

University of Mumbai



No. AAMS_UGS/ICC/2024-25/53

CIRCULAR:-

All the Principals of the Affiliated Colleges, Directors of the Recognized Institutions and the Head, University Departments is invited to this office Circular No. AAMS_UGS/ICC/2023-24/23 dated 08th September, 2023 relating to the NEP UG & PG Syllabus.

They are hereby informed that the recommendations made by the Board of Studies in Sanskrit, Pali & Prakrit at its meeting held on 23rd April, 2024 and subsequently passed by the Board of Deans at its meeting held on 18th May, 2024 vide item No. 5.13 (N) have been accepted by the Academic Council at its meeting held on 24th May, 2024 vide item No. 5.13 (N) and that in accordance therewith syllabus for **M.A. (Sanskrit - Yogashastra) Sem – III & IV** is introduced as per appendix (NEP 2020) with effect from the academic year 2024-25.

(The said circular is available on the University's website www.mu.ac.in).

MUMBAI – 400 032
16th August, 2024


(Prof. (Dr.) Baliram Gaikwad)
I/c. REGISTRAR

To,

All the Principals of the Affiliated Colleges, Directors of the Recognized Institutions and the Head, University Departments.

A.C/5.13 (N)/24/05/2024

Copy forwarded with Compliments for information to:-

- 1) The Chairman, Board of Deans,
- 2) The Dean, Faculty of Humanities,
- 3) The Chairman, **Board of Studies in Sanskrit, Pali & Prakrit**,
- 4) The Director, Board of Examinations and Evaluation,
- 5) The Director, Department of Students Development,
- 6) The Director, Department of Information & Communication Technology,
- 7) The Director, Institute of Distance and Open Learning (IDOL Admin), Vidyanagari.
- 8) The Deputy Registrar, Admissions, Enrolment, Eligibility & Migration Department (AEM).

Copy forwarded for information and necessary action to :-	
1	The Deputy Registrar, (Admissions, Enrolment, Eligibility and Migration Dept)(AEM), dr@eligi.mu.ac.in
2	The Deputy Registrar, Result unit, Vidyanagari drresults@exam.mu.ac.in
3	The Deputy Registrar, Marks and Certificate Unit,. Vidyanagari dr.verification@mu.ac.in
4	The Deputy Registrar, Appointment Unit, Vidyanagari dr.appointment@exam.mu.ac.in
5	The Deputy Registrar, CAP Unit, Vidyanagari cap.exam@mu.ac.in
6	The Deputy Registrar, College Affiliations & Development Department (CAD), deputyregistrar.uni@gmail.com
7	The Deputy Registrar, PRO, Fort, (Publication Section), Pro@mu.ac.in
8	The Deputy Registrar, Executive Authorities Section (EA) eau120@fort.mu.ac.in He is requested to treat this as action taken report on the concerned resolution adopted by the Academic Council referred to the above circular.
9	The Deputy Registrar, Research Administration & Promotion Cell (RAPC), rapc@mu.ac.in
10	The Deputy Registrar, Academic Appointments & Quality Assurance (AAQA) dy.registrar.tau.fort.mu.ac.in ar.tau@fort.mu.ac.in
11	The Deputy Registrar, College Teachers Approval Unit (CTA), concolsection@gmail.com
12	The Deputy Registrars, Finance & Accounts Section, fort draccounts@fort.mu.ac.in
13	The Deputy Registrar, Election Section, Fort drelection@election.mu.ac.in
14	The Assistant Registrar, Administrative Sub-Campus Thane, thanesubcampus@mu.ac.in
15	The Assistant Registrar, School of Engg. & Applied Sciences, Kalyan, ar.seask@mu.ac.in
16	The Assistant Registrar, Ratnagiri Sub-centre, Ratnagiri, ratnagirisubcentar@gmail.com

Copy for information :-

1	P.A to Hon'ble Vice-Chancellor, vice-chancellor@mu.ac.in
2	P.A to Pro-Vice-Chancellor pvc@fort.mu.ac.in
3	P.A to Registrar, registrar@fort.mu.ac.in
4	P.A to all Deans of all Faculties
5	P.A to Finance & Account Officers, (F & A.O), camu@accounts.mu.ac.in

As Per NEP 2020

University of Mumbai



Title of the program

M.A. (Sanskrit – Yogashastra)

Syllabus for

Semester – Sem.- III & IV

**Ref: GR dated 16th May, 2023 for Credit
Structure of PG**

(With effect from the academic year 2024-25)

University of Mumbai



(As per NEP 2020)

Sr. No.	Heading	Particulars
1	Title of program O: _____ B	M.A. (Sanskrit – Yogashastra)
2	Scheme of Examination R: _____	NEP 50% Internal 50% External, Semester End Examination Individual Passing in Internal and External Examination
3	Standards of Passing R: _____	40%
4	Credit Structure R: <u>HLP – 65 A,</u> R. <u>HLP – 65 B</u>	Attached herewith
5	Semesters	Sem. III
6	Program Academic Level	6.5
7	Pattern	Semester
8	Status	New
9	To be implemented from Academic Year	2024-25

Sign of the BOS Chairman
Name of the Chairman
BOS in

Sign of the
Offg. Associate Dean
Name of the Associate
Dean
Faculty of

Sign of the
Offg. Associate Dean
Name of the Associate
Dean
Faculty of

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Offg. Dean
Name of the Dean
Faculty of

Preamble

1) Introduction

This degree programme is a unique specialized course focusing on Yogashastra with its literary and Philosophical base, various sub streams of yoga and the wide range of texts composed on Yogashastra. The course also encompasses knowledge regarding connection and reflections of Yogashastra in other fields such as Ayurveda, Psychology and Paramedical therapy systems.

