



Date :- 01/08/2024

### **NOTIFICATION**

Sub :- CBCS Syllabi of B. A. in Yogic Science (Sem. III & IV)

Ref. :- Decision of the Academic Council at its meeting held on 27/07/2024.

The Syllabi of B. A. in Yogic Science (Third and Fourth Semesters) as per **NATIONAL EDUCATION POLICY – 2020 (2023 Pattern)** and approved by the Academic Council as referred above are hereby notified for implementation with effect from the academic year 2024-25.

Copy of the Syllabi Shall be downloaded from the College Website ([www.kcesmjcollege.in](http://www.kcesmjcollege.in))

**Sd/-**  
**Chairman,**  
**Board of Studies**

**To :**

- 1) The Head of the Dept., M. J. College, Jalgaon.
- 2) The office of the COE, M. J. College, Jalgaon.
- 3) The office of the Registrar, M. J. College, Jalgaon.

**Knowledge is Power**

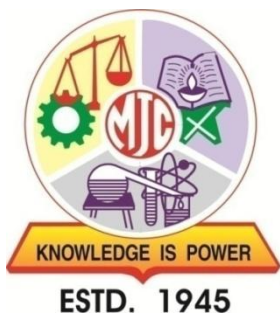
Khandesh College Education Society's  
**Moolji Jaitha College, Jalgaon**

An “Autonomous College”

Affiliated to

Kavayitri Bahinabai Chaudhari

North Maharashtra University, Jalgaon- 425001



**STRUCTURE AND**

**SYLLABUS**

**S. Y. B. A. Yogic Science**

**Under Choice Based Credit System (CBCS)**

**And**

**As per NEP-2020 Guidelines**

**Academic Year 2024-25**

**[W.e.f. June 2024]**

## Preface

Yoga is an invaluable gift of ancient Indian tradition it embodies unity of mind and body, A Holistic approach about health and well being its result is harmony. To study and fulfils these aims M. J. College has adopted the Soham department of yoga and naturopathy.

The college has prepared the syllabus for second year under graduate of Yogic science. The syllabus aims to cultivate theoretical and practical knowledge of different fields among the students of yogic science. The contents of syllabus have been prepared to accommodate the fundamental aspect of various disciplines of yogic science and build the foundation for various applied sectors of yogic science. Beside this in Second year the students will be aware with the skill related to yogic science which will enhance student's personality and employability.

The overall curriculum of 3 / 4 year cover basic information of yogic science and its practices, yoga for fitness, yoga for health, yoga in sports, yoga for personality development, competitive aspect of Yoga. Since the curriculum is endowed with more practical that will run hand in hand with theory. The detailed syllabus of each paper is appended with the given readings.

### Program Specific Outcome PSO (B.A. Yogic Science):

After completion of this course, students are expected to learn/understand the:

| PSO No. | PSO                                                                                              |
|---------|--------------------------------------------------------------------------------------------------|
| 1       | Definition of Yoga History and introduction to various branches of Yoga.                         |
| 2       | Gain knowledge about Ashtang Yog, Patanjali Yog Sutra, Hathyoga, shadang Yoga, saptang Yoga etc. |
| 3       | They will learn various yogic scriptures, ancient as well as modern literature.                  |
| 4       | Awareness will be created about maintaining physical, mental health and social wellbeing.        |
| 5       | A practical study of yogic processes will lead to the development of an all-round personality.   |
| 6       | They will aware of global employment in yogic science                                            |

# NEP Structure-2024-2025 - S. Y. B. A. Yogic Science

| Class | Semester   | Course | Code          | Title of the Paper                          | Credits |    |
|-------|------------|--------|---------------|---------------------------------------------|---------|----|
| SYBA  | Sem. – III | Major  | YOG.DSC.231   | Introduction of Hathayoga – I (T)           | 4       | 22 |
|       |            | Major  | YOG.DSC.232   | Yogasana & Pranayama Practices (P)          | 2       |    |
|       |            | Major  | YOG. DSC. 233 | Introduction of Yoga Education- I (T)       | 2       |    |
|       |            | Minor  | YOG.MIN.231   | Introduction of Hathayoga – I (T)           | 4       |    |
|       |            | Minor  | YOG.MIN.232   | Yogasana & Pranayama Practices (P)          | 2       |    |
|       |            | OE     | YOG. OE. 231  | Yogic Value Education – I (T)               | 2       |    |
|       |            | AEC    |               |                                             | 2       |    |
|       |            | CC     |               |                                             | 2       |    |
|       |            | CEP    | YOG.CEP.231   | Community Engagement Programme              | 2       |    |
|       | Sem. – IV  | Major  | YOG.DSC.241   | Introduction of Hathayoga – II (T)          | 4       | 22 |
|       |            | Major  | YOG.DSC.242   | Advanced Yogasana - Pranayama Practices (P) | 2       |    |
|       |            | Major  | YOG.DSC.243   | Introduction of Yoga Education- II (T)      | 2       |    |
|       |            | Minor  | YOG.MIN.241   | Introduction of Hathayoga – II (T)          | 4       |    |
|       |            | OE     | YOG.OE. 241   | Yogic Value Education – II (T)              | 4       |    |
|       |            | AEC    |               |                                             | 2       |    |
|       |            | CC     |               |                                             | 2       |    |
|       |            | FP     | YOG. FP. 241  | Field Project                               | 2       |    |

