



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



योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

M.A. Yogashastra Choice Based Credit System (CBCS Pattern)

Course Curriculum (Syllabus)

Approved by the Academic Council Meeting No. 02/2015, Dt. 25.06.2015, Item no. 56.

(Onwards 2015-2016)

Name of the Course	M.A. Yogashastra
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Semester
Course Duration	02 years (04 Semesters)
Total Credits	100
Eligibility	<ul style="list-style-type: none"> Any Graduation or its equivalent. A student not having any previous qualification of Yoga (minimum six months course from a recognized institution) should pass the Yogasetu examination conducted by KKSU.

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year (Sem I & II)	400	140	480	168	120	42	1000	350	50	--
Second Year (Sem III & IV)	400	140	480	168	120	42	1000	350	50	-
Final Total	800	280	960	336	240	84	2000	700	100	--

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

Name of the Course	4.5 - M.A. Yogashastra
Name of the Faculty	Faculty of Ancient Indian Sciences and Fine Arts
Examination Type	Semester
Course Duration	04 Semesters
Total Credits	100
Eligibility	<ul style="list-style-type: none"> Any Graduation or its equivalent. A student not having any previous qualification of Yoga (minimum six months course from a recognized institution) should pass the Yogasetu examination conducted by KKSU.

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)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	
First Year - Semester I										
MAY1-I-01	SANSKRIT	40	14	60	21	-	-	100	35	5
MAY1-I-02	FUNDAMENTALS OF INDIAN PHILOSOPHY - 1	40	14	60	21	-	-	100	35	5
MAY1-I-03	STRESS MANAGEMENT BY YOGA	40	14	60	21	-	-	100	35	5
MAY1-I-04	YOGA TRADITION	40	14	60	21	-	-	100	35	5
MAY1-I-05	PRACTICAL	40	14	-	-	60	21	-	-	5
First Year - Semester II										
MAY1-II-01	FUNDAMENTALS OF INDIAN PHILOSOPHY - 2	40	14	60	21	-	-	100	35	5
MAY1-II-02	YOGASUTRA	40	14	60	21	-	-	100	35	5
MAY1-II-03	YOGA- UPANISHAD AND MODERN YOGA	40	14	60	21	-	-	100	35	5
MAY1-II-04	APPLIED YOGA I	40	14	60	21	-	-	100	35	5
MAY1-II-05	PRACTICAL	40	14	-	-	60	21	-	-	5
First Year Total		400	140	480	168	120	42	1000	350	50
Second Year - Semester III										
MAY2-III-01	CLASSICAL YOGA TEXTS	40	14	60	21	-	-	100	35	5
MAY2-III-02	YOGA AND ALLIED SCIENCES	40	14	60	21	-	-	100	35	5
MAY2-III-03	RESEARCH METHODOLOGY	40	14	60	21	-	-	100	35	5
**Elective Papers (Any one of the following can be opted)										
MAY2-III-04 Elective - I	YOGA APPLICATION (Advanced Yoga)	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - II	Yoga (For Non Yoga students)	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - III	Darshan	40	14	60	21	-	-	100	35	05

MAY2-III-04 Elective - IV	Vedanta	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - V	Vyakarana	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - VI	Sahitya	40	14	60	21	-	-	100	35	05
MAY2-III-04 Elective - VII	Jyotish	40	14	60	21	-	-	100	35	05
MAY2-III-05	PRACTICAL	40	14	-	-	60	21	-	-	5
Second Year - Semester IV										
MAY2-IV-01	TRADITIONAL YOGA TEXTS	40	14	60	21	-	-	100	35	5
MAY2-IV -02	WESTERN PSYCHOLOGY	40	14	60	21	-	-	100	35	5
MAY2-IV -03	YOGA RESEARCH & THESIS FORMAT	40	14	60	21	-	-	100	35	5
**Elective Papers (Any one of the following can be opted)										
MAY2-IV -04 Elective - I	YOGA THERAPY AND OTHER THERAPIES (Advanced Yoga)	40	14	60	21	-	-	100	35	5
MAY2-IV -04 Elective - II	Yoga (For Non Yoga students)	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective - III	Darshan	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective - IV	Vedanta	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective - V	Vyakarana	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective - VI	Sahitya	40	14	60	21	-	-	100	35	05
MAY2-IV -04 Elective - VII	Jyotish	40	14	60	21	-	-	100	35	05
MAY2-IV -05	PRACTICAL, DISSERTATION AND VIVA-VOCE	40	14	-	-	60	21	-	-	5
Second Year Total		400	140	480	168	120	42	1000	350	50
Final Total		800	280	960	336	240	84	2000	700	100

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year (Sem I & II)	400	140	480	168	120	42	1000	3500	50	--
Second Year (Sem III & IV)	400	140	480	168	120	42	1000	350	50	--
Final Total	800	280	960	336	240	84	2000	700	100	--

Program - M.A. YOGASHASTRA

- Eligibility** : • Any Graduation or its equivalent.
• A student not having any previous qualification of Yoga (minimum six months course from a recognized institution) should pass the Yogasetu examination conducted by KKSU.
- Medium** : Sanskrit, Marathi, Hindi, English
- Age** : 21-60 yrs.
- Note:** : The students should produce Medical Fitness Certificate at the time of admission.
- Duration** : Two Academic years (June - March) Four Semesters
- Medium** : Marathi, Sanskrit, Hindi, English
- Total Marks** : **2000 (First Year - Semester I = 500 & Semester II = 500,
Second Year - Semester III = 500 & Semester IV = 500)**
- NOTE** : **Elective Paper - Paper IV in Sem. – III & Sem. – IV is elective paper.
The Student can opt any one from the subjects offered as paper IV.**

Credit Points - Total 100 credits for M.A. Programme. 5 Credits per course.
One Credit is construed as corresponding to approximately 30 to 40 learning hours.