2) Aims and Objectives

- a) To understand the origin and development of Yogashastra in ancient Indian knowledge system.
- b) To study varied texts on Yogashastra
- c) To study the application of ancient knowledge in present times
- d) To inculcate the ability to read, understand and interpret texts on Yogashastra
- e) To highlight the mind-body-soul complex operative in Yogic practices.
- f) To make students aware about the significance of Yogashastra in holistic health.

3) Learning Outcomes

- a) To understand the concept of Yoga in Indian tradition.
- b) To get a clear understanding of Yoga-related terms and ideas through various treatises.
- c) To understand Yoga through both the ancient and modern perspectives.
- d) To understand how Yoga can be connected to health, diet and lifestyle.
- e) To get a practical understanding of Yogic practices like Asanas, Pranayama, Mudras and Meditation.

Programme Outcomes:

PO1-To gain a conceptual understanding of Yoga.

PO2-To analyze the Yogic terminologies through different treatises on Yoga.

PO3-To get a textual understanding of Yoga-related treatises.

PO4-To utilize Yoga as a tool to healing diseases.

PO5-To study and understand variations of the Yogic practices.

PO6-To practically perform Yogic practices like yogasanas, breathing exercises, and meditation.

Programme Specific Outcomes:

PSO 1: To know about the wide range of texts composed on Yogashastra

PSO 2: To get familiar with the technical terminology of Yogashastra

PSO 3: To be able to apply ancient yogic principles to the present health practices

PSO 4: Understand ancient Indian culture and its relevance in the present scenario.

4) Any other point (if any) : --

5) Credit Structure of the Program (Sem I, II, III & IV) (Table as per Parishishta 1 with sign of HOD and Dean)

R : HLP - 65A

Post Graduate Programs in University : **M.A. (Sanskrit - Yogashastra)**

Parishishta – 1

Year (2 Yr PG)	Level	Sem. (2 Yr)	Major		RM	OJT / FP	RP	Cum. Cr.	Degree
			Mandatory*	Electives Any one					
I	6.0	Sem I	Course 1 Credits 4 History of Yoga Course 2 Credits 4 Outline of Indian Philosophy Course 3 Credits 4 Anatomy and Physiology Course 4 Credits 2 Sanskrit Parichaya	Credits 4 1.Yoga- Bharatiya Manasashastra OR 2. Study of Gherand Samhita	Credits 4 Research Methodology			22	PG Diploma (after 3 Year Degree)
		Sem II	Course 1 Credits 4 Study of Samkhyakarikas Course 2 Credits 4	Credits 4 1. Yoga and Ayurveda OR		Credits 4 On-job Training Assisting		22	

			Study of Patanjala Yogasutras Part 1 Course 3 Credits 4 Study of Patanjala Yogasutras Part 2 Course 4 Credits 2 Sanskrit Pragata	2. Yoga and Mysticism		professional organizations/ yoga institutes/ libraries/ /corporate with their research works			
Cum. Cr. For PG Diploma			28	8	4	4	-	44	
Exit option: PG Diploma (44 Credits) after Three Year UG Degree									
<u>R. HLP – 65B</u>									
II	6.5	Sem III	Course 1 Credits 4 Yoga Upanishads Course 2 Credits 4 Study of Hathayogapradipika Course 3 Credits 4 Yoga as Therapy Course 4 Credits 2– Tantrayuktis	Credits 4 1. Yoga and Allied therapies (Acupressure, Pranic healing) OR 2. Yoga Education in the Present Era (Yoga Theory and Practice)			Credits 4 On a topic of their choice in consultation with respective guiding teachers.	22	PG Degree After 3 – Yr UG

		Sem IV	Course 1 Credits 4 Literature on Yoga Course 2 Credits 4 Study of Yogavasishtha Course 3 Credits 4 Yoga in Bhagavadgeeta	Credits 4 1. Yoga in Creative Arts (Music, Painting, Dance) OR 2. Applied Yoga (Yoga in Daily Life , Yoga in Corporate world)			Credits 6 On a topic of their choice in consultation with respective guiding teachers.	22	
Cum. Cr. for 1 Yr PGDegree			26	8			10	44	
Cum. Cr. for 2 Yr PGDegree			54	16	4	4	10	88	

Note : * The number of courses can vary for totaling 14 Credits for Major Mandatory Courses in a semester as Illustrated.

Dr. Madhavi Narsalay
Coordinator
BOS, Sanskrit Pali and Prakrit

Sign of Dean
Name of the Dean
Name of the Faculty

Syllabus
M.A. (Sanskrit- Yogashastra)
(Sem. I & II)

SEMESTER III

Course 1: Yoga Upanishads (100 marks – 4 credits)

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisites:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To understand how Yoga is reflected in various Upanishads.

CO2: To understand the concept of Yoga through Dhyana Bindu and Shandilya Upanishads.

CO3: To understand the concept of Yoga through Darshanopanishad

Module I: Philosophy of Yoga Upanishads (2 hours per week)

Unit I: Introduction to Yoga Upanishads, their composition and importance in the study of Yogashastra, etc

Unit II: Darshanopanishad

Module II: Yogopanishad texts (2 hours per week)

Unit III: Dhyana Bindu Upanishad

Unit IV: Shandilya Upanishad

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) The Yoga Upanishads, T.R. Srinivasa Ayyangar, The Adyar Library and Research Centre.
- 2) Thirty Minor Upanishads by Narainswamy Aiyar K. Adyar, 1914
- 3) Nadabindu and Dhyanabindu Upanishads, Swami Satyadharma Saraswati, tr. Ruth Perini.
- 4) Shandilya Upanishad: Timeless Teachings on the Eightfold Path of Yoga, Ruth Perini.

