



Date :- 01/08/2024

NOTIFICATION

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

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

The Syllabi of B. A. in Yogic Science (First and Second Semesters) as per **NATIONAL EDUCATION POLICY – 2020 (2024 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

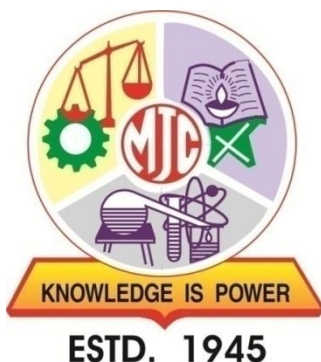
Khandesh College Education Society's
Moolji Jaitha College, Jalgaon

An “Autonomous College”

Affiliated to

Kavayitri Bahinabai Chaudhari

North Maharashtra University, Jalgaon- 425001



**STRUCTURE AND
SYLLABUS**

**B. A. Honours/ Honours with Research
(F. 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 fulfill these aims M.J. College has adopted the Soham department of yoga and Naturopathy.

The college has prepared the syllabus for First 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 first 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 as 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	Gain knowledge about Ashtang Yog, Patanjali Yog Sutra, Hathyoga, shadang Yoga, saptang Yoga etc.
2	They will learn various yogic scriptures, ancient as well as modern literature.
3	Awareness will be created about maintaining physical, mental health and social wellbeing.
4	A practical study of yogic processes will lead to the development of an all-round personality.
5	They will aware of global employment in yogic science

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

F.Y.B.A. YOGIC Science						
Class	Semester	Course	Code	Title of the Paper	Credits	
FYBA	Sem – I	Sub. 1	YOG.DSC.111	Introduction of Yoga - I (T)	2	22
			YOG. DSC. 112	Practicing Yoga – I (P)	2	
		Sub. 2			4	
		Sub. 3			4	
		OE	YOG.OE.111	Elementary Yoga – I (T)	2	
		AEC			2	
		ES			2	
		IKS			2	
		CC			2	
	Sem – II	Sub. 1	YOG.DSC.121	Introduction of Yoga -II (T)	2	22
			YOG. DSC. 122	Practicing Yoga – II (P)	2	
		Sub. 2			4	
		Sub. 3			4	
		OE	YOG.OE.121	Elementary Yoga – II (T)	2	
			YOG. OE. 122	Primary Yoga Practices (P)	2	
		AEC			2	
		CI			2	
		CC			2	

F. Y. B. A.
Yogic Science
SEMESTER – I

F. Y. B. A.
Semester – I
YOG -DSC-111: Introduction of Yoga – I
(W.e.f. June 2024)

Total Marks: 50
Credits: 2

External Marks: 30
Internal Marks: 20

Course objectives	- To impart the students with basic concepts of yoga. - To impart the students with origin & history of yoga. - To impart the basic knowledge & skills about suryanamaskara. - To Understand the Role of Yoga in Various fields.	
Course outcomes	After successful completion of this course, students are expected to: - Gain Knowledge about the basic concepts of yoga. - Understand the difference between yoga & exercise. - Lead to holistic health of the students. - Able to understand the Role of Yoga in Various fields.	
Unit	Contents	Hours
I	- Yoga - Meaning & Definations - Nature of Yoga - Importance of Yoga - Misconceptions Related Yoga	8
II	- Origin of Yoga - History & Development of Yogashastra - Introduction of Ashtangyoga - Difference between Yoga & Exercise	7
III	- Importance of Micro Exercise & Preparatory Movements - Rules & Regulations for Yoga Practitioners - Introduction of Suryanamaskara - Importance of Suryanamaskar	8
IV	- Role of Yoga in Education - Role of Yoga in Student life - Role of Yoga in Health - Role of Yoga in Social life	7
Study Resources	- Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune - Bharambe B.M. Patanjali Yog Darshan,(2007),Bhakti sadhana Foundation, Jalgaon. - Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar - Bharambe B.M. Sampurna Bhagwadgita,(2007),Bhakti sadhana Foundation, Jalgaon. - Deokule V.G, Hathpradeepika, Adarsh Vidhyarthi prakashan, Pune. - Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune - Saraswati swami Niranjananand, Gherand samhita, (2004), Yog	

