापनपद्धतयः	40	14	60	21					4
MAY1-II -05	Yoga Practical योगप्रात्यक्षिक	40	14			60	21			4
Semester II-Total Marks		200	70	240	84	60	21	500	175	20

Semester III										
MAY2-III-01	Sanskrit II संस्कृतभाषा— II	40	14	60	21					4
MAY2-III-02	Philosophy of Yogashastra योगतत्त्वज्ञानम्	40	14	60	21					4
MAY2-III-03	Yoga Therapy योगोपचार—पद्धतिः	40	14	60	21					4
MAY2-III-04	Anatomy and Physiology शरीररचना— कार्यशास्त्रम्	40	14	60	21					4
MAY2-III-05	Yoga Practical योगप्रात्यक्षिकम्	40	14			60	21			4
Semester III-Total Marks		200	70	240	84	60	21	500	175	20
Semester IV										
MAY2-III-01	Sanskrit II संस्कृतभाषा— II	40	14	60	21					4
MAY2-III-02	Philosophy of yogashastra योगतत्त्वज्ञानम्	40	14	60	21					4
MAY2-III-03	Yoga Therapy योगोपचार—पद्धतिः	40	14	60	21					4
MAY2-III-04	Anatomy and Physiology शरीररचना— कार्यशास्त्रम्	40	14	60	21					4
MAY2-III-05	Yoga Practical योगप्रात्यक्षिकम्	40	14			60	21			4
Semester IV-Total Marks		200	70	240	84	60	21	500	175	20
Semester V										
MAY2-III-01	Sanskrit III संस्कृतभाषा— III	40	14	60	21					4
MAY2-III-02	Philosophy of Yogashastra योगतत्त्वज्ञानम्— I	40	14	60	21					4
MAY2-III-03	Applied Yogaयोगप्रयोगः	40	14	60	21					4
MAY2-III-04	Yoga and Positive Health योगःतथा अनुकूल—स्वास्थ्यम्	40	14	60	21					4
MAY2-III-05	Yoga Practical योगप्रात्यक्षिकम्	40	14			60	21			4
Semester V-Total Marks		200	70	240	84	60	21	500	175	20ss

Semester VI										
MAY2-III-01	Sanskrit III संस्कृतभाषा- III	40	14	60	21					4
MAY2-III-02	Philosophy of Yogashastra योगतत्त्वज्ञानम्- I	40	14	60	21					4
MAY2-III-03	Applied Yogaयोगप्रयोगः	40	14	60	21					4
MAY2-III-04	Yoga and Positive Health योगःतथा अनुकूल-स्वास्थ्यम्	40	14	60	21					4
MAY2-III-05	Yoga Practical योगप्रात्यक्षिकम्	40	14			60	21			4
Semester VI-Total Marks		200	70	240	84	60	21	500	175	20
Total Marks		1200	420	1440	504	360	126	3000	1050	120

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
Sem I & II	400	140	480	168	120	42	1000	350	40	
Sem III & IV	400	140	480	168	120	42	1000	350	40	
Sem V & VI	400	140	480	168	120	42	1000	350	40	
Final Total	1200	420	1440	504	360	126	3000	1050	120	

B.A. (YOGA SHASTRA)

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

SEMESTER I

- Theory :- (Each COURSE carries 100 Marks)
1. COURSE I - Sanskrit (Foundation.) I संस्कृतभाषा— I
 2. COURSE II -History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञानञ्च
 3. COURSE III -Schools of Yoga. योगसंप्रदायाः
 4. COURSE IV -Educational Principles& Practices of Yoga. योगाध्यापनपद्धतयः
 5. COURSE V- Yoga Practical योगप्रात्यक्षिकम्

SEMESTER II

- Theory :- (Each COURSE carries 100 Marks)
1. COURSE I - Sanskrit (Foundation.) I संस्कृतभाषा— I
 2. COURSE II -History and Philosophy of Yogashastra योगशास्त्रेतिहासः तत्त्वज्ञानञ्च
 3. COURSE III -Schools of Yoga. योगसंप्रदायाः
 4. COURSE IV -Educational Principles& Practices of Yoga. योगाध्यापनपद्धतयः
 5. COURSE V- Yoga Practical योगप्रात्यक्षिकम्