Course 2: Study of Hathayogapradipika (100 marks – 4 credits)

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisites:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To understand the concept of Yoga through the text of Hathayogapradipika.

CO2: To gain textual understanding of Hathayogapradipika.

CO3: To encourage students to apply concepts like asanas, pranayama, mudras and Samadhi (meditation) in practical life.

Module I: Study of Asanas and Pranayama (2 hours per week)

Unit I: Select Portion from Upadeshas 1 and 2

Module II: Study of Mudra and Samadhi (2 hours per week)

Unit II: Select Portion from Upadeshas 3 and 4

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) Kundalini Hathayoga Pradipika, Michael Beloved
- 2) Hathayoga Pradipika, Swami Swatmarama, Yogavidya.com, 2002
- 3) Exploring The Yogasutra, Daniel and Raveh, Philosophy and Translation, Continnum, 2012
- 4) Hathayoga Pradipika, Swami Muktabodhananda, Bihar school of Yoga, 1993
- 5) Hathapradipika of Swatmarama by Digambaraji Swami & Kokaje Raghunatha Shastri, Kaivalyadham Shrimanmadhav Yogamandir Samiti, Lonavala, 1998
- 6) The Hathyoga Pradipika, Singh Pancham, Chaukhamba Sanskrit Sansthan, Varanasi, 2003

Course 3: Yoga as Therapy (100 marks – 4 credits)

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisites:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To gain understanding of the therapeutic effects of Yoga.

CO2: To gain deeper knowledge of Yogic techniques to heal various diseases.

CO3: To study Yoga as a method of dealing with stress.

CO4: To learn Asanas and Pranayama to heal diseases.

Module I: Yoga and Physical Healing (2 hours per week)

Unit I: Fundamentals of Healing Techniques in Yoga

Unit II: Stress Management

Module II: Practical (2 hours per week)

Unit III: Asana and Pranayama for stress management and healing diseases

Unit IV: Mahamudra and Mahabandha, Mahavedha Mudra, Khechari Mudra, Bhuchari Mudra, Akashi Mudra, Tratak etc.

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) Integrated approach of yoga therapy for positive health, Nagarathna, R & Nagendra, H.R., Swami Vivekananda yoga prakashan, 2003
- 2) Yogic Sukshma Vyayam, Dharendra Brahmachari, Dharendra yoga publications, New Delhi, 2003
- 3) Swasthya ke liye Yoga, Sadashiv Nimbalkar, Yogavidya Niketan, Mumbai, 2017
- 4) Yogic Management of Common Diseases, Kamananda S, Yoga Publications Trust, India.
- 5) Practical Yoga Psychology, Dr. Rishi Vivekananda, Yoga Publications Trust, Bihar.
- 6) Asana Pranayama Mudra Bandha, Satyananda Saraswati, Yoga Publications trust, Munger, Bihar, 2013
- 7) Sampurna Yogavidya- Yogasana, Pranayam, Mudra, Bandha, Shatkarma, Dhyana evam kundalini yoga, Rajiv Jain, Manjul Publishing house, 2018
- 8) Mudra Vigyan, Swami Satyananda Saraswati and Swami Niranjananda Saraswati, Yoga Publications Trust, Bihar.

Course 4: Tantrayukti (50 marks – 2 credits)**Total Credits: 02****Total Marks: 50****University Assessment: 25****Internal Assessment: 25****Prerequisites:**

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To gain knowledge regarding the techniques of textual interpretation

CO2: To gain knowledge of a comprehensive methodology of the study of a particular branch of knowledge

CO3: To use Tantrayuktis to interpret texts of Yogashastra

Module I: Introduction to Tantrayukti (2 hours per week)

Unit I: Doctrine of Tantrayukti: meaning, various types and sources

Module II: Application of Tantrayuktis in interpretation of Yoga texts (2 hours per week)

Unit II: Patanjala Yoga Sutra

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Module II –

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) Lele, W.K., Methodology of Ancient Indian Sciences, Chaukhamba Surbharati Prakashan, Varanasi, 1981
- 2) Lele, W.K., The Doctrine of the Tantrayuktis, Chaukhamba Prakashan, Varanasi, 1981
- 3) Charaka Samhita, Vol. I to V, Gulabkunverba Ayurvedic Society, Jamnagar, 1949
- 4) Sastri Ganapathi T., Arthashastra of Kautilya, New Bharatiya Book Corpn, Delhi, 2006

Online Sources:

- 5) https://www.academia.edu/12132105/Tantrayukti_THE_DOCTRINE_OF_TANTRAYUKTI_AN_ANCIENT_INDIAN_SCIENTIFIC_and_THEORETICAL_TEXT_CONSTRUCTION_MANUAL

6) https://www.academia.edu/3629764/The_Role_of_Tantrayuktis_in_Indian_Research_Methodology?rhid=27606377249&swp=rr-rw-wc-12132105

7) https://youtu.be/jv7__89cLMI

Electives:

Course Name: Elective 1: Yoga and Allied Therapies

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisite:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To get acquainted with other therapy methods similar to and influenced by Yoga.

CO2: To gain understanding of Oriental therapy methods.

CO3: To get acquainted with healing methods that use means like prana and energy points in the body.