The performance of the learners shall be evaluated into two components. The learner's performance shall be assessed by Internal Assessment with 40% marks in the first component by conducting the Semester End Examinations with 60% marks in the second component. The allocation of marks for the Internal Assessment and Semester End Examinations are as shown below :-

a) Internal Assessment - 40% for each course.

40 Marks

Sr. No.	Particulars	Marks
1	One periodical class test held in the given semester/Library work	10 Marks
2	Subject specific Term Work Module / Assessment modes - at least two - as decided by the department in the beginning of the Semester (like Extension / field / Experimental work, Short Quiz; Objective test, lab practical, open book test etc. and written assignments, Case study, Projects, Posters and exhibits etc. for which the assessment is to be based on class presentations wherever applicable) to be selflessly assessed by the teacher/s concerned.	20 Marks
3	Active participation in routine instructional deliveries (and in practical work, tutorial, field work etc. as the case may be)	05 marks
4	Overall conduct as a responsible learner, mannerism and articulation and exhibit of leadership qualities in organizing related academic activities.	05 marks

M. A. Yogashastra
Marks & Credits Distribution

<u>SEMESTER I</u>			
Course I	Sanskrit	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course II	Fundamentals of Indian Philosophy I	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course III	Stress Management by Yoga	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV	Yoga Tradition	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course V	Practical	100 Marks	5 Credits
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<u>SEMESTER II</u>			
Course I	Fundamentals of Indian Philosophy II	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course II	YOGASUTRA	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course III	Yoga- Upanishad And Modern Yoga	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV	Applied Yoga I	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course V	Practical	100 Marks	5 Credits
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
<u>SEMESTER III</u>			
Course I	Classical Yoga Text	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course II	Yoga And Allied Sciences	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course III	Research Methodology	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
**Elective Papers (Any one of the following can be opted)			
Course IV Elective - I	Yoga Application (Advanced Yoga)	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - II	Yoga (For Non Yoga students)	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - III	Darshan	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits

Course IV Elective - IV	Vedanta	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - V	Vyakaran	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - VI	Sahitya	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - VII	Jyotish	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course V	Practical	100 Marks	5 Credits
	Demonstration + Viva	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
SEMESTER - IV			
Course I	Classical Yoga Text	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course II	Western Psychology	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course III	Yoga Research And Thesis Format	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
**Elective Papers (Any one of the following can be opted)			
Course IV Elective - I	Yoga Therapy And Other Therapies (Advanced Yoga)	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - II	Yoga (For Non Yoga students)	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - III	Darshan	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - IV	Vedanta	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - V	Vyakaran	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - VI	Sahitya	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course IV Elective - VII	Jyotish	100 Marks	5 Credits
	Theory	60 Marks	3 Credits
	Internal Assessment	40 Marks	2 Credits
Course V	Practical ,Dissertation And Viva-Voce	100 Marks	5 Credits
	Dissertation	60 Marks	3 Credits
	Practical & Viva-Voce	40 Marks	2 Credits

M.A. YOGASHASTRA

Syllabus Details SEMESTER I

Course I	SANSKRIT संस्कृत	100 Marks
Theory -		60 Marks
Module I -	Raghuvamsham, prathama sarga	25 Marks
Module II -	Karnabharam	25 Marks
Module III -	Nibandhalekhanam	10 Marks
Subjects		
1)	Sanskritbhashayaha Mahatwam	
2)	Bhartiya Sanskritehe Mahatwam	
3)	Paryavarana Mahatwam	
4)	DeshBhakti	
5)	Arshakavye	
6)	Mahakavyani	
7)	Granthalaya Mahatwam	
8)	Deepavali	
9)	Sanskrite Vidnyanam	
10)	Shiksha yog	
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work - 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks
Course II	FUNDAMENTALS OF INDIAN PHILOSOPHY भारतीयदर्शनस्य प्राथमिक तत्त्वानि	100 Marks
(Nine Systems of Philosophy)		
Module I -	Jeev, Jagat, Ishwar, Avidya (each separate topic)	30 Marks
Module II -	Pramana Definition of Prama and Pramana, Number and nature of Pramana, Types of Pramana	30 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks
1.	Bharatiya tattwajnan	Shri.Srinivasa Dikshit, Any Popular Book Stall .
2.	Encyclopaedia of Indian Philosophy	Motilal banarasidas, New Delhi
3.	Sarvadarshan Samgraha	Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi

COURSE - III STRESS MANAGEMENT BY YOGA योगद्वारा मानसिक-उद्वेगनियन्त्रणम्		100 Marks
Module I -	Stress and its management by Yoga Stress, Types of stress, Yoga method of managing stress	20 marks
Module II -	Meditation, Traditions of Meditation Patanjala Dhyan Zen meditation Vipassana Preksha Dhyan Cyclic Meditation Nadanusandhan	20 Marks
Module III	types and importance of Prayer in world religions (both Individual and Group) Hindu, Bauddha, Jain, Christian, Sikh, Muslim	20 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

