



Date :- 01/08/2024

NOTIFICATION

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

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

The Syllabi of M. 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)

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

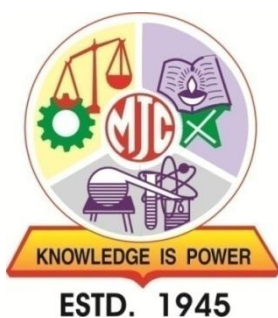
Khandesh College Education Society's
Moolji Jaitha College, Jalgaon

An “Autonomous College”

Affiliated to

Kavayitri Bahinabai Chaudhari

North Maharashtra University, Jalgaon- 425001



SYLLABUS

S. Y. M. 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 fulfil these aims M.J. College has adopted the Soham department of yoga and naturopathy.

The college has prepared the syllabus for S. Y. M. A. 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 2 year cover detailed information of yogic science and its practices as yoga for fitness, yoga for health, yoga in sports, yoga for personality development, therapeutic 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 (M.A. Yogic Science):

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

PSO No.	PSO
1	Students Should have Developed Advanced theories & techniques in Yogic Science
2	Gain knowledge about Ashtang Yog, Patanjali Yog Sutra, Hathyog, shadang Yog, saptang Yog 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 become aware of global employment in yogic science
7	Able to do Research work in the field of Yoga.

S. Y. M. A. Yogic Science Course Structure

Sem.	Course Module	Credit	Hours/ week	TH/ PR	Code	Title
III	DSC- 9	4	4	TH	YOG- DSC- 611	Principles of Yoga – I
	DSC- 10	4	4	TH	YOG- DSC- 612	Fundamentals of Naturopathy
	DSC- 11	4	4	TH	YOG- DSC- 613	Fundamentals of Yoga Education
	DSC- 12	2	4	PR	YOG- DSC- 614	Yogic Practices - III
	DSE- 3	4	4	TH	YOG- DSE- 615(A)	Introduction to Shrimad Bhagvadgeeta
	RP- 1	4	4	RP	YOG- RP-616	Research Project - I
IV	DSC- 13	4	4	TH	YOG- DSC-621	Principles of Yoga – II
	DSC- 14	4	4	TH	YOG- DSC- 622	Alternative Therapies
	DSC- 15	4	8	PR	YOG- DSC-623	Yogic Practices – IV
	DSE - 4	4	4	TH	YOG- DSE- 624 (A)	Sankhyayoga Philosophy
					YOG- DSE- 624 (B)	Introduction of Shatkarma & Panchkarma
	RP- 2	6	6	RP	YOG- RP-625	Research Project – II

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. M. A.

Yogic Science

SEMESTER – III

S. Y. M. A.
Semester – III
YOG -DSC- 611: Principles of Yoga – I
(W.e.f. June 2024)

Total Marks: 100
Credits: 4

External Marks: 60
Internal Marks: 40

Course objectives	- To impart the students with Nature of yoga. - To impart the students with basic concepts of yoga. - To impart the basic knowledge about Yogasutra. - To familiarize the students with concept of Samadhi & Karmashaya.	
Course outcomes	After successful completion of this course, students are expected to: - Gain knowledge about nature of Yoga. - Understand the various concepts in Yoga. - Gain knowledge about Yogasutra. - Understand the Concepts of Samadhi & Karamashaya.	
Unit	Contents	Hours
I	- Yoga – Its origin, History and development - Nature of Yoga in Veda - Nature of Yoga in Upanishad - Nature of Yoga in Different religion	15
II	- Antahkarna Chatushtya - Concept of Panchkosha - Panchprana And Upaprana - Panchtanmatra	15
III	- Concept of Purushartha - Concept of Ishawar in Yogasutra - Concept of Pratyahara According to Yogsutra - Dharana And Dhyan According to Yogsutra	15
IV	- Concept of Sanyama in Yogasutra - Sampradnyat and Asampradnyat Samadhi - Different Types of Vibhuti in Yogasutra - Karmashay And Types of Karma According to Yogasutra	15
Study Resources	- Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune - Bharambe B.M. Patanjali Yog Darshan,(2007), Bhakti sadhana Foundation, Jalgaon. - Bharambe B.M. Sampurna Bhagwadgita,(2007), Bhakti sadhana Foundation, Jalgaon. - Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan, Janardhan Swami Yogabhyasi Mandal, Nagpur. - Vidyalankar Subhash, Yoga Upanishads, 2018, Pratibha Prakashan - Swami Sivananda, Ten Upnishads, 2018, The Divine Life Society - Swami Anant Bharati, Yoga Upanishad Sangrah, 2015, Coukhambha Orientalia, Delhi	