Module I: Allied Therapies (2 hours per week)

Unit I: Acupressure, Acupuncture, Reiki

Unit II: Naturopathy

Module II: Yoga-based Healing Therapies (2 hours per week)

Unit III: Study of healing therapies such as Pranic Healing, Past Life regression, aroma therapy, colour therapy

Unit IV: Marmachikitsa

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) The Energy Pathways in Our Body, Dr. Rama Venkataraman, Shrikunj Sadbhavana Munch.
- 2) The Ancient Science and Art of Pranic Healing, Master Choa Kok Sui, Institute for Inner studies.
- 3) The Original Reiki Handbool of Dr. Mikao Usui, Frank Arjava Peter.
- 4) Ayurveda and Marma Therapy, Dr. David Frawley, Dr. Subhash Ranade and Dr. Avinash Lele.

Course Name: Elective 2: Yoga Education in the Present Era

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisite:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To understand how Yogic methods can be used as a part of education in the modern era.

CO2: To understand how Yoga could be developed as a subject in academics in school and colleges.

CO3: To get acquainted with the modern schools of yoga and their perspectives.

Module I: Yoga Pedagogy (2 hours per week)

Unit I: Yoga for school students

Unit II: Introduction to Yogashastra for college students

Module II: Modern Schools of Yoga (2 hours per week)

Unit III: Iyengar School of Yoga, Bihar School of Yoga etc.

Unit IV: Ghantali Mitra Mandal, Swami Vivekananda Yoga Anusandhana Samsthana etc.

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) Yoga, A Healthy Way of Living, Upper Primary Stage, National Council of Educational Research and Training, 2015
- 2) Yoga for Children, Ministry of Ayush, Government of India, 2023
- 3) Yoga Education, Dr. Kamakhya Kumar, Shipra Publication, 2012

Research Project (100 Marks – 4 credits)

SEMESTER IV

Course 1: Literature on Yoga (100 marks – 4 credits)

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisites:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To get acquainted with Sanskrit literature based on Yoga.

CO2: To get knowledge of Yoga through writings of contemporary Yoga philosophers.

CO3: To gain a practical understanding of different meditative practices.

Module I: Yoga Texts and Writings (2 hours per week)

Unit I: Yogataravali of Shankaracharya, Shiva Samhita

Unit II: Swami Vivekandanda's Rajayoga, Integral Yoga of Sri Aurobindo

Module II: Practical (2 hours per week)

Unit III: Asanas and Pranayama

Unit IV: Meditation

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) Yogataravali, Ed. Keshav Ramchandra Joshi, Siddhayoga Samshodhan Pratishthan, Pune, 2013
- 2) Yogataravali, Tr. Ramshankar Bhattacharya, Bharatiya Vidya Prakashan, Delhi, 1987
- 3) Shiva Samhita, Tr. Srisa Chandra Vasu, The Panini Office, Allahabad, 1914
- 4) Raja Yoga, Swami Vivekananda, Advaita Ashrama, Kolkata, 2016
- 5) The Synthesis of Yoga, Sri Aurobindo, The Complete Works of Sri Aurobindo, Vols 23 and 24, Sri Aurobindo Ashram Trust, 1999

Course 2: Study of Yogavasishtha (100 marks – 4 credits)

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisites:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To get acquainted with the text of Yogavasishtha.

CO2: To gain understanding of different Yoga-related concepts in Yogavasishtha.

CO3: To understand the concept of Yoga from the perspective of Sage Vasishtha.

Module I: Select verses from Vairagya, Mumukshu and Utpatti (2 hours per week)

Unit I: Prakarana 1- Vairagya

Unit II: Prakarana 2- Mumukshu

Unit III: Prakarana 3- Utpatti

Module II: Select verses from Sthiti, Upashanti and Nirvana (2 hours per week)

Unit IV: Prakarana 4- Sthiti

Unit V: Prakarana 5- Upashanti

Unit VI: Prakarana 6- Nirvana

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) The Yogavasistha of Valmiki (Volumes 1 and 2), com. Vasistha-maharamayana-tantra-prakasha, Ed. Vasudeva Laxmana Sharma Pansikar, Motilal Banarasidas Publishers.
- 2) Yoga-Vasistha of Valmiki, Ed. Ravi Prasad Arya, Pranav Publications.
- 3) Subodh Yogavasishtha (Marathi), Suman Mahadeokar, Yashwant Prakashan, Pune.
- 4) Yogavasishtha aur Bharatiya Pramparaye, Radhavallabh Tripathi, Sahitya Akademi, Chennai.

Course 3: Yoga in Bhagavadgeeta (100 marks – 4 credits)

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisites:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To get acquainted with the text of Bhagavadgeeta.

CO2: To gain understanding of various Yoga-related concepts in the Bhagavadgeeta.

CO3: To gain understanding of Yoga of action, devotion, and knowledge as given in Bhagavadgeeta.

Module I: Bhagavadgeeta part I (2 hours per week)

Unit I: Adhyaya 1-4

Unit II: Adhyaya 5-9

Module II: Bhagavadgita part II (2 hours per week)

Unit III: Adhyaya 10-14

Unit IV: Adhyaya 15-18

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) Bhagavad-Gita As It Is by A C Bhaktivedanta Swami Prabhupada, Bhaktivedanta Book Trust, 1 March, 1997.
- 2) The Holy Geeta by Swami Chinmayananda, Central Chinmaya mission trust, Bombay, 1992 The Bhagavadgita As a philosophy of God-Realisation, R.D.Ranade, Bharatiya Vidya Bhavan, Mumbai-2001.
- 3) Shrimad Bhagawat Gita (Shankar Bhashya), Gita Press, Gorakhpur.
- 4) Bhagavad-Gita with the Commentary of Shankaracharya, Tr. Swami Gambhirananda, Nesma Books.

Course Name: Elective 1: Yoga in Creative Arts (100 marks- 4 credits)

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisite:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To gain an understanding of Arts and Aesthetics in connection to Yoga

CO2: To understand how Yogic concepts are portrayed through paintings and sculptures.

