

H.V. P. Mandal's
Degree College of Physical Education
 (Multi-Faculty Autonomous College)
 Hanuman Vyayam Nagar, Amravati. (M.S.) 444 605
Master of Arts (Yogashastra)
(Four Semester)

Master of Arts (Yogashastra) two year P.G. degree programme.

This M.A. (Yogashastra) two years P.G. degree programme was started from the session 2008-09. This is the only college in S.G.B. Amravati University, Amravati which had started the said course.

Scheme of the programme, syllabus & examination system

[01] Title of the programme:

The course shall be called as Master of Arts (Yogashastra)

[02] Duration :

The M. A. (Yogashastra) programme is of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme.

[03] Aim and Objectives:

Aim of the course:

The P.G. Degree of M.A. (Yogashastra) is aimed at fulfilling the need of qualified personnel who understand the Philosophy and Principles of Yoga and can apply this knowledge, principles and skills in teaching Yogashastra and propagate Yogic lifestyle for the healthful living and pursue research work.

Objectives of the course:

- To prepare professionals in Yogashastra who can effectively teach at Colleges and Universities.
- To train individuals to work as Yoga Teachers / Yoga Therapists.
- To enable individuals to pursue research in Yogashastra and allied disciplines.

[04] Eligibility for admission:

M.A. (Yogashastra) First year (Semester I & II)

A) B.A. (Yogashastra) of 3 years OR B.A. with optional subject as Yoga / Yogashastra of 3 years duration of S.G.B.A. University, Amravati and any statutory university in India OR B.N.Y.S. OR B.P.E.S. OR B.Voc. (Health Care) OR B.Voc. (Unarmed Security Guard) OR any graduate with D.Y. Ed. OR P.G.D.Y.T. OR an

examination recognized as equivalent of any statutory university in India or Institute of repute.

B) A candidate must have completed the age of 19 years at the time of admission.

M.A. (Yogashastra) Final year (Semester III & IV)

Those who has passed M.A. (Yogashastra) I & II Semester examination of this college. Those got ATKT as per rules & regulation of this college may admitted for final year (Semester IV & V) or any other regular college of recognized university.

[05] M. A. (Yogashastra) The CBS System:

All programmes shall run on Credit Based System (CBS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

[06] M. A. (Yogashastra) Course:

The term course usually referred to, as ‘papers’ is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/ Tutorials/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/VIVA/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc. or a combination of some of these.

[07] M. A. (Yogashastra) Courses of Programme:

The M. A. (Yogashastra) programme consists of a number of courses, the term ‘Course’ applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “paper” in the conventional sense. The following are the various categories of courses suggested for the M. A. (Yogashastra) Programme.

- **Theory**
 - **Core Course**
- **Practicum**
 - **Compulsory Course (Yoga Practical)**
 - **Teaching Practices**
 - **Lab Practical**

[08] M. A. (Yogashastra) Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be scheduled from May/June to November/December and even semester from

November / December to May/June. The institution shall work for a minimum of 36 working hours in a week (six days a week).

[09] M. A. (Yogashastra) Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

[10] M. A. (Yogashastra) Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half / two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing M. A. (Yogashastra) programme is 90 credits and for each semester 20 credits.

Provision of Bonus Credits Maximum 06 Credits in each Semester

Sr. No.	Special Credits forte Extra Co-curricular Activities	Credit
1	Sports Achievement at State level Competition (Medal Winner)	1
	Sports Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (min. two games)	1
4	National Cadet Corps / National Service Scheme	2
5	Blood donation / Cleanliness drive / Community services /	2
6	Mountaineering – Basic Camp, Advance Camp / Adventure Activities	2
7	News Reporting / Article Writing / book writing / progress report writing	1

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution / Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

[11] M. A. (Yogashastra) Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by a continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are;

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 30:70. The evaluation of practical work, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination.

[12] M. A. (Yogashastra) Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks thus obtained for each of the courses will then be graded as per details provided in R. M. A. (Yogashastra) 12 from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated by the following formula:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

$$CGPA = \frac{\sum_{j=1}^N SGPA_j}{N}$$

Where C_i is the Credit earned for the course is in any semester; G_i is the Grade point obtained by the student for the course and n number of courses obtained in that semester; $SGPA_j$ is SGPA of semester j and N number of semester. Thus CGPA is average of SGPA of all the semesters starting from the first semester to the current semester.

[13] M. A. (Yogashastra) Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class / Second Class / Pass Class or First Class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

[14] M. A. (Yogashastra) Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading– have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Percentage	Grade Point	Latter Grade	Description	Classification of final result
85 & above	8.5-10.0	O	Outstanding	First class with Distinction
70-84.99	7.0-8.49	A ⁺	Excellent	
60-69.99	6.0-6.99	A	Very Good	First Class
55-59.99	5.5-5.99	B ⁺	Good	Higher Second Class
50-54.99	5.0-5.49	B	Above Average	Second Class
40-49.99	4.0-4.99	C	Average	Pass Class
Below 40	0.0	F	Fail/ Dropped	Dropped
	0	AB	Absent	

[15] M. A. (Yogashastra) Grade Point Calculation

Calculation of **Semester Grade Point Average (SGPA)** and **Credit Grade Point (CGP)** and declaration of class for M. P. Ed. Programme.

The credit grade points are to be calculated on the following basis:

$$SGPA = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i}$$

Example – I

Marks obtained by Student in course 16MA102 = 65/100

Percentage of marks = 65 %

Grade from the conversion table is = A

$$\text{Grade Point} = 6.0 + 5 (0.99/9.99)$$

$$= 6.0 + 5 \times 0.1$$

$$= 6.0 + 0.5$$

$$= 6.5$$

$$\text{The Course Credits} = 04$$

$$\text{Credits Grade Point (CGP)} = 6.5 \times 04 = 26$$

The semester grade point average (SGPA) will be calculated as a weighted average of all the grade point of the semester courses. That is Semester grade point average (SGPA) = (sum of grade points of all eight courses of the semester) / total credit of the semester as per example given below:

SEMESTER-1

Courses Code.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
19 MA 101	4	65	A	6.5	26.0
19 MA 102	4	60	A	6	24.0
19 MA 103	4	62	A	6.2	24.8
19 MA 104	4	57	B ⁺	5.7	22.8
19 MA 105	2	55	B ⁺	5.5	22.0
19 MA 106	2	72	A ⁺	7.2	28.8
	20				148.4

Examples: Conversion of marks into grade points

$$\text{19 MA 101 } 65 = 60 + 5 = 6.0 + 5 \times (0.99 / 9.99) = 6.0 + 5 \times 0.1 = 6.0 + 0.5 = 6.5$$

$$\text{19 MA 102 } 60 = 6.0$$

$$\text{19 MA 103 } 62 = 60 + 2 = 6.0 + 2 \times (0.99/9.99) = 6.0 + 2 \times 0.1 = 6.0 + 0.2 = 6.2$$

$$\text{19 MA 104 } 57 = 55 + 2 = 5.5 + 2 \times (0.49 / 4.99) = 5.5 + 2 \times 0.1 = 5.5 + 0.2 = 5.7$$

$$\text{19 MA 105 } 55 = 5.5$$

$$\text{19 MA 106 } 72 = 70 + 2 = 7.0 + 2 \times (1.49 / 14.99) = 7.0 + 2 \times 0.1 = 7.0 + 0.2 = 7.2$$

$$\text{SEMESTER GRADE POINT AVERAGE (SGPA)} = \text{Total Credit Grade Points}$$

$$= 148.4/24 = 6.1833$$

$$\text{SGPA Sem. I} = 6.1833$$

At the end of Semester-1

$$\text{Total SGPA} = 6.3625$$

$$\text{Cumulative Grade Point Average (CGPA)} = 6.1833/1 = 6.1833$$

$$\text{CGPA} = 6.66875, \text{ Grade} = \text{A, Class} = \text{First Class}$$

SEMESTER-II

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
19 MA107	4	76	A+	7.6	30.4
19 MA 108	4	64	A	6.4	19.0
19 MA 109	4	59	B+	5.9	23.6
19 MA 110	4	80	A+	8	32
19 MA 111	2	49	C	4.9	19.6
19 MA 112	2	64	A	6.4	25.6
	20				173.8

SGPA Sem. II = 7.2416

At the end of Semester-2

Total SGPA for two Semesters = 13.42

Cumulative Grade Point Average (CGPA) = $13.42/2 = 6.7124$

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-III

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
19 MA 201	4	64	A	6.4	25.6
19 MA 202	4	64	A	6.4	25.6
19 MA 203	4	59	B+	5.9	23.6
19 MA 204	4	81	A+	8.1	32.4
19 MA 205	2	49	C	4.9	19.6
19 MA 206	2	64	A	6.4	25.6
	20				152.4

SGPA Sem. III = 6.35

At the end of Semester-3

Total SGPA for three Semesters = 19.77

Cumulative Grade Point Average (CGPA) = $19.77/3 = 6.59$

CGPA = 6.66875, Grade = A, Class = First Class

SEMESTER-IV

Courses No.	Credit	Marks out of 100 (%)	Grade	Grade Point	Credit Grade point
19 MA 207	4	83	A+	8.3	33.2
19 MA 208	4	76	A+	7.6	30.4
19 MA 209	4	59	B+	5.9	23.6
19 MA 210/ 19 MA 210	4	81	A+	8.1	32.4
19 MA 211	2	49	C	4.9	19.6
19 MA 212	1	78	A+	7.8	31.2
19MA 213	1	78	A+	7.8	31.2
	20				201.6

SGPA Sem. IV = 7.1

At the end of Semester-4

Total SGPA for all the four semesters = 26.87

Cumulative Grade Point Average (CGPA) = $26.87 / 4 = 6.7175$

CGPA = 6.66875, Grade = A, Class = First Class

Note:

- (1) SGPA is calculated only if the candidate passes in all the courses i.e. get minimum C grade in all the courses.
- (2) CGPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.
- (4) For the award of the class, CGPA shall be calculated on the basis of:
 - (a) Marks of each Semester End Assessment And
 - (b) Marks of each Semester Continuous Internal Assessment for each course.

The final Class for M. A. (Yogashastra) Degree shall be awarded on the basis of last CGPA (grade) from one to four semester examinations.