SEMESTER III

1. COURSE I - Sanskrit II संस्कृतभाषा— II
2. COURSE II -Philosophy of Yogashastra योगतत्त्वज्ञानम्
3. COURSE III -Yoga Therapy योगोपचार—पद्धतिः
4. COURSE IV -Anatomy and Physiology शरीररचना—कार्यशास्त्रम्
5. COURSE V- Yoga Practical योगप्रात्यक्षिकम्

SEMESTER IV

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

SEMESTER V

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|---|----------------------------|
| 1. COURSE I - Sanskrit III | संस्कृतभाषा— III |
| 2. COURSE II -Philosophy of Yogashastra-I | योगतत्त्वज्ञानम्— I |
| 3. COURSE III -Applied Yoga | योगप्रयोगाः |
| 4. COURSE IV -Yoga and Positive Health | योगःतथा अनुकूल—स्वास्थ्यम् |
| 5. COURSE V- Yoga Practical | योगप्रात्यक्षिकम् |

SEMESTER VI

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|---|----------------------------|
| 1. COURSE I - Sanskrit III | संस्कृतभाषा— III |
| 2. COURSE II -Philosophy of Yogashastra-I | योगतत्त्वज्ञानम्— I |
| 3. COURSE III -Applied Yoga | योगप्रयोगाः |
| 4. COURSE IV -Yoga and Positive Health | योगःतथा अनुकूल—स्वास्थ्यम् |
| 5. COURSE V- Yoga Practical | योगप्रात्यक्षिकम् |

SEMESTER - I

COURSE - I	SANSKRIT (FOUNDATION)-I	संस्कृतभाषा- I	100 MARKS
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Module-I	Nitishatakam (First five paddhati) (मूर्ख-पध्दती, विद्वत्-पध्दती, मानशौर्य-पध्दती, अर्थ -पध्दती, दुर्जन-पध्दती)	40 Marks	Module-
I	Abhyasapustakam	20 Marks	

Internal Assessment - 40 marks

Assignment – 20 Marks
Library Work – 10 Marks
Attendace – 05 Marks
Class Interaction – 05 Marks

Reference Books :

नीतिशतकम् – चौखंबा प्रकाशन, वाराणसी
नीतिशतकम् – डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपूर हाउस, इलाहाबाद-211002
नीतिशतकम् – (मराठी अनुवादासह) प्राचार्य वेदकुमार वेदालंकार, पं. सिध्देश्वर महाराज, विद्याभारती प्रकाशन, लातूर
नीतिशतकम् – (मराठी अनुवादासह) डॉ. हेमा गोखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक
नीतिशतकम् – विद्याप्रसार केंद्र, सीताबर्डी, नागपूर
अभ्यासपुस्तकम् – डॉ. एच. आर. विश्वास, संस्कृतभारती प्रकाशन, अक्षरम्, बेंगलूर

COURSE - II	HISTORY AND PHILOSOPHY OF YOGASHASTRA		100 MARKS
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योगशास्त्रेतिहासः तत्त्वज्ञानञ्च

Module-I	Definition of Yoga Misconceptions about Yoga History of Yoga Tradition	30 Marks	
Module-II	AshtangaYoga- Yama(2-29) Niyamas(2-30)-ethical/moral dimension, Asanas(2-31&46),Pranayama(2-49),Pratyahara(2-54),Dharana(3-01),Dhyana(3-02), Samadhi(3-03).	30 Marks	

Internal Assessment - 40 marks

Assignment – 20 Marks
Library Work – 10 Marks
Attendace – 05 Marks
Class Interaction – 05 Marks

Reference Books :

1. योगप्रक्रियांचे मार्गदर्शन – डॉ.एम.एल घरोटे
2. पातंजल योगसूत्र – डॉ. ना.वि.करंबेळकर श्री.ह.व्या.प्र.मंडळ,अमरावती
3. योग स्वास्थ्य कुंजी – डॉ. अरुण खोडसकर, बृहन महाराष्ट्र योग परिषद, अमरावती
4. भारतीय मानसशास्त्र आणि योगशास्त्र – श्री.कोल्हटकर, प्रसाद प्रकाशन, पुणे

COURSE – III	SCHOOLS OF YOGA योगसंप्रदायाः	100 MARKS
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Module-I	Comparative Study of following Schools of Yoga:	50 Marks
1.	Bhakti Yoga - with reference to Narada Bhakti Sutra	10 Marks
2.	Karma Yoga - with reference to Bhagvad Geeta	10 Marks
3.	Jnana Yoga - with reference to Upanishads	10 Marks
4.	Raja Yoga - with reference to Patanjali Yoga Sutra	10 Marks
5.	Hatha Yoga - with reference to Hatha Yoga Pradipika	10 Marks