S. Y. M. A.
Semester – III
YOG -DSC-612: Fundamentals of Naturopathy
(W.e.f. June 2024)

Total Marks: 100

Credits: 4

External Marks: 60

Internal Marks: 40

Course objectives	- To impart the students with basic concepts of Naturopathy - To impart the students with basic concepts of Health & Disease. - To impart the basic knowledge about five elements. - To familiarize the students with Diet & Fasting.	
Course outcomes	After successful completion of this course, students are expected to: - Know about Naturopathy. - Get Knowledge about Health & Disease. - Understand the five elements. - Able to understand the basic principles about Diet & Fasting.	
Unit	Contents	Hours
I	- Naturopathy : Meaning, Definition and its Nature - Importance of Naturopathy, Scope and its Limitations of Naturopathy - History of Nature cure - Concept of ‘Pindi to Brahmandi’	15
II	- Principles of Naturopathy - Concept of Health According to WHO And Aayurveda - Concept of Disease According to Naturopathy, Different Causes of Disease - Concept of Acute and Chronic Diseases	15
III	- Introduction of Five Elements - Earth Element - Water Element - - Fire Element – - Air Element And Space Element -	15
IV	- Concept of Fasting its meaning, types and importance - Concept of Diet- Importance of Natural food - Theory of ‘Diet as Medicine’ - Ram Nam Theraphy	15
Study Resources	- Dr. Mandalik Vishwas , Nisargachi Saad, Yoga Chaitanya Publications, Nashik - Dr. Jaiswal Jayanarayan, Nirdosh Ahar Chikitsa, Gopal Granth Prakashan, Pune. - Acharya Sheshadri Swaminathan, (2013), Natural Health Science, Natural Lifestyle Publications Delhi. - Mr. Srimad A.S, Bhaktivedanta, C.S, Swami Prabhupada, (1996), The Bhagavad Gita as it is, Bhaktivedanta Trust - Dr. Jaiswal Jayanarayan, Ras Pya Bare Vha, Gopal Granth Prakashan, Pune.	

	• Gandhi M.K, (2015) Nature Cure, Prabhat Prakashan • Dr. Bakhru H.K, (2012), Nature Cure, JAICO Publishing House. • Dwivedi Kailas, (2017) Prakrutik Chikitseche Saral Upchar, , Gitanjali Prakashan, Mathura • Sharma Ramgopal, (2018), Prakrutik Chikitsa, , Granth Akadami • Sharma Rajiv, 3 April 2017, Prakruti dwara swasthya Surya, Mitti, Jal, Dimond Pocket Books Pvt Ltd. • Swami Nijanand, (2011), Upwas se aarogya ki or, Pilgrips Publishing, Varanasi.	
--	--	--