- [16] The medium of instruction for this course shall be Marathi/ Hindi / English .
- [17] Syllabus of each paper is spread over four units. Number of questions will be in accordance with the units prescribed in the syllabus. There will be one question with option on each unit and one objective type question based on four units of ten marks.
- [18] In order to be successful in examination, the candidate shall have to secure at least 'C' grade in each paper of Theory including sessional marks.
- [19] If he/she passes in half of the passing head separately. However, he/she will be allowed to keep terms [ATKT] for the succeeding semester. Such candidate will have to reappear in that particular papers is during Semester examination. Result of the candidate will be declared only after clearing all the papers and Yoga practical/ Laboratory Practical/ Teaching Practice/ Project Work.
- [20] The candidates who is opting for dissertations shall submit a synopsis as per the guideline given below to the course co-coordinator for consideration of the sub-committee constituted under the provision of Para [22] on or before 10 September of the calendar year.

[21] The synopsis/Dissertation should be submitted under the following heads with details.

I. (Cover Page/First Page)

- Title of the subject of the Dissertation.
- Name of the Candidate.
- Name of the Guide / Supervisor.
- Name of the Department through which it has been submitted for approval of the subject of dissertation with month and year.

II. Synopsis/Dissertation Heads:

Chapter-1 Introduction of the subject

- Introduction of the main area of study and special area of Research.
- Statement of the problem.
- Purpose of the study.
- Significance of the study.
- Hypothesis.
- De-limitations and Limitations.
- Operational Definitions.

Chapter-2 Review of related literature.

Chapter-3 Method and Material.

Chapter-4 Interpretation and Analysis of data.

Chapter-5 Summary, conclusions and recommendations.

- Bibliography.
- Approved and signed by the supervisor.

iii. The final submission of Synopsis / Dissertation / Report / Record will have following specifications-

- a) Typed or computerized with double space and on one side of paper.
- b) Size of paper –28x21cms
- c) Margin – Left -5 cms.; Right – 2 cms.; Header – 3 cms. and Footer - 3 cms.

[22] **The sub-committee referred to in Paragraph 11 above shall consist of; -**

- (i) The Chairman, Subject Board of Social Sciences.
- (ii) Head of the Department of Yoga or his nominee
- (iii) Two members nominated by the subject Board of Social Sciences.
- (iv) One member nominated by the Board of Management.
- (v) Two Subject Experts co-opted by the chairman.

[23] In giving the approval to the subject of dissertation the subcommittee shall meet in the third week of September of the calendar year to finalize and approve the topics of dissertation.

[24] In giving approval to the subject of dissertation, the sub-committee may prescribe such conditions as it may deem fit and the candidate shall comply with the conditions.

[25] The candidate shall conduct research in his/her subject of dissertation during that academic year and submit his/her dissertation to the course coordinator so as to reach him/her before 15 days commencement of Semester IV examination in 4 copies.

[26] A candidate shall submit his/her dissertation with a certificate from his/her supervisors to the effect:

- That the candidate has satisfactorily conducted research during that academic year.
- That the dissertation is the result of the candidate's own work and is of a sufficiently high standard to warrant its presentation for examination.

- That it is satisfactory in it respect of literary presentation.
- [27] The candidate shall indicate the sources from which the information is taken. The extent to which he/she has availed of the work of others and the portion in his/her dissertation, which he/she claims to be original.
- [28] A candidate who fails at Semester-IV examination may be permitted to appear at the instant examination as an Ex- student. The marks obtained by such candidate for sessional work at the previous examination will be repeated for consideration.
- [29] A declaration for passing in B⁺ Grade and above should be submitted at the time of filling the examination form of M.A.(Yogashastra) Semester-IV.
- [30] Successful examinee shall receive a degree in the prescribed format from Sant Gadge Baba Amravati University, Amravati,

Programme Outcomes (PO): The following Programme Outcomes are attained after completion of this P.G. programme:

- PO 1. Students become successful professionals in many fields such as School, Education Institutions, government Departments, academia, Mental Hospitals, General hospitals, Central Jails, Police Departments, Rehabilitation Centers, Naturopathy Centers, Hotel Industries, research and entrepreneurial pursuits.
- PO 2. Able to contribute to society as broadly educated, expressive, ethical and responsible citizens with proven expertise.
- PO 3. Capable to achieve peer-recognition; as an individual or in a team; through demonstration of good analytical and implementation skills.
- PO 4. Successfully pursue lifelong learning to fulfill their goals.
- PO 5. Able to provide yogic healing for lifestyle disorders and psychosomatic problems.

Programme Specific Outcomes (PSO):

M.A. (Yogashastra) programme has been designed to prepare graduates for attaining the following Programme Specific Outcomes:

- PSO 1. Able to select modern Yogic tools and techniques and use them with dexterity.
- PSO 2. Able to identify, analyze, formulate and develop Yoga applications to meet desired needs within realistic constraints such as life style disorders and psychological problems.
- PSO 3. Able to pursue research work in yoga and interdisciplinary sciences. May opt for teaching profession and competitive exams.

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SYLLABUS
 Prescribed for the Examination of M. A. (Yogashastra)
Semester-I

PAPER - I: FUNDAMENTALS OF YOGA
Subject Code: 19MA101

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

Students will be able to understand and utilize knowledge of Philosophy of Yoga and Samkhya for better yogic practices.

Unit-I

1. Yoga –Meaning, Concept, Definitions, aims and objectives of Yoga.
2. Historical Background of Yoga
3. Introduction of Hatha Yogic text and their practices with reference to Hatha pradipika & Gherand Samhita.

Unit-II

1. Introduction to Patanjali Yoga Sutra, Four Padas-Samadhi, Sadhana, Vibhuti and Kaivalya.
2. Concept of Chitta- Vritti, Chitta -Vikshepa
3. Concept of Chitta-Prasadana, Kriya yoga and Ishwara.

Unit-III

1. Concepts of Ashtang Yoga, according to Patanjali.
2. Concept of Bandha-Mudra and Kundalini.
3. Concept of Shatkarma, according to Hathpradpika

Unit-IV

1. Sankhya Philosophy, Twenty-five entities according to Sankhya, Means of Knowledge, Satkaryavada
2. Relation of Yoga with Sankhya:, Similarities and Dissimilarities
3. Relation of Yoga with Vyakta And Avyakta, Triguna.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books: -

1. Patanjala Yoga Sutra - Dr. P. V. Karambelkar Kaivalyadhama , Lonavala ,
 2. Yoga Darshan - Dr. S. V. Karandikar Subhar Pal
 3. Yoga Dipika - B. K. S. Ayangar Orient Langman, N. D.
 4. Hathapradipika - Dr. M. L. Gharote, Yoga Institute, Lonavala .
 5. Gherand Samhita - Swami Digambarji & Dr. M.L..Gharote Lonavala.
 6. Asana - Swami Kuvalayanand Kaivalyadhama , Lonavala .
 7. Pranayama - Swami Kuvalayanand - Kaivalyadhama, Lonavala .
 8. Shiva Sutra - Jayadeo singh , Motilal Banarasidas , Delhi
 9. Vyayam Vidhyana - Dharendra Brahmachari Vishvayatan , Delhi .
 10. Physical Education in ancient India - Dr. S. H. Deshpande.
 11. Prachin Bharat Main Sharirik shikshan Darshan. - Dr. R. H. Tiwari.
 12. Kalyan Yogank , - Geeta Press, Gorakhpur.
 13. Essays on yoga - Swami Shivananda
 14. Bases of Yoga - Arbindo.
 15. Patanjali Yoga Sutra - Dr. N. V. Karbelkar., H.V.P.M. Amravati.
(Marathi Edn.)
 16. Shiksha Manovidyan - P.D. Pathak
 17. Sharirik Shiksha Me Manodarshnik tatha Jaivayantrik Pahalu - Dr. R.C.Kapil
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M.A. (Yogashastra) Semester-I
PAPER – II: RECENT TRENDS IN YOGA
Subject Code: 19MA102

Total Marks: 100

Theory Marks: 70

Sessional Marks: 30

Course outcome:

Students will be able to know the advanced knowledge and current trends in the field of Yoga which can be utilized to propagate scientific aspects of Yoga.

Unit-I Information of the following Yoga Institutions/ University with their contributions in the Field of Yoga propagation and development.

1. Kaivalyadhama, Lonavala, Pune.
2. Moraraji Desai National Yoga Institute, New Delhi.
3. Central Council for Research in Yoga and Naturopathy, New Delhi.
4. Shree Hanuman Vyayam Prasarak Mandal, Amravati.
5. Dev Sanskruti Vishwa-vidyalaya Haridwar,
6. Gurukul Kangari Vishwavidyalaya Haridwar,
7. Harising Gour Vishwavidyalaya Sagar, (M.P.),
8. Swami Vivekananda Yoga Anusandhan Samsthan, Bangalore.
9. Patanjali Vidyapith, Haridwar.

Unit- II Communication Skilled Teaching Practice

1. Knowledge and demonstration ability
2. To prepare the course schedule giving due weight age to various aspects of the practice of Yoga
3. to teach to a pre-defined script through a standard teaching process.
4. Describing the practice (name, meaning, justification, category, type, counts, complementary postures)
5. Demonstration (Silent demo, demo with counts, demo with counts breathing and explanation)
6. Benefits and limitation
7. Single group practice
8. Practice in pairs
9. Explanation of Subtle points
10. Question answers
11. To teach as per the daily and the course schedule
12. To keep records of aspirants enrolled, their attendance and their progress report during the programme
13. To obtain feedback from the aspirants and make course correction as appropriate.

Unit-III

1. Conferences, Seminars, Symposia and workshops:
2. Importance, nature and organizational set up of Conference, Seminar, Symposium, Workshop.

3. Review and general outlook of Yoga text books, journals, periodicals, reference books and Bibliographical approach.

Unit-IV

1. Tools of propagation and advertisement techniques:
2. Yoga camps, demonstration, exhibition, propagation tour, Yoga lecture Series
3. News writing, Radio, Television, Internet, technique of propagation and its

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	h) Above 85%	05
	i) 75% to 84%	04
	j) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	k) Above 75%	05
	l) 60% to 74%	04
	m) 40% to 59 %	03
	n) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books:

1. Teaching methods for Yogic practices: – M. L. Gharote, S. K. Ganguli.
2. Principles of Education: – Dr. R. S. Pandey.
3. Principles of Methods of Teaching: – Bhatia.
4. Introduction to Teaching: – Bernard H. C.
5. शारीरिक शिक्षा अध्ययन पद्धती – प्रा. करमरकर डॉ. तिवारी, प्रा. शर्मा
6. शिक्षा के सामान्य सिद्धांत तथा विधियाँ – प्रा. के. के. भाटीया, प्रा. सी. एल. नारंग
7. शिक्षा के सामान्य सिद्धांत – प्रा. पाठक और प्रा. त्यागी
8. शिक्षण, कला, प्रशिक्षण तकनीक एवं मनवीन पद्धतियाँ – डॉ. एस.एस. माथूर
9. सफल पाठ योजना – डॉ. आर. एच. तिवारी
10. अध्ययन शास्त्र और पद्धतियाँ – श्री. कुंडले
11. आजची अध्ययन पद्धती – प्रा. लीलापाटील.
12. Information brochures and booklets of different Yoga Institutions.
13. Syllabuses of different Yoga courses of various institutes.
14. Yoga periodicals and journals.
15. Text books and reference books of Yoga

M.A. (Yogashastra) Semester-I
PAPER - III: ANATOMY AND PHYSIOLOGY
Subject Code: 19MA103

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

The knowledge of this course enable the students about pros and cons of yogic practices to avoid the ill effect of wrong practices.