Module-II	Integral Yoga of Aurobindo	10 Marks
Internal Assessment -		40 marks

Assignment – 20 Marks
Library Work – 10 Marks
Attendance – 05 Marks
Class Interaction – 05 Marks

Reference Books :

1.	योगा के सिध्दांत एवं अभ्यास –	डॉ.कालिदास जोशी, डॉ.गणेश शंकर सागर .विद्यापीठ, सागर (म.प्र.)
2 ^प	भक्तियोग –	स्वामी विवेकानंद, रामकृष्ण मठ, धंतोली, नागपूर
3 ^प	कर्मयोग –	रामकृष्ण मठ, धंतोली, नागपूर
5 ^प	ज्ञानयोग –	रामकृष्ण मठ, धंतोली, नागपूर
6 ^प	योग, स्वास्थ्य कुंजी –	श्री अरुण खोडस्कर, अमरावती

COURSE – IV EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA	100 MARKS
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योगाध्यापनपद्धतयः

1.	Lesson Planning and Class Management Handling of Classes, direction, guidance, suggestions, counselling	30 Marks
2.	Method of introducing and correcting Yoga Practices	30Marks

Internal Assessment -	40 marks
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Assignment – 20 Marks
Library Work – 10 Marks
Attendance – 05 Marks
Class Interaction – 05 Marks

Reference Book;

1.	Teaching Methods in Yoga	Dr. M.L. Gharote & Dr. S.K. Ganguli, Kaivalyadham, Lonavala.
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COURSE - V	YOGA PRACTICALS	100 MARKS
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Practicals - 40 Marks

Viva - 20 Marks

Internal Assessment

40 marks

Assignment – 20 Marks

Library Work – 10 Marks

Attendance – 05 Marks

Class Interaction – 05 Marks

The following practices will be taught:-

1. Sukshma Vyayama -

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

2. Loosening Exercises -

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

3. Breathing Exercises -

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

4. Asanas (Cultural Asanas)

A. Standing:-

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

B. Sitting-Position:-

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

C. Relaxative Asanas :-

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

D. Meditative Asanas :-

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

Reference Books

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

SEMESTER II

COURSE - I	SANSKRIT (FOUNDATION)-I	संस्कृतभाषा- I	100 MARKS
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Module-I	Nitishatakam (Next five paddhati) (सुजन-पध्दती, परोपकार-पध्दती, धैर्य-पध्दती, दैव-पध्दती, कर्म-पध्दती)	40 Marks
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Module-II	Aparikshitakaragam	20 Marks
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Internal Assessment	40 marks
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Assignment – 20 Marks
Library Work – 10 Marks
Attendance – 05 Marks
Class Interaction – 05 Marks

Reference Books :

- नीतिशतकम् – चौखंबा प्रकाशन, वाराणसी
नीतिशतकम् – डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, 26, बलरामपुर हाउस, इलाहाबाद-211002
नीतिशतकम् – (मराठी अनुवादासह) प्राचार्य वेदकुमार वेदालंकार, पं. सिध्देश्वर महाराज, विद्याभारती प्रकाशन, लातूर
नीतिशतकम् – (मराठी अनुवादासह) डॉ. हेमा गोखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक
नीतिशतकम् – विद्याप्रसार केंद्र, सीताबर्डी, नागपूर
अपरीक्षितकारकम् – चौखंबा प्रकाशन, वाराणसी

COURSE - II	HISTORY AND PHILOSOPHY OF YOGASHASTRA	100 MARKS
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योगशास्त्रेतिहासः तत्त्वज्ञानञ्च

Module-I	Yoga as a Darshana, its place and status among other Darshanas	20 Marks
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Patanjali as a 'Sutrakara'
Patanjali's time
Nature and structure of Patanjali Yoga.

Module-II	Samkhya metaphysics as the basis of Yoga Sutras.	40 Marks
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Nirishwara Samkhya and its Dualism,
Concept of Ishwara in Yoga Sutras.
Pranava and its Significance
Cittavrttis and Cittavikshepas, Citta prasadana.