**DSC** : Department-Specific Core course

**DSE** : Department-Specific elective

**GE/OE** : Generic/ Open elective

**SEC** : Skill Enhancement Course

**MIN** : Minor course

**AEC** : Ability Enhancement Course

**VEC** : Value Education Courses

**ENG** : English

**ES** : Environmental studies

**CI** : Constitution of India

**IKS** : Indian Knowledge System

**CC** : Co-curricular course

**TH** : Theory

**PR** : Practical

**S. Y. B. A.**  
**Yogic Science**

**SEMESTER – III**

**S. Y. B. A.**  
**Semester – III**  
**YOG -DSC- 231: Introduction of Hathayoga – I**  
**(W.e.f. June 2024)**

**Total Marks: 100**

**Credits: 4**

**External Marks: 60**

**Internal Marks: 40**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |              |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Course objectives</b> | <ul style="list-style-type: none"> <li>To impart the students with basic concepts of Hathyoga.</li> <li>To impart the students with basic concepts in Hathapradipika.</li> <li>To impart the basic knowledge of Gherand Samhita.</li> <li>To familiarize the students with Hathayogic Text.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| <b>Course outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"> <li>Gain the knowledge of Hathayoga.</li> <li>Gain the knowledge of Hathapradipika.</li> <li>Understand the concepts in Gherand Samhita.</li> <li>Able to understand the introduction of Yogic texts.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Meaning of Hathayoga</li> <li>Introduction of Chaturang Yoga</li> <li>Yama and Niyama Accordnig to Hathapradipika</li> <li>Ideal Place for Yoga Practice</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Sadhak And Badhak Tatva</li> <li>Diet Concept in Hathpradipika</li> <li>Suitable Season and time to start yoga practies in Hathapradipika</li> <li>Concept of Aasana Accordnig to Hathapradipika</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Introduction of Saptangyoga / Ghtasthayoga</li> <li>Shatkarma with Subtypes Accordnig to Gherand Samhita</li> <li>Concept of Aasana Accordnig to Gherand Samhita</li> <li>Ahstakumbhaka According to Hathapradipika and Gherand Samhita</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                            | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Mudra and Bandha Accordnig to Hathapradipika and Gherand Samhita</li> <li>Symptomes of Hathasiddhi</li> <li>Introduction of Goraksha samhita</li> <li>Introduction of Shivasamhita</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Deokule V.G, Hathpradeepika, Adarsh Vidhyarthi prakashan, Pune.</li> <li>Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune</li> <li>Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust, Munger, Bihar.</li> <li>Basavreddi Dr. Ishwar &amp; Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi.</li> <li>Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan, Janardhan Swami Yogabhyasi Mandal, Nagpur.</li> <li>Gautam Dr. Chaman Lal, Goraksh Samhita, 2018, Sankrit Sansthan Prakashan.</li> <li>Raghav Dr. Raghavendra Sharma, Shiv Samhita, 2020, Chaukhamba Sankrit Pratishthan.</li> </ul> |              |

**S. Y. B. A.**  
**Semester – III**  
**YOG – DSC- 232 Yogasana And Pranayama Practices**  
**(W.e.f. June 2024)**

**Total Marks: 50**

**Credits: 2**

**External Marks: 30**

**Internal Marks: 20**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |              |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Course Objectives</b> | <ul style="list-style-type: none"><li>• Practicing prayer and Omkar Sadhana by the students.</li><li>• Practicing Surya Namaskar and Yogasanas for Fitness.</li><li>• Pranayama and Shuddhikriya to be studied by the students for the purpose of physical and mental Fitness</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |              |
| <b>Course Outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"><li>• Knowledge of Omkar sadhana and prayer will be imparted.</li><li>• Practical knowledge of Yogasana and Pranayama will be acquired.</li><li>• Students will use Pranayama and Shuddhikriya for physical and mental health.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"><li>• Omkar Sadhana, Prayer, Guruvandna,</li><li>• Patanjali Naman, Vishwakalyan Prayer, Shantipath</li><li>• Micro Exercise</li><li>• Suryanamskar Practice</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15           |
| <b>II</b>                | <ul style="list-style-type: none"><li>• <b>Yogasana – Supine Position</b> : Sarvangasana, Halasana, Matsyasana, Kandharasana, Setuaasan, Pavanmuktasana, Shavasana</li><li>• <b>Yogasana- Prone Position:</b> Saralhasta Bhujangasana, Tiryak Bhujangasana, Viparit Naukasana, Shalabhasana, Dhanurasna, Makrasana</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 15           |
| <b>III</b>               | <ul style="list-style-type: none"><li>• <b>Yogasana - Sitting Position:</b> Siddhasana, Suptavajrasana, Ushtrasna, Janushirasana, Aakarna Dhanurasana, Kurmasana</li><li>• <b>Yogasana- Standing position:</b> Nataraja Aasana, Vatayanasana, Ekpadasna, Utakatasana, Garudasana</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"><li>• <b>Shatkarma</b> : Jalaneti, Vaman, Agnisar, Kapalbhati, Tratak</li><li>• <b>Pranayama-</b> Bhramari, Suryabhedan, Bhastrika, Sitkari</li><li>• <b>Bandha</b> : Jalandhar Bandha, Moolabandha, Uddiyan Bandha</li><li>• <b>Mudra</b> : Praan Mudra, Apaana mudra, Aakash Mudra, Pruthvi Mudra</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"><li>• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik.</li><li>• Swami Swatmarama, Hathayoga Pradipika, Kaivalyadhama, Lonavala</li><li>• Swami Niranjannada, Gherandasamhita - Bihar School of Yoga, Munger, Bihar.</li><li>• Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala.</li><li>• Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar</li><li>• Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik</li><li>• Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur</li><li>• Iyankgar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune.</li><li>• Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik</li><li>• Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar</li><li>• Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications</li></ul> |              |