Unit-I

1. Detail Structure and Functions of Cell Contain.
2. Types of tissue and functions. Classification of bones and functions.
3. Muscular System: Type of muscle, their structure and functions, Neuro muscular trans mission of impulse, muscle tone, stretch reflex.
4. Isometric and isotonic muscles, fatigue, Oxygen debt.

Unit-II

1. Respiratory system: Mechanism of Respiration.
2. Transport of Oxygen and Carbon dioxide. Factors affecting it.
3. Respiratory volumes: Tidal Volume, Vital Capacity, Minute Volume, respiratory reserve, dead air.
4. Circulatory system; structure and function of heart, cardiac cycle, Heart sound.

Unit-III

1. Blood Composition, Plasma proteins and their function. Blood cell and their structure and function.
2. Mechanism of Blood coagulation. Blending time, coagulation.
3. Digestive system: function of organs, salivary glands and functions Peristaltic movement, Defecation.
4. Uro-genital system organs and their functions.

Unit-IV

1. Various endocrinal glands and their functions.
2. Special senses: Structure and functions of eye, errors of refraction, Ear, Tongue, Nose, Speech (Vocal cord)
3. Central nervous system Parts and their functions, Autonomic nervous system.
4. Spinal cord structure and function, cranial nerves, Reflex action.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books:

1. Yogic Therapy-Its Basic Principles & Methods" Central Health Education & Bureau, Govt. Of India, New Delhi 1963. - Kuvalayananda Swami & S.L. Vinekar
 2. "Asanas" - Kuvalayananda Swami Kaivalyadhama, Lonavala.
 3. "Pranayama " - Kuvalayananda Swami KaivalyadhamaLonavala
 4. "Yoga & Your Heart" - K.K.Datey, M.L. Gharote, Megha Prakashan, Lonavala
 5. "Anatomy & Physiology For Nurses Including Notes On Their Clinical Application" (1974 Ed) - Evely Pearce, Oxford University Press, Kolkata
 6. Physiology of Yoga - Dr. P. N. Ronghe
 7. "Yogamimansa Journals" - Kaivalyadhama, Lonavala
 8. Swadhyay and Yoga Therapy - Dr. Waze, Pune
 9. Anatomy & Physiology Of Yogic Practices - M.M.Gore
"Kanchan Prakashan Lonavala, 1990".
-

M.A. (Yogashastra) Semester-I
PAPER - IV: RESEARCH METHODOLOGY
Subject Code: 19MA104

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

The knowledge of this course will provide latest trends in research in the field of Yoga and can be able to do research.

Unit-I Introduction

1. Meaning, concept and Definition of Research
2. Need, Importance and Characteristics of Research in Yoga
3. Type of Research – Historical, Descriptive, Action and Experimental.
4. Qualities of a Good Researcher.

Unit-II Developing the Research Problem

1. Definition and Meaning of Research Problem.
2. Location of Research Problem.
3. Criteria for Selecting a Research problem.
4. Meaning, Definition and types of Research Hypothesis Formulation of Research hypothesis.

Unit-III Survey of Related Literature

1. Need and Purpose for Surveying Related Literature
2. Kinds of Related Literature
3. Sources of Literature
4. Steps in Literature Search.
5. Use of Library Sources.

Unit-IV Methods of Research

1. Need and Importance of Formulating Method
2. Sampling and population – meaning, importance.
3. Types of sampling – Probability and Non-Probability Methods
4. Design and analysis of Study, Meaning, Definition and types

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

References:

1. संशोधन पद्धती – डॉ. गंगाधर वि. कायदे-पाटील चैतन्य पब्लिकेशन्स, नाशिक-13
2. सामाजिक संशोधन पद्धती – डॉ. सुधीर बोधनकर श्री साईनाथ प्रकाशन, नागपुर
3. संशोधन पद्धतीशास्त्र व तंत्रे – डॉ. प्रदीप आगलावे, विद्या प्रकाशन नागपुर
4. शिक्षणातील संशोधन अभिकल्प – प्रा. ब. बि. पंडित नित्य नुतन प्रकाशन
5. Statistics for Psychology – J. P. Varma Tata McGraw Hill Education Private Limited New Delhi
6. Research Methods applied Health, Physical Education and Recreation 2nd, Washington, D.C., AAHPERD, 1959
7. Manual for Writing of Research papers, thesis and Dissertation – Turabian, Kate. L.A. Chicago University of Chicago Press, 1967
8. Research in Education – Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964.
9. Methods of Research: Educational Psychological and Sociological – Good Cater, V. & Douglas, E.S. Carts New York, Appleton Cent, Crofts, 1954
10. Introduction to Research – Hilway, Tyrus Boston, Houghton Mifflin Co. 1956
11. Education Research: Principles and practices – Smith, H.L. Bloomington Indian Educational Pub;
12. The Elements of Research – Whitney, F.L.: New York Prentice Hall Inc. 1961.
13. Research in Physical Education - Clarke. H. :

PRACTICAL SYLLABUS
M. A. Yogashastra – First Year (Semester-I)
Subject Code: 19 MA105
Yoga Practicals

Total Marks: 100
Practical Marks: 70
Sessional Marks: 30

i	Asana.	20 marks
ii	Shatkarma.	20 marks
iii	Pranayama and Bandha-Mudra.	10 marks
iv	Yogic Sukshma Vyayam Sthula Vyayam and Suryanamaskar.	20 marks

i Asana

Standing Asanas : Tadasana, Garudasana, Ardhakatichakrasana.

Sitting Asanas : Padmasana, Siddhasana, Vajrasana, Yogmudra, Pachimotanasana, Gomukhasana, Janushirasana.

Prone Position : ArdhaShalabhasana (Akpada), Makarasana, Bhujangasana.

Supine Position : Shavasana, Ardhalasana, Pawanmuktasana, Setubandhasana.

Balancing Asanas: Parvatasana, Bakasana, Vrikshasana.

System of Examination:

- | | |
|---|----------|
| 1) Two asanas as told by examiners 6 marks each. | 12 marks |
| 2) Two asanas of candidate's choice 4 marks each. | 8 marks |

ii Shatkarma

- | | | |
|-------------|---|--|
| 1. Neti | : | Jala and Sutra. |
| 2. Dhauti | : | Danta, Jivhashodhan, Karnarandhra, and Kapalrandhra. |
| 3. Agnisara | : | Standing and Siting |

System of examination:

Shatkarmas divided in two groups

(1) Without Instrument

- | | |
|-------------------------------------|---------|
| 1. One Kriya as told by examiner. | 4 marks |
| 2. One Kriya of candidate's choice. | 4 marks |

(2) With Instrument

- | | |
|---|---------|
| 1. One Instrumental Kriya as told by examiner. | 6 marks |
| 2. One Instrumental Kriya of candidate's choice | 6 marks |

iii Pranayam and Bandha – Mudra :

Pranayama (without Kumbhak): Nadishodhan, Suryabhedhan, Ujjai, Shitali.

Bandha: Jalandhar, Jivha.

Mudra: Nabhomudra, Vipritkarni, Tadagi.

System of examination:

- | | |
|---|---------|
| 1. Any One Pranayama as told by the examiner. | 3 marks |
| 2. Any one Pranayama of candidate's choice. | 3 marks |
| 3. Any one Mudra as told by the examiner | 2 marks |
| 4. Any one Bandha of candidate's choice. | 2 marks |

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected

iv .Yogic SukshmaVyayama, Yogic SthulaVyayama and Suryanamaskar

Yogic Sukshma Vyayam

- | | |
|--|-------------------------------------|
| 1) Vishudh Chakra OR Uccharan-sthalaShudhi | 2) Prarthana |
| 3) BuddhitathaDhriti Shakti – Vikasaka | 4) Smaran Shakti Vikasaka |
| 5) Medha Shakti – Vikasaka | 6) Kapal – Shakti Vikasaka |
| 7) Netra Shakti Vikasaka | 8) Karna Shakti Vikasaka |
| 9) Griva Shakti Vikasaka (1) | 10) Griva Shakti Vikasaka (2) |
| 11) Griva Shakti Vikasaka (3) | 12) Skandh&Bahumula Shakti Vikasaka |
| 13) Bhujabandha Shakti Vikasaka | 14) Kohni Shakti Vikasaka |
| 15) Bhuja-valli Shakti Vikasaka | 16) Purnabhuj Shakti Vikasaka |
| 17) Manibandh Shakti Vikasaka | 18) Karaprustha Shakti Vikasaka |
| 19) Kara-tala Shakti Vikasaka | 20) Anguli Shakti Vikasaka (1) |
| 21) Ansuli Shakti Vikasaka (2) | 22) Vaksha Shakti Vikasaka(1) |
| 23) Vakshasthala Shakti Vikasaka (2) | 24) Udara Shakti Vikasaka(1) |

Yogic SthulaVyayama

- 1) Rekha-gati 2) Hrid-gati 3) Utkurdana

Suryanamaskar (Twelve Count)

20 marks

- 1) Twelve Mantras
2) Ten counts, Twelve counts and Sixteen counts

System of examination:

10 marks

- | | |
|--|----------|
| 1. Any One Yogic SukshmaVyayama as told by the examiner. | 3 marks. |
| 2. Any one Yogic SukshmaVyayama of candidate's choice. | 3 marks. |
| 3. Any one Yogic SthulaVyayama as told by the examiner | 2 marks. |
| 4. Any one Yogic SthulaVyayama of candidate's choice. | 2 marks. |

Sessional Work:

30 marks

- | | |
|---------------------------|----------|
| 1. One Test | 15 marks |
| 2. Assignments Practicals | 10 marks |
| 3. Attendance | 5 marks |

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected.