COURSE - IV	YOGA TRADITION योगसम्प्रदायः	100 Marks
Module I -	Yoga in Bhagvad Gita - Ch. 6 & 16	30 Marks
Module II -	Yoga-Upanishad	30 Marks
	1. Amritanada Upanishad 3. Yogatattva Upanishad.	2. Tejobindu Upanishad
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 marks
Attendance –	05 Marks,	Class Interaction – 05 Marks

Refernece Books

- Bhagavadgita
Gitapress, Popular Book Stall
Chowkhamba Sanskrit Sansthan
P.O.No: 1008, Varanasi
- YogaUpanishad

COURSE - V	PRACTICAL (प्रात्यक्षिकम्)	100 Marks
A)	Practical (Demonstration - 40 and Viva-Voce - 20) Demonstration (4 practices - each 10 marks) + Viva/Oral (20)	60 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks
A. Asanas (Cultural Asanas)		
1. Standing		
1. Ardha Kati Charasana	2. Padahastasana	
3. Ardha-Chakrasana	4. Trikonasana	
5. Tadasan		
2. Sitting Position		
1. Parvatasan	2. Vakrasan	3. Shashankasana
		4. Janushirshasana
3. Prone on Position		
1. Bhujangasana	2. Ardhashalabhasana	
3. Shalabhasana	4. Naukasana	
4. Supine Position		
1. Viparita-Karani	2. Pavanmuktasana	
3. Uttana Vakrasana	4. Setubandhasana	
5. Relaxative Asanas		
1. Shavasana	2. Makarasana	
B. Sukshma Vyayama -		
1. Kapola Shakti Vikasak	2. Karma Shakti Vardhak	
3. Greeva Shakti Vikasak	4. Karatala Shakti Vikasak	
5. Manibandha Shakti Vikasak	6. Purna Bhuja Shakti Vikasak	
7. Vakshasthala Shakti Vikasak	8. Jungha Shakti Vikasak	
9. Padamula Shakti Vikasak		
C. Loosening Exercise -		
1. Twisting	2. Side bending	
3. Forward-backward bending	4. Twisting and Bending	
D. Breathing Exercises -		
1. Hands in and out breathing	2. Tadasana-Shavasana	
3. Rabbit-breathing	4. Swan-Shvasana	
5. Shashankasan-Shvasana		
E. Suryanamaskar		
F. Kriya/Pranayama -		
1. Kapalbhathi	2. Deep Breathing	3. Sectional breathing with Mudra
4. Suryabhedan		

Reference Books :

1. Bharatiya Tatwadnyan - Dr. Shrinivas Dixit, Central Book Depot, Nagpur.
2. Yoga Sutra with Bhashya (Marathi) -Shri Rele, Prasad Prakashan, Pune.
3. Yoga Sutra with Bhashya(Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat.
4. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.
5. Bhagvadgeeta (Marathi) - Geeta Press, Gandhibag, Nagpur.
6. Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
7. Teaching Methods in Yoga - Dr. Gharote, Kaivalyadham, Lonavala.

SEMESTER II

COURSE - I	PRINCIPLES OF INDIAN PHILOSOPHY भारतीयदर्शनस्य तत्त्वानि	100 Marks
(Nine Systems of Philosophy)		
Module I -	Moksha	15 Marks
Module II -	Realised Soul (Jeevanmukta) Yogin, Sthitaprajna, Arhat, Bodhisattwa	15 Marks
Module III -	Introduction to Sankhya Philosophy Prakriti, Purusha, Guna concept, Creation, Satkaryavada, Kaivalya	15 Marks
Module IV -	Salient features of Yoga Philosophy (Patanjali) Definition of Yoga, Yoga samkhya relation Chittavritti, Klesha, Chittaprasadana upaya	15 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendance –	05 Marks,	Class Interaction – 05 Marks
Reference Books :		
1. Bharatiya Tatwadnyan -	Dr. Shrinivas Dixit, Central Book Depot, Nagpur.	
2. Bhartiya Darshan -	Shri. Baldev Upadhyay, Chaukhamba, Banaras.	

COURSE - II	YOGASUTRA योगसूत्राणि	100 Marks
Module II -	Patanjala Yoga sutra (first two padas) (I pada bhashya and II pada only sutra)	60 Marks
Internal Assessment		40 marks
Assignment –	20 Marks,	Library Work – 10 Marks
Attendace –	05 Marks,	Class Interaction – 05 Marks
Reference Books :		
1. Yoga Sutra with Bhashya (Marathi)	-Shri Rele, Prasad Prakashan, Pune.	
2. Yoga Sutra with Bhashya(Hindi)	- Darshan Mahavidyalaya, Parsodi, Gujarat.	
3. Yogasutra (Marathi)	- Shri Kolhatkar, Prasad Prakashan, Pune.	