S. Y. M. A.
Semester – III
YOG -DSC-613: Fundamentals of Yoga Education
(W.e.f. June 2024)

Total Marks: 100
Credits: 4

External Marks: 60
Internal Marks: 40

Course objectives	- To impart the students with basic concepts of yoga education. - To impart the students with basic concepts of Lesson plan. - To impart the basic knowledge & skills to conduct the Yoga Classes. - To familiarize the students with application of Yoga Education.	
Course outcomes	After successful completion of this course, students are expected to: - Know about Yoga education. - Able to take lesson plan. - Understand how to effectively conduct Yoga classes. - Able to understand the basic principles about application of Yoga education.	
Unit	Contents	Hours
I	- Education – Definitions, Origin and Development - Principles of Yoga Education, Types of Yoga Education - Aims of Yoga Education - Qualities of Ideal Yoga teacher	15
II	- Management and Administration of Yoga Class - Lesson Plan – Meaning and its Importance - Micro Lesson Plan – Meaning and its Importance - Lesson planning (One Hour)	15
III	- Different types of Advertising for Yoga Classes - Importance of Prayer and Omkar Chanting in Yoga class - Conduction of Yoga Awareness Camp (One Week) - Report Writing of Yoga Awareness Camp	15
IV	Introduction of following Yoga Institutions and its contribution in the field of Yoga - - Kaivalyadham Yoga Sansthan, Lonavala - Patanajli Yogapeeth Haridwar, - Moraraji Desai National Institute of Yoga (MDNIY), New Delhi. - Gurukul Kangari Vishvavidyalya, Haridwar - Swami Vivekananda Yoga Anusandhan Samsthan, Bangalore	15
Study Resources	- Dr. Y.D.Gharana, Yoga Teacher , 2019, Sumit Prakashan - Yogi Vikas, An Integrated Approach to Teaching & Learning of Yoga, 2022, Chaukhamba Surbharati Prakashan - Dr. M.L.Gharote & Shri S.K.Ganguly, Teaching Methods of Yoga, 2018, Kaivalyadhama Samiti Lonavala - Shree Dheeraj Kumar Sharma, Dr. Arjun Singh Panwar & Shree Anil Kumar Bhajpae, Yoga Education, 2023, Khel Sahitya Kendr	

S. Y. M. A.
Semester – III
YOG – DSC-614 Yogic Practices - III
(W.e.f. June 2024)

Total Marks: 50
Credits: 2

External Marks: 30
Internal Marks: 20

Course Objectives	• Practicing prayer and Omkar Sadhana by the students. • Practicing Surya Namaskar and Yogasanas from the point of view of Fitness. • Pranayama and Shuddhikriya to be studied by the students for the purpose of physical and mental Fitness	
Course Outcomes	After successful completion of this course, students are expected to: • Knowledge of Omkar sadhana and prayer will be imparted. • Practical knowledge of Yogasana and Pranayama for Fitness will be acquired. • Students will use Pranayama and Shuddhikriya for physical and mental health.	
Unit	Contents	Hours
I	• Omkar Sadhana, Prayer, Guruvandna, • Patanjali Naman, Vishwakalyan Prayer, Shantipath • Micro Exercise • Suryanamskar Practice	15
II	• Yogasana – Supine Position: Sarvangasana, Halasana (10 M.), Matsyasana, Setubandhasana (10 M.), Pavanmuktasana (10 M.), Hstapadangushthasna (10 M.) Chakrasana, Shavasana, • Yogasana- Prone Position: Saralhasta Bhujangasana (10 M.), Sahajhasta Bhujangasana (10 M.), Viparit Naukasana, Shalabhasana, Dhanurasna, Makrasana	15
III	• Yogasana - Sitting Position: Siddhasana, Suptavajrasana (10 M.) , Ushtrasna, Janushirasana, Ardhamatsyndrasana, Marajarasana , Gomukhasana (10 M.) Kurmasana, Shashankasana (10 M.) Pashchhimottanasana (10 M.) • Yogasana- Standing position: Bakasana, Nataraja Aasana, Vaytayanasana, Ekpadasna, Utakatasana, Garudasana	15
IV	• Shatkarma : Jalaneti, Vaman, Dandadhauti, Agnisar, Kapalbhathi, Tratak • Pranayama (With Kumbhaka) : Nadishuddhi, Ujjai, Bhramari, Suryabhedan, Bhastrika, Shitali, Sitkari • Bandha : Jalandhar Bandha, Moolabandha, Uddiyaan Bandha, Mahabandha • Mudra : Praan Mudra, Apaan mudra, Aakash Mudra, Pruthvi Mudra	15
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Swami Swatmaram, HathaPradipika, Kaivalyadhama, Lonavala • Swami Niranjananada, Gherandasamhita - Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala.	

	• Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur • Iyankgar, Dr. B. K. S. (2010), Yoga Sarvansathi, Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar • Trilok, Rajiv Jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. • Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. • Tiwari, O. P., Aasana Why & How? Kaivalyadham, lonavala..	
--	---	--

S. Y. M. A.
Semester – III
YOG -DSE-615 (A): Introduction to Shrimad Bhagvadgeeta
(W.e.f. June 2024)

Total Marks: 100

Credits: 4

External Marks: 60

Internal Marks: 40

Course objectives	- To impart the students with Introduction and Importance of Bhagvadgeeta. - To impart the students with basic concepts in Bhagvadgeeta. - To impart the basic knowledge about Bhagvadgeeta. - To familiarize the students with theories in Bhagvadgeeta.	
Course outcomes	After successful completion of this course, students are expected to: - Gain knowledge about Bhagvadgeeta. - Understand basic concepts in Bhagvadgeeta. - Understand the fundamental knowledge in Bhagvadgeeta. - Understand the basic theories in Bhagvadgeeta.	
Unit	Contents	Hours
I	- Introduction of Shrimad Bhagvadgeeta - Importanc of Shrimad Bhagvadgeeta in Modern Era - Nature of Yoga According to Shrimad Bhagvadgeeta - Symptomes of Yogi According to Bhagvadgeeta	15
II	- Concept of Sthitapradnya in Bhagvadgeeta - Kamrayoga According to Bhagvadgeeta - Concept of Aatma in Bhagvadgeeta - Types of Bhakti & Bhakta in Bhgvadgeeta	15
III	- Remedys of Manonigrah in Geeta - Nature of Brahma, Adhyatma - Nature of Sakam & Nishkam Upasana - Concept of Vibhutyoga in Geeta	15
IV	- Nature of Kshetra & Kshetrdnya - Concept of Triguna According to Geeta - Description of Sansar Vruksha in Geeta - Concept of Daivi & Aasuri Sampda, Trividh Shradda	15
Study Resources	- Bharambe B.M. Sampurna Bhagwadgita,(2007),Bhakti sadhana Foundation, Jalgaon. - Swami Prabhupada, Bhagvadgeeta Jashi Aahe Tashi (2024) by ISKCON - Swami Ramsukhdas, Shrimadbhagvadgeeta - Sadhak Sanjivani, 2021, Geeta press Gorkhpur. - Tilak Bal Gangadhar, Geeta Rahasya, 2021, diamond Book Publications.	

S. Y. M. A.
Semester – III
YOG – RP-616 Research Project – I
(W.e.f. June 2024)

Total Marks: 100
Credits: 4

External Marks: 60
Internal Marks: 40

Course Objectives	- To give exposure to the students to research culture and technology - To introduce students to how to select a research topic, plan, perform experiments, collect and analyze the data - To foster self-confidence and self-reliance in the students as they learn to work and think independently	
Course Outcomes	After successful completion of this course, students are expected to: - Conceive a problem based on published research and conduct a comprehensive literature survey. - Plan and carry out the tasks in the given framework of the dissertation and present the work in writing and viva. - Learn how to present the project in PowerPoint and answer the queries to examiners and the science of writing.	
Unit	Contents	Hours
I	- Orientation related to research Project - Group Discussion - Identification of Research Problem	20
II	- Formulating research Questions and Objectives - Making Research Outline Submit the outline of the research work to be carried out in the project. Tentative order for research outline: Title page, introduction, background and significance of study, problems to be investigated, objective, hypothesis, chapter scheme, bibliography.	20
III	Review of Literature Write and submit a Literature Review Report and Research outline. Tentative order for review: Title of the Project, Certificates, Acknowledgment, Abstract and Keywords, Contents, Introduction, Literature Review, Aim of the Project, Materials and Methods, Bibliography/reference etc.	20
IV	- Examination - Prepare and present research work using a PowerPoint presentation with modern ICT tools and present the same in front of his/ her respective department during the Internal Examination. - For external examination the candidate will have to present the research work and face viva voce.	20

Study Resources	• Kothari K.K, Research Methodology, • Karo Sara, Apla sanshodhan prakalp kasa prakashit karava, sage publications, • Borude R R, sanshodhan padhatishastra (research methodology), pune vidyarthi griha • Karhade B M, shastriya sanshodhan paddhati, PBD. • Mayee Sunil, samajik sanshodhan paddhati, Diamond Publications, • Research Methods in Social Sciences, Sharma, Prasad, Satyanarayana • Gupta Dr S.L. and Hitesh Gupta , Research Methodology – Text and Cases with SPSS Applications, International Book House Pvt Ltd • Krishnaswami O.R, Methodology of Research in Social Sciences, Himalaya Publishing House • Khandelwal Dr S. K, Research Methodology Business Statistics, International Book House Pvt Ltd	
------------------------	--	--