Laboratory Practical
Subject Code: 19 MA106

Total Marks: 100
Practical Marks: 70
Sessional Marks: 30

1. Measurement of Pulse at different positions-static and dynamic phase.
2. To measure the Respiratory Rate in rest and after exercise.
3. Use of Stethoscope in Blood Pressure recording.
4. To measure the lung capacity by Wet Spirometer
5. To measure the Depth Perception.
6. Application of Steadiness Tester.
7. Maintenance of Temperature Recording Chart. (Body temperature and room temperature.)
8. Measurement of Height and weight and Body Mass Index.

System of examination:

- | | |
|---|----------|
| 1) One Experiment as told by the examiner | 20 marks |
| 2) One Experiment of candidate's choice. | 20 marks |
| 3) Viva-voce on practical note book | 30 marks |

Sessional work:

30 marks

Sessional work [Internal Assessment] the candidate will be required to take three supervised Laboratory practices for ten marks each.

SYLLABUS
Prescribed for the Examination of M. A. (Yogashastra)
Semester-II
Paper – I: Health Management
Subject Code: 19MA107

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

Concept and dimensions of different aspects of Healthy lifestyle will enhance yogic practices in day to day life and utilize their experiences to unfold different dimensions of health of people and students for betterment of society.

Unit - I

1. Meaning and concept of health, various dimensions of health.
2. Characteristics of healthy individual, factors influencing health.
Role of Yoga in preservation of good health.

Unit - II

1. First Aid – Wounds, fractures, Bandages, Blood flow.
2. Accidents, drowning, poison, Snake bite, electrical shocks, unconsciousness.

Unit - III

1. Stress, Meaning and definition of stress, Types of Stress, Yoga method of managing stress
2. Meaning and concept, Psychic forces i.e., id, ego and

- superego.
3. Role of Yoga in Solving personal and social Psychic problems.

Unit – IV

1. Various Health problems :- health in educational Intuitional environment, malnutrition, fast food, habits and addiction, professional Hazard.
2. Role of Shatkarma, Asana, Pranayama, Mudra, Yogic Sukshma Vyayam, Sthula Vyayam, Suryanamaskar and Dhyana in solving health problems.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units with internal choice.

Marks Distribution for Internal Assessment Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	h) Above 85%	05
	i) 75%to 84%	04
	j) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	k) Above 75%	05
	l) 60% to 74%	04
	m) 40% to 59 %	03
	n) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books:

- | | | |
|--|---|---------------------|
| 1. Yoga Therapy in management of Stress | - | Dr. S.V. Karandikar |
| 2. Mental Tension its Cure | - | Dr. O.P.Jaggi |
| 3. A Life Saver | - | Dr. S.V. Karandikar |
| 4. Psychology of Personality Development | - | A.A. Raback |
| 5. Nutrition & Health | - | K.R. Raghunath |
| 6. Diet Cure for Common Diseases | - | Bakhru H. K. |
| 7. Yoga for Stress Relief | - | Thakur, Bharat |
| 8. Managing Stress | - | Shrivastava H.S. |
| 9. Food for Health | - | Mool Raj |
| 10. Commonsense Restoration of Health | - | Felix-o-Striet |
| 11. Key to Health | - | M.K. Gandhi |
| 12. Secretees for Health & Longevity | - | Dr. OmkarNath |
| 13. Food for Health | - | A.P. Dewan |
| 14. AaharVidnyan | - | Satyapal |
| 15. Yogasana | - | Dr. P. D. Sharma |
-

M.A. (Yogashastra) Semester-II
Paper – II: Yoga Methodology
Subject Code: 19MA108

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

This Course will boost students confidence for teaching Yoga in scientific way.

Unit-I

1. Lesson Planning ; meaning definitions and Importance.
2. Factors affecting the teaching and planning
3. Different formats of lesson plans Planning and observation and field activity lesson and classroom teaching lesson

Unit- II

1. Methods of Yoga teaching
2. Tradition and Modern methods
3. Lecture, demonstration, orientation, home work, assignment, project, supervised study.

Unit-III

1. Teaching aids; Meaning need definition and classification of teaching aid necessary precaution for the use of teaching aids.
2. Evaluation procedure old concept, new approach, tools of evaluation.
3. Team teaching, micro teaching
4. Yoga and sports.

Unit-IV

Types of lessons

1. Knowledge lessons
2. Skill lesson
3. Appreciation lesson, planning and observation of different yogic lesson
4. Asanas, shatkarma, pranayama, Bandas, Mudra lesson ect.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units with internal choice.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books:

- | | | |
|--|---|--|
| 1. Teaching methods for Yogic practices: | – | M. L. Gharote, S. K. Ganguli. |
| 2. Principles of Education: | – | Dr. R. S. Pandey. |
| 3. Principles of Methods of Teaching: | – | Bhatia. |
| 4. Introduction to Teaching: | – | Bernard H. C. |
| 5. शारीरिक शिक्षा अध्ययन पद्धती | – | प्रा. करमरकरडॉ. तिवारी, प्रा. शर्मा |
| 6. शिक्षा के सामान्य सिद्धांत तथा विधियाँ | – | प्रा. के. के. भाटीया, प्रा.सी. एल. नारंग |
| 7. शिक्षा के सामान्य सिद्धांत | – | प्रा. पाठक और प्रा. त्यागी |
| 8. शिक्षण, कला, प्रशिक्षण तकनीक एवं मनोवैज्ञानिक पद्धतियाँ | – | डॉ. एस.एस. माथूर |
| 9. सफल पाठ योजना | – | डॉ. आर. एच. तिवारी |
| 10. अध्ययन शास्त्र और पद्धतियाँ | – | श्री. कुंडले |
| 11. आजची अध्ययन पद्धती | – | प्रा. लीलापाटील. |
| 12. Information brochures and booklets of different Yoga Institutions. | | |
| 13. Syllabuses of different Yoga courses of various institutes. | | |
| 14. Yoga periodicals and journals. | | |
| 15. Text books and reference books of Yoga | | |

M.A. (Yogashastra) Semester-II
PAPER - III: PHYSIOLOGY OF YOGIC PRACTICES
Subject Code: 19MA109

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

This course will give modern aspects of psycho-physiology of Yogic practice which can be used by students and masses.

Unit-I

1. Psycho-Physiological importance of Yoga.
2. Yogic management of stress and behavior.
3. Mental health and Yam-Niyama.

4. Postural therapy. Benefits of different postures in Balancing, Standing, Sitting inverted and corrective asanas.

Unit-II

1. Neural mechanism for the regulation of respiration (Pran energy) during Yogic Pranayam practice.
2. Physiological difference in normal exercise breathing and Pranayama.
3. Therapeutic importance of Hatha yogic Pranayam.
4. Scientific importance of Mudras.

Unit-III

1. Physiological effects of Asana
2. Effect of Shudhikriya (cleaning techniques)
3. Importance of Pratyahar and Dharna.
4. Nadanusandhan and Pranava japa and effects on Autonomous Nervous system.

Unit-IV

1. Biochemical, Physiological and EEG changes in Dhyan (meditation)
2. Scientific study of modern relaxation techniques, Progressive relaxation.
3. Comparison between sleep and Yoga Nidra
4. Kundalini Yoga chakras and centers of energy distribution (Shakti Kendra)

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment

Internal 30 marks

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1	Class Attendance 05 Marks	
	a) Above 85%	05
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	c) Below 75%	03
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3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books:

1. Yogic Therapy-Its Basic Principles & Methods" Central Health Education & Bureau, Govt. of India, New Delhi 1963. - Kuvalayananda Swami & S.L. Vinekar
2. "Asanas" - Kuvalayananda Swami Kaivalyadhama, Lonavala.

- | | |
|--|---|
| 3. "Pranayama " | - Kuvalayananda Swami
Kaivalyadhama Lonavala |
| 4. "Yoga & Your Heart" | - K.K.Datey, M.L. Gharote, Megha
Prakashan, Lonavala |
| 5. "Anatomy & Physiology For Nurses
Including Notes On Their Clinical
Application" (1974 Ed) | - Evely Pearce, Oxford University Press,
Kolkata |
| 6. Physiology of Yoga | - Dr. P. N. Ronghe |
| 7. "Yogamimansa Journals" | - Kaivalyadhama, Lonavala |
| 8. Swadhyay and Yoga Therapy | - Dr. Waze, Pune |
| 9. ANATOMY & PHYSIOLOGY Of YOGIC
PRACTICES | - M.M.Gore
"Kanchan Prakashan Lonavala, 1990". |

M.A. (Yogashastra) Semester –II
Paper-IV RESEARCH PROCESS IN YOGA
Subject Code: 19MA110

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

The course will guide them to undertake research work in the field of yogic sciences.

- UNIT–I** Experimental Research
1. Meaning Experimental Research
 2. Sources of validity in experimental research.
 3. Threats in Thesis / Dissertation/Research reports
 4. Controlling threats to internal and External Validity
 5. Type of experimental design.
- UNIT–II** Organisation of thesis/Dissertation/Research reports
1. Research proposal- Meaning, Need and Preparation of research proposals.
 2. Research Repots – Purpose, Characteristics of good report,
 3. Mechanics of typing and printing research reports.
 4. Use of figures and Illustrations.
 5. Reference materials – Bibliography and Foot note forms.
 6. Ethics and Research
- UNIT–III** An Introduction of Statistics
1. Statistics – Meaning, Definition, Nature and Importance.
 2. Data- Meaning and Types

3. Class Interval – Raw Score, continuous and Discrete series, construction of Frequency table.
 4. Graphical representation of data
- Measures of central Tendencies-
1. Mean – Definition, importance, Advantages and Disadvantages calculation from Groups and Ungrouped data.
 2. Median- Definition, importance, Advantages and Disadvantages.
 3. Mode – Definition, Importance, Advantages and Disadvantages, Calculation from Grouped and Ungrouped data.

UNIT-IV Measures of Variability

1. Range – Meaning, Importance and Calculation.
2. Mean Deviation- Meaning Importance and Calculation from Grouped and ungrouped data.
3. Standard Deviation- Meaning Importance and Calculation from Groups and Ungrouped data.
4. Quartile Deviation – Meaning Importance and Calculation from Groups and Ungrouped data.
5. percentiles _ Meaning, importance and Calculation
6. Mean Difference method- Independent and Dependent
7. Correlation – Meaning and calculation person and spearman methods

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units with internal choice.

