



Date :- 25/04/2025

NOTIFICATION

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

Ref. :- Decision of the Academic Council at its meeting held on 22/04/2025.

The Syllabi of B. A. in Yogic Science (Fifth and Sixth 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 2025-26.

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

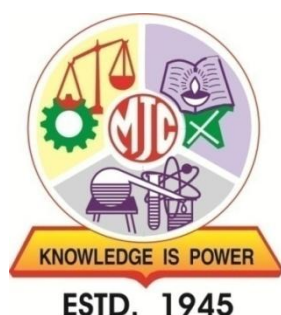
Khandesh College Education Society's
Moolji Jaitha College, Jalgaon

An “Autonomous College”

Affiliated to

Kavayitri Bahinabai Chaudhari

North Maharashtra University, Jalgaon- 425001



STRUCTURE AND SYLLABUS

B. A. Honors/ Honors with Research

T. Y. B. A. Yogic Science

As per NEP-2020 Guidelines

Under Choice Based Credit System (CBCS)

Academic Year 2025-26

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 Third 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 Third 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	Understand the basic principles of diet and nutrition and their impact on physical and mental well-being.
2	Gain knowledge of the philosophical foundations of yoga through the study of Patanjali's Yoga Sutras and other classical texts.
3	Develop teaching methodologies for effective yoga instruction, including lesson planning, sequencing, and assessment techniques.
4	Learn to design and execute structured yoga sessions with proper lesson planning and practical demonstrations.
5	Understand the anatomical and physiological effects of yoga on different systems of the human body.
6	Gain theoretical knowledge of foundational yogic practices, including asanas, pranayama, shatkarmas, and meditation techniques.
7	Develop practical proficiency in performing yogic techniques with correct alignment, breathing patterns, and awareness.
8	Apply theoretical and practical yoga knowledge in real-world professional settings to enhance teaching and therapeutic skills.
9	Understand the basic structure and functions of the human body and its relationship with yoga and health.
10	Gain knowledge of the fundamental concepts of Indian philosophy and their influence on yogic traditions and practices.

11	Explore various alternative therapies and their role in promoting holistic health and well-being.
12	Develop research and analytical skills by studying and presenting information on different alternative healing methods.
13	Learn how to integrate yogic principles into daily life for physical, mental, and spiritual well-being.
14	Study the life and contributions of great yogis and their impact on the evolution of yoga.
15	Gain an advanced understanding of yogic practices, including their scientific and philosophical aspects.
16	Develop proficiency in advanced yogic techniques, including asanas, pranayama, meditation, and relaxation methods.

Multiple Entry and Multiple Exit options:

The multiple entry and exit options with the award of UG certificate/ UG diploma/ or three-year degree depending upon the number of credits secured;

Levels	Qualification Title	Credit Requirements		Semester	Year
		Minimum	Maximum		
4.5	UG Certificate	40	44	2	1
5.0	UG Diploma	80	88	4	2
5.5	Three Year Bachelor's Degree	120	132	6	3
6.0	Bachelor's Degree- Honours Or Bachelor's Degree- Honours with Research	160	176	8	4

TYBA Yogic Science Sem. - V					
Course	Credit	Hours / Week	TH/ PR	Code	Title of the paper
DSC	2	2	TH	YOG- DSC- 351	Essence of Yogadarshan (IKS)
DSC	4	4	TH	YOG- DSC- 352	Dietary Introduction
DSC	2	4	PR	YOG- DSC-353	Practical on Yogasana-I
DSC	2	4	PR	YOG- DSC- 354	Practical on Pranayama-I
DSE	4	4	TH	YOG-DSE-351 -A	Yoga And Human Body
			TH	YOG- DSE-351-B	Yoga And Holistic Health
VSC	2	2	TH	YOG- VSC-351	Yoga Education Methodology
VSC	2	4	PR	YOG- VSC-352	Yoga Education Practical
OJT/ INT	4	8	PR	YOG- OJT- 351	On Job Training / Internship
TYBA Yogic Science Sem. - VI					
DSC	2	2	TH	YOG- DSC- 361	Introduction of Human Body
DSC	4	4	TH	YOG-DSC-362	Indian Philosophy and Yoga
DSC	4	4	TH	YOG- DSC- 363	Yogic Lifestyle
DSC	2	4	PR	YOG- DSC- 364	Practical on Yogasana -II
DSC	2	4	PR	YOG- DSC- 365	Practical on Pranayama - II
DSE	4	4	TH	YOG-DSE-361- A	Highlights of Yogis
				YOG-DSE-361- B	Basics of Bhagavdgita
VSC	2	2	TH	YOG- VSC- 361	Introduction of Alternative Therapies
VSC	2	4	PR	YOG- VSC- 362	Project on Alternative Therapies

OJT guidelines are given on pages 18 to 20 in this document.

DSC	: Department-Specific Core course	YOG	: Yogic Science
DSE	: Department-Specific elective	ES	: Environmental studies
GE/OE	: Generic/ Open elective	CI	: Constitution of India
SEC	: Skill Enhancement Course	IKS	: Indian Knowledge System
MIN	: Minor course	CC	: Co-curricular course
AEC	: Ability Enhancement Course	TH	: Theory
VEC	: Value Education Courses	PR	: Practical

SEMESTER

V

T. Y. B. A. (Yogic Science)
Semester – V
YOG -DSC- 351: Essence of Yogadarshan (IKS)

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course objectives	• To introduce the philosophical foundation of Maharshi Patanjali’s Yoga Sutras. • To develop an understanding of Chitta Vrittis, their types, and methods to control them. • To explore the core concepts of Kriya Yoga, Panchaklesha, and their significance in yogic discipline. • To provide a structured knowledge of the eightfold path, including Yama, Niyama, Asana, Pranayama, and higher yogic practices.	
Course outcomes	After successful completion of this course, students are expected to: • Demonstrate a clear understanding of the principles outlined in the Yoga Sutras of Patanjali. • Analyze the nature of Chitta Vrittis and apply methods to regulate mental modifications for inner stability. • Gain insights into the role of Kriya Yoga, Panchaklesha, and Chittaprasadan in personal transformation. • Apply the knowledge of Yama, Niyama, Asana, Pranayama, and higher limbs of yoga in practical life for holistic well-being	
Unit	Contents	Hours
I	• Introduction of Maharshi Patanjali • Brief Introduction of Yogasutra • Concept & types of chitta vritti • Methods to control chitta vrittis	7
II	• Concept of Ishwara • Chittavikshepa • Vikshepsahabhuva • Chittaprasadan	8
III	• Concept of KriyaYoga • Panchaklesha • Concept of Yama • Concept of Niyama	7
IV	• Concept of Aasan • Concept of Pranayama • Concept of Pratyahara • Concept of Dharana, Dhyan And Samadhi	8
Study Resources	• Kolhatkar K.K. (2003). <i>Patanjal Yog Darshan</i>. Aditya pratishtan, Pune. • Bharambe, B. M. <i>Patanjal Yog Darshan</i> (2007). Bhakti sadhana Foundation, Jalgaon. • Bharambe, B. M. <i>Sampurna Bhagwadgita</i> (2007). Bhakti sadhana Foundation, Jalgaon.	