	Publications Trust,Munger ,Bihar. • Basavreddi Dr. Ishwar & Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi. • Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan,Janardhan Swami Yogabhyasi Mandal, Nagpur.	
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F. Y. B. A.
Semester – I
YOG-DSC-112: Practicing Yoga – I
(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 for Fitness. • Pranayama 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 surynamaskara and Yogasana for Fitness will be acquired. • Students will use Pranayama for physical and mental health.	
Unit	Contents	Hours
I	• Omkar Sadhana, Prayer, Guruvandana, • Patanjali Naman, Vishwakalyan Prayer, Shantipatha • Micro Exercise • Suryanamaskar Practice	15
II	• Yogasana – Supine Position : Uttan padaasana, Naukasana Vipareet Karani, Shavasana • Yogasana- Prone Position: Vakrahasta Bhujangasana, Saralhasta Bhujangasana, Viparit Naukasana, Shalabhasana, Makarasana	15
III	• Yogasana - Sitting Position: Padmasana, Swastikasana, Vajrasana. Vakrasana, Pashchimottanasana, Shashankasana • Yogasana- Standing position: Veerasana, Tadasana, Trikonasana, Vrikshasana	15
IV	• Shatkarma : Kapalbhati, Tratak • Breathing Techniques: Fast Breathing Type 1 to 3, Deep Breathing • Pranayama- Anulom Vilom, Shitali, Bhramari • Mudra : Vajrasana Yogamudra Type 1 & 2, Padmasana Yogamudra Type 1 & 2	15
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala • 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..	
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F. Y. B. A.
Semester – I
YOG –OE -111: Elementary Yoga – I
(W.e.f. June 2024)

Total Marks: 50
Credits: 2

External Marks: 30
Internal Marks: 20

Course objectives	• To impart the basic knowledge and history of yoga to the students. • To give information and benefits of yoga practice. • Providing information about pranayama. • To explain the types of breathing.	
Course outcomes	After successful completion of this course, students are expected to: • Gain basic knowledge and history of yoga. • Get to know the information and benefits of yoga practice. • Get basic concept of pranayama. • Able to understand the types of breathing.	
Unit	Contents	Hours
I	• Meaning & Definition of Yoga • History of Yoga • Importance of prayer in Yoga Class • Ideal place For Yoga Practices	8
II	• Concept of Yogasana • Preparation for Yogasana Practices • Precautions of Yogasana Practices • General Benefits of Yogasana	7
III	• Concept of Pranayam • Preparation for Pranayama Practices • General Benefits of Pranayama • Precautions of Pranayama Practices	7
IV	• Types of Fast Breathing • Types of Deep Breathing • Types of Pranayama According Yogdarshana • Types of Pranayama According Hathayoga	8
Study Resources	• Mandlik, Vishwas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Basis and applications of Yoga : Published by SVYASA, Bangalore • Kolhatkar k.k. patanjali Yog Darshan,(2003), Aditya pratishtan, Pune • Bharambe B.M. Patanjali Yog Darshan,(2007),Bhakti sadhana Foundation, Jalgaon. • Saraswati Swami Satyananda, (2007), Suryanamskar, Yoga publications Trust, Yoga Munger, Bihar • Bharambe B.M. Sampurna Bhagwadgita,(2007),Bhakti sadhana	

	Foundation, Jalgaon. • Deokule V.G, Hathpradeepika, Adarsh Vidhyarthi prakashan, Pune. • Deokule V.G, Gherandsamhita,(2001)T.R.Enterprises, Pune • Saraswati swami Niranjananand, Gherand samhita, (2004), Yog Publications Trust,Munger ,Bihar. • Basavreddi Dr. Ishwar & Pathak Dr.Satyaprakash, Hathyog ke adhar evam Prayog, (2011), Morarji Desai Rashtriya Yog Sansthan, New Delhi. • Varnekar Dr.S.B, Pragyabharti Samagra Yog darshan,Janardhan Swami Yogabhyasi Mandal, Nagpur.	
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F. Y. B. A.
Yogic Science
SEMESTER – II