Marks Distribution for Internal Assessment

Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
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	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Book:

- | | |
|----------------------------------|--|
| 1. संशोधन पद्धती | – डॉ. गंगाधर वि. कायंदे-पाटील चैतन्य पब्लिकेशन्स, नाशिक-13 |
| 2. सामाजिक संशोधन पद्धती | – डॉ. सुधीर बोधनकर श्री साईनाथ प्रकाशन, नागपुर |
| 3. संशोधन पद्धतीशास्त्र व तंत्रे | – डॉ. प्रदीप आगलावे, विद्या प्रकाशन नागपुर |
| 4. शिक्षणातील संशोधन अभिकल्प | – प्रा. ब. बि. पंडित नित्य नुतन प्रकाशन |

5. Statistics for Psychology – J. P. Varma Tata McGraw Hill Education Private Limited New Delhi
6. Research Methods applied Health, Physical Education and Recreation 2nd, Washington, D.C., AAHPERD, 1959
7. Manual for Writing of Research papers, thesis and Dissertation – Turabian, Kate. L.A. Chicago University of Chicago Press, 1967
8. Research in Education – Best, John, W. Cliffs. N. J., Prentice Hall Inc. 1964.
14. Methods of Research: Educational Psychological and Sociological – Good Cater, V. & Douglas, E.S. Carts New York, Appleton Cent, Crofts, 1954
15. Introduction to Research – Hilway, Tyrus Boston, Houghton Mifflin Co. 1956
16. Education Research: Principles and practices – Smith, H.L. Bloomington Indian Educational Pub;
17. The Elements of Research – Whitney, F.L.: New York Prentice Hall Inc. 1961.
18. Research in Physical Education- Clarke. H. :

PRACTICAL SYLLABUS
M. A. Yogashastra – (Semester-II)
Yoga Practical
Subject Code: 19 MA111

Total Marks: 100
Practical Marks: 70
Sessional Marks: 30

- | | | |
|-----|--|-----------|
| i | - Asana. | 20 marks. |
| ii | - Shatkarma. | 20 marks. |
| iii | - Pranayama and Bandha-Mudra. | 10 marks. |
| iv | - Yogic Sukshma Vyayam, Sthula Vyayam and Suryanamaskar. | 20 marks. |

i Asana

Standing Asanas: Trikonasana, Utkatasana , Sankatasana.

Sitting Asanas: Bhadrasana, Badnapadmasana, ArdhaMatsyendrasana, Guptasana.

Prone Position: Dhanurasana, Naukasana.

Supine Position: Uttanpadasana, Viparitkarni, Setubandhasana, Sarvangasana.

Balancing Asanas: Vatayanasana, Shirsasana.

System of Examination:

- | | |
|---|-----------|
| 1) Two asanas as told by examiner 6 marks each. | 12 marks. |
| 2) Two asanas of candidate's choice 4 marks each. | 8 marks. |

ii Shatkarma

- | | | |
|------------|---|----------------------------|
| 1. Dhauti | : | Dand Dhauti, Vastra Dhauti |
| 2. Trataka | : | Samip and Sudur |

System of examination:

Shatkarmas divided in two groups

(1) Without Instrument

- | | |
|-------------------------------------|----------|
| 1. One Kriya as told by examiner. | 4 marks. |
| 2. One Kriya of candidate's choice. | 4 marks. |

(2) With Instrument

- | | |
|---|----------|
| 1. One Instrumental Kriya as told by examiner. | 6 marks. |
| 2. One Instrumental Kriya of candidate's choice | 6 marks. |

iii Pranayam and Bandha – Mudra :

Pranayama (without Kumbhak): Sitkari, Bhastrika, and Bhramari.

Bandha: Uddiyan, MulUddiyanbandha.

Mudra: Shambhavi, Kaki, Bhujangi and Mahamudra.

System of examination:

- | | |
|---|----------|
| 1. Any One Pranayama as told by the examiner. | 3 marks. |
| 2. Any one Pranayama of candidate's choice. | 3 marks. |
| 3. Any one Mudra as told by the examiner | 2 marks. |
| 4. Any one Bandha of candidate's choice. | 2 marks. |

iv .Yogic SukshmaVyayama, SthulaVyayama and Suryanamaskar**Yogic Sukshma Vyayam**

- | | |
|---------------------------------------|--|
| 1) Udara Shakti Vikasaka (2) | 2) Udara Shakti Vikasaka (3) |
| 3) Udara Shakti Vikasaka (4) | 4) Udara Shakti Vikasaka (5) |
| 5) Udara Shakti Vikasaka (6) | 6) Udara Shakti Vikasaka (7) |
| 7) Udara Shakti Vikasaka (8) | 8) Udara Shakti Vikasaka (9) |
| 9) Udara Shakti Vikasaka (Nauli) (10) | 10) Kati Shakti Vikasaka (1) |
| 11) Kati Shakti Vikasaka (2) | 12) Kati Shakti Vikasaka (3) |
| 13) Kati Shakti Vikasaka (4) | 14) Kati Shakti Vikasaka (5) |
| 15) Muladhar Chakra Shudhi. | 16) Upastha thatha swadhisthan
Chakara shuddhi |
| 17) Kundalini Shakti Vikasaka | 18) Jangha Shakti Vikasaka (1) |
| 21) Jangha Shakti Vikasaka (2) | 22) Janu Shakti Vikasaka |
| 23) Pindai Shakti Vikasaka | 24) Pada-mula Shakti Vikasaka |
| 25) Padanguli –Shakti Vikasaka | 26) Pada-Prushtha-Pada-
TalaGulpha- shakti-vikasaka |

Yogic SthulaVyayama

- 1) Urdva-gati
- 2) Sarvanga-pusti

Suryanamaskar**10 marks****System of examination:****10 marks**

- | | |
|--|---------|
| 1. Any One Yogic SukshmaVyayama as told by the examiner. | 3 marks |
| 2. Any one Yogic SukshmaVyayama of candidate's choice. | 3 marks |
| 3. Any one Yogic SthulaVyayama as told by the examiner | 2 marks |
| 4. Any one Yogic SthulaVyayama of candidate's choice. | 2 marks |

Sessional Work:

- | | |
|---------------------------|----------|
| 1. One Test | 15 marks |
| 2. Assignments Practicals | 10 marks |
| 3. Attendance | 5 marks |

30 marks

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected.

Practice Teaching
Subject Code: 19MA112

Total Marks: 100
Practical Marks: 70
Sessional Marks: 30

The candidate will be required to take three supervised lessons in Yoga practices. **100 marks**

Sessional work (Internal Assessment] 30 marks.

One lesson to be taken at the Final Examination from Yogasana group. 70 marks.

System of Examination: -

One lesson to be taken at the final practice teaching examination from Yogasana Group for seventy marks. 70 Marks

The following factors will be observed while assessing practice teaching lesson:

1. Preparation of the teacher and his position.	1. Plan of the lesson.	10 Marks
	2. Formation of the class.	5 Marks
	3. Teacher's Practical Demonstration.	5 Marks
	4. Report. [Approaches & Relationship]	5 Marks
2. Teaching ability.	1. Self – confidence.	10 Marks
	2. Self - Development.	5 Marks
	3. Control of the class.	10 Marks
	4. Sequence of teaching	5 Marks
3. Maintenance of interest and total impression. Impact and effect on the lesson.	1. Activity Enthusiasm.	10 Marks
	2. Knowledge about the subject taught & maturity.	5 Marks

Sessional work:

Sessional work [Internal Assessment] the candidate will be required to take three supervised lessons in yoga practices for ten marks each.

30 Marks

SYLLABUS

Prescribed for the Examination of M. A. (Yogashastra) Semester-III

PAPER-I: APPLIED YOGA
Subject Code: 19 MA201

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

This course will enable students to use yoga in different sections of society to overcome psycho-somatic disorders.

Unit-I INTRODUCTION

1. Yoga and its application, scope and limitations of the applied aspect of Yoga. Aims and objectives of such application.
2. International movement of Yoga consciousness: Spiritual consciousness, psychosocial consciousness.
3. Introduction of Yoga Therapy.

Unit-II YOGA AND HEALTH

1. Yoga and Physical Health: Concept of Physical health, Factors of physical Health. Relation of health with fitness. Area of Health and fitness dealt with yoga.
2. Yoga and Mental Health: Meaning and definition of Mental Health, importance of mental health for an individual and society.
3. Relation of Mental Health with Physical Health.

Unit-III YOGA AND SPORTS

1. Yoga and Sports - Sports as an instinctive need. Special recognition for sports, varieties of sports and capacities Effect on basic skills of sports.
2. Role of yogic practices to enrich the qualities required for different sports.

Unit-IV YOGA AND EXECUTIVE JOBS

1. Yoga and executive Jobs - problems of executives. Conflicts resulting in fatigue.
2. Use of artificial stimulants & their untoward effects, Contribution of yoga to solve the problems of the executives.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books:

1. Yogic Therapy
New-Delhi, Central Bureau of Health services. - Kuvalayananda & Vinekar,
2. Day by Day Yoga', London : Hamlyn. - Kent H
3. Proceedings of the seminar on yoga, science and Man. Delhi central Council for research in Indian Medical Hoemeopathy. - Sinha A.K.
4. Hathayoga - Bharat Manilal Goswami S. S.
5. Yoga essay - Yogendra (Ed)
7. Applied Yoga - Gharote M.L. Geeta Press, Gorakhpur.
8. Essays on Yoga - Swami Shivananda.
9. Bases of Yoga - Arbindo.

M. A. (Yogashastra) Semester-III
PAPER – II: PHILOSOPHY OF YOGA
Subject Code: 19MA202

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

This course will introduce different philosophers concepts in the field related to Yoga and various traditions in Indian culture.

Unit-I

1. Origin of Yoga, History and Development of Yoga.
2. Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga,
3. Introduction to Indian philosophy: Meaning and characteristics.
4. Introduction to Epics- (Ramayana and Mahabharata) Yoga in Ramayana, Yoga in Mahabharata

Unit-II

1. Introduction to Schools (Streams) of Yoga:
2. Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma and Dhyana),
3. Yoga Schools with Samkhya-Yoga Tradition (Yoga of Patanjali)
4. Yoga Schools with Tantric Tradition (Hatha Yoga, Swara Yoga and Mantra Yoga)

Unit-III**Hatha Yoga**

1. Introduction to Hatha Yoga and Hatha Yoga Texts. Hatha Pradeepika, Gheranda Samhita, and Shiva Samhita.
2. Aim & objectives, misconceptions about Hatha Yoga.
3. Prerequisites of Hatha Yoga (dasha yama and dasa niyama), Sadhaka and Badhaka tattvas in Hatha Yoga. Concept of Mattha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas;
4. Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hatha Yoga;
5. Importance of Shodhana kriyas in health and disease;

Unit-IV

1. Concept of Prana & Ayama, Pranyama; Pranayama its phases and stages; Prerequisites of Pranayama in Hatha Yoga Sadhana; Pranayama in Hatha Pradeepika, & Gheranda Samhita; Benefits, precautions and contraindications of Pranayama.
2. Concept, definition of Bandha and Mudras, in Hatha Pradeepika and Gheranda Samhita; Benefits, precautions and contraindications.
3. Concept, definition, benefits and Techniques of Pratyahara, Dharana and Dhyana in Gheranda Samhita;
4. Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four Avasthas (stages) of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga.