	• Varnekar, Dr. S. B. Pragyabharti. <i>Samagra Yog darshan</i>. Janardhan Swami Yogabhyasi Mandal, Nagpur. • Vidyalkar, Subhash (2018). <i>Yoga Upanishads</i>. Pratibha Prakashan. • Swami, Sivananda (2018). <i>Ten Upanishads</i>. The Divine Life Society.	
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T. Y. B. A. (Yogic Science)
Semester – V
YOG -DSC- 352: Dietary Introduction

Credits: 4

Internal Examination: 40

Total Marks: 100

External Examination: 60

Course objectives	- To introduce Importance of diet and health. - To create health awareness. - To introduce diet and various components of diet.	
Course outcomes	After successful completion of this course, students are expected to: - The basic principles of diet will be introduced. - Awareness will be created about a healthy and fit life. - Guidance will be given on proper and improper diet and the disease prevention capacity that arises from it.	
Unit	Contents	Hours
I	- Diet – Meaning, Definition and Nature - Types of Diet - Importance of Diet - Function of Diet	15
II	- Dimensions of Diet - Effect of Diet on Body - Effect of Diet on Mind - Correlation between Diet and Health	15
III	- Components of Diet - Importance of Water And Fibers - Importance of Vitamins And Minerals - Importance of Proteins, Carbohydrates And Fats	15
IV	- Balance Diet - Nutritional Diet - Wrong Dietary Practices - Side Effects of Diet	15
Study Resources	- Mandlik, S. V. <i>Nisargachi Saad</i>. Yoga Chaitanya Publications. - Jaiswal, J. <i>Immaculate Diet Therapy</i>. Gopal Granth Griha Publications. - Swaminathan, A. S. (2013). <i>Natural Health Sciences</i>. Natural Life Style Publishing. - Bhaktivedanta, Swami Prabhupada A. C. (1996). <i>Bhagavad Gita As It Is</i>. Bhaktivedanta Trust. - Jaiswal, J. <i>Ras Pya Bare wha</i>. Gopal Granth Griha Publications. - Satyapal, D. (2000). <i>Cure of Diseases by Yoga and Food</i>. Book Mahal Publications. - Gharote, M. L., & Ganguly, S. K. (2001). <i>Teaching Methods of Yoga Practices</i>. Kaivalyadham Shrimanmadhav Yoga Mandir Committee. - Mandlik, V. (2003). <i>Yoga Teacher</i>. Yoga Chaitanya Prakashan. - Bedarkar, K. <i>Naturopathy – Health Thinking and Health</i>. Aarti Publications.	

T. Y. B. A. (Yogic Science)
Semester – V
YOG-DSC-353: Practical on Yogasana-I

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course Objectives	- To develop foundational strength, flexibility, and relaxation through Supine Asanas for improved core stability and spinal health. - To enhance spinal strength and flexibility in the posterior body through Prone Asanas, improving endurance and posture. - To improve lower body flexibility and mental focus by mastering Sitting Asanas for better posture and meditation preparation. - To build strength, balance, and coordination through Standing Asanas, increasing overall body awareness and alignment.	
Course Outcomes	After successful completion of this course, students are expected to: - Achieve improved core strength, spinal flexibility, and deep relaxation by effectively practicing supine postures. - Develop greater back and leg strength, flexibility, and endurance through the practice of prone asanas. - Gain flexibility in the hips and legs, with enhanced readiness for meditation through sitting asanas. - Improve balance, posture, and coordination by mastering standing asanas.	
Unit	Contents	Hours
I	Yogasana – Supine Position : - Dwipad Uttanpadasan , - Kandharasana, - Pavanmuktasana, - Shavasana	15
II	Yogasana- Prone Position: - Saralhasta Bhujangasana - Viparit Naukasana - Shalabhasana - Dhanurasna, Makrasana	15
III	Yogasana - Sitting Position: - Suptavajrasana - Ushtrasna - Janushirasana - Shashankasan	15
IV	Yogasana- Standing position: - Nataraja Aasana - Dhruvasana - Garudasana - Bakasan	15

Study Resources	• Iyengar, B. K. S. (2005). <i>Light on Yoga: The Classic Guide to Yoga</i>. Schocken Books. • Saraswati, S. (2008). <i>Asana Pranayama Mudra Bandha</i>. Yoga Publications Trust. • Swami Vivekananda. (2017). <i>Raja Yoga</i>. Ramakrishna Mission. • Taimni, I. K. (2001). <i>The Science of Yoga: The Yoga-Sutras of Patanjali in Sanskrit</i>. The Theosophical Publishing House. • Kuvalayananda, S. (2009). <i>Pranayama</i>. Kaivalyadhama. • Gharote, M. L., & Ganguly, S. K. (1989). <i>Teaching Methods for Yogic Practices</i>. The Lonavla Yoga Institute. • Bhavanani, A. B. (2011). <i>Perspectives on Yoga Practices</i>. Puducherry: ICYER. • Satyananda Saraswati. (2007). <i>Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali</i>. Yoga Publications Trust. • Joshi, K. S. (1982). <i>Yogic Pranayama: Breathing for Long Life and Good Health</i>. Orient Paperbacks. • Swami Sivananda. (2014). <i>The Science of Pranayama</i>. Divine Life Society. • Sonar, Dr. Devanand Sudhakrrao (2025). <i>Hathapradipika – Yogang Parichay Prachlit Vidhinsah</i>. Atharv Publications Dhule.	
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T. Y. B. A. (Yogic Science)
Semester – V
YOG-DSC-354: Practical on Pranayama-I

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course Objectives	- To teach students the foundational breathing techniques for improving respiratory efficiency and mindfulness. - To introduce students to the practice of Mudras to enhance energy flow, mental focus, and overall well-being. - To familiarize students with cleansing practices to purify the body and mind, and enhance the effectiveness of pranayama. - To teach advanced pranayama techniques with Tri-Bandha to regulate energy, balance the nervous system, and deepen meditation practice.	
Course Outcomes	After successful completion of this course, students are expected to: - Master various breathing techniques, improving lung capacity, breath control, and reducing stress. - Demonstrate proficiency in using mudras to balance energy, enhance concentration, and support emotional stability. - Perform cleansing techniques effectively, leading to improved mental clarity, detoxification, and enhanced pranayama practice. - Gain proficiency in advanced pranayama with bandhas, improving energy flow, mental calmness, and the ability to engage in deeper meditation.	
Unit	Contents	Hours
I	- Abdominal Breathing - Thoracic Breathing - Clavicular Breathing - Full Yogic Breathing	15
II	- Chin Mudra - Kaki Mudra - Prana Mudra - Apaan Mudra	15
III	- Kapalbhati - Trataka - Vamana - Jalneti	15
IV	Pranayama With Tri-Bandha - Nadishuddhi - Suryabhedan - Sheetali - Bhramari	15