|  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|  | <p>Trust, Yoga Munger, Bihar</p> <ul style="list-style-type: none"> <li>• Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar</li> <li>• Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal.</li> <li>• Zha Swami Digambarji &amp; Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala.</li> <li>• Gore, M. M. (2018), Anatomy &amp; physiology of Yogic practices, kaivalyadham Lonavala, 5<sup>th</sup> edition.</li> <li>• Tiwari, O. P., Aasana Why &amp; How? Kaivalyadham, lonavala..</li> </ul> |  |
|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

**S. Y. B. A.**  
**Semester – III**  
**YOG -DSC-233: Introduction of Yoga Education – I**  
**(W.e.f. June 2024)**

**Total Marks: 50**

**Credits: 2**

**External Marks: 30**

**Internal Marks: 20**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |              |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Course objectives</b> | <ul style="list-style-type: none"> <li>To impart the students with basic concepts of yoga education.</li> <li>To impart the students with aims and objectives of Lesson plan.</li> <li>To impart the basic knowledge of Types of Yoga Education</li> <li>To familiarize the students with Suitable Place and Environment for Yoga Class.</li> </ul>                                                                                                                               |              |
| <b>Course outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"> <li>Know about Yoga education.</li> <li>Able to take lesson plan.</li> <li>Understand how to effectively conduct Yoga classes.</li> <li>Able to understand the basic principles about application of Yoga education.</li> </ul>                                                                                                                                          |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Education – Definitions</li> <li>Origin and Development</li> <li>Principles of Yoga Education</li> </ul>                                                                                                                                                                                                                                                                                                                                   | 8            |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Qualities of Ideal Yoga teacher</li> <li>Aims of Yoga Education</li> <li>Objectives of Yoga Education</li> </ul>                                                                                                                                                                                                                                                                                                                           | 7            |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Types of Yoga Education</li> <li>Importance of Community Yoga Education</li> <li>Management of Yoga Class</li> </ul>                                                                                                                                                                                                                                                                                                                       | 8            |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Suitable Place and Environment for Yoga Class</li> <li>Physical Conditions for Yoga Practices</li> <li>Importance of Prayer and Omkar Chanting in Yoga class</li> </ul>                                                                                                                                                                                                                                                                    | 7            |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Dr. Y.D.Gharana, Yoga Teacher , 2019, Sumit Prakashan</li> <li>Yogi Vikas, An Integrated Approach to Teaching &amp; Learning of Yoga, 2022, Chaukhamba Surbharati Prakashan</li> <li>Dr. M.L.Gharote &amp; Shri S.K.Ganguly, Teaching Methods of Yoga, 2018, Kaivalyadhama Samiti Lonavala</li> <li>Shree Dheeraj Kumar Sharma, Dr. Arjun Singh Panwar &amp; Shree Anil Kumar Bhajpae, Yoga Education, 2023, Khel Sahitya Kendr</li> </ul> |              |

**S. Y. B. A.**  
**Semester – III**  
**YOG –MIN- 231: Introduction of Hathayoga – I**  
**(W.e.f. June 2024)**

**Total Marks: 100**

**Credits: 4**

**External Marks: 60**

**Internal Marks: 40**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |              |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Course objectives</b> | <ul style="list-style-type: none"> <li>To impart the students with basic concepts of Hathayoga.</li> <li>To impart the students with basic concepts in Hathapradipika.</li> <li>To impart the basic knowledge of Gherand Samhita.</li> <li>To familiarize the students with Hathayogic Text.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                             |              |
| <b>Course outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"> <li>Gain the knowledge of Hathayoga.</li> <li>Gain the knowledge of Hathapradipika.</li> <li>Understand the concepts in Gherand Samhita.</li> <li>Able to understand the introduction of Yogic texts.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                           |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Meaning of Hathayoga</li> <li>Introduction of Chaturang Yoga</li> <li>Yama and Niyama Accordnig to Hathapradipika</li> <li>Ideal Place for Yoga Practice</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Sadhak And Badhak Tatva</li> <li>Diet Concept in Hathpradipika</li> <li>Suitable Season and time to start yoga practies in Hathapradipika</li> <li>Concept of Aasana Accordnig to Hathapradipika</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Introduction of Saptangyoga / Ghtasthayoga</li> <li>Shatkarma with Subtypes Accordnig to Gherand Samhita</li> <li>Concept of Aasana Accordnig to Gherand Samhita</li> <li>Ahstakumbhaka According to Hathapradipika and Gherand Samhita</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                           | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Mudra and Bandha Accordnig to Hathapradipika and Gherand Samhita</li> <li>Symptomes of Hathasiddhi</li> <li>Introduction of Goraksha samhita</li> <li>Introduction of Shivasamhita</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Deokule V.G, Hathpradeepika, Adarsh Vidhyarthi prakashan, Pune.</li> <li>Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune</li> <li>Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust, Munger, Bihar.</li> <li>Basavreddi Dr. Ishwar &amp; Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi.</li> <li>Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan,Janardhan Swami Yogabhyasi Mandal, Nagpur.</li> <li>Gautam Dr. Chaman Lal, Goraksh Samhita, 2018, Sankrit Sansthan Prakashan.</li> <li>Raghav Dr. Raghavendra Sharma, Shiv Samhita, 2020, Chaukhamba Sankrit Pratishthan.</li> </ul> |              |