CO3: To understand how music and dance express different kinds of Yogic concepts.

Module I: Yoga in Aesthetics (2 hours per week)

Unit I: Rasa theory as per Bharata's Natyashastra

Unit II: Abhinavagupta's understanding of Rasa

Module II: Yoga in Performing Arts (2 hours per week)

Unit III: Yoga in Music, dance, sculpture and painting etc.

Paper Pattern –

Module I -

Q.1) Answer in detail (1 out of 2) 10 Marks

Q.2) Write short notes (2 out of 3) 15 Marks

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:

Internal Marks: Continuous Assessment 50% and examination 50%

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) Natyashashtra, Manmohan Ghosh, Sanskrit text and English translation, Chaukhamba Surbharati Prakashan, Varanasi, 2022
- 2) G. K. Bhat, Rasa Theory and Allied Problems, M. S. University Baroda, 1984
- 3) Sudhakar Pandey, Vashishtha Narayan Jha, Glimpses of Ancient Indian Poetics from Bharata to Jagannātha, Sri Satguru Publications, 1993
- 4) P. V. Kane, History of Sanskrit Poetics, MLBD, New Delhi, 1971
- 5) V. M. Kulkarni, Some Aspects of the Rasa Theory: A Collection of Papers Read at the "Rasa" Seminar, B.L. Institute of Indology, 1986 – Aesthetics
- 6) Priyadarshi Patnaik, Rasa in Aesthetics - An Application of Rasa Theory to Modern Western Literature, D. K. Printworld Pvt. Ltd.
- 7) Integrating Art Therapy and Yoga Therapy, Karen Gibbons, Jessica Kingsley Publishers, 2015
- 8) Art as Contemplative Practice, Michael A. Franklin, State University of New York Press, 2017
- 9) Yoga for Artists, Peter Ferko, CreateSpace Independent Publishing Platform, 2016
- 10) Dance as Yoga, Rekha Tandon, Niyogi Books, 2017
- 11) Yoga + Dance, Yoga Journal Co., 2019

- 12) Depiction of Yoga Mudra in Contemporary Art, Amit Kumar Das, Rishihood University, 2020
- 13) Music as Yoga, Swami Sivananda, The Divine Life Society, Uttarakhanda, 2011

Course Name: Elective 2: Applied Yoga (100 marks- 4 credits)

Total Credits: 04

Total Marks: 100

University Assessment: 50

Internal Assessment: 50

Prerequisite:

Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)

Course Outcomes:

CO1: To understand how Yoga can be applied in day-to-day life.

CO2: To understand modified forms of Yogasanas structured for a modern life.

CO3: To gain understanding of how Yoga-related concepts can be applied in corporate offices to enhance their functioning.

Module I: Yoga in Daily life (2 hours per week)

Unit I: Chair Yoga, Vinyasa Yoga

Unit II: Application of Yama and Niyama in daily life

Module II: Yoga in Corporate World (2 hours per week)

Unit III: Yoga at Workplace

Unit IV: Yoga in Leadership

Paper Pattern –

Module II –

Q.3) Answer in detail (1 out of 2) 10 Marks

Q.4) Write short notes (2 out of 3) 15 Marks

Evaluation and Assessment:**Internal Marks: Continuous Assessment 50% and examination 50%**

(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

References:

- 1) Applied Yoga, Dr. M.L. Gharote, Kaivalyadhama Samiti, Lonavala, 2012
- 2) The Complete Book of Vinyasa Yoga, Srivatsa Ramaswami, Marlowe & Co., Boston, 2005
- 3) K. S. Joshi, Yoga In Daily Life, Orient Paperback, Delhi, 1968
- 4) Jarna Parikh, A Daily Yoga and Meditation Practice Is Essential in the Workplace Environment, CreateSpace Independent Publishing Platform, 2018
- 5) Kimberly Daane, Yoga as a means of increasing Job satisfaction in the workplace, University of Wisconsin, Stout, 2018

Online Sources:

- 6) https://www.academia.edu/92303068/Well_Being_at_Workplace_A_Perspective_from_Traditions_of_Yoga_and_Ayurveda?sm=b
- 7) https://www.academia.edu/97387790/Yoga_Maintaining_Healthy_Employees_at_Workplace?sm=b
- 8) https://www.academia.edu/63939176/Well_being_at_workplace_through_mindfulness_Influence_of_Yoga_practice_on_positive_affect_and_aggression?sm=b

Research Project (150 Marks – 6 credits)

MA (Sanskrit-Yogashastra)

Program me Name	Course Name	Course Outcomes	Pre-requisite s	Module (1 credit = 15 teaching hours)	Unit	Text/Reference
M.A. (Sanskrit-Yogashast ra)						
Semester III	Course 1: Yoga Upanishads (4 credits)	CO1: To understand how Yoga is reflected in various Upanishads. CO2: To understand the concept of Yoga through Dhyana Bindu and Shandilya Upanishads. CO3: To understand the concept of Yoga	Complete d the coursewo rk for MA Sanskrit-Yogashas tra sem I and sem II or Graduati on from any faculty (Level 8)	Module I: Philosophy of Yoga Upanishads (2 hours per week= 30 teaching hours) Module II: Module II:	Unit I: Introduction to Yoga Upanishads, their composition and importance in the study of Yogashastra etc Unit II: Darshanopanish ad Unit III: Dhyana Bindu Upanishad	References: 1) The Yoga Upanishads, T.R. Srinivasa Ayyangar, The Adyar Library and Research Centre. 2) Thirty Minor Upanishads by Narainswamy Aiyar K. Adyar, 1914 3) Nadabindu and DhyanaBindu Upanishads, Swami Satyadharma Saraswati, tr. Ruth Perini. 4) Shandilya Upanishad: Timeless