COURSE - III	YOGA-UPANISHAD AND MODERN YOGA योगोपनिषदः आधुनिक योगश्च	100 Marks
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Module I - Yoga-Upanishad		30 Marks
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|------------------------|----------------|
| 1. Shandilya Upanishad | 2. DhyanaBindu |
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Module II - Modern thinkers on Yoga		30 Marks
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|------------------------|--------------------------|
| 1. Shri. Aurobindo | 2. Swami Vivekanand |
| 3. J. Krishnamurthy | 4. Satyananda Saraswati |
| 5. Swami Kuvalayananda | 6. Swami Shivananda |
| 7. Mahesh Yogi | 8. Acharya Rajnish |
| 9. B.K.S. Ayyangar | 10. Ramkrishna Paramhans |

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. Yoga Upanishad | Chowkhamba Sanskrit Sansthan, P.O.No: 1008, Varanasi |
| 2. Yoga Upanishad | Adyar Library Publication, Adyar, Chennai |
| 3. Aurobindo | Aurobindo Ashram, Pondicherry |
| 4. Swami Vivekananda | Ramakrishanshram, Dhantoli, Nagpur |
| 5. Ramakrishnaparamahansa | Ramakrishanshram, Dhantoli, Nagpur |
| 6. Acharya Rajanish | Osho Ashram, Near Zer Mile, Nagpur
17 Koregaon Park Koregaon Park, Pune, Maharashtra |
| 7. Mahesh Yogi | Maharishi Ved Vigyan Vidya Peeth, Gautam Buddh Nagar Sector 18, Noida, Noida |
| 8. BKS Iyengar | Ramamani Iyengar Memorial Yoga Institute (RIMYI) 1107 B/1 Hare Krishna Mandir Road, Model Colony, Shivaji Nagar, Pune - 411 016, Maharashtra. |
| 9. Satyananda Swami | Ganga Darshan, Fort, Munger, Bihar 811201, India |
| 10. Shivananda Swami | Ganga Darshan, Fort, Munger, Bihar 811201, India |
| 11. Kuvalayananda Swami | Kaivalyadham, Lonanvala, Pune |
| 12. J.Krishnamurthy | Theosophical Society, |

COURSE - IV APPLIED YOGA-I		100 Marks
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प्रायोगिक-योग:-1

Module I - Yoga in Education		20 Marks
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Module II - Yoga in Sports		20 Marks
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Module III - Yoga Therapy		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 :

- | | | | |
|----|---------------------|---|---|
| 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 |
| 4. | Yoga Therapy | - | Shri. Gharote, Kaivalya Dham, Lonavala |

COURSE - V	PRACTICAL प्रात्यक्षिकम्	100 Marks
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DEMONSTRATION (4 Practices- each 10 marks) + Viva (20)	60 Marks
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Practical-	40 Marks
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A. Asanas

I. Standing Asanas

- | | |
|----------------------------------|----------------|
| 1. Parivrutta Trikonasana | 2. Vrikshasana |
| 3. Kativakrasana (Twisting Pose) | |

II. Sitting Asanas

- | | |
|----------------------|--------------------|
| 1. Marjarasana | 2. Ushtrasana |
| 3. Paschimottanasana | 4. Supta-Vajrasana |

III. Supine Asanas

- | | | |
|-----------------|-------------|---------------|
| 1. Sarvangasana | 2. Halasana | 3. Matsyasana |
|-----------------|-------------|---------------|

IV. Prone on Asanas

- | | |
|--------------|----------------|
| 1. Dandasana | 2. Dhanurasana |
|--------------|----------------|

B. Pranayamas

- | | | | | |
|-----------------|-----------|------------|-----------|-------------|
| 1. Anulom Vilom | 2. Sitali | 3. Sitkari | 4. Ujjayi | 5. Bhramari |
|-----------------|-----------|------------|-----------|-------------|

C. Kriyas

- | | | | |
|-------------|---------------|-----------------|------------|
| 1. Jal-neti | 2. Sutra-neti | 3. Vaman-dhauti | 4. Trataka |
|-------------|---------------|-----------------|------------|

D. Mudras / Bandhas

- | | | |
|--------------------|----------------|----------------------|
| 1. Yoga Mudra | 2. Mula-bandha | 3. Jalandhara-bandha |
| 4. Uddiyana-bandha | | |

E. Surya Namaskar**Internal Assessment**

Assignment –	20 Marks,	
Attendance –	05 Marks,	

40 marks

Library Work –	10 Marks	
Class Interaction –	05 Marks	

SEMESTER III

COURSE - I	CLASSICAL YOGA TEXTS अभिजातयोगग्रन्थाः	100 Marks
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Module I -	Yoga Vasishtha Purvartha (उपशमप्रकरण Ch.78 ⁹⁰ , निर्वाणप्रकरण Ch.25)	20 Marks
Module II -	Patanjala Yoga sutra - III pada (only sutra part)	20 Marks
Module III -	Hathapradipika I & II Chapters	20 Marks

Internal Assessment**40 marks**

Assignment – 20 Marks,
Attendance – 05 Marks,

Library Work – 10 Marks
Class Interaction – 05 Marks

Reference Books :

1. Yoga Sutra with Bhashya (Marathi) Shri Rele, Prasad Prakashan, Pune.
2. Yoga Sutra with Bhashya (Hindi) Darshan Mahavidyalaya, Parsodi, Gujarat
3. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.
4. Yogavashishtha (Hindi) Chowkhamba Sanskrit Sansthan, Varanasi
5. Hathapradipika (Marathi) Kaivalyadham, Lonavla, Pune
6. Hathapradipika (Hindi) Chowkhamba Sanskrit Sansthan, Varanasi

COURSE- II YOGA AND ALLIED SCIENCES

योग: तत्सम्बन्धीनि शास्त्राणि च

100 Marks

Module I - Study of allied systems

60 Marks

1. Ayurveda 15 Marks
2. Naturopathy 15 Marks
3. Reiki & Pranik healing 15 Marks
4. Physiological effects of Yogic Practices 15 Marks

Internal Assessment**40 marks**

Assignment – 20 Marks,
Attendance – 05 Marks

Library Work – 10 Marks
Class Interaction – 05 Marks

Reference Books :