**S. Y. B. A.**  
**Semester – III**  
**YOG – MIN- 232 Yogasana And Pranayama Practices**  
**(W.e.f. June 2024)**

**Total Marks: 50**

**Credits: 2**

**External Marks: 30**

**Internal Marks: 20**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |              |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Course Objectives</b> | <ul style="list-style-type: none"> <li>• Practicing prayer and Omkar Sadhana by the students.</li> <li>• Practicing Surya Namaskar and Yogasanas for Fitness.</li> <li>• Pranayama and Shuddhikriya to be studied by the students for the purpose of physical and mental Fitness</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |              |
| <b>Course Outcomes</b>   | <p>After successful completion of this course, students are expected to:</p> <ul style="list-style-type: none"> <li>• Knowledge of Omkar sadhana and prayer will be imparted.</li> <li>• Practical knowledge of Yogasana and Pranayama will be acquired.</li> <li>• Students will use Pranayama and Shuddhikriya for physical and mental health.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>• Omkar Sadhana, Prayer, Guruvandna,</li> <li>• Patanjali Naman, Vishwakalyan Prayer, Shantipath</li> <li>• Micro Exercise</li> <li>• Suryanamskar Practice</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>• <b>Yogasana – Supine Position</b> : Sarvangasana, Halasana, Matsyasana, Kandharasana, Setuaasan, Pavanmuktasana, Shavasana</li> <li>• <b>Yogasana- Prone Position</b>: Saralhasta Bhujangasana, Tiryak Bhujangasana, Viparit Naukasana, Shalabhasana, Dhanurasna, Makrasana</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>• <b>Yogasana - Sitting Position</b>: Siddhasana, Suptavajrasana, Ushtrasna, Janushirasana, Aakarna Dhanurasana, Kurmasana</li> <li>• <b>Yogasana- Standing position</b>: Nataraja Aasana, Vatayanasana, Ekpadasna, Utakatasana, Garudasana</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>• <b>Shatkarma</b> : Jalaneti, Vaman, Agnisar, Kapalbhati, Tratak</li> <li>• <b>Pranayama</b>- Bhramari, Suryabhedan, Bhastrika, Sitkari</li> <li>• <b>Bandha</b> : Jalandhar Bandha, Moolabandha, Uddiyan Bandha</li> <li>• <b>Mudra</b> : Praan Mudra, Apaana mudra, Aakash Mudra, Pruthvi Mudra</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik.</li> <li>• Swami Swatmarama, Hathayoga Pradipika, Kaivalyadhama, Lonavala</li> <li>• Swami Niranjannada, Gherandasamhita - Bihar School of Yoga, Munger, Bihar.</li> <li>• Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala.</li> <li>• Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar</li> <li>• Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik</li> <li>• Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur</li> <li>• Iyankgar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune.</li> <li>• Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik</li> <li>• Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar</li> <li>• Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications</li> </ul> |              |

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|  | <p>Trust, Yoga Munger, Bihar</p> <ul style="list-style-type: none"> <li>• Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar</li> <li>• Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal.</li> <li>• Zha Swami Digambarji &amp; Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala.</li> <li>• Gore, M. M. (2018), Anatomy &amp; physiology of Yogic practices, kaivalyadham Lonavala, 5<sup>th</sup> edition.</li> <li>• Tiwari, O. P., Aasana Why &amp; How? Kaivalyadham, lonavala..</li> </ul> |  |
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**S. Y. B. A.**  
**Semester – III**  
**YOG – OE - 231: Yogic Value Education – I**  
**(W.e.f. June 2024)**