Internal Assessment	40 marks
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Assignment – 20 Marks, Library Work – 10 Marks
Attendance – 05 Marks, Class Interaction – 05 Marks

Reference Books :

- | | | |
|---------------------------------------|---|---|
| 1. योगप्रक्रियांचे मार्गदर्शन | – | डॉ. एम.एल. घरोटे |
| 2. पातंजल योगसूत्र | – | डॉ. ना.वि. करंबेळकर श्री.ह.व्या.प्र.मंडळ, अमरावती |
| 3. योग स्वास्थ्य कुंजी | – | डॉ. अरुण खोडसकर, बृहन महाराष्ट्र योग परिषद, अमरावती |
| 4. भारतीय मानसशास्त्र आणि योगशास्त्र– | | श्री.कोल्हटकर, प्रसाद प्रकाशन, पुणे |

COURSE – III	SCHOOLS OF YOGA योगसंप्रदायाः	100 MARKS
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Module-I Other Schools of Yoga	30 Marks
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Prana-samyama Yoga,
Kundalini Yoga,
Mantra Yoga,
Laya Yoga,
Shaktipata Yoga.

Module-II	30 Marks
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Study of different meditation techniques with reference to their
Metaphysical foundations.
Patanjala Yoga Meditation
Zen Meditation
Dynamic Meditation
Vipassana
Bhavatitadhyana
Prekshadhyan

Internal Assessment	40 marks
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Assignment – 20 Marks
Library Work – 10 Marks
Attendace – 05 Marks
Class Interaction – 05 Marks

Reference Books :

- | | | | |
|----------------|-----------------------------|----|--|
| 1. | Yoga Techniques | -- | Dr. M.L. Gharote, Lonavala. |
| 2. | योगा के सिध्दांत एवं अभ्यास | — | डॉ.कालिदास जोशी, डॉ.गणेश शंकर सागर .विद्यापीठ, सागर (म.प्र.) |
| 3 ^प | भक्तियोग | — | रामकृष्ण मठ, धंतोली, नागपूर |
| 4 ^प | कर्मयोग स्वामी विवेकानंद | — | रामकृष्ण मठ, धंतोली, नागपूर |
| 5 ^प | ज्ञानयोग | — | रामकृष्ण मठ, धंतोली, नागपूर |
| 6 ^प | योग, स्वारस्थ्य कुंजी | — | पंडीत हरीकृष्ण शास्त्री दातार किर्ती सौरभ प्रकाशन
करेन्ट बुक एजन्सी, वाराणसी –5 |

COURSE – IV EDUCATIONAL PRINCIPLES AND PRACTICES OF YOGA	100 MARKS
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योगाध्यापनपद्धतयः

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

Module-II	Classification and importance of Methods, Teaching aids	30 Marks
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1. Classification of Teaching Methods
2. Importance of Teaching Methods
3. Teaching Aids in Yoga

Internal Assessment**40 marks**

- Assignment – 20 Marks
- Library Work – 10 Marks
- Attendance – 05 Marks
- Class Interaction – 05 Marks

Reference Book;

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

COURSE - V	YOGA PRACTICALS	100 MARKS
Practicals	40 Marks	
Viva	20 Marks	
Internal Assessment	40 marks	
	Assignment – 20 Marks	
	Library Work – 10 Marks	
	Attendance – 05 Marks	
	Class Interaction – 05 Marks	

The following practices will be taught:-

1. Suryanamaskara –

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

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

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

B. Supine position :-

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

3. PRANAYAMA :-

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

4. KRIYAS :-

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

5. MEDITATION :- (Different techniques such as)

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

Reference Books

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

SEMESTER – III

COURSE – I	SANSKRIT – II संस्कृतभाषा– II	100 MARKS
Module-I	Kathopanishad (Valli I&II)	40Marks
Module-II	Bhagavadgita (Ch-12)	20 Marks

Internal Assessment**40 marks**

- Assignment – 20 Marks
Library Work – 10 Marks
Attendance – 05 Marks
Class Interaction– 05 Marks

Reference Books :

- भगवद्गीता – गीताप्रेस, गोरखपुर
श्रीमद्भगवद्गीता – व्याख्याता, प. श्रीवंशीधर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी–221002
सुबोध भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जोग, 201, महात्मा फुले रोड, डोंबीवली–421202
कठोपनिषद् – गीताप्रेस, गोरखपुर
कठोपनिषद् – व्याख्याता स्वामी प्रखर प्रज्ञानंद सरस्वती, चौखंबा संस्कृत संस्थान, वाराणसी
कठोपनिषद् – डॉ. ब्रह्ममित्र अवस्थी, स्वामी केशवानंद योगसंस्थान, दिल्ली
कठोपनिषद् – आनंदवन शोध संस्थान, मुंबई