S. Y. M. A.
Yogic Science

SEMESTER – IV

S. Y. M. A.
Semester – IV
YOG-DSC- 621: Principles of Yoga – II
(W.e.f. June 2024)

Total Marks: 100
Credits: 4

External Marks: 60
Internal Marks: 40

Course Objectives	- To inform the students about various Concepts in Yoga. - To inform the students about various Concepts in Patanjali Yogadarshan. - To inform the students about Nature of Yoga in Philosophy. - To familiarize the students with fundamental concepts in Upanishad.	
Course Outcomes	After successful completion of this course, students are expected to: - Know various Concepts in Yoga. - Understand the Various Concepts in Patanjali Yogadarshan. - Gain knowledge about Nature of Yoga in Philosophy. - Understand fundamental concepts in Upanishad.	
Unit	Contents	Hours
I	- Introduction to Saptadnyanbhumis - Concept of Vaigya and its Types - Satges of Mukti - Kriyayoga According to Yogasutra	15
II	- Concept of Drashta and Drushya in Yogasutra - Rutambhara Prdnya - Dharmamegh Samadhi in Yogasutra - Sabeej and Nirbeej Samadhi According to Yogasutra	15
III	- Nature of Yoga in Buddha Philosophy - Nature of Yoga in Jain Philosophy - Parlok Theory and life after death According to Hinduism - Punarjanma concept in Hinduism	15
IV	- Nature of Yoga in Kathopanishda - Nature of Omkar in Prshnopanishda and Mandukyaopnishda - Para & Apra vidya According to Mundakopanishda - Aatamadarshan According to Mundakopansihad	15
Study Resources	- Trilok, Rajiv Jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. - Subhash Vidyalkar, Yoga Upanishads, 2018, Pratibha Prakashan - Swami Sivananda, Ten Upnishads, 2018, The Divine Life Society - Swami Anant Bharati, Yoga Upanishad Sangrah, 2015, Coukhambha Orientalia, Delhi - Dashora Nandlal, Hindu Darma ke 6 Shashtra Darshan, 2001, Randhir Prakashan - Sinha Harendraprasad, Bharatiy Darshn ki Ruprekha, 2018, Motilal Banarasidas, Delhi. - Kumar Kamakhya, manav Chetana Evam Yoga Vidnyaan, 2010, Droliya Puastak Bhandar, Haridwar.	

S. Y. M. A.
Semester – IV
YOG-DSC– 622: Alternative Therapies
(W.e.f. June 2024)

Total Marks: 100
Credits: 4

External Marks: 60
Internal Marks: 40

Course Objectives	- To impart the students with concepts, History & Importance of Alternative Therapies. - To impart the students with effects & Limitations of Alternative Therapies. - To Introduce Various Alternative Therapies. - To inform Cumulative effects and threats of Alternative Therapies.	
Course Outcomes	After successful completion of this course, students are expected to: - Get to know concepts, History & Importance of Alternative Therapies. - Gain knowledge about the effects & Limitations of Alternative Therapies. - Get Information about Various Alternative Therapies. - Know the Cumulative effects and threats of Alternative Therapies.	
Unit	Contents	Hours
I	- Concept of Alternative Therapy - History of Alternative Therapy - Importance of Alternative Therapy - Scope of Alternative Therapy	15
II	- Limitations of Alternative Therapies - Introduction of Various Alternative Therapies - Effects of Alternative Therapies on body and Mind - Importance of Yoga as a Alternative Therapy	15
III	- Mantra Therapy - Vipasshyna Therapy - Pranik Healing, Music Therapy, - Bhavnayoga Therapy	15
IV	- Modern life style and Alternative Therapies - Cumulative Effect of Alternative Therapies - Threats of Self Application of Alternative Therapies - Alternative Therapies and Spiritual Development	15
Study Resources	- Shri Ekbote Arun, (2009), Daabbindu Treatment Method, Yoga Chaitanya Publications Department, Nashik. - Dr. Jaiswal Jayanarayan, Chumbak chikitsa, Gopal Granth Prakashan, Pune. - Dr. Agarwal Neelam, (2008), Nature's Boon - Acupressure, Sankalp Publications. - Dr. Shastri Vivek, (2004), Dahi Disha for Health, Manorama Publications, Dadar Mumbai.	