**Total Marks: 50**

**Credits: 2**

**External Marks: 30**

**Internal Marks: 20**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
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| <b>Course objectives</b> | <ul style="list-style-type: none"> <li>To impart the students with Meaning and History of Yoga.</li> <li>To impart the Knowledge of Values.</li> <li>To Understand the Yama &amp; Niyama.</li> <li>To understand different types of Values.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |              |
| <b>Course outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"> <li>Understand the Yogic Values.</li> <li>Gain Knowledge about Value Education.</li> <li>Get to Know about Yama &amp; Niyama.</li> <li>Gain Knowledge about types and symptoms of Values.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Yoga - Meaning &amp; Definitions</li> <li>Origin &amp; History of Yoga</li> <li>Importance of Yoga in Modern Era</li> <li>Need of Yoga in Students Life</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 8            |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Value - Meaning &amp; Definitions</li> <li>Value Education - Meaning &amp; Definitions</li> <li>Importance of Value Education in Modern Era</li> <li>Need of Value Education in Students Life</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 7            |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Introduction of Ashtang Yoga</li> <li>Effects of Yama adherence</li> <li>Effects of Niyama adherence</li> <li>Necessity of Yama &amp; Niyama in Students Life</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 8            |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Types of Values</li> <li>Introduction Ten Moral Values</li> <li>Moral Values – Nature</li> <li>Objectives &amp; Symptoms of Values</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 7            |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune</li> <li>Bharambe B.M. Patanjali Yog Darshan,(2007),Bhakti sadhana Foundation, Jalgaon.</li> <li>Deokule V.G, Hathpradeepika, Adarsh Vidhyarthi prakashan, Pune.</li> <li>Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune</li> <li>Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust, Munger, Bihar.</li> <li>Basavreddi Dr. Ishwar &amp; Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi.</li> <li>Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan,Janardhan Swami Yogabhyasi Mandal, Nagpur.</li> <li>Grose. D. N – “A text book of Value Education’ New Delhi (2005)</li> <li>Gawande. E. N – “Value Oriented Education” – Vision for better living. New Delhi (2002) Saruptsons</li> <li>Brain Trust Aliyar- “Value Education for Health, Happiness and Harmony” Erode (2004) Vethathiri publications</li> </ul> |              |

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|  | <ul style="list-style-type: none"><li>• Sadhana Dauneria, Value Oriented Yoga In The Field Of Higher Education, 2021, Chaukhamba Surbharati Prakashan</li></ul> |  |
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**S. Y. B. A.**  
**Semester – III**  
**YOG- CEP- 241: Community Engagement Programme**  
**(W.e.f. June 2024)**

**Credits: 2**

**Total Marks: 50**

|                          |                                                                                                                                                                                                                                                                                                                                                                        |              |
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| <b>Course Objectives</b> | <ul style="list-style-type: none"> <li>• To impart the knowledge about Community Engagement Programme.</li> <li>• To understand the Application of Community Engagement Programme.</li> <li>• To impart the process of Collection of data.</li> <li>• To Impart Knowledge about make a Project Report.</li> </ul>                                                      |              |
| <b>Course Outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"> <li>• Prepared to do the Community Engagement Programme.</li> <li>• Know various methods of Community Engagement Programme.</li> <li>• Acquired the skill of data collection.</li> <li>• Gain the skill of making Project Reports and Presentation</li> </ul> |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                        | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>• Orientation Programme</li> <li>• Group discussion in classroom</li> <li>• Preparation for Community Engagement Programme</li> </ul>                                                                                                                                                                                           | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>• Define the target community</li> <li>• To select the Yogic Practices According to need of community</li> <li>• Apply Community Engagement Programme on Target community</li> </ul>                                                                                                                                            | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>• Maintain daily diary</li> <li>• Data Collection</li> <li>• Data Analysis and make Conclusion (if Applicable)</li> </ul>                                                                                                                                                                                                       | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>• Submit Written Assignments.</li> <li>• Make a Report And Presentation of Community Engagement Programme</li> <li>• Submission of Report to department for the Examination</li> </ul>                                                                                                                                          | 15           |

**S. Y. B. A.**  
**Yogic Science**

**SEMESTER – IV**

**S. Y. B. A.**  
**Semester – IV**  
**YOG-DSC- 241: Introduction of Hathayoga – II**  
**(W.e.f. June 2024)**

**Total Marks: 100**

**Credits: 4**

**External Marks: 60**

**Internal Marks: 40**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
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| <b>Course Objectives</b> | <ul style="list-style-type: none"> <li>To impart the concepts of Hathayoga.</li> <li>To impart the knowledge about Dharana, Dhyana &amp; Samadhi.</li> <li>Give information about the lives of Various Yogis.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |              |
| <b>Course Outcomes</b>   | <p>After successful completion of this course, students are expected to:</p> <ul style="list-style-type: none"> <li>Get the Knowledge of Various Concepts in Hathayoga.</li> <li>Get the Knowledge of Dharana, Dhyana &amp; Samadhi</li> <li>Get the Information about the lives of Various Yogis.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Pratyahar Concept According to Gherand Samhita</li> <li>Nadanusandhan and It's Stages</li> <li>Concept of Shatachakra And Kundalini</li> <li>Concept of Panchaprana</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Dharna and Its Types Accordnig to Gherand Samhita</li> <li>Dhyana And Its Types Accordnig to Gherand Samhita</li> <li>Samadhi And Its Types According to Gherand Samhita</li> <li>Types of Bandha Accordnig to Gherand Samhita.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Brief Introdction of Yogi Arvindo biography</li> <li>Introduction of Swami Vivekanand</li> <li>Swami Dayananda Sarsavti introduction</li> <li>Maharshi Mahesh Yogi life Intrduction</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Swami Shivanand life Highlights</li> <li>Introduction of Swami Kuvlyananda's life</li> <li>Swami Satyananda Saraswati</li> <li>Paramahansa Yogananda life introduction</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Swami Swatmaram. Hathayoga Pradipika, Kaivalyadhama, Lonavala</li> <li>Swami Niranjananda Sarasavti, Gherandasamhita - Bihar School of Yoga, Munger, Bihar.</li> <li>Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar</li> <li>Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar</li> <li>Trilok, Rajiv Jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal.</li> <li>Zha Swami Digambarji &amp; Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala.</li> <li>Arya Dr. Somveer, Yadav Dr. Dharamveer, Yogiyo ka Jivan Parichay, 2022, Aarshya Sahitya Publications.</li> </ul> |              |

