

AC _____
Item No. _____

UNIVERSITY OF MUMBAI



Syllabus for Approval

Sr. No.	Heading	Particulars
1	Title of the Course	Interdisciplinary Course in Yoga and Meditation
2	Eligibility for Admission	As per university rules
3	Passing Marks	24 for theory and 16 for internal marks for each paper
4	Ordinances / Regulations (if any)	As per university rules
5	No. of Years / Semesters	1 Semester
6	Level	P.G. / U.G./ Diploma / Certificate
7	Pattern	Yearly / Semester
8	Status	New / Revised
9	To be implemented from Academic Year	From Academic Year 2017-18

Date:

Signature:

Name of BOS Chairperson / Dean:

UNIVERSITY OF MUMBAI



Essentials Elements of the Syllabus

1	Title of the Course	Interdisciplinary Course in Yoga and Meditation
2	Course Code	UDSKTIYM
3	Preamble / Scope	Enclosed
4	Objective of Course	Enclosed
5	Eligibility	As per university rules
6	Fee Structure	As per university rules
7	No. of Lectures	As per university rules
8	No. of Practical	NA
9	Duration of the Course	One Semester
10	Notional hours	As per university rules
11	No. of Students per Batch	As per university rules
12	Selection	As per university rules
13	Assessment	As per university rules
14	Syllabus Details	Enclosed
15	Title of the Unit	Enclosed
16	Title of the Sub-Unit	Enclosed
17	Semester wise Theory	Enclosed
18	Semester wise List of Practical	NA
19	Question Paper Pattern	Enclosed
20	Pattern of Practical Exam	NA
21	Scheme of Evaluation of Project / Internship	As per university rules
22	List of Suggested Reading	Enclosed
23	List of Websites	NA
24	List of You-Tube Videos	NA
25	List of MOOCs	NA

Preamble and Objectives

This course is one of the electives offered for M A II, SEM IV.

This course is designed having considered increasing importance of Yoga for healthy life. *Asana* is considered as one of the eight limbs of Yoga. *Asanas* are practiced by different people for benefits of physical and mental health. *Hat hayogapradipi ka* is a compendium of all *asanas*. It discusses in detail about procedure, method and benefit of *asanas*.

It also talks about further stages *Pranayana* and *Samadhi*. This course aims at acquainting students with textual knowledge of *Hat hayogapradipi ka* which will enhance their knowledge about practical *asanas*.

Interdisciplinary Course in Yoga and Meditation

Study of *Hat hayogapradipi ka*

Unit I: *Asanas* (Marks 15)

Unit II: *Pranayana* (Marks 15)

Unit III: *Mudras* (Marks 15)

Unit IV: *Samadhi* (Marks15)

Assignment: Assignment of *Yogasanas* and its impact on practical life

Paper Pattern:

Unit I: Write critical paragraphs on (any two) (Marks15)

Unit II: Write critical paragraphs on (any two) (Marks15)

Unit III: Write critical paragraphs on (any two) (Marks15)

Unit IV: Essay type question (any one) (Marks15)

Bibliography:

1. Ram Prasad, Patanjali's *Yogasutras* -, Cosmo Publications, New Delhi, 2008
2. Michael Beved, *Kundalini Hatha Yoga Pradipika*
3. Swami Svatnarana, *Hatha Yoga Pradipika*, YogaVidya.com, 2002
4. Daniel and Raveh, *Exploring The Yogasutra -Philosophy and translation*, Continuum, 2012
5. Swami Muktabodhananda, *Hatha Yoga Pradipika*, Bihar School of Yoga, 1993

6. Pancham Singh, Hat ha Yoga Pradi pi ka

7. Yogi Svatnarama, Vi shnu Devananda, Hat ya Yoga Pradi pi ka,

MLBD, Del hi , Si vananada Yoga Vedant a Cent re