1. Yoga and allied sciences Kaivalyadham, Lonavla
2. Yoga and ayurveda Morarji Deshai Yoga Institute, New Delhi
3. Naturopathy Morarji Deshai Yoga Institute, New Delhi
4. Reiki Devid Dare Dadasaheb Reke Road, Dadar West, Mumbai-400028, Maharashtra
5. Pranik Healing Shop No.56, Tardeo A/C Market, Tardeo, Mumbai, Maharashtra 400034
6. Physiological effects of Yogic Practices Dr.Gore, Kaivalyadahm, Lonavala

COURSE - III**RESEARCH METHODOLOGY**

100 Marks

संशोधन-पद्धति:

- | | | |
|------------|---|----------|
| Module I - | Research Definition and types.
Classification of research (Fundamental, Action, Applied)
Characteristics of good researcher & research work. | 30 Marks |
| Module II | Selection of Problem, Review of Literature,
Data collection, Data analysis, Research out line
Hypothesis, Synopsis, Abstract, Research COURSE | 30 Marks |

40 marks**Internal Assessment**

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

Reference Books :

1. Research Methodology D.K.Sant All popular Book Stalls
2. Research Methodology Ranjit Kumar, Pearson Education India, New Delhi
3. Research Methodology CR Kothari, New Age International , New Delhi

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

Elective- I (Advanced Yoga)		
COURSE – IV YOGA APPLICATION	योगप्रयोग:	100Marks
Module I - Yoga in Industries		15 Marks
Module II - Nadi, Prana,yogic diet		15 Marks
Module III - Yoga for Women		15 Marks
Module IV - Yoga Counselling		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. Teaching Methods in Yoga - Dr. Gharote, Kaivalyadham, Lonavala.
3. Yoga practice Janardanswami Yogabhyas mandal, Ramnagar, nagpur

Elective – II - Yogashastra (For Non Yoga students)

Course IV - Hathyoga And Introduction To Human Anatomy & Physiology (as per Hathayoga pradipika)	100 Marks
Module I - Asanas, Pranayam, Bandha, Kriya	20 Marks
Definition, types, method and benefits	
Module II - Dhyana	10 Marks
Definition, types, method and benefits and knowledge of the following meditation techniques-	
1. Patanjala Dhyana	2. Buddhist Dhyana (Vipassana),
3. Jaina Dhyana(Preksha)	4. Bhavatita dhyana
5. Zen meditation	
Module III - Introduction to Human Body & System	30 Marks
Cell, Tissue, Organ, System	
1) Skeletal System	2) Muscular System
3) Respiratory System	4) Circulatory System
5) Digestive System	6) Excretory System
7) Nervous System	

Internal Assessment**40 marks**

Elective – III – Darshan

Course – IV – Bhagvadgeetabhashya tatha Mandukyakarika	100 Marks
Module I Bhagavadgeeta Shankarabhashya (2,3,6 Adhaya)	30 Marks
Module II Manukyakarika (Agam tatha Vaitathyaprakaran)	30 Marks
Internal Assessment	40 marks

Elective – IV – Vedant

Course – IV – Ishavasyopnishad tatha panchadashi	100 Marks
Module I Ishavasyopnishad (शांकरभाष्यम्)	30 Marks
Module II Panchadashi (प्रथमप्रकरणम्)	30 Marks
Internal Assessment	40 marks

Elective – V – Vyakarana

Course IV – Laghusiddhanta Kaumudi	100 Marks
Module I Stripratyaya prakaranam	30 Marks
Module II Atmanepada-prasmaipadaprakaranam	30 Marks
Internal Assessment	40 Marks

Elective – VI - Sahitya

Course IV - Poetics	100 Marks
Module I - History of Poetics (Bharata, Bhamaha, Dandi, Udbhata, VamanaAbhinavgupta, Kuntaka, Kshemendra, Rajashekhar, Vishwanatha, JaggannathPandit)	20 marks
Module II - Kavyaprakash (Fourth & Fifth Ullasas)	20 marks
Module III - Dhwanyaloka First Udyot	20 marks
Internal Assessment	40 marks

Elective – VII - Vedanga Jyotish

Course IV - Samudrik	100 marks
Module I - Darshanadhikara(11Chapters)	20 marks
Module II - Sparshanadhikara (3 Chapters) & marks Rekha vimarshan adhikara (1 to 5 chapters)	20
Module III - Rekha vimarshan adhikara (6 to 8 chapters)& Karaspashta adhikar (5 chapters)	20 marks
Internal Assessment	40 marks

COURSE - V	PRACTICAL प्रात्यक्षिकम्	100 Marks
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DEMONSTRATION (4 Practices each 10 marks) + Viva (20)	60 Marks
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A. Asanas

1. Ardhamatsyendrasana 2. Vrikshasana 3. Vhadrasana 4.

Swastikasana B. Mudras

1. Vajrasansata Yogamudra 2. Simhamudra 3. Mahamudra 4. Vajroli Mudra

C. Kriyas

1. Danda Dhauti 2. Vastradhauti 3. Uddiyana-Agnisara 4. Netra
Suddhi

D. Pranayamas

1. Bhastrika 2. Ujjayi 3. Nadishodhana - tribandhayukta

E. Yoganidra - Pranav-Sadhana, Japa Meditation**Internal Assessment****40 marks**

Assignment – 20 Marks,

Library Work – 10 Marks

Attendance – 05 Marks,

Class Interaction – 05 Marks

SEMESTER IV

COURSE - I	TRADITIONAL YOGA TEXTS	100 Marks
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साम्प्रदायिक-योगग्रन्थाः