**S. Y. B. A.**  
**Semester – IV**  
**YOG-DSC- 242: Advanced Yogasna and Pranayama Practices**  
**(W.e.f. June 2024)**

**Total Marks: 50**

**Credits: 2**

**External Marks: 30**

**Internal Marks: 20**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |              |
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| <b>Course Objectives</b> | <ul style="list-style-type: none"> <li>• Practicing prayer and Omkar Sadhana by the students.</li> <li>• Practicing Surya Namaskar and Yogasanas for Fitness.</li> <li>• Pranayama and Shuddhikriya to be studied by the students for the purpose of physical and mental Fitness</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |              |
| <b>Course Outcomes</b>   | <p>After successful completion of this course, students are expected to:</p> <ul style="list-style-type: none"> <li>• Knowledge of Omkar sadhana and prayer will be imparted.</li> <li>• Practical knowledge of Yogasana and Pranayama will be acquired.</li> <li>• Students will use Pranayama and Shuddhikriya for physical and mental health.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>• Akhanda Omkar Sadhana, Prayer, Guruvandna,</li> <li>• Patanjali Naman, Vishwakalyan Prayer, Shantipath</li> <li>• Micro Exercise</li> <li>• Suryanamskar Practice</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>• <b>Yogasana – Supine Position :</b> Sarvangasana, Sarvangsetubandhasana, Karnapidasana, Vistrut pad Halasana, Mtsyasana,</li> <li>• <b>Yogasana- Prone Position:</b> Saralhasta Bhujangasana, Tiryak Bhujangasana, Shalabhasana, Dhanurasna, Makarasana</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>• <b>Yogasana - Sitting Position:</b> Pranamasana, Parivrutta Janushirasana, Baddhpadmasana, Tolasana, Marjaraasan, Bhadrasana</li> <li>• <b>Yogasana- Standing position:</b> Chakrasana, Bakasana, Kati chkrasana, Dolasana</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>• <b>Shatkarma :</b> Jalaneti, Rabarneti, Netraprakshalana, Vaman, Agnisar, Kapalbhati, Tratak</li> <li>• <b>Pranayama-</b> Bhramari, Suryabhedan, Bhastrika, Sitkari, Ujjai</li> <li>• <b>Bandha :</b> Jalandhar Bandha, Moolabandha, Uddiyaan Bandha, Mahabandha</li> <li>• <b>Mudra :</b> Jalamudra, Vayu mudra, Suryamudra, Shunyamudra</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik.</li> <li>• Swami Swatmaram, Hathayoga Pradipika, Kaivalyadhama, Lonavala</li> <li>• Swami Niranjananada, Gherandasamhita - Bihar School of Yoga, Munger, Bihar.</li> <li>• Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala.</li> <li>• Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar</li> <li>• Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik</li> <li>• Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur</li> <li>• Iyankgar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune.</li> <li>• Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik</li> <li>• Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications</li> </ul> |              |

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|  | <p>Trust, Yoga Munger, Bihar</p> <ul style="list-style-type: none"> <li>• Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar</li> <li>• Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar</li> <li>• Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal.</li> <li>• Zha Swami Digambarji &amp; Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala.</li> <li>• Gore, M. M. (2018), Anatomy &amp; physiology of Yogic practices, kaivalyadham Lonavala, 5<sup>th</sup> edition.</li> <li>• Tiwari, O. P., Aasana Why &amp; How? Kaivalyadham, lonavala..</li> </ul> |  |
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**S. Y. B. A.**  
**Semester – IV**  
**YOG -DSC-243: Introduction of Yoga Education – II**  
**(W.e.f. June 2024)**