Distribution of Marks for External Examination**Total -70 Marks**

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment**Internal 30 marks**

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books:

- | | | |
|--|---|---|
| 1. Ancient Indian culture ed. | - | By Mogen Chand
Dept. of Sanskrit, Delhi. |
| 2 Mokasa : The ultimate goal of Indian philosophy | - | Dr.Pramod Kumar,. |
| 3 Introduction to Indian philosophy | - | Chatterjee & Dutta |
| 4 Relevance of Indian philosophy to modern | - | Dr.Tanaji Acharya |
| 5 The philosophy of the Bhagavad-Gita | - | Swami Krishnanda |
| 6 Man and movement principle of physical education | - | Harold M. Barrow Janie
P.Brown |
| 7 Vishwa ke mahan shiksha shastri (Hindi) | - | Dr.Baidyanath,Prasad. Verma |
| 8 Bharatiya darshan ka rup rekha | - | Prof. Harendra Prasad |
| 9 Prachin bharat main sharirik shikshan darshan, | - | Dr. R. H. Tiwari. |

M. A. (Yogashastra) Semester-III
Paper III: ALTERNATIVE THERAPIES
Subject Code: 19MA203

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

This course will enable them to know about various drugless therapies such as Naturopathy which can be used with the Yoga therapy for betterment of health of ill person.

Unit-I

1. Meanings, Definition, importance and principles of Naturopathy, Science of Facial Expression
2. Hydrotherapy and their application. Hipbath, Foot bath, Fool wet pack, Local Wet Pack, Stem Bath Local Stem bath, Enema, Arm Bath, Full Emersion bath, Sitz bath, Spinal bath and Spinal Spray.

Unit-II

1. Traditional yogic methods (Shatkarmas) and natural way of living
2. Concept of Diet in yoga (Satvik, Rajsik, Tamsik) Eliminative soothing and curative diet and balance diet, Mithar. Concepts of Diet Pathya and Apathya according to Gheranda Samhita
3. Yogic concept of diet and its relevance in the management of lifestyle
4. Panchkarma and Tridosh of Ayurveda.

Unit-III

1. Mud therapy
 - a) Sources of mud b) Preparation of mud
 - c) Therapeutic effects of mud d) Physiological effect of mud application
2. Chromo Therapy
 - a) History of Chromo Therapy b) Harmonic law of universe
 - c) Solar family d) Chromo chemistry

Unit-IV

Massage Therapy

1. Introduction and brief History of Massage, definition of massage
2. Basic needs of Massage, characteristics of a masseur, Therapeutic use of different types of oils, Preparation of oils.
3. Effects of massage on heart and circulatory system, Muscular system, Lymphatic system, Digestive system, Respiratory system, Kidney, skin and skeletal system.
4. Laws of Massage & techniques in different diseases (Insomnia Neurasthenia, madness, High blood pressure, polio, obesity, underweight, beautification of female, skin disease, Fracture, sprain)
5. Massage techniques (Effleurage, Stroking, Petrissage, kneading, friction wringing, Twisting, Rolling, Shaking) Massage techniques (Tapotement: Hacking, Tapping, Clapping, Breathing, Pounding Joint movement, Vibration.) Massage techniques for different parts of the body (Foot, leg, arm, abdomen, chest, throat, back, head and Neck)

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment

Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Book:

- | | |
|--|--|
| 1. Yoga-Therapy And its basic Method. | - Swami Kuvalayananda, Dr. Vinekar. Kaivalyadham Lonavala. |
| 2. Philosophy and Practice Of Nature Cure | - Henry Lindlhar. satsahitya Prakashan, Hyderabad. |
| 3. My Nature Cure | - M. K Gandhi. |
| 4. Text Book of Human Methods of Nutrition | - Bambji, Vinodini Reddy. Oxford and B.H.Publishing Co. Pvt. Ltd. New Delhi -1995. |
| 5. प्राकृतिक आयुर्विज्ञान | - गंगाप्रसाद गौड़ |

M. A. (Yogashastra) Semester-III
Paper IV: YOGA THERAPY
Subject Code: 19MA204

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

The students will get direct knowledge of therapeutic concept of Yoga which can be utilized by them while treating patients.

Unit-I

1. Meaning, Definition importance of Yoga therapy
2. Principles of Yoga therapy.
3. Preventive and Curative, aspects of Yoga Therapy
4. Merits and demerits of Yoga therapy

Unit-II

1. Methods of Yoga therapy.
2. Traditional methods of Yoga therapy.
3. Yogic methods and natural way of living
4. Integrated approach to Yoga therapy
5. Techniques of Yoga therapy

Unit-III

1. Yogic Treatment of disorders of Metabolic & Hormonal nature, e.g. Diabetes obesity
2. Yogic Treatment of disorders of Uterus, menstrual disorder.
3. Yogic Treatment of constipation, Dyspepsia, Hyper acidity.

Unit-IV

1. Yogic Treatment of Psychological disorders, eg. Anxiety Neurosis.
2. Yogic Treatment of Psychological disorders, eg. Phobia, Insomnia.
3. Yogic Treatment Stress related disorders such as Hypertension, dysfunction of Thyroid.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Dissertation (optional): Candidate has to submit four copies of Dissertation.

Total Mark – 100

Dissertation- 50 Marks
Viva voce- 50 Marks

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Book

1. Anatomy & Physiology - - Anne Waugh & Alison Churchill Living Stoned
2. Human Anatomy- - Chourasia B. D. C. B. S. Publication, Delhi.
3. मानवी शरीर रचना - - डॉ. मुकुंद स्वरूप वर्मा, मोतिलाल नारसीस, दिल्ली.
4. शरीर क्रिया विज्ञान - - पुर्णचंद्र जैन, चौखंबा, दिल्ली.
5. प्राकृतिक आयुर्विज्ञान, - - डॉ. गंगाप्रसाद गौड नाहर, आरोग्य सेवा प्रकाशन, युपी.
6. Psychology of Personality Development - A. A. Raback Lakshya Publication Delhi.
7. Nutrition & Health (The Vegetarian Way - K. R. Raghunath Sterling Publication, New Delhi.
8. Research Process in Physical Education - Clarke & Clarke -Prentice Hall, New Jersey.
- Recreation & Health
9. Yogic Therapy - Swami Kuvalyayanda & Dr. Vinekar, Lonavala.
10. रोग मनाचा शोध मनाचा - - गिताचार्य, श्रीकृष्ण व्यवहारे, घंटाळी मंडळ, ठाणे.
11. New Perspective in stresses Management - Dr. Nagendra, Dr. Nagarathna – Bangaluru.

PRACTICAL SYLLABUS
M.A. [Yogashastra] (Semester-III)
Yoga Practical
Subject Code: 19 MA205

Total Marks : 100
Practical Marks: 70
Sessional Marks: 30

i. Asanas (Mechanical aids)	20 marks
ii. Shatkarmas	10 marks
iii. Pranayamas	20 marks
iv. Dhyana	20 marks

i. Asana:

Standing Asanas: Trikonasana, Virasana, Sankatasana, Paravrtt Trikonasana.

Sitting Asanas: Gorakhasana, Mandukasana, Rajkaputasana, Swastikasana.

Prone Position: PurnaShalabhasana, Manjarasana, Tiryak Bhujangasana,

Supine Position: Matsyasana, Naukasana, Setubandh Sarvangasana,

Balancing Asanas: Mayurasana (boys), Tolangulasana,

System of Examination:

- | | |
|---|----------|
| 1) Two asanas as told by examiners 6 marks each. | 12 Marks |
| 2) Two asanas of candidate's choice 4 marks each. | 8 Marks |

ii Shatkarma

- | | | |
|-----------|---|-----------------------------|
| 1. Dhauti | : | Vamana Dhauti. Kunjal Kriya |
| 2. Basti | : | Jala and Shuska Basti. |

System of examination:

Shatkarmas divided in two groups

- | | |
|---|---------|
| (1) Without Instrument | 4 Marks |
| 1. One Kriya as told by examiner | 2 Marks |
| 2. One Kriya of candidate's choice. | 2 Marks |
| (2) With Instrument | 6 Marks |
| 1. One Instrumental Kriya as told by examiner. | 3 Marks |
| 2. One Instrumental Kriya of candidate's choice | 3 Marks |

iii Pranayam:

Pranayama: Suryabhedhan, Ujjai, Shitali,

System of examination:

- | | |
|---|----------|
| 1. Any One Pranayama as told by the examiner. | 10 Marks |
| 2. Any one Pranayama of candidate's choice. | 10 Marks |

iv Dhyana: Pranava, Soham, Other Technique (Gheranda Samhita) 20 Marks

Sessional Works:

- | | |
|----------------------------|----------|
| 1. One Test | 15 marks |
| 2. Assignments/ Practicals | 10 marks |
| 3. Attendance | 05 marks |

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected.

Laboratory Practical
Subject Code: 19 MA206

Total Marks : 100
Practical Marks: 70
Sessional Marks: 30

1. Demonstration of ECG, EEG-mylography, Trade mill test.
2. Harward step test:: recording and its inference.
3. Spirometer: recording and its inference.
4. Physiotherapy :Uses and application of the following apparatus (any Two)
 - (I) Infrared radiation
 - (ii) Ultra sound
 - (iii) Paraffin wax.
 - (iv) Shoulder Wheel
 - (v) Traction Cervical
 - (vi) Traction Lumber.
5. Pulse Oximeter: recording and its inference
6. Hydrotherapy :Uses and application of the following apparatus (any Two)
 - (i) Hip Bath tub
 - (ii) Steam Bath unit
 - (vi) Sauna Bath unit
 - (vii) Whirlpool Bath tab

System of Examination:

- | | |
|--|-----------|
| 1) One application as told by the examiner | 20 Marks. |
| 2) One application of candidate's choice | 20 Marks |
| 3) Viva – voce | 30 Marks |

Sessional work:

30 Marks

Sessional work [Internal Assessment] the candidate will be required to take three supervised Laboratory Practicals for ten marks each.

SYLLABUS
Prescribed for the Examination of M. A. (Yogashastra) Semester-IV

PAPER-I: STRESS MANAGEMENT BY YOGA
Subject Code: 19MA207

Total Marks: 100

Theory Marks: 70

Sessional Marks: 30

Course outcome:

The Knowledge of ill effect of modern lifestyle which leads to psychological problems and their Yogic solutions make them able to handle patients in a better manner.