COURSE – II	PHILOSOPHY OF YOGASHASTRA	योगतत्त्वज्ञानम्	100Marks
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Module-I	Six Systems of Indian Philosophy- (Three Astika Darshan - Samkhya, Yoga and Poorva Meemaamsaa)	25 Marks
Module-II	Patanjala Yoga Sutras (Samadhi pada first 25 sutra)	15 Marks
Module-III	Hatha Yoga Pradipika (First Chapter)	20 Marks

Internal Assessment**40 marks**

- Assignment – 20 Marks
Library Work – 10 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 (No. 447) | S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 6. Hathayoga Pradipika | Kaivalyadham, Lonavla |
| 7. Hathayoga Pradipika | Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |

COURSE - III	YOGA THERAPY	योगोपचार-पद्धति:	100 MARKS
Module – I	Principles of Yoga Therapy :		20 Marks
	Meaning, Tools and Principles of Yoga therapy		
Module – II	Diseases related to Nervous system and Yoga treatment for them		20 Marks
Module – III	Stress and its Management by Yoga		20 Marks
Internal Assessment			40 marks
	Assignment –	20 Marks	
	Library Work –	10 Marks	
	Attendance –	05 Marks	
	Class Interaction –	05 Marks	

Reference Books

- | | | |
|--|---|--|
| 1. Physiology and Anatomy of Yogic Practices | - | Dr.M.M. Gore, Lonavala. |
| 2. Yogic Therapy | - | Kuvalyananda and Dr. Vinekar |
| 3. Structure and function of human body | - | Dr. Shrikrishna, Kaivalyadham, Lonawala. |
| 4. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) | - | डॉ.म.म.गोरे, लोनावला |
| 5. शारीरिक रोगांच्या निवारणासाठी योग | - | कैवल्यधाम, लोनावला,पुणे |

COURSE - IV	INRODUCTION OF ANATOMY AND PHYSIOLOGY	100 MARKS
शरीररचना-कार्यशास्त्र-परिचयः		

Module-I Basic Knowledge of Anatomy and Physiology (Cells, Tissues, Organs, Systems)	20 Marks
--	-----------------

Module-II Anatomy and Physiology of following Systems)**40 Marks**

- 1.Skeletal system
- 2.Masclar system
- 3.Respiratory system
- 4.Circulatory system
- 5.Digestive system

Internal Assessment**40 marks**

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference books:

- | | | |
|---|----|--|
| 1. Anatomy and Physiology in health and illness | -- | Ross and Wilson |
| 2. पृथकशारीरम् | — | डॉ. संयुक्ता गोखले |
| 3. दृष्टार्थ शरीरम् | — | प.ग.आठवले |
| 4. शरीर क्रिया | — | प.ग.आठवले |
| 5. Anatomy, Physiology of Yoga practices | -- | Dr. Gore, Kaivalyadham, Lonawala. |
| 6. Structure and function of human body | -- | Dr. Shrikrishna, Kaivalyadham, Lonawala. |
| 7. Yogic Therapy | -- | Kuvalyananda and Dr. Vinekar |
| 8. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) | — | डॉ.म.म.गोरे, लोनवला |

COURSE V -**YOGA PRACTICAL****100 MARKS****Practical (Demonstration-40 Marks and Viva-voce- 20 Marks)****60 Marks****Following Practices :-**

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

Internal Assessment**40 marks**

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Books :

- | | | |
|----------------------------------|---|--|
| 1. Hatha Yogapradipika (No. 465) | - | Choukhamba Sanskrit Series, Po. Box 1008, Varanasi 221001 |
| 2. Gheranda Samhita (No.415) | - | Ajay Kumar Gupta,Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001 |
| 3. Hathapradipika | - | Kaivalyadham, lonavala,Mumbai, Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001 |
| 4. Ghaeranda Samhita | - | Kaivalyadham, lonavala,Mumbai, Choukhamba Sanskrit Series
Po. Box 1008, Varanasi 221001 |