Study Resources	• Mandlik, Vishvas (2008), <i>Yogapravesh</i> (Third Edition). Yoga Chaitana Prakashan Vibhag, Nashik. • Swami Swatmarama, <i>Hathayoga Pradipika</i>, Kaivalyadhama, Lonavala • Swami Niranjannada, <i>Gherandasamhita</i>. Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982). <i>Guidelines for Yogic Practices</i>, Medha publication, Lonavala. • Saraswati Swami Satyananda(1989). <i>Aasan Pranayam Mudra Bandh</i>. Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas. <i>Yoga parichay</i>. Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013). <i>Yogajivan</i>. Riya Publications, Kolhapur • Iyankgar, Dr. B. K. S.(2010). <i>Yoga Sarvansathi</i>. Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008). <i>Swarvansathi Praathmik Yogasadhna</i>. Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda (2007). <i>Suryanamska</i> Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Satyananda (2005). <i>Yoganidra</i>, Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Miranjananada (2004). <i>Gherand Samhita</i>. Yoga publications Trust, Munger, Bihar • Trilok, Rajiv jain (2015). <i>Sampurn Yoga Vidya</i>. Manjul Publications House, Bhopal. • Zha, Swami Digambarji & Dr. Pitambar (2011). <i>Hathapradipika</i>. kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018). <i>Anatomy & physiology of Yogic practices</i> (5th edition). kaivalyadham Lonavala. • Tiwari, O. P. <i>Aasana Why & How?</i>. Kaivalyadham, lonavala. • Sonar, Dr. Devanand Sudhakrrao (2025). <i>Hathapradipika – Yogang Parichay Prachlit Vidhinsah</i>. Atharv Publications Dhule.	
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T. Y. B. A. (Yogic Science)
Semester – V
YOG -DSE- 351 -A: Yoga and Human Body

Credits: 4

Internal Examination: 40

Total Marks: 100

External Examination: 60

Course objectives	- To introduce the science of yoga. - To introduce human body - To introduce the concept of physical and mental health. - To explain the importance of yoga in infectious and non-infectious diseases.	
Course outcomes	After successful completion of this course, students are expected to: - The principles of Yogashastra will be introduced. - The study of human body will be introduced. - The importance of Yogashastra for health will be known. - Health awareness will be created.	
Unit	Contents	Hours
I	- Concept of Shadang Sharir - Concept of cell, tissue, organs - Introduction of Human Body systems - Introduction of Five Senses	15
II	- Effect of Yoga on Human Body - Effect of Yoga on Mind - Introduction of Therapeutic Yoga - Aasana & Health	15
III	- Effect of Pranayama on Human Body - Effect of Pranayama on Mind - Yogic Breathing & Health - Meditation & Health	15
IV	- Yoga & Communicable Diseases - Yoga & Non-Communicable Diseases - Yoga & Addiction - Daily Routine	15
Study Resources	- Gore, M. M. (2018). <i>Anatomy & physiology of yogic practices</i> (5th ed.). Kaivalyadham Lonavala. - Kuvalyananda, S., & Venekar, Dr. S. L. (1963). <i>Yogic therapy</i>. Ministry of Health, Government of India. - Gore, M. M. (1997). <i>Sharir vidnyan aani yogabhyas</i>. Continental Publication. - Savdekar, Dr. V. B. <i>Sharir vidnyan</i>. Janardan Swami Yogabhyasi Mandal. - Kaur, Sindhu Ranjit (2005). <i>Sharir kriya vidnyan</i>. Arjun Publication House.	

	• Mandalik, Dr. Vishvas. <i>Sharir shastra</i>. Yog Chaitany Publication. • Jain, Trilok Rajiv (2015). <i>Sampoorna Yoga Vidya</i>. Manjul Publications House. • Sonar, Dr. Devanand Sudhakrrao (2025). <i>Hathapradipika – Yogang Parichay Prachlit Vidhinsah</i>. Atharv Publications Dhule. • Sivananda, Swami. (2006). <i>Yogasana</i>. Divya Jeevan Sangh. • Sharma, Dr. P. D. <i>Yogasana and Pranayama for health</i>. Navneet Publications. • Satyananda Saraswati, Swami. (1996). <i>Asana pranayama mudra bandha</i>. Yoga Publications Trust. • Mandlik, Shree Vishwas. (2011). <i>Yoga Introduction</i>. Yoga Chaitanya Publications. • Satyananda Saraswati, Swami. (2007). <i>Suryanamaskar</i>. Yoga Publications Trust.	
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TYBA (Yogic Science)
Semester – V
YOG -DSE- 351-B: Yoga and Holistic Health

Credits: 4

Internal Examination: 40

Total Marks: 100

External Examination: 60

Course objectives	- To understand the multifaceted concept of health and it's dimensions- physical, mental, social, and spiritual. - To explore yogic anatomy and cleansing techniques to maintain and promote holistic health. - To study advanced yogic practices such as pranayama, pratyahara, dharana, dhyana, and samadhi for mental and spiritual development. - To integrate traditional yogic paths for physical, social, and spiritual well-being.	
Course outcomes	After successful completion of this course, students are expected to: - Able to explain the concept of health from a holistic perspective. - Demonstrate understanding of yogic systems like Panchakoshas, Chakras, Shuddhikriyas, and asanas to support health. - Apply yogic practices like pranayama and meditation techniques to enhance mental and spiritual health. - Evaluate and apply diverse yogic paths for achieving balanced and holistic well-being.	
Unit	Contents	Hours
I	- Definition of Health and Disease - Dimensions of Health: Physical Health and Mental Health - Social Health - Spiritual Health	15
II	- Role of Panchakoshas in Health - Role of Shat-Chakras in Health - Shuddhikriyas for Health - Asanas for Health	15
III	- Pranayama for Health - Pratyahar for Mental Health - Dharna and Dhyana for Mental Health - Samadhi for Spiritual Development	15
IV	- Hathayoga Practices for Physical well being - Karmayoga & Social Health - Bhaktiyoga for Spiritual well being - Yoga for Holistic Health	15
Study Resources	- Saraswati, S. S. (2008). <i>Asana Pranayama Mudra Bandha</i> (4th ed.). Bihar School of Yoga. - Iyengar, B. K. S. (2001). <i>Light on Yoga</i>. Thorsons. - Taimni, I. K. (2005). <i>The Science of Yoga</i>. Theosophical Publishing	