		through Darshanopanishad		Yogopanishad texts (2 hours per week= 30 teaching hours)	Unit IV: Shandilya Upanishad	Teachings on the Eightfold Path of Yoga, Ruth Perini.
	Course 2: Study of Hathayogapradi pika (100 marks – 4 credits)	CO1: To understand the concept of Yoga through the text of Hathayogapradi pika. CO2: To gain textual understanding of Hathayogapradi pika. CO3: To encourage students to apply concepts like asanas, pranayama, mudras and	Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)	Module I: Study of Asanas and Pranayama (2 hours per week) = 30 teaching hours)	Unit I: Select Portion from Upadeshas 1 and 2	References: 1) Kundalini Hathayoga Pradipika, Michael Beloved 2) Hathayoga Pradipika, Swami Swatmarama, Yogavidya.com, 2002 3) Exploring The Yogasutra, Daniel and Raveh, Philosophy and Translation, Continnum, 2012 4) Hathayoga Pradipika, Swami Muktabodhananda,
				Module II: Study of Mudra and Samadhi (2	Unit II: Select Portion from Upadeshas 3 and 4	

		Samadhi (meditation) in practical life.		hours per week) (2 credits = 30 teaching hours)		Bihar school of Yoga, 1993 5) Hathapradipika of Swatmarama by Digambaraji Swami & Kokaje Raghunatha Shastri, Kaivalyadham Shrimanmadhav Yogamandir Samiti, Lonavala, 1998 6) The Hathyoga Pradipika, Singh Pancham, Chaukhamba Sanskrit Sansthan, Varanasi, 2003
	Course 3: Yoga as Therapy (100 marks - 4 credits)	CO1: To gain understanding of the therapeutic effects of Yoga. CO2: To gain deeper knowledge of Yogic	Complete the coursework for MA Sanskrit-Yogashashtra sem I and sem	Module I: Yoga and Physical Healing (2 hours per week) (2 credits = 30 teaching hours)	Unit I: Fundamentals of Healing Techniques in Yoga Unit II: Stress Management	References: 1) Integrated approach of yoga therapy for positive health, Nagarathna, R & Nagendra, H.R., Swami Vivekananda yoga prakashan, 2003

		techniques to heal various diseases. CO3: To study Yoga as a method of dealing with stress. CO4: To learn Asanas and Pranayama to heal diseases.	II or Graduation from any faculty (Level 8)			2) Yogic Sukshma Vyayam, Dharendra Brahmachari, Dharendra yoga publications, New Delhi, 2003 3) Swasthya ke liye Yoga, Sadashiv Nimbalkar, Yogavidya Niketan, Mumbai, 2017 4) Yogic Management of Common Diseases, Kamananda S, Yoga Publications Trust, India. 5) Practical Yoga Psychology, Dr. Rishi Vivekananda, Yoga Publications Trust, Bihar. 6) Asana Pranayama Mudra Bandha, Satyananda Saraswati, Yoga
				Module II: Practical (2 hours per week) (2 credits = 30 teaching hours)	Unit III: Asana and Pranayama for stress management and healing diseases Unit IV: Mahamudra and Mahabandha, Mahavedha Mudra, Khechari Mudra, Bhuchari Mudra, Akashi Mudra, Tratak etc.	

						Publications trust, Munger, Bihar, 2013 7) Sampurna Yogavidya- Yogasana, Pranayam, Mudra, Bandha, Shatkarma, Dhyana evam kundalini yoga, Rajiv Jain, Manjul Publishing house, 2018 8) Mudra Vigyan, Swami Satyananda Saraswati and Swami Niranjananda Saraswati, Yoga Publications Trust, Bihar.
	Course 4: Tantrayukti (50 marks – 2 credits)	CO1: To gain knowledge regarding the techniques of textual interpretation	Complete the coursework for MA Sanskrit-	<i>Module I:</i> Introduction to Tantrayukti (2 hours per week)	Unit I: Doctrine of Tantrayukti: meaning, various types and sources	References: 1) Lele, W.K. <i>Methodology of Ancient Indian Sciences</i>,

		CO2: To gain knowledge of a comprehensive methodology of the study of a particular branch of knowledge CO3: To use Tantrayuktis to interpret texts of Yogashastra	Yogashastra sem I and sem II or Graduation from any faculty (Level 8)	(2 credits = 30 teaching hours)		Chaukhamba Surbharati Prakashan, Varanasi, 2006 2) Lele, W.K. <i>The Doctrine of the Tantrayuktis</i> , Chaukhamba Prakashan, Varanasi, 1981 3) <i>Caraka Samhitā</i> , vol. I to V, Gulabkunverba Ayurvedic Society, Jamnagar, 1949 4) Sastri Ganapathi.T. <i>Arthaśāstra of Kautilya</i> , New Bharatiya Book Corpn, Delhi, 2006
	Elective 1: Yoga and Allied Therapies	CO1: To get acquainted with other therapy	Complete the coursewo	Module I: Allied Therapies	Unit I: Acupressure,	References: 1) The Energy Pathways in Our Body,

		methods similar to and influenced by Yoga. CO2: To gain understanding of Oriental therapy methods. CO3: To get acquainted with healing methods that use means like prana and energy points in the body.	rk for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)	(2 hours per week) (2 credits = 30 teaching hours) Unit I: Acupressure, Acupuncture, Reiki Unit II: Naturopathy (2 hours per week) (2 credits = 30 teaching hours)	Acupuncture, Reiki Unit II: Naturopathy	Dr. Rama Venkataraman, Shrikunj Sadbhavana Munch. 2) The Ancient Science and Art of Pranic Healing, Master Choa Kok Sui, Institute for Inner studies. 3) The Original Reiki Handbool of Dr. Mikao Usui, Frank Arjava Peter. 4) Ayurveda and Marma Therapy, Dr. David Frawley, Dr. Subhash Ranade and Dr. Avinash Lele.
				Module II: Yoga-based Healing Therapies (2 hours per week)	Unit III: Study of healing therapies such as Pranic Healing, Past Life regression,	