SEMESTER IV

COURSE - I	SANSKRIT - II संस्कृतभाषा- II	100 MARKS
Module-I	Bhagavadgita (Ch-2)	40 marks
Module-II	Shwetaketu-Aruni Katha, (छान्दोग्योपनिषद्, षष्ठ अध्याय, प्रथम खंड)	10 Marks
	Yajnavalkya-Maitryi Samvad (बृहदारण्यकोपनिषद्, चतुर्थ अध्याय, पंचम ब्राह्मण)	10 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks
Reference Book :		
भगवद्गीता – गीताप्रेस, गोरखपुर		
श्रीमद्भगवद्गीता – व्याख्याता, प. श्रीवंशीधर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002		
सुबोध भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जोग, 201, महात्मा फुले रोड, डोंबीवली-421202		
छान्दोग्योपनिषद् – गीताप्रेस, गोरखपुर		
छान्दोग्योपनिषद् – संपादक, पं. गंगाधर, पं. महावीर प्रसाद, चौखंबा विद्याभवन, वाराणसी-221001		
छान्दोग्योपनिषद् – संपादक, विद्वान रंगनाथ कट्टी, शंकरनारायण अंगी, पूर्णप्रज्ञाविद्यापीठ, बंगलुरु-28		
बृहदारण्यक उपनिषद् – गीताप्रेस, गोरखपुर		
बृहदारण्यक उपनिषद् – चौखंबा प्रकाशन, वाराणसी		
वैदिक कथा – डॉ. नंदा पुरी, क.का. संस्कृत विश्वविद्यालय प्रकाशन, रामटेक		

COURSE - II	PHILOSOPHY OF YOGASHASTRA	योगतत्त्वज्ञानम् 100 Marks
Module-I	Six Systems of Indian Philosophy- (Three Astika Darshan – Nyaya, Vaisheshika and Vedaanta)	25 Marks
Module-II	Patanjala Yoga Sutras (Samadhipada) (from sutra 26 to the end of the first paada)	15 Marks
Module-III	Hatha Yoga Pradipika (Second Chapter)	20 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 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 (No. 447)	S.N. Dasgupta Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
6.	Hathayoga Pradipika	Kaivalyadham, Lonavla
7.	Hathayoga Pradipika	Chowkhamba Sanskrit Sansthan

COURSE - III	YOGA THERAPY	योगोपचार—पद्धति:	100 MARKS
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- 1) **Study of following psychosomatic ailments.** 60 Marks
- Cardio Vascular ailments (Hyper-tension)
Respiratory ailments (Asthma, Nasal Allergy)
Diabetes, Obesity, Gastro intestinal disorders, Migraine, Headaches,
Arthritis, Women's problems, Children Mental Health

Internal Assessment**40 marks**

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Books

- | | | |
|--|---|--|
| 1. Anatomy & Physiology of Yogic Practices | - | Dr.M.M. Gore, Lonavala. |
| 2. Yogic Therapy | - | Kuvalyananda and Dr. Vinekar |
| 3. Structure and function of human body | - | Dr. Shrikrishna, Kaivalyadham, Lonawala. |
| 4. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) | - | डॉ.म.म.गोरे, लोनावला |
| 5. शारीरिक रोगांच्या निवारणासाठी योग | - | कैवल्यधाम, लोनावला,पुणे |

COURSE - IV	INTRODUCTION OF ANATOMY AND PHYSIOLOGY	शरीररचना—कार्यशास्त्रपरिचयः	100 MARKS
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- Module-I Anatomy and Physiology of following systems 25 Marks
- 1.Excretory system
 - 2.Nervous system
 - 3.Endocrine system
 - 4.Reproductive system

Module-II Shatkarma (Introduction and physiological significance) 20 Marks

Module-III Nadivijnana, Panchaprana, Panchakosha, 15 marks

Internal Assessment**40 marks**

Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference books:

- | | | |
|---|----|--|
| 1. Anatomy and Physiology in health and illness | -- | Ross and Wilson |
| 2. पृथकशरीरम् | - | डॉ. संयुक्ता गोखले |
| 3. दृष्टार्थ शरीरम् | - | प.ग.आठवले |
| 4. शरीर क्रिया | - | प.ग.आठवले |
| 5. Anatomy, Physiology of Yoga practices | -- | Dr. Gore, Kaivalyadham, Lonawala. |
| 6. Structure and function of human body | -- | Dr. Shrikrishna, Kaivalyadham, Lonawala. |
| 7. Yogic Therapy | -- | Kuvalyananda and Dr. Vinekar |
| 8. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) | - | डॉ.म.म.गोरे, लोनावला |