**Total Marks: 50**

**Credits: 2**

**External Marks: 30**

**Internal Marks: 20**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |              |
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| <b>Course objectives</b> | <ul style="list-style-type: none"> <li>To impart the students with Administration of Yoga Class.</li> <li>To impart the students with basic concepts of Lesson plan.</li> <li>To impart the basic knowledge &amp; skills to Application of Yoga Education.</li> <li>To familiarize the students with Conduction of Yoga Awareness Camp.</li> </ul>                                                                                                                                |              |
| <b>Course outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"> <li>Know about Administration of Yoga Class.</li> <li>Able to take lesson plan.</li> <li>Understand to Application of Yoga Education</li> <li>Able to understand the knowledge about Yoga Awareness Camp.</li> </ul>                                                                                                                                                     |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Administration of Yoga Class</li> <li>Lesson Plan – Meaning</li> <li>Importance of Lesson Plan</li> </ul>                                                                                                                                                                                                                                                                                                                                  | 8            |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Micro Lesson Plan – Meaning</li> <li>Importance of Micro Lesson Plan</li> <li>Lesson planning (30 Min.)</li> </ul>                                                                                                                                                                                                                                                                                                                         | 7            |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Lesson planning (60 Min.)</li> <li>Application of Yoga Education</li> <li>Tools for Yoga Education</li> </ul>                                                                                                                                                                                                                                                                                                                              | 8            |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Different types of Advertising for Yoga Classes</li> <li>Conduction of Yoga Awareness Camp (One Week)</li> <li>Report Writing of Yoga Awareness Camp</li> </ul>                                                                                                                                                                                                                                                                            | 7            |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Dr. Y.D.Gharana, Yoga Teacher , 2019, Sumit Prakashan</li> <li>Yogi Vikas, An Integrated Approach to Teaching &amp; Learning of Yoga, 2022, Chaukhamba Surbharati Prakashan</li> <li>Dr. M.L.Gharote &amp; Shri S.K.Ganguly, Teaching Methods of Yoga, 2018, Kaivalyadhama Samiti Lonavala</li> <li>Shree Dheeraj Kumar Sharma, Dr. Arjun Singh Panwar &amp; Shree Anil Kumar Bhajpae, Yoga Education, 2023, Khel Sahitya Kendr</li> </ul> |              |

**S. Y. B. A.**  
**Semester – IV**  
**YOG-MIN- 241: Introduction of Hathayoga – II**  
**(W.e.f. June 2024)**

**Total Marks: 100**

**Credits: 4**

**External Marks: 60**

**Internal Marks: 40**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
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| <b>Course Objectives</b> | <ul style="list-style-type: none"> <li>To impart the concepts of Hathayoga.</li> <li>To impart the knowledge about Dharana, Dhyan &amp; Samadhi.</li> <li>Give information about the lives of Various Yogis.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
| <b>Course Outcomes</b>   | <p>After successful completion of this course, students are expected to:</p> <ul style="list-style-type: none"> <li>Get the Knowledge of Various Concepts in Hathayoga.</li> <li>Get the Knowledge of Dharana, Dhyan &amp; Samadhi</li> <li>Get the Information about the lives of Various Yogis.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Pratyahar Concept According to Gherand Samhita</li> <li>Nadanusandhan and It's Stages</li> <li>Concept of Shatachakra And Kundalini</li> <li>Concept of Panchaprana</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Dharna and Its Types According to Gherand Samhita</li> <li>Dhyan And Its Types According to Gherand Samhita</li> <li>Samadhi And Its Types According to Gherand Samhita</li> <li>Types of Bandha Accordnig to Gherand Samhita.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Brief Introduction of Yogi Arvindo biography</li> <li>Introduction of Swami Vivekanand</li> <li>Swami Dayananda Sarsavti introduction</li> <li>Maharshi Mahesh Yogi life Intrduction</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Swami Shivanand life Highlights</li> <li>Introduction of Swami Kuvlyananda's life</li> <li>Swami Satyananda Saraswati</li> <li>Paramahansa Yogananda life introduction</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Swami Swatmaram. Hathayoga Pradipika, Kaivalyadhama, Lonavala</li> <li>Swami Niranjananda Sarasavti, Gherandasamhita - Bihar School of Yoga, Munger, Bihar.</li> <li>Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar</li> <li>Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar</li> <li>Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal.</li> <li>Zha Swami Digambarji &amp; Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala.</li> <li>Arya Dr. Somveer, Yadav Dr. Dharamveer, Yogiyo ka Jivan Parichay, 2022, Aarshya Sahitya Publications.</li> </ul> |              |

**S. Y. B. A.**  
**Semester – IV**  
**YOG – OE- 241: Yogic Value Education –II**  
**(W.e.f. June 2024)**

**Total Marks: 100**

**Credits: 4**

**External Marks: 60**

**Internal Marks: 40**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Course objectives</b> | <ul style="list-style-type: none"> <li>To impart the Knowledge about Yama Niyma in Hathapradipika.</li> <li>To impart the Knowledge about various types of values.</li> <li>To understand the importance of Values.</li> <li>To understand Chitta according to Yogasutra.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |              |
| <b>Course outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"> <li>Gain knowledge about yama – Niyam in Hathapradipika.</li> <li>Understand the Types of Values.</li> <li>Know the importance of Yoga for Value education.</li> <li>Understand the concept of Chitta.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Introduction of Yama According to Hathapradipika</li> <li>Introduction of Niyama According to Hathapradipika</li> <li>Importance of Yoga in Higher Education</li> <li>Importance of Yoga in Social Life</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Personal Values</li> <li>Values for Family Life</li> <li>Social values</li> <li>Spiritual values</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Importans of Values in Higher Education</li> <li>Ethics and Philosophy in Shrimad Bhagvadgita</li> <li>Relevance of Yoga for Value Education</li> <li>The role of Yoga in harmony between body and mind</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Concept of Purushartha</li> <li>Introducation of Antahkaran</li> <li>Chitta vrutti according to Yogasutra</li> <li>Chitta Vikshep &amp; Chitta Prasadana according to Yogasutra</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune</li> <li>Bharambe B.M. Patanjali Yog Darshan,(2007),Bhakti sadhana Foundation, Jalgaon.</li> <li>Bharambe B.M. Sampurna Bhagwadgita,(2007),Bhakti sadhana Foundation, Jalgaon.</li> <li>Deokule V.G, Hathpradeepika, Adarsh Vidhyarthi prakashan, Pune.</li> <li>Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune</li> <li>Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust, Munger, Bihar.</li> <li>Basavreddi Dr. Ishwar &amp; Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi.</li> <li>Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan, Janardhan Swami Yogabhyasi Mandal, Nagpur.</li> <li>Grose. D. N – “A text book of Value Education’ New Delhi (2005)</li> <li>Gawande. EN – “Value Oriented Education” – Vision for better living. New Delhi (2002) Saruptsons</li> </ul> |              |