Module I -	Yoga Vasishtha (उपशमप्रकरण Ch. 91,92,93 निर्वाणप्रकरण Ch.126)	20 Marks
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Module II -	Patanjala Yoga sutra - IV pada (only sutra part)	20 Marks
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Module III-	Hathapradipika III & IV Chapters	20 Marks
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Internal Assessment**40 marks**

Assignment – 20 Marks,

Library Work – 10 Marks

Attendance – 05 Marks,

Class Interaction – 05 Marks

Reference Books :

- | | |
|--|--|
| 1. Yoga Sutra with Bhashya (Marathi) - | Shri Rele, Prasad Prakashan, Pune. |
| 2. Yoga Sutra with Bhashya(Hindi) - | Darshan Mahavidyalaya, Parsodi,
Gujarat |
| 3. Yogasutra (Marathi) - | Shri Kolhatkar, Prasad Prakashan, Pune. |
| 4. Yogavashishtha (Hindi) | Chowkhamba Sanskrit Sansthan,
Varanasi |
| 5. Hathapradipika (Marathi) | Kaivalyadham, Lonavla |
| 6. Hathapradipika (Hindi) | Chowkhamba Sanskrit Sansthan,
Varanasi |

COURSE - II	WESTERN PSYCHOLOGY पाश्चात्य-मानसशास्त्रम्	100 Marks
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Western Psychology	60
Marks	

Module I - Introduction to Psychology, Principles of Psychology	15 marks
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Module II - Sigmund Freud, Karl Jung & Adler	15 Marks
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Module III - Neurosis, Psychosis, Frustration, Depression	15 Marks
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Module IV - Personality concept & traits	15 Marks
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Internal Assessment	40 marks
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Assignment –	20 Marks,	Library Work –	10 Marks
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Attendance –	05 Marks,	Class Interaction –	05 Marks
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Reference Books :

- | | |
|----------------------------------|--|
| 1. Western Psychology | Motilal Banarasidas, New Delhi |
| 2. Principles of Psychology | Eastern Booklinkers New Delhi |
| 3. History of Western Psychology | David Murray, Prentice Hall, New Delhi |
| 4. The Great Psychologists | R.I. Watson, Prentice Hall, New Delhi |

COURSE - III	YOGA RESEARCH & THESIS FORMAT योगसंशोधनं शोधप्रबंधं स्वरूपं च	100 Marks
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Module I- Meaning, Nature, Need and scope of Research in the field of Yoga.	15 Marks
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Module II - Yoga research in India, Yoga journals	15 Marks
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Module III - Yoga Research Report preparation	15 Marks
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Module IV - Thesis format	15 Marks
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Internal Assessment	40 marks
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Assignment –	20 Marks,	Library Work –	10 Marks
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Attendance –	05 Marks,	Class Interaction –	05 Marks
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Reference Books :

- | | |
|----------------------------------|--|
| 1. Research Perspectives in Yoga | Kaivalyadham, Lonavla |
| 2. Yoga Research | Kaivalyadham, Lonavla |
| 3. Yoga Research | Tiffany Field, New Bharatiya Book Corporation, New Delhi |

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

Elective - I	Advanced Yoga
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COURSE – IV	YOGA-THERAPY AND OTHER THERAPIES योगचिकित्सा तथा अन्यचिकित्सा	100 Marks
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Module I- Massage Therapy	10 Marks
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a] Introduction of History of massage	
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b] Effects of the massage and Lubricants on the following systems	
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i) Skin	ii) Muscular system	iii) Ligaments and skeletal system
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iv) Circulatory system	v) Nervous system	vi) Digestive system.
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Module II - Mud Therapy **10 Marks**

- a) Sources of mud
b) Preparation of mud
c) Therapeutic effects of mud
d) Physiological effects of mud.

Module III - Magneto Therapy **10 Marks**

- a) Introduction and history of magnets
b) Use of magnets by Naturopathy
c) Effects of Magnetism on living organism.
d) Types of magnets.

Module IV - Chromo Therapy **10 Marks**

- a) History
b) Harmonic Laws of the universe
c) Solar family
d) Chromo chemistry

Module V - Fasting Therapy **10 Marks**

- a) Theory of Fasting in animals
b) History of Fasting
c) philosophy of Fasting
d) Physiological effects of Fasting
e) Pos and cons of fasting.

Module VI - Hydro Therapy **10 Marks****Internal Assessment** **40 marks**

Assignment – 20 Marks,
Attendance – 05 Marks,

Library Work – 10 Marks
Class Interaction – 05 Marks

Reference Books :-

1. Philosophy of Nature Cure -Henry Lindlohr
2. Human Care and Nature -Dr. E.O. Babit
3. History and Philosophy of Nature Cure -S.O. Singh
4. My Nature Cure -M.K. Gandhi
5. Practical Nature Cure -Dr. K.Laxman Sharma
6. New Science of Healing -Louis Khune
7. Naturopathy -V.M. Kulkarni
8. प्राकृतिक चिकित्सा की देन - युगलकिशोर
9. चुंबकीचिकित्सा .- चौखम्बा संस्कृत संस्कृत संस्थान पो.बॉ. नं. 1008, वाराणसी-221001

Elective – II Yoga (For Non Yoga students)**PAPER IV YOGA TEXTS AND YOGA THERAPY** **100 Marks**