	• Dr. R. S. Vivek Alternative Medicine, Diamond Publishing. • Lamba Puja , Seema, Vipassana, Prabhat Prakashan • Yogeshwarananda, Mantra Sadhana, Dynamic Publication. • Anand Rishi Ji, Bhavanayoga, Shri Ratna Jain Library Publication. • Sharma S.K, 2 Jan 2021, Chumbak Chikitsa, Prabhat Prakashan Pvt Ltd • Pruthi Rajkumar, 2007, Vaikalpik Chikitsa Paddhati, Vidya vihar • Dr R.S Vivek, 2004, Vaikalpik Chikitsa, Diamond Pocket Books, Delhi. • Dixit Rajiv, Sampurn Chikitsa, Rajiv Dixit Store. • Dr. Saxsena A.K / Dr. Gupta L.C, 1659, Acupressure Aur Swasthya Jivan, Granth Akadami Old Darya Ganj, New Delhi. • Acharya Satyanand Shastri, 2010, Saral Prakrutik Ilaj, Orient Publishing, 5A/8 Ansari Road, Darya Ganj. • Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur • Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar • Trilok, Rajiv Jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. • Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. • Tiwari, O. P., Aasana Why & How? Kaivalyadham, lonavala.	
--	---	--

S. Y. M. A.
Semester – IV
YOG-DSC- 623: Yogic Practices- IV
(W.e.f. June 2024)

Total Marks: 50
Credits: 4

External Marks: 30
Internal Marks: 20

Course Objectives	• Practicing prayer and Omkar Sadhana by the students. • Practicing Surya Namaskar and Yogasanas from the point of view of Fitness and Stability • Pranayama and Shuddhikriya to be studied by the students for the purpose of physical and mental Fitness	
Course Outcomes	After successful completion of this course, students are expected to: • Knowledge of Omkar sadhana and prayer will be imparted. • Practical knowledge of Yogasana and Pranayama for Fitness and stability will be acquired. • Students will use Pranayama and Shuddhikriya for physical and mental health.	
Unit	Contents	Hours
I	• Akhanda Omkar Sadhana, Prayer, Guruvandna, • Patanjali Naman, Vishwakalyan Prayer, Shantipath • Micro Exercise • Suryanamskar Practice	20
II	• Yogasana – Supine Position: Sarvangasana, Halasana (20 M.), Karnapidasana, Matsyasana, Setubandhasana (20 M.), Pavanmuktasana (20 M.), Hstapadangushthasna (20 M.) Chakrasana, Shavasana, • Yogasana- Prone Position: Saralhasta Bhujangasana (20 M.), Sahajhasta Bhujangasana (20 M.), Viparit Naukasana, Shalabhasana, Dhanurasna, Makrasana	30
III	• Yogasana - Sitting Position: Siddhasana, Suptavajrasana (20 M.) , Ushtrasna, Janushirasana, Ardhamatsyndrasana, Marajarasana , Gomukhasana (20 M.) Kurmasana, Shashankasana (20 M.) Pashchhimottanasana (20 M.) • Yogasana- Standing position: Bakasana, Nataraja Aasana, Vaytayanasana, Ekpadasna, Utakatasana, Garudasana	35
IV	• Shatkarma : Jalaneti, Vaman, Dandadhauti, Agnisar, Kapalbhathi, Tratak • Pranayama (With Kumbhaka) : Nadishuddhi, Ujjai, Bhramari, Suryabhedan, Bhastrika, Shitali, Sitkari • Bandha : Jalandhar Bandha, Moolabandha, Uddiyaan Bandha, Mahabandha • Mudra : VayuMudra, Suryamudra, Jalmudra, Samanmudra	35
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Swami Swatamaram, Hathayoga Pradipika, Kaivalyadhama, Lonavala	