	House. • Saraswati, S. S. (1996). <i>A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya</i>. Bihar School of Yoga. • Vivekananda, S. (2003). <i>Raja Yoga</i>. Advaita Ashrama. • Bhole, M. V. (2011). <i>Yoga and Health</i>. Kaivalyadhama S.M.Y.M. Samiti. • Swami Sivananda. (2005). <i>Practice of Karma Yoga</i>. Divine Life Society. • Sonar, Dr. Devanand Sudhakrrao (2025). <i>Hathapradipika – Yogang Parichay Prachlit Vidhinsah</i>. Atharv Publications Dhule.	
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T. Y. B. A. (Yogic Science)
Semester – VI
YOG -VSC-351: Yoga Education Methodology

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course objectives	- To impart the students with Administration of Yoga Class. - To impart the students with basic concepts of Lesson plan. - To impart the basic knowledge & skills to Application of Yoga Education. - To familiarize the students with Conduction of Yoga Awareness Camp.	
Course outcomes	After successful completion of this course, students are expected to: - Know about Administration of Yoga Class. - Able to take lesson plan. - Understand to Application of Yoga Education - Able to understand the knowledge about Yoga Awareness Camp.	
Unit	Contents	Hours
I	- Administration of Yoga Class - Lesson Plan – Meaning - Importance of Lesson Plan	7
II	- Micro Lesson Plan – Meaning - Importance of Micro Lesson Plan - Lesson planning (30 Min.)	8
III	- Lesson planning (60 Min.) - Application of Yoga Education - Tools for Yoga Education	7
IV	- Different types of Advertising for Yoga Classes - Preparation of Yoga Awareness Camp	8
Study Resources	- Gharana, Dr. Y.D. (2019). <i>Yoga Teacher</i>. Sumit Prakashan. - Yogi Vikas (2022). <i>An Integrated Approach to Teaching & Learning of Yoga</i>. Chaukhamba Surbharati Prakashan. - Gharote, Dr. M. L. & Ganguly, S.K. (2018). <i>Teaching Methods of Yoga</i>, Kaivalyadhama Samiti Lonavala. - Sharma, Dheeraj Kumar & Panwar, Dr. Arjun Singh & Bhajpae Anil Kumar (2023). <i>Yoga Education</i>, Khel Sahitya Kendra.	

T. Y. B. A. (Yogic Science)
Semester – V
YOG -VSC- 352: Yoga Education Practical

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course objectives	- To familiarize students with the principles and structure of lesson planning in yoga education. - To develop the ability to create effective micro and full-length lesson plans for yoga sessions. - To enhance students' practical skills in organizing and delivering yoga lessons. - To improve students' presentation and teaching abilities through structured lesson plan demonstrations.	
Course outcomes	After successful completion of this course, students are expected to: - Able to design and write micro and full-length lesson plans for yoga sessions. - Students will demonstrate the ability to create well-structured and effective yoga lesson plans. - Successfully submit and present their prepared lesson plans for evaluation. - Develop confidence in delivering yoga education through structured lesson presentations.	
Unit	Contents	Hours
I	Introduction of Micro Lesson Plan	15
II	Introduction of Lesson Plan (30/60 Min)	15
III	Lesson Plan writing & Submission	15
IV	Presentation of Chosen Lesson Plan	15
Study Resources	- Gharana, Dr. Y.D. (2019). <i>Yoga Teacher</i>. Sumit Prakashan. - Yogi Vikas (2022). <i>An Integrated Approach to Teaching & Learning of Yoga</i>. Chaukhamba Surbharati Prakashan. - Gharote, Dr. M. L. & Ganguly, S.K. (2018). <i>Teaching Methods of Yoga</i>, Kaivalyadhama Samiti Lonavala. - Sharma, Dheeraj Kumar & Panwar, Dr. Arjun Singh & Bhajpae Anil Kumar (2023). <i>Yoga Education</i>, Khel Sahitya Kendra.	

T. Y. B. A. (Yogic Science)
Semester – V
YOG- OJT- 351: On Job Training / Internship

Credits: 4

Internal Examination: 40

Total Marks: 100

External Examination: 60

Guidelines for On Job Training / Internship

Internship:

An internship is a professional learning experience that offers meaningful, practical work related to a student's field of study or career interest. An internship gives a student the opportunity for career exploration and development, and to learn new skills.

On the job training:

On the job training is a form of training provided at the workplace. During the training, employees are familiarized with the working environment they will become part of. Employees also get hands-on experience using machinery, equipment, tools, materials, etc.

Internship / OJT Mechanism:

1. Pre-Approval: Students should seek approval from the college before starting the Internship /OJT. This ensures that the Internship / OJT aligns with the curriculum and meets the necessary criteria.
2. Mentor and Supervisor: Each student should have an assigned mentor at the organization/industry where they are interning. Additionally, an Internship / OJT supervisor from the college will be appointed to guide and monitor the progress.
3. Regular Reporting: Students should maintain regular communication with their supervisor and mentor, providing progress reports and seeking feedback.
4. Professional Conduct: Students must adhere to professional conduct throughout the Internship /OJT, including punctuality, respect for colleagues, and adherence to the organization's/industry's policies and guidelines.
5. Student Diary: Students should maintain a diary to document their experiences, challenges faced, and lessons learned during the Internship / OJT.
6. Final Report: At the end of the Internship / OJT, students should submit a comprehensive final report, summarizing their accomplishments, contributions, and key takeaways.
7. Evaluation: The Internship / OJT is worth 4 credits (equivalent to 100 marks), and the evaluation will be divided into two categories: one by the mentor and the other by the Internship / OJT supervisor. The mentor's evaluation (internal examination) will carry 40 marks, and it will be based on the student's performance during the Internship / OJT. External examination will be conducted by mentor and supervisor which will be based on the student's diary, the final report prepared by the student, and their performance in the final viva voce, and will carry 60 marks. The total marks obtained by the students in both evaluations will be added together for the purpose of final evaluation. The evaluation of the students will be conducted by the mentor using the valuation sheet provided by the college.

Internal Evaluation Criteria for Students by the Mentor:

1. Quality of Work (10 marks): How well did the student perform their assigned tasks during the Internship / OJT? Evaluate the accuracy, thoroughness, and attention to detail in their work.
2. Initiative and Proactiveness (10 marks): Did the student show initiative in taking on additional responsibilities or tasks beyond their assigned role? Did they demonstrate a proactive attitude towards problem-solving?
3. Communication Skills (10 marks): Assess the student's ability to communicate effectively with colleagues, superiors, and clients (if applicable). Consider both written and verbal communication.
4. Problem-Solving Skills and Time Management (10 marks): Evaluate the student's ability to analyze problems, propose solutions, and implement effective strategies to overcome challenges. How well did the student manage their time during the Internship / OJT? Were they able to meet project deadlines and handle multiple tasks efficiently?