UNIT-I

1. Brief History of modern Psychology
2. Major Perspectives in Modern Psychology
3. Key data collection methods in Psychology
4. Introduction to Altered States of Consciousness Sleep: Stages of Sleep, Circadian Rhythm, Sleep Disorders; Dreams: The Content of Dreams; Hypnosis, Biofeedback Behavioral Psychology: Psychology as a Science of Behavior; Definition of Behavior;
5. Psychic forces and human behavior, behavior and Consciousness, Psychological basis of behavior;

UNIT-II

1. Psycho-Social Implication of Yoga
2. Tackling ill effects of conflict and frustration through yogic methods.
3. Yoga psychology, for adjustment psychological philosophical and yogic counseling.

UNIT-III

1. Introduction to Stress, Concept of Stress; Solutions through Mandukya karika
 - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation;
2. Yoga and Stress Management; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita,
3. specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation,
4. Impact of yogic lifestyle on stress management.

UNIT-IV

1. Mental Health: Means of mental health; Positive Mental Health; Causes and Consequences of Conflicts and Frustrations; Introduction to Common mental disorders; Depressive disorders; Anxiety disorders.
2. Neurological Disorders: Headaches: Migraine, Tension headache;
3. Psychiatric disorders: Psychiatric disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Depression: Schizophrenia.

Distribution of Marks for External Examination**Total -70 Mark**

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each..First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75%to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books :

- | | | |
|----|--|--|
| 1. | Yogic Therapy | |
| | New-Delhi,Central Bureau of Health services. | - Kuvalayananda & Vinekar, |
| 2 | Day by Day Yoga',London : Hamlyn. | - Kent H |
| 3 | Proceedings of the seminar on yoga, science and Man. Delhi central Council for research in Indian Medical Hoemeopathy. | - Sinha A.K. |
| 4. | Hathayoga | - Bharat Manilal Goswami S. S. |
| 5. | Yoga essay | - Yogendra (Ed) |
| 6. | Applied Yoga | - Gharote M.L. Geeta Press, Gorakhpur. |
| 7. | Essays on Yoga | - Swami Shivananda. |
| 8. | Bases of Yoga | - Arbindo. |

M. A. (Yogashastra) Semester-IV
PAPER-II: PRINCIPLES OF INDIAN PHILOSOPHY
Subject Code: 19MA208

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome: The knowledge of inward journey of self important aspects of Yoga and this course will provide guideline for self realization.

UNIT-I

Patanjala Yoga Sutra

1. Introduction: Yoga, it's meaning & purpose & Nature of Yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vritti nirodhopaya Abhyasa and Vairagya as the tools Chitta-Vikshepas (Antarayas), Chitta-prasadanam, Prakriti and its evolutes.
2. SAMADHI PADA: Types and nature of Samadhi: Ritambharaprajna and Adhyatmaprasada; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishvara and qualities of Ishvara.

UNIT-II

1. SADHANA PADA: Concept of Kriya Yoga of Patanjali, theory of Kleshes; Concept of Dukhavada; Drishyanirupanam, Drasthanirupanama, Prakriti Purusha Sam Yoga; Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, Pranayama, Pratyahara and their usefulness in Chittavrittinirodhopayah.
2. VIBHUTI & KAIVALYA PADA: Introduction of Dharana, Dhyana and Samadhi, Samyama and Siddhis; Four types of Karmas; Concept of Vasana; Vivek Khyati Nirupanam, Kaivalya.- Nirvachana.

UNIT-III

Basic Yoga Texts:

1. Principal Upanishads BhagavadGita, Yoga Vasishtha Principal Upanishads Brief Introduction of Ten principal Upanishadsas thebasis of Yogic context;
2. Ishavasyopanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava;
3. Kena Upanishat: Indwelling Power; Indriya and Antahkarana; Self and the Mind; Intutive realization of the truth; Truth transcendental; Moral of Yaksha Upakhyana;
4. Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Self Realization;
5. Prashna Upanishad: Concept of Prana and rayi (creation); Pancha pranas; The five main questions;
6. Mundaka Upanishad: Two approaches to Brahma Vidya-the Para and Aparā; Thegreatness of Brahavidya, The worthlessness of Selfish-karma; Tapas and Gurubhakti, Theorigin of creation, Brahman the target of Meditation

UNIT-IV

1. Mandukya: Four States of Consciousness and its relation to syllables in Omkara.
2. Aitareya: Concept of Atma, Universe and Brahman.
3. Taittiriya Upanishad Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhruvalli.
4. Chandogya Upanishad: Sandilyavidya,
5. Brihadaryanaka Upanishad : Concept of Atman and Jnana Yoga. Union of Atman and Paramatman

Distribution of Marks for External Examination**Total -70 Marks**

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75%to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Books :

1. Ancient Indian culture education - By Mogen Chand
Dept. of Sanskrit, Delhi.
2. Mokasa : The ultimate goal of Indian philosophy - Dr. Pramod Kumar, Ndia's
contribution to world thought and culture ed.
3. Introduction to Indian philosophy - Chatterjee & Dutta
4. Relevance of Indian philosophy to modern - Dr.Tanaji Acharya
5. The philosophy of the Bhagavad-Gita, - Swami Krishnanada
6. Man and movement principle of physical education - Harold M.Barrow Janie
P.Brown
- 7.Vishwa ke mahan shiksha shastri (Hindi) - Dr.Baidyanath,Prasad. Verma
8. Bharatiya darshan ka rup rekha - Prof. Harendra Prasad
9. Prachin bharat main sharirik shikshan darshan, - Dr. R. H. Tiwari.

M. A. (Yogashastra) Semester-IV
Paper III: APPLIED ALTERNATIVE THERAPIES
Subject Code: 19MA209

Total Marks: 100

Theory Marks: 70

Sessional Marks: 30

Course outcome: The principles of fasting, Acupressure, diet and physiotherapy will be helpful in treating patients through this course.

Unit-I

Fasting

1. Definition, Difference between fasting and starvation,
2. Types of fast, short fast, intermittent fast, long fast, Treatment during fast, How to start fast, how to continue and how to breakfast, Crisis during the fast and its treatment,
3. Methods of fasting-Complete fast, Partial Fast, Water Fast, Juice Fast, Saline Fast, Fruit Fast, Mono-Diet Fast.

Unit-II:

Acupressure

1. What is acupressure? History of Acupressure , Principles of Acupressure
2. Points of Acu-Pressure and their manipulation methods, uses and limitations. Organ clock.
3. Concept and definition of meridian, Fourteen Chinese meridians (Lung, Large Intestine, Kidney, Urinary bladder, Liver, Gallbladder, Heart Small Intestine, Pericardium, Triple warmer, Spleen & Stomach)
4. Some important points–distal points, organ source point, etc. Some important points–Alarm points, emergency points, etc, Some important diseases and their treatment:– i) Single point treatment, ii) Multiple point treatment,

Unit-III:

Ayurveda and Diet

1. Introduction of Ayurveda, Introduction of Panchakarma in Ayurveda and its uses, indication and contraindications.
2. Diet: Naturopathic and Yogic concept of diet, preparation & prescription of diet. Sign & symptoms of Deficiency of vitamins and minerals such as Vit. A, Vit.B6, B12, Vit. C, D, E, Calcium, Potassium, Zinc, Magnesium, Phosphorus, etc

Unit-IV

Physiotherapy:

1. Basic knowledge of Physiotherapy instruments such as traction (manual & electronic) short wave diathermy, ultrasound, wax bath, infrared, cycle ergo meter, shoulder wheel & exercises.

Distribution of Marks for External Examination

Total -70 Marks

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Book:

- | | |
|--|--|
| 1. Yoga-Therapy And its basic Method. | Swami Kuvalayananda, Dr. Vinekar.
Kaivalyadham Lonavala. |
| 2. Philosophy and Practice Of Nature Cure | Henry Lindlhar.
satsahitya Prakashan, Hyderabad. |
| 3. My Nature Cure | M. K. Gandhi. |
| 4. Text Book of Human Methods of Nutrition | Bambji, Vinodini Reddy.
Oxford and B. H. Publishing
Co.Pvt.Ltd. New Delhi -1995. |
| 5. एक्युप्रेसर (प्राकृतिक योग उपचार) | Dr. Attarsingh. Chandigarh |

M. A. (Yogashastra) Semester-IV

Paper IV: APPLIED YOGA THERAPY /DISSERTATION

Subject Code: 19MA210 / 19MA210

Total Marks: 100
Theory Marks: 70
Sessional Marks: 30

Course outcome:

Knowledge of rehabilitation will help them to use yoga as a major aspect of rehabilitation and teach healthy life style in day to day life.

Unit-I

1. Definition of Rehabilitation
2. Need for rehabilitation
3. Expected out come
4. Yoga of mechanical Aids (Rope, Belt, Brics, Wooden Table, Pilow, Load, Blankets, Chair)

. Unit-II

1. Basis of yoga based Rehabilitation
2. Yoga based physical Rehabilitation
3. Yoga based Psychiatric rehabilitation.
4. Yoga based medical rehabilitation

Unit-III

1. Management of depression, obesity, Hypertension, diabetes and chronic disorder
2. Non communicable diseases for life style modification
3. Preventing sports injuries
4. Evidence for the use Yoga Therapy.

Unit-IV

1. Emotional education and management of emotion.
2. Social education, Group, Counseling, Family Counseling
3. Spiritual education
4. Day to day problems, Importance of the life style

Distribution of Marks for External Examination**Total -70 Marks**

The examinees have to attempt 5 (Five) questions out of which first question is of ten marks and remaining four questions based on Four units with internal choice will have Fifteen marks each. First question will consist of five Multiple Choice Questions of two marks each, based on four units with internal choice.