	• Swami Niranjananada Sarasvati, Gherandasamhita - Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982), Guidelines for Yogic Practices, Medha publication, Lonavala. • Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas, Yoga parichay, Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur • Iyankgar, Dr. B. K. S.(2010), Yoga Sarvansathi, Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008), Swarvansathi Praathmik Yogasadhna, Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Satyananda, (2005), Yoganidra, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar • Trilok, Rajiv Jain (2015), Sampurn Yoga Vidya, Manjul Publications House, Bhopal. • Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. • Tiwari, O. P., Aasana Why & How? Kaivalyadham, lonavala..	
--	--	--

S. Y. M. A.
Semester – IV
YOG-DSE– 624 (A): Sankhyayoga Philosophy
(W.e.f. June 2024)

Total Marks: 100
Credits: 4

External Marks: 60
Internal Marks: 40

Course Objectives	- To inform the students about Indian Philosophy & its Importance. - To inform the students about Sankhya Philosophy. - To inform the students about theories in Sankhya Philosophy. - To introduce the students about similarities and difference between Sankhya & Yoga Philosophy.	
Course Outcomes	After successful completion of this course, students are expected to: - Gain knowledge about Indian Philosophy & its Importance. - Understand the Sankhya Philosophy. - Gain knowledge about fundamental theories in Sankhya Philosophy. - Understand about similarities and difference between Sankhya & Yoga Philosophy.	
Unit	Contents	Hours
I	- Darshan : Meaning & Definitions - Introduction of Indian Philosophy - Importance of Darshna in Modern Era - Introduction of Sankhyadarshana	15
II	- Introduction of Kapil Muni Life - Nature of Dukhh in Sankhya Philosophy - Theory of Prakriti Utkranti According to Sankhya - Introduction of 25 Elements According to Sankhya	15
III	- Nature of Prakriti in Sankhya Philosophy - Nature of Purush in Sankhya Philosophy - Concept of Purush Bahutva - Theory of Satkaryavad	15
IV	- Nature of Triguna in Sankhya Philosophy - Concept of Pramana According to Sankhya Philosophy - Nature of Kaivlya According to Sankhya Philosophy - Similarities and Differences in Sankhya and Yoga Philosophy	15
Study Resources	- Dashora Nandlal, Hindu Darma ke 6 Shastra Darshan, 2001, Randhir Prakashan - Shastri Udaivir, Sankhya Darshan ka Itias, 2017, Vijaykumar Govindram Hasanad - Acharya Shri Ram Sharma, Sankhya Evam Yog Darshan, 2018, B.S.Parmindar Prakashan - Musalagaonkara, Dr. Gajananashastri Samkhya Darshan of Kapil Muni with Pradipa Hindi Commentary, 2019, Chaukhamba Sankrit Sansthan	

S. Y. M. A.
Semester – IV
YOG-DSE- 4 YOG – 624 (B): Introduction of Shatkarma & Panchakarma (TH)
(W.e.f. June 2024)

Total Marks: 100
Credits: 4

External Marks: 60
Internal Marks: 40

Course Objectives	- To introduce students to the fundamental concepts of Shatkarma and Panchakarma in yoga and Ayurveda. - To provide knowledge of different types, benefits, and precautions associated with Shatkarma and Panchakarma techniques. - To develop an understanding of the significance of detoxification and purification methods in maintaining physical and mental health. - To equip students with the ability to apply basic Shatkarma and Panchakarma practices safely and effectively in daily life.	
Course Outcomes	After successful completion of this course, students are expected to: - Students will gain a comprehensive understanding of Shatkarma and Panchakarma and their importance in health and wellness. - Students will be able to identify and describe various types of Shatkarma and Panchakarma - Students will be able to analyze the benefits, precautions, and practical applications of these techniques for holistic well-being. - Students will develop the ability to apply knowledge of Ayurvedic purification techniques in personal and professional health practices.	
Unit	Contents	Hours
I	Introduction to Shatkarma - Types of Shatkarma - Importance of Shatkarma - Benefits & Precautions of Shatkarma	15
II	- Types of Dhouti, Basti - Types of Neti - Types of Tratak - Types of Kapalbhathi, Nauli	15
III	Concept of Ayurveda Introduction to Panchakarma - Types of Panchakarma - Importance of Panchakarma	15
IV	- Benefits & Precautions of Panchakarma - Vaman karma, Basti karma - Virechana karma - Nasya karma, Rakta mokshana	15
Study Resources	- Zha Swami Digambarji & Dr. Pitambar, (2011), Hathapradipika, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. - Saraswati Swami niranjananada, (2004), Gherand Samhita, Yoga publications Trust, Yoga Munger, Bihar - Gore, M. M. (2018), Anatomy & physiology of Yogic practices, kaivalyadham Lonavala, 5th edition. - Saraswati Swami Satyananda,(1989), Aasan Pranayam Mudra Bandha, Bihar school of Yoga Munger, Bihar	