External Evaluation Criteria for Students by the Supervisor and Mentor:

1. Student Diary (15 marks): Review the student's diary to understand their reflections, insights gained, and self-assessment of their performance during the Internship / OJT.
2. Final Report (15 marks): Evaluate the quality and comprehensiveness of the student's final report, including the clarity of their achievements and contributions.
3. Presentation of Student in Viva Voce (30 marks): Evaluate the responses given by the student to the questions asked by the faculty in the Viva Voce.

Evaluation Criteria for Final Viva Voce:

1. Presentation Skills
2. Knowledge of the Internship / OJT Project
3. Practical Application and Work Experience
4. Problem-Solving and Critical Thinking
5. Communication and Professionalism

SEMESTER – VI

T. Y. B. A. (Yogic Science)
Semester – VI
YOG -DSC- 361: Introduction of Human Body

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course objectives	- To know about human body - To study of human body system. - To study of human body system and its correlation. - To study of human body with yogic aspect.	
Course outcomes	After successful completion of this course, students are expected to: - Aware of human body. - Get to know the human body systems. - Know the correlation of human body systems. - Aware about human body and yogic practices.	
Unit	Contents	Hours
I	- Introduction of Human Body - Concept of cell, tissue, organs - Introduction of Human Body systems - Introduction of Five Senses	7
II	- Introduction of Digestive system - Introduction of Respiratory system - Introduction of Nervous System - Introduction of Circulatory system	8
III	- Introduction of Skeletal system - Introduction of Muscular system - Introduction of Joints - Introduction of Spinal cord	7
IV	- Introduction of Male Reproductive system - Introduction of Female Reproductive system - Introduction of Excretory system - Introduction of Hormonal system	8
Study Resources	- Gore, M. M. (2018). <i>Anatomy & physiology of yogic practices</i> (5th ed.). Kaivalyadham Lonavala. - Telles, S. (1995). <i>A glimpse of the human body</i>. V. K. Yogas Publication. - Kuvalyananda, S., & Venekar, S. L. (1963). <i>Yogic therapy</i>. Ministry of Health, Government of India. - Gore, M. M. (1997). <i>Sharir vidnyan aani yogabhyas</i>. Continental Publication. - Savdekar, V. B. <i>Sharir vidnyan</i>. Janardan Swami Yogabhyasi Mandal. - Kaur, S. R. (2005). <i>Sharir kriya vidnyan</i>. Arjun Publication House. - Mandalik, V. <i>Sharir shastra</i>. Yog Chaitanya Publication.	

T. Y. B. A. (Yogic Science)
Semester – VI
YOG-DSC-362: Indian Philosophy & Yoga

Credits: 4

Internal Examination: 40

Total Marks: 100

External Examination: 60

Course Objectives	• Introduce key concepts of Indian philosophy and its connection to Yoga. • Explore major Darshanās and their role in self-realization. • Analyze texts like the Bhagavad Gita and their practical relevance. • Encourage critical thinking on the links between philosophy, ethics, and Yoga.	
Course Outcomes	After successful completion of this course, students are expected to: • Understand Darshanās and foundational texts influencing Yoga. • Gain a clear understanding of Nyay, Vaisheshik, Sankhya, and Yoga Darshanās. • Compare views of Mimamsa, Jain, Bouddha, and Charvak philosophies. • Apply Gita's teachings-Karma Yoga, Bhakti Yoga, and Sthitpradnya-in life.	
Unit	Contents	Hours
I	• Concept of Darshana • Introduction of Veda • Concept of Upanishada • Classification of Indian Philosophy	15
II	• Introduction of Nyay Darshana • Introduction of Vaisheshik Darshana • Introduction of Sankhya Darshana • Introduction of Yoga Darshana	15
III	• Introduction of Purva Mimamsa • Introduction of Uttar Mimamsa • Introduction of Jain & Bouddha Darshana • Introduction of Charvak Darshana	15
IV	• Introduction of Bhagavadgita • Concept of Sthitpradnya • Karmayoga according to Bhagvadgita • Bhaktiyoga according to Bhagvadgita	15
Study Resources	• Bharambe, B. M. (2007). <i>Patanjal Yog Darshan</i>. Bhakti Sadhana Foundation. • Bharambe, B. M. (2007). <i>Sampurna Bhagwadgita</i>. Bhakti Sadhana Foundation. • Dasgupta, S. N. <i>A History of Indian Philosophy</i>. • Gombrich, R. <i>What the Buddha Thought</i>.	

	• Gupta, B. <i>The Philosophy of Nyaya-Vaisheshika</i>. • Jain, V. K. Acharya Umasvami's <i>Tattvartha Sutra</i>. • <i>Kalyan (Yogank)</i>. Geetapress. Gorakhpur. • Kapila, S. <i>Samkhya Karika</i> (Swami Virupaksha, Trans.). • Kolhatkar, K. K. (2003). <i>Patanjal Yog Darshan</i>. Aditya Pratishtan. • Mahadevan, T. M. P. <i>Invitation to Indian Philosophy</i>. • Madhvacharya. <i>Gita Bhashya</i>. • Ramanuja. <i>Sri Bhasya</i> (Swami Vireswarananda, Trans.). • Radhakrishnan, S. <i>Indian Philosophy</i> • Soni, J. <i>Jain Philosophy and Practice</i>. • Swami Gambhirananda. <i>Advaita Vedanta Literature</i>. • Swami Niranjanananda. <i>Yoga Darshan</i>. Sri Panchadashanam Paramahansa Alakh Bara, Deoghar. • Swami Satyananda. (1983). <i>Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali)</i>. Bihar School of Yoga. • Swami Vivekananda. <i>Rajayoga</i>. Ramakrishna Ashrama Publications. • Vinod, Dr. S. (2007). <i>Dhyan Ek Darshan V Margadarshan</i>. Anmol Prakashan. • Warder, A. K. <i>Indian Buddhism</i>.	
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T. Y. B. A. (Yogic Science)
Semester – VI
YOG -DSC- 363: Yogic Lifestyle