योगग्रन्थाः तथा योग-चिकित्सा

Unit I Patanjala Yogasutra **20 Marks**

First pada complete, second pada till the sutra 11, Ashtanga yoga

Unit II Bhagavadgita – (Chapter – 6 & 14) **20 Marks****Unit III Psycho-somatic disorders and Yoga Treatment** **20 Marks**

Indications and Contra indications, Yoga Treatment

(Hypertension, Diabetes, Asthma, Allergy, Obesity, Arthristis)

Internal Assessment

Assignment – 20 Marks,
Attendance – 05 Marks,

40 marks
Library Work – 10 Marks
Class Interaction – 05 Marks

Reference Books

1. Bharatiya tattwajnan Shri.Srinivasa Dikshit, Any Popular Book Stall
2. Encyclopaedia of Yoga Dr. Ramkumar Rai, (No. 410)
Chowkhamba Sanskrit Sansthan,P.O.No: 1008, Varanasi
3. Introduction to the Yoga S.C. Vasu Chowkhamba Sanskrit Sansthan
Philosophy 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 S.N. Dasgupta Chowkhamba Sanskrit Sansthan
other Systems of Indian Thought P.O.No: 1008, Varanasi (No. 447)
6. Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
7. Perspective in Yoga - A.K. Sinha, Bharat Manisha, Varanasi.
8. Yoga Dipika - B.K.S. Ayyangar, Orient Lormen Pvt. Ltd.,New
Delhi

Elective – III – Darshan

Course – IV – Shaddarshansamuchya tatha Taitariyopanishad	100 Marks
Module I Shaddarshansamuchya (आदितः बौद्धमतसमाप्तिपर्यन्तम्)	30 Marks
Module II Taitariyopanishad (मूलमात्रम्) तीनवल्ली	30 Marks
Internal Assessment	40 marks

Elective – IV – Vedanta**Course – IV – Bramhasutram tatha Geetabhashyam**

Module I Bramhasutram (सूत्रमात्र—प्रथमाध्यायप्रथमपाद)	30 Marks
Module II Bhagavadgeetashankarabhashya (2,3,6, अध्यायाः)	30 Marks
Internal Assessment	40 marks

Elective – IV Vyakarana**Course IV – History Of Sanskrit Grammar****100 Marks**

Module I Paniniya Parampara - (General Information regarding the	30 Marks
following grammarians along with their works-Panini, Katyayan, Patanjali ,Jayaditya and Vamana,Bhattojj Dikshit, Kaunda Bhatta, Bhartruhari, Madhav, Nagesh Bhatta.)	

Module II	Paninipurva-parampara (General Information regarding the following grammarians along with their works-Indra,Chandra, Apishala, Shakatayana, Katantra.)	30 Marks
Internal Assessment		40 marks

Elective –V Sahitya

Course IV	-	Poetics	100 Marks
Module I	-	Kavyaprakash (Seventh Ullasa)	20 marks
Module II	-	Kavyaprakash (Eighth Ullasa)	20 marks
Module III	-	Dhwanyaloka (Second Udyota)	20 marks
Internal Assessment			40 marks

Elective – VII Vedanga Jyotish

Course - VI - Shastra-Itihas		100 marks
Module I	- PrathamaBhaga- Vaidik kal & vedang kaal	20 marks
Module II	- Dwitiya Bhaga-Ganita skandha, madhyamadhikara	20 marks
Module III	- Spashtadhikara, Samhita Skandha, Jatak Skandh	20 marks
Internal Assessment		40 marks

COURSE - V	PRACTICAL, DISSERTATION AND VIVA-VOCE प्रात्यक्षिकम शोधनिबन्धः मौखिकी च	100Marks
	DEMONSTRATION (4 Practices+ viva)	40

Marks Practical - 40 Marks

A. Asanas

1. Vrischikasana 2. Mayurasana 3. Garudasana 4. Bakasana 5. Shirsasana

B. Pranayamas

1. Bhastrika 2. Sitali 3. Sitkari 4. Bhramari

C. Kriyas

1. Vasana neti 2. Rubber Neti

D. Bandhaa/Mudras

1. Jivhabandha 2. Mahabandha 3. Khechari Mudra

Relaxation/ Meditation : IRT, QRT, DRT, Cyclic Meditation, Nadanusandhana

DISSERTATION AND VIVA-VOCE **60 marks**

The student is expected to submit a dissertation on any topic of the previous COURSES.

Dissertation = 40 Marks, Viva-Voce = 20 Marks

Note: 1) Each assignment should be on the topics related to the subject of courses.

Reference Books :-**M.A. Yogshastra Sem - III****Elective – II**

- | | |
|--|---|
| 1. Hathapradipika (Marathi) | Kaivalyadham, Lonavla |
| 2. Hathapradipika (Hindi) | Chowkhamba Sanskrit Sansthan, Varanasi |
| 3. Anatomy and Physiology | Ross and Wilson, Any popular Book Stall |
| 4. पृथक्शरीरम् | डॉ. संयुक्ता गोखले, नागपूर |
| 5. दृष्टार्थ शरीरम् | प.ग.आठवल,पुणे |
| 6. शरीर क्रिया | प.ग.आठवले |
| 7. Anatomy, Physiology of Yoga practices | Dr. Gore, Kaivalyadham, Lonawala. |
| 8. Structure and function of human body- | Dr. Shrikrishna, Kaivalyadham, Lonawala |
| 9. शरीर विज्ञान और योगाभ्यास (हिन्दी –मराठी) | डॉ.म.म.गोरे, लोनावळा |