	• Chikode, Dr. Ranjeet (2013), Yogajivan, Riya Publications, Kolhapur • Das, C. R. (2020). A textbook of Panchakarma: The biocleansing therapy in Ayurveda. Motilal Banarsidass. • Joshi, S. (1997). Ayurveda and Panchakarma: The science of healing and rejuvenation. Motilal Banarsidass. • Ranade, S., & Lele, A. (2009). Ayurvedic Panchakarma. • Singh, R. H. (2009). Panchakarma therapy. Chaukhamba Sanskrit Pratishthan. • Sodhi, V. K. (2012). Panchakarma: The Ayurvedic art and science of detoxification and rejuvenation. Ayurved. • Mehta, S. (2018). Practical Panchakarma therapy: A handbook for students & practitioners. Chaukhamba Sanskrit Pratishthan. • Sharma, P. V. (1995). Dravyaguna Vijnana (Vol. 1 & 2). Chaukhamba Bharati Academy.	
--	---	--

S. Y. M. A.
Semester – IV
YOG- RP-625: Research Project – II
(W.e.f. June 2024)

Total Marks: 150
Credits: 6

External Marks: 90
Internal Marks: 60

Course Objectives	• To give exposure to the students to research culture and technology • To introduce students to how to select a research topic, plan, perform experiments, collect data and analyze the data • To foster self-confidence and self-reliance in the students as they learn to work and think independently	
Course Outcomes	After successful completion of this course, students are expected to: • Conceive a problem based on published research and conduct a comprehensive literature survey. • Plan and carry out the tasks in the given framework of the dissertation and present the work in writing and viva. • Learn how to present the project in PowerPoint and answer the queries to examiners and the science of writing.	
Unit	Contents	Hours
I	• Implementation of Research Project Students are expected to learn how to execute the research work systematically and overcome the hurdles. Students will get the opportunity to learn about practical aspects of many characterization techniques or models and further how to effectively employ them in the research work. Students should be able to critically evaluate the literature on the topic, identify the research gaps, plan and perform the experiments, interpret the results, understand the limitations of the work and draw conclusions.	30
II	• Writing a research Report The format of the final research report shall be as per the guidance of supervisor (Example: Title of the Project, Certificates, Acknowledgment, Abstract and Keywords, Contents, Introduction, Literature Review, Aim and objective, Materials and Methods, Result, Data analysis and Discussions, conclusion, limitations, suggestion, future scope, Bibliography, Appendix etc.)	30
III	• Submission of Research Project • Students should maintain lab notebooks, and the supervisor may ask them to submit the mid-semester progress report. • Three copies of the dissertation should be prepared (one copy for each department, guide, and student).	30
IV	• Presentation of Research Project • Besides writing a dissertation, students are encouraged to write a manuscript/patent if the results obtained are worthy of publication.	30

	• Prepare and present research using a PowerPoint presentation using modern ICT tools during the Internal and External Examination.	
Study Resources	• Kothari K.K, Research Methodology, • Karo Sara, Apla sanshodhan prakalp kasa prakashit karava, sage publications, • Borude R R, sanshodhan padhatishastra (research methodology), pune vidyarthi griha • Karhade B M, shastriya sanshodhan paddhati, PBD. • Mayee Sunil, samajik sanshodhan paddhati, Diamond Publications, • Research Methods in Social Sciences, Sharma, Prasad, Satyanarayana • Gupta Dr S.L. and Hitesh Gupta , Research Methodology – Text and Cases with SPSS Applications, International Book House Pvt Ltd • Krishnaswami O.R, Methodology of Research in Social Sciences, Himalaya Publishing House • Khandelwal Dr S. K, Research Methodology Business Statistics, International Book House Pvt Ltd	

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