Credits: 4

Internal Examination: 40

Total Marks: 100

External Examination: 60

Course objectives	- To understand the principles and practices of yogic lifestyle from ancient to modern times. - To explore the connection between yogic practices and holistic health management. - To examine dietary regulations and their impact on physical, mental, and spiritual well-being. - To promote mindfulness, gratitude, and self-awareness as tools for personal and social transformation.	
Course outcomes	After successful completion of this course, students are expected to: - Gain a comprehensive understanding of yogic practices and their relevance in daily life. - Learn to implement yogic dietary and lifestyle principles for holistic well-being. - Develop mindfulness and self-reflection skills for better decision-making and stress management. - Able to integrate gratitude, forgiveness, and self-interrogation into their personal and professional lives.	
Unit	Contents	Hours
I	- Yogic Lifestyle in Ancient Times - Concept of Matha (Ideal Place for Yogi) - Concept of Mitahar, Pathya & Apathya - Sadhaka & Badhaka Tattva	15
II	- Definition and Importance of Health - Dimensions of Health - Yogic Concept of Health - Holistic Healthcare through Yoga	15
III	- Yogic Lifestyle in Modern Times - Yogic Lifestyle according to Bhagavad Gita - Dietary Regulations - Prevention of Disease	15
IV	- Simplified Yoga in Daily Life - Mindfulness - Gratitude & Forgiveness - Self-Interrogation	15
Study Resources	- Bharambe, B. M. (2007). <i>Patanjal Yog Darshan</i>. Bhakti Sadhana Foundation. - Bharambe, B. M. (2007). <i>Sampurna Bhagwadgita</i>. Bhakti Sadhana Foundation.	

	• Frawley, D. (1999). <i>Yoga and Ayurveda: Self-healing and self-realization</i>. Lotus Press. • Iyengar, B. K. S. (1966). <i>Light on yoga</i>. Schocken Books. • Satyananda, S. (2009). <i>Yoga Nidra</i>. Bihar School of Yoga. • Satyananda, S. (1983). <i>Four chapters on freedom: Commentary on the Yoga Sutras of Patanjali</i>. Bihar School of Yoga. • Satchidananda, S. (2012). <i>The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras</i>. Integral Yoga Publications. • Swatmarama, S. (2002). <i>Hatha Yoga Pradipika</i>. Yoga Publications Trust. • Sonar, Dr. Devanand Sudhakrrao (2025). <i>Hathapradipika – Yogang Parichay Prachlit Vidhinsah</i>. Atharv Publications Dhule.	
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T. Y. B. A. (Yogic Science)
Semester – VI
YOG-DSC- 364: Practical on Yogasana -II

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course objectives	• To develop foundational strength, flexibility, and relaxation through Supine Asanas for improved core stability and spinal health. • To enhance spinal strength and flexibility in the posterior body through Prone Asanas, improving endurance and posture. • To improve lower body flexibility and mental focus by mastering Sitting Asanas for better posture and meditation preparation. • To build strength, balance, and coordination through Standing Asanas, increasing overall body awareness and alignment.	
Course outcomes	After successful completion of this course, students are expected to: • Achieve improved core strength, spinal flexibility, and deep relaxation by effectively practicing supine postures. • Develop greater back and leg strength, flexibility, and endurance through the practice of prone asanas. • Gain flexibility in the hips and legs, with enhanced readiness for meditation through sitting asanas. • Improve balance, posture, and coordination by mastering standing asanas.	
Unit	Contents	Hours
I	Yogasana – Supine Position : • Sarvangasana • Sarvangsetubandhasana • Karnapidasana & Vistrut pad Halasana, • Mtsyasana,	15
II	Yogasana- Prone Position: • Saralhasta Bhujangasana • Tiryak Bhujangasana • Shalabhasana • Dhanurasna & Makarasana	15
III	Yogasana - Sitting Position: • Bhadrasana • Parivrutta Janushirasana • Baddhpadmasana • Marjaraasan	15
IV	Yogasana- Standing position: • Chakrasana • Bakasana, • Kati chkrasana • Dolasana	15

Study Resources	• Mandlik, Vishvas (2008). <i>Yogapravesh</i> (Third Edition). Yoga Chaitana Prakashan Vibhag, Nashik. • Swami Swatmarama. <i>Hathayoga Pradipika</i>. Kaivalyadhama, Lonavala • Swami Niranjannada. <i>Gherandasamhita</i>. Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982). <i>Guidelines for Yogic Practices</i>. Medha publication, Lonavala. • Saraswati Swami Satyananda,(1989). <i>Aasan Pranayam Mudra Bandha</i>. Bihar school of Yoga Munger, Bihar . • Mandalik, Dr. Vishawas. <i>Yoga parichay</i>, Yoga Chaitanya prakashan, Nashik. • Chikode, Dr. Ranjeet (2013). <i>Yogajivan</i>. Riya Publications, Kolhapur. • Iyankgar, Dr. B. K. S.(2010). <i>Yoga Sarvansathi</i>. Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008). <i>Swarvansathi Praathmik Yogasadhna</i>. Yoga Krida Prabodhini, Nashik. • Saraswati, Swami Satyananda (2007). <i>Suryanamskar</i>.Yoga publications. • Sonar, Dr. Devanand Sudhakrrao (2025). <i>Hathapradipika – Yogang Parichay Prachlit Vidhinsah</i>. Atharv Publications Dhule.	
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T. Y. B. A.
Semester – VI
YOG-DSC-365: Practical on Pranayama-II

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course Objectives	- To introduce students to the practice of Mudras to balance energy flow, improve mental focus, and support emotional well-being. - To familiarize students with cleansing techniques to purify the body and mind, enhancing pranayama practice. - To deepen pranayama practice by introducing advanced techniques with Tri-Bandha to regulate energy, improve lung capacity, and enhance focus. - To guide students through meditation and relaxation practices to achieve mental clarity, inner peace, and spiritual growth.	
Course Outcomes	After successful completion of this course, students are expected to: - Effectively use mudras to balance energy, enhance concentration, and support emotional stability in their practice. - Gain proficiency in performing cleansing techniques leading to improved mental clarity, physical detoxification, and overall wellness. - Master advanced pranayama techniques with Tri-Bandha, improving breath control, regulating energy flow, and enhancing their ability to focus deeply during meditation. - Engage effectively in meditation and relaxation practices fostering inner peace, mindfulness, and a deeper connection to the self.	
Unit	Contents	Hours
I	- Shambhavi Mudra - Shanmukhi Mudra - Pruthvi Mudra - Vayu Mudra	15
II	- Agnisara - Trataka - Danda Dhauti - Rubberneti	15
III	Pranayama With Tri-Bandha - Nadishuddhi - Ujjayi - Bhastrika - Sheetkari	15
IV	- Yoganidra - Silent Sitting and Inner Observation - Practice of Antar Mauna - Mantra Chanting	15