				(2 hours per week) (2 credits = 30 teaching hours)	aroma therapy, colour therapy Unit IV: Marmachikitsa	
	Elective 2: Yoga Education in the Present Era	CO1: To understand how Yogic methods can be used as a part of education in the modern era. CO2: To understand how Yoga could be developed as a subject in academics in school and colleges. CO3: To get acquainted with the modern schools of yoga and their perspectives.	Completed the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)	Module I: Yoga Pedagogy (2 hours per week) (2 credits = 30 teaching hours)	Unit I: Yoga for school students Unit II: Introduction to Yogashastra for college students	References: 1) Yoga, A Healthy Way of Living, Upper Primary Stage, National Council of Educational Research and Training, 2015 2) Yoga for Children, Ministry of Ayush, Government of India, 2023 3) Yoga Education, Dr. Kamakhya Kumar, Shipra Publication, 2012
				Module II: Modern Schools of Yoga (2 hours per week) (2	Unit III: Iyengar School of Yoga, Bihar School of Yoga etc. Unit IV: Ghantali Mitra	

				credits = 30 teaching hours)	Mandal and Swami Vivekananda Yoga Anusandhana Samsthana etc.	
Research Project (100 Marks – 4 credits)						
Semester IV	Course 1: Literature on Yoga (100 marks – 4 credits)	CO1: To get acquainted with Sanskrit literature based on Yoga. CO2: To get knowledge of Yoga through writings of contemporary Yoga philosophers. CO3: To gain a practical understanding of different	Complete the coursework for MA Sanskrit-Yogashas tra sem I and sem II or Graduation from any faculty (Level 8)	Module I: Module I: Yoga Texts and Writings (2 hours per week) (2 credits = 30 teaching hours)	Unit I: Yogataravali of Shankaracharya , Shiva Samhita Unit II: Swami Vivekandanda's Rajayoga, Integral Yoga of Sri Aurobindo	References: 1) Yogataravali, Ed. Keshav Ramchandra Joshi, Siddhayoga Samshodhan Pratishthan, Pune, 2013 2) Yogataravali, Tr. Ramshankar Bhattacharya, Bharatiya Vidya Prakashan, Delhi, 1987 3) Shiva Samhita, Tr. Srisa Chandra Vasu,
				Module II: Practicals (2 hours per	Unit III: Asanas and Pranayama	

		meditative practices.		week) (2 credits = 30 teaching hours)	Unit IV: Meditation	The Panini Office, Allahabad, 1914 4) Raja Yoga, Swami Vivekananda, Advaita Ashrama, Kolkata, 2016 5) The Synthesis of Yoga, Sri Aurobindo, The Complete Works of Sri Aurobindo, Vols 23 and 24, Sri Aurobindo Ashram Trust, 1999
	Course 2: Study of Yogavasishtha (100 marks – 4 credits)	CO1: To get acquainted with the text of Yogavasishtha. CO2: To gain understanding of different Yoga-related concepts in Yogavasishtha.	Completed the coursework for MA Sanskrit-Yogashashtra sem I and sem II or	Module I: Select verses from Vairagya, Mumukshu and Utpatti (2 hours per week)	Unit I: Prakarana Vairagya Unit II: Prakarana Mumukshu Unit III: Prakarana Utpatti	References: 1) The Yogavasistha of Valmiki (Volumes 1 and 2), com. Vasistha-maharamayana-tantra-prakasha, Ed. Vasudeva Laxmana Sharma Pansikar, Motilal Banarasidas Publishers.

		CO3: To understand the concept of Yoga from the perspective of Sage Vasishtha.	Graduation from any faculty (Level 8)	(2 credits = 30 teaching hours)		2) Yoga-Vasistha of Valmiki, Ed. Ravi Prasad Arya, Pranav Publications. 3) Subodh Yogavasishtha (Marathi), Suman Mahadeokar, Yashwant Prakashan, Pune. 4) Yogavasishtha aur Bharatiya Pramparaye, Radhavallabh Tripathi, Sahitya Akademi, Chennai.
				Module II: Select verses from Sthiti, Upashanti and Nirvana (2 hours per week) (2 credits = 30 teaching hours)	Unit IV: Prakarana 4-Sthiti Unit V: Prakarana 5-Upashanti Unit VI: Prakarana 6-Nirvana	
	Course 3: Yoga in Bhagavadgeeta (100 marks – 4 credits)	CO1: To get acquainted with the text of Bhagavadgeeta. CO2: To gain understanding of various Yoga-related	Completed the coursework for MA Sanskrit-Yogashastra sem I	Module I: Bhagavadgeeta part I (2 hours per week) (2 credits = 30 teaching hours)	Unit I: Adhyaya 1-4 Unit II: Adhyaya 5-9	1) Bhagavad-Gita As It Is by A C Bhaktivedanta Swami Prabhupada, Bhaktivedanta Book Trust, 1 March, 1997. 2) The Holy Geeta by Swami Chinmayananda, Central Chinmaya mission

		concepts in the Bhagavadgeeta. CO3: To gain understanding of Yoga of action, devotion, and knowledge as given in Bhagavadgeeta.	and sem II or Graduation from any faculty (Level 8)			trust, Bombay, 1992 The Bhagavadgita As a philosophy of God-Realisation, R.D.Ranade, Bharatiya Vidya Bhavan, Mumbai-2001.
				Module II: Bhagavadgita part II (2 hours per week) (2 credits = 30 teaching hours)	Unit III: Adhyaya 10-14 Unit IV: Adhyaya 15-18	3) Shrimad Bhagawat Gita (Shankar Bhashya), Gita Press, Gorakhpur.
				Module II: Sanskrit Poetry Literature (1 hour per week) (1 credit = 15 teaching hours)	Unit III: Panchamahakavyasa Unit IV: Khandakavya	4) Bhagavad-Gita with the Commentary of Shankaracharya, Tr. Swami Gambhirananda, Nesma Books.