COURSE V -	YOGA PRACTICAL	100 MARKS
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A)	Practical (Demonstration and Viva-voce)	60 Marks
	Kriyas : Nauli, Basti, Danda Dhauti, Vastra-Dhauti, Shankha Prkshalana.	20 Marks
B)	Five Lesson Plans	20 Marks
C)	Course Report (Report of the Yoga Course conducted by the student)	20 Marks

Internal Assessment	40 marks
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Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Books :

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

SEMESTER V

COURSE - I	SANSKRIT - III	संस्कृतभाषा- III	100 MARKS
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Module-I	Meghadut (Purvamegh)		40 Marks
Module-II	Bhagavadgita (Ch-III)		20 Marks

Internal Assessment	40 marks
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Assignment –	20 Marks,	Library Work –	10 Marks
Attendance –	05 Marks,	Class Interaction –	05 Marks

Reference Book :

- भगवद्गीता – गीताप्रेस, गोरखपुर
 श्रीमद्भगवद्गीता – व्याख्याता, प. श्रीवंशीधर मिश्र, संपूर्णानंद संस्कृत विश्वविद्यालय, वाराणसी-221002
 सुबोध भगवद्गीता – पं. द. वा. जोग, प्रकाशक, एम. डी. जोग, 201, महात्मा फुले रोड, डोंबीवली-421202
 मेघदूतम् – एम. आर. काळे, मोतीलाल बनारसीदास प्रकाशन, न्यु दिल्ली
 मेघदूतम् – चौखंबा, सुरभारती प्रकाशन, वाराणसी

COURSE - II	PHILOSOPHY OF YOGASHASTRA-I	100 MARKS
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योगशास्त्रेतिहासः तत्त्वज्ञानञ्च- I

Module-I Three Systems of Indian Philosophy- (Nastika Darshan Charvaka &Bauddha)	30 Marks
Module-II Gheranda Samhita	30 Marks

Internal Assessment	40 marks
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Assignment –	20 Marks,	Library Work –	10 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 (No. 447) | S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 6. Hathayoga Pradipika | Kaivalyadham, Lonavla |
| 7. Hathayoga Pradipika | Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |

COURSE – III

APPLIED YOGA योगप्रयोगः

100 MARKS

A) Planning and conducting at least month long Yoga Courses for Students: 60 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

40 marks

- | | |
|------------------------|------------------------------|
| Assignment – 20 Marks, | Library Work – 10 Marks |
| Attendance – 05 Marks, | Class Interaction – 05 Marks |

Reference Books :

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

COURSE – IV **YOGA AND POSITIVE HEALTH** **100 MARKS**

योग: तथा अनुकूल—स्वास्थ्यम्

Module 1.	Concept of Holistic Health and WHO Concept of Adhi, Vyadhi and Panchakosh	15 Marks
Module 2.	Basic Theories of Psychology. (Psycho analysis, Individuation theory, Psychosynthesis, Gestalt psychology)	30 Marks
Module 3.	Oriental and occidental concept of mind, and mental states.	15 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

Reference Books:

- | | | | |
|----|----------------------------|---|---|
| 1 | योग से मनश्चिकित्सा | – | डॉ. बी.के.बान्द्रे, 76 धारकोठी कॉलनी, इंदोर. |
| 2. | रोग मनाचा शोध मनाचा | – | श्रीकृष्ण व्यवहारे, घंटाळी कॉलनी, ठाणे (पश्चिम) |
| 3. | Yoga Practices for Anxiety | - | Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression
Vivekanand Kendra, Banglore. |
| 4. | Yoga Techniques | . | Dr. M.L. Gharote
Gulmohar Apartment, Bhangarwadi, Lonavala. |
| 5. | पातञ्जल योगसूत्र भाष्य | – | डॉ.एन् व्ही. करंबेळकर, हनुमान व्यायम प्रसारक मंडळ,
अमरावती |

COURSE V - **YOGA PRACTICAL** **100 MARKS**

Demonstration (40) & Viva (20) -	60 Marks,
Internal Assessment	40 marks
Assignment –	20 Marks,
Attendance –	05 Marks,
Library Work –	10 Marks
Class Interaction –	05 Marks