Marks Distribution for Internal Assessment
Internal 30 marks

Sr. No.		Distribution of Marks
1	Class Attendance 05 Marks	
	a) Above 85%	05
	b) 75% to 84%	04
	c) Below 75%	03
2	Unit test Attendance & Performance 05 Marks	05
3	Model Test Attendance & Performance 05 Marks	
	d) Above 75%	05
	e) 60% to 74%	04
	f) 40% to 59 %	03
	g) Below 40%	01
4	Assignment 10 Marks	10
5	Discipline 05 Marks	05

Reference Book

- | | |
|----------------------------|---|
| 1. Anatomy & Physiology | - Anne Waugh & Alison Churchill Living Stoned |
| 2. Human Anatomy | - Chourasia B. D. C. B. S. Publication, Delhi. |
| 3. मानवी शरीर रचना | - डॉ. मुकुंद स्वरूप वर्मा, मोतिलाल नारसीस, दिल्ली. |
| 4. शरीर क्रिया विज्ञान | - पुर्णचंद्र जैन, चौखंबा, दिल्ली. |
| 5. प्राकृतिक आयुर्विज्ञान, | - डॉ. गंगाप्रसाद गौड नाहर, आरोग्य सेवा प्रकाशन, युपी. |

- | | |
|---|---|
| 6. योगोपचार | – डॉ. श्रीकांत करंदीकर, पुणे |
| 7. Psychology of Personality Development | - A. A. Raback Lakshya Publication Delhi. |
| 8. Nutrition & Health (The Vegetarian Way | - K. R. Raghunath Sterling Publication, New Delhi. |
| 9. Research Process in Physical Education | - Clarke & Clarke -Prentice Hall, New Jersey. Recreation & Health |
| 10. Yogic Therapy | - Swami Kuvalyayanda & Dr. Vinekar, Lonavala. |
| 11. रोग मनाचा शोध मनाचा | - गिताचार्य, श्रीकृष्ण व्यवहारे, घंटाळी मंडळ, ठाणे. |
| 12. New Perspective in stresses Management- | Dr. Nagendra, Dr. Nagarathna –Bangaluru. |

Dissertation (optional): Candidate has to submit four copies of Dissertation.

Total Mark – 100

Dissertation- 50 Marks

Viva voce- 50 Marks

M.A. [Yogashastra] (Semester-IV)

Yoga Practical

Subject Code : 19 MA 211

Total Marks: 100

Practical Marks: 70

Sessional Marks: 30

i. Asanas (Mechanical aids)	20 marks
ii. Shatkarmas	10 marks
iii. Pranayamas	20 marks
iv. Dhyana	20 marks

i. Asana:

Standing Asanas: Padhastasana, Parshvkonasana, Natrajasana.

Sitting Asanas: Ushtrasana, Purnamatsyasana, Akarnadhanurasana, Ugrasana.

Prone Position: Purna Dhanurasana, Vrishchikasana, Purna Bhujangasana, .

Supine Position: Halasana, Shavasana, Karnapidasana.

Balancing Asanas: Kukutasana, Padmbakasana, Omkarasana.

System of Examination:

1) Two asanas as told by examiners 6 marks each. 12Marks

2) Two asanas of candidate's choice 4 marks each. 8 Marks

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected.

ii Shatkarma

1. Nauli : Dakshin, Vam, Madhya and Naulichalana
2. Kapalbhata : Vatarm, Sitkarm and Vyutkarm.
3. Shankhpakshalan: Laghushakhpakshalan

System of examination:

Shatkarmas divided in two groups

(1) Without Instrument**4 Marks**

1. One Kriya as told by examiner
2. One Kriya of candidate's choice.

2 Marks

2 Marks

(2) With Instrument**6Marks**

1. One Instrumental Kriya as told by examiner.
2. One Instrumental Kriya of candidate's choice

3 Marks

3Marks

iii Pranayam:**Pranayama:** Sitkari, Bhastrika, and Bhramari.**System of examination:**

1. Any One Pranayama as told by the examiner.
2. Any one Pranayama of candidate's choice.

10 Marks

10 Marks

iv Dhyana: Pranava, Soham, Other Technique (Gheranda Samhita)

20 Marks

Sessional Works:**30 marks**

1. One Test
2. Assignments/ Practicals
3. Attendance

15 marks

10 marks

05 marks

Note: - Where practical demonstration is not possible during examination verbal explanation of the technique is expected.

Project Works
Subject Code: 19 MA 212

Total Marks: 50
Project Marks: 50

Project works Examination**50 Marks****Project work**

In section – I Project record / report on any one of the following

- i) Organization of Yoga treatment camps for two weeks
- ii) Educational Tour
- iii) Participation / Organization of Seminar or Conference or Workshop.
- iv) Research paper / Poster presentation at State / National level seminar or conference or workshop.

Viva – voce

20 marks

Report of the above

30 marks.

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19MA 213 – Internship (18 to 20 Working days)

Internal Marks- (50)

Conduct of assembly & Prayer (10 M)	Teaching Asanas & Pranayama (Any one)		Shatkarma (Any one) (05 M)	Sincerity (05 M)	Discipline (05 M)	Efficiency (05 M)	Total (50 M)
	Theory (10 M)	Practical (10M)					

Duty discharge recording

An internship is an opportunity offered by one institution to potential students or students of class under going a training / professional

programme in the institution, either in any one or both of the semesters in the final year or after the end of the final semester of the programme usually. It provides students a period of practical experience in the institution relating to their field of study. The experience valuable to students as a means of allowing them to experience how their studies are applied in the “Real World” and as work experience that can be highly attractive to employers on candidate’s CV.

An intern is someone para / unpaid who works in a temporary position starting from a few days to couple of months even more in the organization for employer.

It further, determines if they (interns) have an interest in a particular career, create a network of contacts and credits, ultimately putting themselves for forthcoming opportunities for period work.

Here, particularly the programme of Master of Arts (Yogashastra), internship refers an exchange and extending of services for professional experience to be continued for 30 days in a school. Between the student and organization so that as experienced interns of few need little or no training when they begin regular employment, such work experiences during this period of internship, the intern is expected to use the things he /she has learned in the institution and put them in to practice thus the students gain with experience in this field of study. It would be a mandatory part of the completion of the said programme.

Duty Discharge Recording : Internal marks for 100 be assessed on the basis of the following aspects and its record.

1. The intern shall at least conduct assembly for the students of whole school / organization.
2. The intern shall conduct classroom theory lessons on pertaining to any topics learned in the course.

3. The intern shall conduct practical lessons related to learned based on yogic practices during the training period for syllabus.
4. The intern further shall conduct Shatkarma lesson practically, at least one lesson pertaining to his or her individual mastery in Asana/Pranayama/Shatkarma (Jala neti/Sutra neti/Vamana/Kapalbhati/Agnisar/ Trataka).
5. The interns shall show their sincerity and dedication, discipline, while carrying out the concerned work. The efficiency as a whole of the intern should be placed on record thoroughly.
6. Schools, educational institution, organization **like Sports schools, Ashramshala other recognized and registered local schools** shall either be adopted or hour wise classes be conducted.
7. The duration of internship shall be of one month (18 to 20 working days), Three hour every day. A group of 5 student- teachers individually shall conduct two teaching lessons one each from the theory course, Asanas, Pranayama and Shatkarma for students of different classes in the school / educational institution/ organization every day.
8. A file has to be prepared and maintained with an index of all lessons along with a brief note on conduct of assembly of the whole school / organization. The sincerity, discipline and overall efficiency of student-teacher shall be mentioned in the note and be submitted to supervisor after duly signed by the school personnel / administrator of the school/ organization countersigned by the supervisor / house advisor / counselor.

Note: A compiled filed with an index, having recorded the duty discharged by the intern be maintained accordingly which shall be signed by the administrator of the school, followed by counter signed by the house advisor / counselor / of the programme. Ultimately it has to endorsed by head of the department of the programme.

Presentation of report of internship

A power point presentation shall be made by the examinee pertaining to the internship over minimum of one month (18 to 20 working days), in the presence of external examiner. An examinee has to face and answer the questions asked by the examiner with regards to personal and technical preparations for internship and experiences gained during internship.

Guidelines for writing an effective reports

1. Give a suitable attention-grabbing heading / preferably in the passive voice.
2. Under the heading write the reporter's name / Designation.

3. Write the date and name of the visiting place if you are writing the report for a newspaper. Begin with –when, what happened, where.
4. Next (preferably in the second paragraph) give details of the event. Also, quote a statement made by an eyewitness.
5. Conclude (preferably in the third paragraph) with the reaction of the people / victims / spectators / officials- whichever is appropriate.

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR M.A.
(YOGASHASTRA) SEMESTER-I

	Theoretical Course					
Course Code	Title of the Papers and its abbreviation	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course					
19 MA101	Fundamentals of Yoga (FY)	4	3	30	70	100
19 MA102	Recent Trends in Yoga (RTY)	4	3	30	70	100
19 MA103	Anatomy and Physiology (AP)	4	3	30	70	100
19 MA104	Research Methodology (RM)	4	3	30	70	100
	Practicum					
19 MA105	Yoga Practical (YP)	2		30	70	100
19 MA106	Lab Practical (LP)	2		30	70	100
Total		20		180	420	600

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR M.A.
(YOGASHASTRA) SEMESTER-II

	Theoretical Course					
Course Code	Title of the Papers and its abbreviation	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course					
19MA107	Health Management (HM)	4	3	30	70	100
19MA108	Yoga Methodology (YM)	4	3	30	70	100
19MA109	Physiology of Yogic Practices (PYP)	4	3	30	70	100
19MA110	Research Process in Yoga (RPY)	4	3	30	70	100
	Practicum					
19MA111	Yoga Practical (YP)	2		30	70	100
19MA112	Practice Teaching (PT)	2		30	70	100
Total		20		180	420	600

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR M.A.
(YOGASHASTRA) SEMESTER-III

	Theoretical Course					
Course Code	Title of the Papers and its abbreviation	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
	Core Course					
19 MA 201	Applied Yoga (AP)	4	3	30	70	100
19 MA 202	Philosophy of Yoga (PY)	4	3	30	70	100
19 MA 203	Alternative Therapies (AT)	4	3	30	70	100
19 MA 204	Yoga Therapy (YT)	4	3	30	70	100
	Practicum					
19 MA 205	Yoga Practical (YP)	2		30	70	100
19 MA 206	Laboratory Practical (LP)	2		30	70	100
Total		20		180	420	600

Curriculum Scheme

SCHEME OF TEACHING AND EXAMINATION FOR SEMESTER AND CREDIT PATTERN FOR M.A.
(YOGASHASTRA) SEMESTER-IV

Theoretical Course						
Course Code	Title of the Papers and its abbreviation	Credit	Exam Duration (Hrs.)	Internal Marks	External Marks	Full Marks
Core Course						
19 MA 207	Stress Management by Yoga (SMY)	4	3	30	70	100
19 MA 208	Principles of Indian Philosophy (PIP)	4	3	30	70	100
19 MA 209	Applied Alternative Therapies (AAT)	4	3	30	70	100
19 MA 210 19 MA 210	Applied Yoga Therapy (AYT) OR Dissertation (DISS)	4	3	30	70	100
Practicum						
19 MA 211	Yoga Practical (YP)	2		30	70	100
19 MA 212	Project Work (PW)	1		-----	50	50
19 MA 213	Internship in Organization (IO)	1		50		50
Total		20		200	400	600