	Course Name: Elective 1: Yoga in Creative Arts (100 marks- 4 credits)	CO1: To gain an understanding of Arts and Aesthetics in connection to Yoga CO2: To understand how Yogic concepts are portrayed through paintings and sculptures. CO3: To understand how music and dance express different kinds of Yogic concepts.	Complete the coursework for MA Sanskrit-Yogashastra sem I and sem II or Graduati on from any faculty (Level 8)	Module I: Yoga in Painting and Sculpture (2 hours per week) (2 credits = 30 teaching hours)	Unit I: Study of Paintings and Sculptures	References: 1. Natyashashtra, Manmohan Ghosh, Sanskrit text and English translation, Chaukhamba Surbharati Prakashan, Varanasi, 2022 2. G. K. Bhat, Rasa Theory and Allied Problems, M. S. University Baroda, 1984 3. Sudhakar Pandey, Vashishtha Narayan Jha, Glimpses of Ancient Indian Poetics from Bharata to Jagannātha, Sri Satguru Publications, 1993 4. P. V. Kane, History of Sanskrit Poetics, MLBD, New Delhi, 1971
				Module II: Yoga in Music and Dance 2 hours per week) (2 credits = 30 teaching hours)	Unit II: Yoga in Music Unit III: Yoga in Dance	

						5. V. M. Kulkarni, Some Aspects of the Rasa Theory: A Collection of Papers Read at the "Rasa" Seminar, B.L. Institute of Indology, 1986 – Aesthetics 6. Priyadarshi Patnaik, Rasa in Aesthetics - An Application of Rasa Theory to Modern Western Literature, D. K. Printworld Pvt. Ltd. 7. Integrating Art Therapy and Yoga Therapy, Karen Gibbons, Jessica Kingsley Publishers, 2015 8. Art as Contemplative Practice, Michael A. Franklin, State University of New York Press, 2017
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						9. Yoga for Artists, Peter Ferko, CreateSpace Independent Publishing Platform, 2016 10. Dance as Yoga, Rekha Tandon, Niyogi Books, 2017 11. Yoga + Dance, Yoga Journal Co., 2019 12. Depiction of Yoga Mudra in Contemporary Art, Amit Kumar Das, Rishihood University, 2020 13. Music as Yoga, Swami Sivananda, The Divine Life Society, Uttarakhand, 2011
	Elective 2: Applied Yoga (100 marks- 4 credits)	CO1: To understand how Yoga can be applied in day-to-day life.	Completed the coursework for MA	Module I: Yoga in Aesthetics (2 hours per week)	Unit I: Rasa theory as per Bharata's Natyashastra	References: 1) Applied Yoga, Dr. M.L. Gharote, Kaivalyadhama

		CO2: To understand modified forms of Yogasanas structured for a modern life. CO3: To gain understanding of how Yoga-related concepts can be applied in corporate offices to enhance their functioning.	Sanskrit-Yogashastra sem I and sem II or Graduation from any faculty (Level 8)		Unit II: Abhinavagupta's understanding of Rasa	Samiti, Lonavala, 2012 2) The Complete Book of Vinyasa Yoga, Srivatsa Ramaswami, Marlowe & Co., Boston, 2005 3) K. S. Joshi, Yoga In Daily Life, Orient Paperback, Delhi, 1968 4) Jarna Parikh, A Daily Yoga and Meditation Practice Is Essential in the Workplace Environment, CreateSpace Independent Publishing Platform, 2018 5) Kimberly Daane, Yoga as a means of increasing Job
				Module II: Yoga in Performing Arts (2 hours per week) (2 hours per week) (2 credits = 30 teaching hours)	Unit III: Yoga in Music, dance, sculpture and painting etc.	

						satisfaction in the workplace, University of Wisconsin, Stout, 2018
	On-job Training/ Field Project (4 credits)					
Research Project (150 Marks – 6 credits)						

Letter Grades and Grade Points

Semester GPA/ Program CGPA Semester/ Program	% of Marks	Alpha-Sign / Letter Grade Result
9.00-10.00	90.0-100	O (Outstanding)
8.00-< 9.00	80.0-< 90.0	A+ (Excellent)
7.00-< 8.00	70.0-< 80.0	A (Very Good)
6.00-< 7.00	60.0-< 70.0	B+ (Good)
5.50-< 6.00	55.0-< 60.0	B (Above Average)
5.00-< 5.50	50.0-< 55.0	C (Average)
4.00-< 5.00	40.0-< 50.0	P (Pass)
Below 4.00	Below 40	F (Fail)
Ab (Absent)	-	Absent

Sign of the BOS Chairman
Name of the Chairman
BOS in

Sign of the
Offg. Associate Dean
Name of the Associate
Dean
Faculty of

Sign of the
Offg. Associate Dean
Name of the Associate
Dean
Faculty of

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Faculty of