Study Resources	• Mandlik, Vishvas (2008). <i>Yogapraves</i> (Third Edition). Yoga Chaitana Prakashan Vibhag, Nashik. • Swami Swatmaram. <i>Hathayoga Pradipika</i>. Kaivalyadhama, Lonavala • Swami Niranjananada. <i>Gherandasamhita</i> . Bihar School of Yoga, Munger, Bihar. • Gharote, M. L. (1982). <i>Guidelines for Yogic Practices</i>. Medha publication, Lonavala. • Saraswati Swami Satyananda,(1989). <i>Aasan Pranayam Mudra Bandha</i>. Bihar school of Yoga Munger, Bihar • Mandalik, Dr. Vishawas. <i>Yoga parichay</i>. Yoga Chaitanya prakashan, Nashik • Chikode, Dr. Ranjeet (2013). <i>Yogajivan</i>, Riya Publications, Kolhapur • Iyankar, Dr. B. K. S.(2010). <i>Yoga Sarvansathi</i>, Rohan Prakashan, Pune. • Jain, Dr. Kiran (2008). <i>Swarvansathi Praathmik Yogasadhna</i>. Yoga Krida Prabodhini, Nashik • Saraswati Swami Satyananda (2007). <i>Suryanamskar</i>. Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami Satyananda (2005). <i>Yoganidra</i>. Yoga publications Trust, Yoga Munger, Bihar • Saraswati Swami niranjananada (2004). <i>Gherand Samhita</i>. Yoga publications Trust, Yoga Munger, Bihar • Trilok, Rajiv jain (2015). <i>Sampurn Yoga Vidya</i>. Manjul Publications House, Bhopal. • Zha, Swami Digambarji & Dr. Pitambar (2011). <i>Hathapradipik</i>. kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018). <i>Anatomy & physiology of Yogic practices</i> (5th edition). kaivalyadham Lonavala. • Tiwari, O. P. <i>Aasana Why & How?</i> Kaivalyadham, lonavala. • Sonar, Dr. Devanand Sudhakrrao (2025). <i>Hathapradipika – Yogang Parichay Prachlit Vidhinsah</i>. Atharv Publications Dhule.	
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T. Y. B. A. (Yogic Science)
Semester – VI
YOG -DSE- 361-A: Highlights of Yogis

Credits: 4

Internal Examination: 40

Total Marks: 100

External Examination: 60

Course objectives	- To introduce the contributions of prominent yogis and spiritual leaders in the field of yoga and philosophy. - To explore the teachings, methodologies, and impact of various yogic traditions and practices. - To understand the evolution of yoga and its application in modern life through the works of different spiritual masters. - To develop an appreciation for the diverse perspectives on yoga, meditation, and self-realization.	
Course outcomes	After successful completion of this course, students are expected to: - Demonstrate knowledge of the philosophical and practical contributions of key yoga masters. - Analyze the different approaches to yoga and spirituality as taught by various yogic traditions. - Apply the principles of yoga and meditation based on the teachings of different spiritual leaders. - Integrate yogic wisdom into daily life for personal growth, well-being, and holistic development.	
Unit	Contents	Hours
I	- Maharshi Patanjali - Swami Swatmaram - Maharshi Gherand - Guru Gorkshanath	15
II	- Paramhans Yoganand - Ramkrushna Paramhans - Yogi Arvindo - Swami Vivekanand	15
III	- Swami Shivanand Sarswati - Swami Satyanand Sarswati - Swami Kuvalyanand - Swami Niranjananand	15
IV	- Acharya Rajnish - Swami Ramdev - Shri Shri Ravishankar - Sadhguru (Jaggi Vasudev)	15
Study Resources	- Desikachar, T. K. V. (1995). <i>The heart of yoga: Developing a personal practice</i>. Inner Traditions. - Frawley, D. (1999). <i>Yoga and Ayurveda: Self-healing and self-</i>	

	realization. Lotus Press. • Iyengar, B. K. S. (1966). <i>Light on yoga</i>. Schocken Books. • Jon Kabat-Zinn. (2011). <i>Mindfulness for beginners: Reclaiming the present moment—and your life</i>. Sounds True. • Kolhatkar, K. K. (2003). <i>Patanjal Yog Darshan</i>. Aditya Pratishtan. • Kuvalayananda, S. (1993). <i>Pranayama</i>. Kaivalyadhama. • Satyananda, S. (1983). <i>Four chapters on freedom: Commentary on the Yoga Sutras of Patanjali</i>. Bihar School of Yoga. • Satchidananda, S. (2012). <i>The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras</i>. Integral Yoga Publications. • Swatmarama, S. (2002). <i>Hatha Yoga Pradipika</i>. Yoga Publications Trust. • Vivekananda, S. (1896). <i>Raja Yoga</i>. Ramakrishna Ashrama Publications. • Vasudev, J. (2016). <i>Inner engineering: A yogi's guide to joy</i>. Spiegel & Grau. • Ravishankar, S. S. (2003). <i>Celebrating silence: Excerpts from five years of weekly knowledge 1995-2000</i>. Art of Living Foundation. • Rajnish, A. (1989). <i>The Book of Secrets: 112 Meditations to Discover the Mystery Within</i>. St. Martin's Griffin. • Yogananda, P. (1946). <i>Autobiography of a yogi</i>. Self-Realization Fellowship.	
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T. Y. B. A. (Yogic Science)
Semester – VI
YOG -DSE- 361-B: Basics of Bhagvadgita

Credits: 4

Internal Examination: 40

Total Marks: 100

External Examination: 60

Course objectives	• To familiarize students with the Gita’s background, structure, and modern relevance. • To Explore Dharma, Karma, and the idea of Nishkama Karma. • To develop a conceptual understanding of Atman, Brahman, and various forms of devotion as presented in the Bhagavad Gita. • To analyze the psychological and spiritual aspects of the Gita.	
Course outcomes	After successful completion of this course, students are expected to: • Able to explain the Gita’s significance and its message for today’s life. • Apply Dharma and Nishkama Karma to ethical choices. • Differentiate forms of devotion and key metaphysical ideas. • Identify traits of a Yogi and use Gita’s wisdom for self-growth.	
Unit	Contents	Hours
I	• Historical & Scriptural Context of Bhagavdgita • Introduction of 18 Chapters in Gita • Importance of Dialogue between Lord Krishna & Arjuna • Relevance on Contemporary life	15
II	• Meaning & Dimensions of Dharma • Conflict of Duties • Concept of Karma • Nishkam Karma	15
III	• Concept of Atman & Paramatman • Concept of Brahman • Concept of Absolute Devotion (Bhakti) • Forms of Devotion : Saguna & Nirguna	15
IV	• The Three Gunas _ Saytva, Rajas, Tamas • Concept of Kshetra and Kshetrajna • Concept of Yoga in Bhagvadgita • Symptoms of Yogi According to Bhagvadgita	15
Study Resources	• Bharambe, B.M. (2007). <i>Sampurna Bhagwadgita</i>, Bhakti sadhana Foundation, Jalgaon. • Swami Prabhupada (2024). <i>Bhagvadgeeta Jashi Aahe Tashi</i>. by ISKCON • Radhakrishnan, S. (2006). <i>The Bhagavadgita</i>. HarperCollins Publishers India. • Easwaran, E. (2007). <i>The Bhagavad Gita for Daily Living</i> (Vol. 1–3). Nilgiri Press.	