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. Standing:-**

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

B. Sitting-Position:-

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

C. Prone on position:-

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

D. Supine position :-

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

E. Relaxative Asanas :-

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

F. Meditative Asanas :-

- | | |
|-----------------|---------------|
| 1. Padmasana | 2. Vajrasana |
| 3. Swastikasana | 4. Siddhasana |
| 5. Sukhasana | |
- Mayurasana, Vrishchikasan, Chakrasana and Matsyendrasana

SEMESTER VI

COURSE - I	SANSKRIT - III	संस्कृतभाषा- III	100 MARKS
Module-I	Meghadut (Uttaramegh)		40 Marks
Module-II	Viduraniti (Ch-I)		20 Marks
Internal Assessment			40 marks
Assignment –	20 Marks,	Library Work – 10 Marks	
Attendance –	05 Marks,	Class Interaction – 05 Marks	

Reference Book :

- मेघदूतम् – चौखंबा, सुरभारती प्रकाशन, वाराणसी
मेघदूतम् – एम. आर. काळे, मोतीलाल बनारसीदास प्रकाशन, न्यु दिल्ली.
विदूरनीति – डॉ. गुंजेश्वर चौधरी, चौखंबा, सुरभारती प्रकाशन, पो.बॉ.नं.1129, वाराणसी-221001
विदूरनीति – मोतीलाल बनारसीदास प्रकाशन, न्यु दिल्ली.
विदूरनीति – गीताप्रेस, गोरखपूर, कोलकता
विदूरनीति – संपादक, डॉ. किरण शुक्ला, जे. पी. पब्लिशिंग हाउस, 27/28, शक्ति नगर, दिल्ली-110007

COURSE – II	PHILOSOPHY OF YOGASHASTRA-I	100 MARKS
योगशास्त्रेतिहासः तत्त्वज्ञानञ्च- I		

Module-I Systems of Indian Philosophy- (Jain Darshan)	20 Marks
Module-II Hatha Yoga Pradipika (Chapters-Three, four and five)	40 Marks

Internal Assessment	40 marks
Assignment – 20 Marks,	Library Work – 10 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 (No. 447) | S.N. Dasgupta
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |
| 6. Hathayoga Pradipika | Kaivalyadham, Lonavla |
| 7. Hathayoga Pradipika | Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi |

COURSE – III	APPLIED YOGA योगप्रयोगः	100 MARKS
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Application of Yoga Concepts and Practices in Allied Sciences:	60 Marks
A) Ayurveda	15 Marks
B) Naturopathy	15 Marks
C) Psychology (Psychiatry)	15 Marks
D) Physical Education	15 Marks

Internal Assessment	40 marks
Assignment – 20 Marks,	Library Work – 10 Marks
Attendance – 05 Marks,	Class Interaction – 05 Marks

Reference Books :

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

COURSE – IV **YOGA AND POSITIVE HEALTH** **100 MARKS**

योग: तथा अनुकूल—स्वास्थ्यम

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. 20 Marks

Internal Assessment 40 marks

Assignment – 20 Marks, Library Work – 10 Marks
Attendance – 05 Marks, Class Interaction – 05 Marks

Reference Books:

- | | | | |
|----|----------------------------|---|--|
| 1 | योग से मनश्चिकित्सा | – | डॉ बी.के.बान्द्रे, 76 धारकोठी कॉलनी, इंदोर. |
| 2. | रोग मनाचा शोध मनाचा | – | श्रीकृष्ण व्यवहारे, घंटाळी कॉलनी, ठाणे (पश्चिम) |
| 3. | Yoga Practices for Anxiety | - | Dr.R.Nagarthnam, Dr.H.R.Nagendra and Depression
Vivekanand Kendra, Bangalore. |
| 4. | Yoga Techniques | . | Dr. M. L. Gharote
Gulmohar Apartment, Bhangarwadi, Lonavala. |
| 5. | पातञ्जल योगसूत्र भाष्य | – | डॉ.एन् व्ही. करंबेळकर, हनुमान व्यायम प्रसारक मंडळ,
अमरावती |

COURSE – V **YOGA PRACTICAL** **योगप्रात्यक्षिकम** **100 MARKS**

Demonstration (40) & Viva (20) - 60 Marks,**1. Suryanamaskara –**

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

2. Pranayama:-

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

3. KRIYAS :-

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

4. MEDITATION :- (Different techniques such as)

- Omkar Japa
- Sakshibhava
- Breath- Awareness

5. MUDRA**Internal Assessment:****Internship:**

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

40 Marks