|  |                                                                                                                                                                                                                                                                                           |  |
|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|  | <ul style="list-style-type: none"> <li>• Brain Trust Aliyar- “Value Education for Health, Happiness and Harmony” Erode (2004) Vethathiri publications</li> <li>• Sadhana Dauneria, Value Oriented Yoga In The Field Of Higher Education, 2021, Chaukhamba Surbharati Prakashan</li> </ul> |  |
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**S. Y. B. A.**  
**Semester – IV**  
**YOG-FP- 241: Field Project**  
**(W.e.f. June 2024)**

**Credits: 2**

**Total Marks: 50**

|                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |              |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <b>Course Objectives</b> | <ul style="list-style-type: none"> <li>To impart the knowledge about field project.</li> <li>To understand the different methods of field project</li> <li>To impart the process of Collection of data.</li> <li>To Impart Knowledge about making a Project Report.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |              |
| <b>Course Outcomes</b>   | After successful completion of this course, students are expected to: <ul style="list-style-type: none"> <li>Prepared to do the Project</li> <li>Know various methods of Field Project.</li> <li>Get the skill of data collection.</li> <li>Gain the skill of making Project Report.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |              |
| <b>Unit</b>              | <b>Contents</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Hours</b> |
| <b>I</b>                 | <ul style="list-style-type: none"> <li>Preparation for the field Project</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 15           |
| <b>II</b>                | <ul style="list-style-type: none"> <li>Apply the Different Methods of field project</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 15           |
| <b>III</b>               | <ul style="list-style-type: none"> <li>Data Collection and Analysis</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 15           |
| <b>IV</b>                | <ul style="list-style-type: none"> <li>Make a Report of field Project and Submit to the department for the Examination</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15           |
| <b>Study Resources</b>   | <ul style="list-style-type: none"> <li>Swami Swatmarama, Hathayoga Pradipika, Kaivalyadhama, Lonavala</li> <li>Swami Niranjannada, Gherandasamhita - Bihar School of Yoga, Munger, Bihar.</li> <li>Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala.</li> <li>Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar</li> <li>Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik</li> <li>Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar</li> <li>Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar</li> <li>Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar</li> <li>Trilok, Rajiv jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal.</li> <li>Zha Swami Digambarji &amp; Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala.</li> <li>Gore, M. M. (2018), Anatomy &amp; physiology of Yogic practices, kaivalyadham Lonavala, 5<sup>th</sup> edition.</li> <li>Tiwari, O. P., Aasana Why &amp; How? Kaivalyadham, lonavala..</li> </ul> |              |

## Board of Studies - Yogic Science

### M. J. College (Autonomous) Jalgaon

| Sr. No. | Name                        | Designation    | College / Institute                         |
|---------|-----------------------------|----------------|---------------------------------------------|
| 1       | Dr. Devanand S. Sonar       | Chairman       | M. J. College (Autonomous) Jalgaon          |
| 2       | Mrs. Jyoti D. Wagh          | Member         | M. J. College (Autonomous) Jalgaon          |
| 3       | Mr. Pankaj P. Khajbage      | Member         | M. J. College (Autonomous) Jalgaon          |
| 4       | Mr. Anant S. Mahajan        | Member         | M. J. College (Autonomous) Jalgaon          |
| 5       | Mrs. Sonal A. Mahajan       | Member         | M. J. College (Autonomous) Jalgaon          |
| 6       | Dr. Kalapini Agasthi        | Member         | K. K. Sanskrit University, Ramtek           |
| 7       | Dr. Vashishtha A. Khodaskar | Member         | Nehru Mahavidyalaya, Nerpersopant, Yavatmal |
| 8       | Dr. Nilesh Wagh             | Member         | Yoga Mahavidyalaya, Nashik                  |
| 9       | Mr. Subodh Tiwari           | Member         | Kaivalayadham Yoga Institute, Lonavala      |
| 10      | Dr. Priti R. Patil          | Member         | Jalgaon (Postgraduate meritorious alumnus)  |
| 11      | Mrs. Geetanjali K. Bhangale | Invited Member | KBC North Maharashtra University, Jalgaon   |