	• Prabhupada, A. C. B. S. (2009). <i>Bhagavad-gītā as it is</i>. The Bhaktivedanta Book Trust. • Swami Ramsukhdas, Shrimadbhagvadgeeta - Sadhak Sanjivani, 2021, Geeta press Gorkhpur. • Tilak Bal Gangadhar, Geeta Rahasya, 2021, diamond Book Publications.	
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T. Y. B. A. (Yogic Science)

Semester – VI

YOG-VSC-361: Introduction of Alternative Therapies

Credits: 2

Internal Examination: 20

Total Marks: 50

External Examination: 30

Course Objectives	• To impart the students with concepts, History & Importance of Alternative Therapies. • To impart the students with effects of Alternative Therapies. • To Introduce Various Alternative Therapies. • To inform various effects and Risk 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 of Alternative Therapies. • Get Information about Various Alternative Therapies. • Aware with Various effects and risk of Alternative Therapies.	
Unit	Contents	Hours
I	• Brief Concept of Alternative Therapy • Indian History of Alternative Therapy • Traditional Alternative Therapies • Importance of Alternative Therapy	7
II	• Benefits of Alternative Therapies • obstacle in Alternative Therapies • Yoga as an Alternative Therapy • Naturopathy	8
III	• Ayurveda • Homeopathy • Aroma therapy • Pranic Healing, Reiki	7
IV	• Music Therapy, Mantra Therapy • Acupressure, Acupuncture • Benefits of Alternative Therapies • Risk of Alternative Therapies	8
Study Resources	• Ekbote, Arun (2009). <i>Daabbindu Treatment Method</i>, Yoga Chaitanya Publications Department, Nashik. • Jaiswal, Jayanarayan. <i>Chumbak chikitsa</i>. Gopal Granth Prakashan, Pune. • Agarwal, Neelam (2008). <i>Nature's Boon – Acupressure</i>. Sankalp Publications. • Shastri, Vivek (2004). <i>Dahi Disha for Health</i>. Manorama	

	Publications, Dadar Mumbai. • Vivek, R. S. <i>Alternative Medicine</i>. Diamond Publishing. • Lamba Puja Seema. <i>Vipassana</i>. Prabhat Prakashan • Yogeshwarananda. <i>Mantra Sadhana</i>. Dynamic Publication. • Anand Rishi Ji, <i>Bhavanayoga</i> Shri Ratna Jain Library Publication. • Sharma S.K. (2 Jan 2021). <i>Chumbak Chikitsa</i>. Prabhat Prakashan Pvt Ltd • Pruthi Rajkumar (2007). <i>Vaikalpik Chikitsa Paddhati</i>. Vidya vihar • Vivek, R.S. (2004). <i>Vaikalpik Chikitsa</i>. Diamond Pocket Books, Delhi. • Dixit, Rajiv. <i>Sampurn Chikitsa</i>. Rajiv Dixit Store. • Saxsena, A.K / Dr. Gupta L.C. (1659). <i>Acupressure Aur Swasthya Jivan</i>. Granth Akadami Old Darya Ganj, New Delhi. • Acharya Satyanand Shastri (2010). <i>Saral Prakrutik Ilaj</i> Orient Publishing, 5A/8 Ansari Road, Darya Ganj. • Saraswati Swami Satyananda (1989). <i>Aasan Pranayam Mudra Bandha</i>. Bihar school of Yoga Munger, Bihar • Mandalik, Vishawas, <i>Yoga parichay</i>. Yoga Chaitanya prakashan, Nashik • Saraswati Swami niranjananada, (2004). <i>Gherand Samhita</i>, Yoga publications Trust, Yoga Munger, Bihar • Trilok, Rajiv Jain (2015), <i>Sampurn Yoga Vidy</i>. Manjul Publications House, Bhopal. • Zha, Swami Digambarji & Dr. Pitambar (2011). <i>Hathapradipika</i>, kaivalyadham, Shri manmadhav yoga manidr Samiti, Lonavala. • Gore, M. M. (2018). <i>Anatomy & physiology of Yogic practices</i> (5th edition). kaivalyadham Lonavala, • Tiwari, O. P. <i>Aasana Why & How?</i> Kaivalyadham, lonavala.	
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T. Y. B. A. (Yogic Science)**Semester – VI****YOG- VSC- 362: Project on Alternative Therapies****Credits: 2****Internal Examination: 20****Total Marks: 50****External Examination: 30**

Course objectives	• To introduce students to various alternative therapies and their applications in health and wellness. • To develop research and analytical skills through the collection and study of information on alternative therapies. • To enhance students' ability to present and discuss their findings effectively in both written and verbal formats. • To encourage critical thinking and evaluation of alternative therapies in comparison with conventional medical treatments.	
Course outcomes	After successful completion of this course, students are expected to: • Able to collect, organize, and analyze information on various alternative therapies. • Demonstrate the ability to write a detailed and well-structured project report on a chosen alternative therapy. • Engage in discussions and critically evaluate the effectiveness of different alternative therapies. • Effectively present their research findings through a structured presentation.	
Unit	Contents	Hours
I	• Collection of information on Alternative Therapies	15
II	• Write detail information on Alternative Therapies	15
III	• Discussion and Submission of Project	15
IV	• Presentation on chosen topic	15
Study Resources	• Ekbote, Arun (2009). <i>Daabbindu Treatment Method</i>. Yoga Chaitanya Publications Department, Nashik. • Jaiswal, Jayanarayan. <i>Chumbak chikitsa</i>. Gopal Granth Prakashan, Pune. • Yogeshwarananda. <i>Mantra Sadhana</i>. Dynamic Publication. • Sharma S.K. (2 Jan 2021). <i>Chumbak Chikitsa</i>, Prabhat Prakashan Pvt. Ltd. • Pruthi Rajkumar (2007). <i>Vaikalpik Chikitsa Paddhati</i>. Vidya vihar • Vivek R. S. (2004) <i>Vaikalpik Chikits</i>. Diamond Pocket Books, Delhi. • Dixit, Rajiv. <i>Sampurn Chikitsa</i>, Rajiv Dixit Store. • Saxsena, A.K & Gupta, L. C. (1659). <i>Acupressure Aur Swasthya Jivan</i>. Granth Akadami Old Darya Ganj, New Delhi. • Mandalik, Vishawas. <i>Yoga parichay</i>. Yoga Chaitanya prakashan, Nashik • Saraswati, Swami niranjananada (2004). <i>Gherand Samhita</i>. Yoga publications Trust, Yoga Munger, Bihar	

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