Elective – III**Paper IV Darshan**

- | | |
|--------------|---|
| 1. भगवद्गीता | गीताप्रेस गोरखपुर |
| 2. भगवद्गीता | गजानन शंभु साधले, परिमल प्रकाशन 27/28 शक्ती नगर दिल्ली 110007 |

Elective – IV**Paper IV Vedanta**

- | | |
|--------------------|--|
| 1. ईशावास्योपनिषद् | श्री श्रीसच्चिदानंदसरस्वती स्वामी, प्रशांत एंटरप्राइजेस नं. 10/1
टी.आर. नगर बगं रुळ, 28 |
| 2. पंचदशी | पं. दत्तात्रेय वासुदेव जोग, प्रकाशक मु.द.जोग,18 दिपदर्शन सोसायटी, डॉंबिवली (पश्चिम) |

Elective –V**Paper IV Vyakaran**

- | | |
|---------------------------|---|
| 1. Laghusidhhanta Kaumudi | Gomatiprasad Mishra with Shiva Commentary
(Hindi) ChowkhambaSurabharati Prakashan
K. 37/117, Gopal Mandir Lane, Vranasi221001 |
|---------------------------|---|

Elective – VI**Paper IV Sahitya**

- | | |
|--------------------------------|--|
| 1. ध्वन्यालोक : | आचार्यजगन्नाथपाठक, चौखंबाविद्याभवन, पो.बा. 1069, वाराणसी |
| 2. काव्यप्रकाश: | सत्यव्रत सिंह, चौखंबासुरभारतीप्रकाशन, वाराणसी |
| 3. History of Sanskrit Poetics | Shri. S. K. De |

Elective VII**Paper IV Jyotish**

- | | |
|-------------------------------------|---------------------|
| 1. Hastasanjivanam Of Surakant Jha, | Choukhamba,Varanasi |
|-------------------------------------|---------------------|

Reference Books :-**M.A. Yogshastra - Sem. IV****Elective –I****Paper IV****Yoga**

- | | |
|--------------|---|
| 1. भगवद्गीता | – गीताप्रेस गोरखपुर 2. भगवद्गीता गजानन शंभु साधले, परिमल
प्रकाशन 27/28 शक्ती नगर दिल्ली 110007 |
|--------------|---|

3. Yoga Sutra with Bhashya (Marathi) - Shri Rele, Prasad Prakashan, Pune.
4. Yoga Sutra with Bhashya(Hindi) - Darshan Mahavidyalaya, Parsodi, Gujarat
5. Yogasutra (Marathi) - Shri Kolhatkar, Prasad Prakashan, Pune.
6. Encyclopaedia of Yoga - Dr. Ramkumar Rai,(No. 410) Chowkhamba Sanskrit Sansthan,P.O.No: 1008, Varanasi
7. Introduction to the Yoga Philosophy - S.C. Vasu Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
8. Yoga explained(No. 435) Bengal Lancer,Chowkhamba Sanskrit Sansthan P.O.No: 1008, Varanasi
9. Yoga Philosophy in relation to other Systems of Indian Thought - S.N. Dasgupta Chowkhamba Sanskrit Sansthan (No. 447)P.O.No: 1008, Varanasi
10. Applied Yoga - Dr. M.L. Gharote, Kaivalyadham, Lonavala.
11. Perspective in Yoga - A.K. Sinha, Bharat Manisha, Varanasi.
12. Yoga Dipika - B.K.S. Ayyangar, Orient Lormen Pvt. Ltd., New Delhi

Elective – II Paper IV Darshan

1. षड्दर्शनसमुच्चय सम्पादक : महेन्द्रकुमार जैन, न्यायाचार्य, प्रकाशक भारतीय ज्ञानपीठ 18, इंस्टीटयुशनल एरिया, लोदी रोड नवी दिल्ली 110003
2. तैत्तिरीयोपनिषद् – स.कृ. देवधर, पद्म शक श्री. मनोहर य.जोशी प्रसाद प्रकाशन , 1892, सदाशिव पेठ पुणे – 411030

Elective – III Paper IV Vedanta

1. ब्रह्मसूत्र शांकरभाष्य डॉ. श्री.द.देशमुख प्रकाशक श्री मनोहर य. जोशी, प्रसाद प्रकाशन, 1892 सदाशिवपेठ पुणे 411030
1. भगवद्गीता गीताप्रेस गोरखपुर
2. भगवद्गीता गजानन शंभु साधले, परिमल प्रकाशन 27/28 शक्ती नगर दिल्ली 110007

Elective –IV Paper IV Vyakaran

1. Sanskrit Vyakarana Shastra ka Itihas Yudhishtira mimansak, Chaukhamba Surabharati Prakashan, Varanasi

Elective –V Paper IV Sahitya

1. काव्यप्रकाशः सत्यव्रत सिंह, चौखंबासुरभारतीप्रकाशन, वाराणसी
2. Kavyaprakash Dr.Gajanan Shastri Musalgoankar, Krishnadas Academy, Varanasi. काव्यप्रकाश (मराठी खंड 1 व 2)
3. ध्वन्यालोकः आचार्यजगन्नाथपाठक चौखंबासुरभारतीप्रकाशन, वाराणसी

Elective –VII Paper IV Jyotish

1. Bhartiya Jyotishashastra Itihas of Shankar Balkrishna Dixit.

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