F. Y. B. A.
Semester – II
YOG-DSC-121: Introduction of Yoga – II
(W.e.f. June 2024)

Total Marks: 50

Credits: 2

External Marks: 30

Internal Marks: 20

Course Objectives	• Impart the student with various texts. • Introduction to types of yoga. • Impart the students with concept, classification, and benefits of yoga. • Impart the students with concept, types, and benefits of pranayama.	
Course Outcomes	After successful completion of this course, students are expected to: • Get Knowledge to various texts. • Get to know the types of yoga • Knowledge of Yogasana will be acquired. • Knowledge of pranayama will be acquired.	
Unit	Contents	Hours
I	• Introduction of Patanjali Yogdarshana • Concept of Hathayoga • Introduction of Chaturangyoga • Introduction of Saptangyogas	8
II	• Bhaktiyoga • Dnyanyoga • Karmyoga • Dhyanyoga	7
III	• Concept & Definitions of Asana • Classification of Asana According to Posture • Classification of Asana According to Usage • General Benefits of Asana	8
IV	• Concept & Definitions of Pranayama • Preparation For Pranayama practices • Different Types of Pranayamas • General Benefits of Pranayama	7
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala • 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..	
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F. Y. B. A.
Semester – II
YOG-DSC-122: Practicing Yoga – II
(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 for 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: • The importance of Omkar sadhana and prayer will be known. • Practical knowledge of surynamaskara and Yogasana essential 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 : Uttan padaasana, Naukasana, Vipareet Karanee, Sarvangasana, Matsyasana, Pawanmuktasana, Shavasana • Yogasana- Prone Position: Vakrahasta Bhujangasana, Niralamba Bhujangasana, Saralhasta Bhujangasana, Viparit Naukasana, Shalabhasana, Dhanurasna, Makarasana	15
III	• Yogasana - Sitting Position: Padmasana, Swastikasana, Vajrasana. Vakrasana, Ardhamatsyendrasana, Gomukhasana, Pashchimottanasana, Shashankasana • Yogasana- Standing position: Veerasana, Tadasana, Trikonasana Tiryak tadasana, Vrukshasana	15
IV	• Shatkarma : Kapalbhati, Tratak, Agnisar, Jalneti • Breathing Technique: Fast Breathing Type 1 to 6, Deep Breathing • Pranayama- Anulom Vilom, Shitali, Bhramari • Mudra : Dhyana mudra, Gyanan mudra, Shanmukhimudra, Kakimudra	15
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala • 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..	
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F. Y. B. A.
Semester – II
YOG –OE-121: Elementary Yoga – II
(W.e.f. June 2024)

Total Marks: 50
Credits: 2

External Marks: 30
Internal Marks: 20

Course objectives	- To impart the basic knowledge of ideal diet and daily routine for yoga practitioner. - To give information and importance of shatkarma. - To explain the usefulness of yoga for personal and social wellbeing.	
Course outcomes	After successful completion of this course, students are expected to: - Get information about proper diet and daily routine for yoga practice. - Gain knowledge about the importance of shatkarma - Get to know the usefulness of yoga for personal and social wellbeing.	
Unit	Contents	Hours
I	- Ideal diet for Yoga Practitioner - Ideal Daily Routine (Dincharya) for Yoga Practitioner - Personality development through yoga - Yoga & Mental Health	8
II	- Concept of Shatkarma - Importance of Shatkarma - Types of Shatakarma - Dhauti - Basti	7
III	- Neti - Nauli - Tratak - Kapalbhati	7
IV	- Importance of Yoga for Students life - Importance of Yoga for Social wellbeing - Importance of Ethical and Moral Values in students life - Career Opportunities in Yoga field	8
Study Resources	- Mandlik, Vishwas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. - Basis and applications of Yoga : Published by SVYASA, Bangalore - Mandlik, Vishwas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. - Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala - 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 • Iyankar, 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..	
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F. Y. B. A.
Semester – II
YOG-OE-122: Primary Yoga Practices
(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 for 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 essential 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 : Uttan padaasana, Naukasana Viparit Karani, Pavanmuktasana, Shavasana • Yogasana- Prone Position: Vakrahasta Bhujangasana, Saralhasta Bhujangasana, Viparit Naukasana, Shalabhasana, Makarasana	15
III	• Yogasana - Sitting Position: Padmasana, Swastikasana, Vajrasana. Vakrasana, Pashchimottanasana, Shashankasana • Yogasana- Standing position: Veerasana, Tadasana, Trikonasana, Vrukshasana	15
IV	• Shatkarma : Kapalbhathi, Tratak • Breathing Technique: Fast Breathing Type 1 to 6, Deep Breathing • Pranayama- Anulom Vilom, Shitali, Bhramari • Mudra : Vajrasana Yogamudra Type 1 & 2, Padmasana Yogamudra Type 1 & 2	15
Study Resources	• Mandlik, Vishvas (2008), Yogapravesh, Third Edition, Yoga Chaitana Prakashan Vibhag, Nashik. • Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala • 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,	

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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