

# University of Mumbai



AAMS\_UGS /ICC/2022-23/ 76

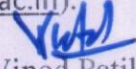
## CIRCULAR:-

Sub :- M.A (Sanskrit) (Yogashastra).

Ref :- RB/MU-2022/CR-207/Edn-5/899, dated 18<sup>th</sup> August, 2022.

All the Principals of the Affiliated Colleges, the Head of the University Department and Directors of the recognized Institutions in Faculty of Humanities are hereby informed that the recommendations made by the Ad-hoc Board of Studies in **Sanskrit, Pali and Prakrit** at its online meeting held on 30<sup>th</sup> April, 2022 vide item No. 2 and subsequently passed by the Board of Deans at its online meeting held on 2<sup>nd</sup> May, 2022 vide item No. 5.23 (N) have been accepted by the Academic Council at its meeting held on 17<sup>th</sup> May, 2022, vide item No. 5.23 (N) and subsequently approved by the Management Council at its meeting held on 25<sup>th</sup> May, 2022 vide item No. 4 and that in accordance therewith, in exercise of the powers conferred upon the Management Council under Section 74(4) of the Maharashtra Public Universities Act, 2016 (Mah. Act No. VI of 2017) the Ordinance 6783 & 6784 Regulations 9540 & 9541 and the syllabus of **M.A (Sanskrit) (Yogashastra) Sem – I to IV (CBCS)** has been introduced and the same have been brought into force with effect from the academic year 2022-23, accordingly. (The same is available on the University's website [www.mu.ac.in](http://www.mu.ac.in)).

MUMBAI – 400 032  
20<sup>th</sup> August, 2022

  
(Dr. Vinod Patil)  
I/c. REGISTRAR

To,

The Principals of the Affiliated Colleges, the Head of the University Department and Directors of the recognized Institutions in Faculty of Humanities.

A.C/5.23(N)/17/5/2022

M.C/4/25/5/2022

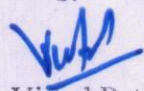
\*\*\*\*\*

AAMS\_UGS/ICC/2022-23/ 76

20<sup>th</sup> August, 2022

Copy forwarded with Compliments for information to:-

- 1) The Chairman, Board of Deans
- 2) The Dean, Faculty of Humanities,
- 3) The Chairman, Ad-hoc Board of Studies in Sanskrit, Pali and Prakrit,
- 4) The Director, Board of Examinations and Evaluation,
- 5) The Director, Board of Students Development,
- 6) The Director, Department of Information & Communication Technology,
- 7) The Co-ordinator, MKCL.

  
(Dr. Vinod Patil)  
I/c. REGISTRAR

**Copy to :-**

- 1. The Deputy Registrar, Academic Authorities Meetings and Services (AAMS),**
- 2. The Deputy Registrar, College Affiliations & Development Department (CAD),**
- 3. The Deputy Registrar, (Admissions, Enrolment, Eligibility and Migration Department (AEM),**
- 4. The Deputy Registrar, Research Administration & Promotion Cell (RAPC),**
- 5. The Deputy Registrar, Executive Authorities Section (EA),**
- 6. The Deputy Registrar, PRO, Fort, (Publication Section),**
- 7. The Deputy Registrar, (Special Cell),**
- 8. The Deputy Registrar, Fort/ Vidyanagari Administration Department (FAD) (VAD), Record Section,**
- 9. The Director, Institute of Distance and Open Learning (IDOL Admin), Vidyanagari,**

**They are requested to treat this as action taken report on the concerned resolution adopted by the Academic Council referred to in the above circular and that on separate Action Taken Report will be sent in this connection.**

- 1. P.A to Hon'ble Vice-Chancellor,**
- 2. P.A Pro-Vice-Chancellor,**
- 3. P.A to Registrar,**
- 4. All Deans of all Faculties,**
- 5. P.A to Finance & Account Officers, (F.& A.O),**
- 6. P.A to Director, Board of Examinations and Evaluation,**
- 7. P.A to Director, Innovation, Incubation and Linkages,**
- 8. P.A to Director, Board of Lifelong Learning and Extension (BLLE),**
- 9. The Director, Dept. of Information and Communication Technology (DICT) (CCF & UCC), Vidyanagari,**
- 10. The Director of Board of Student Development,**
- 11. The Director, Department of Students Welfare (DSD),**
- 12. All Deputy Registrar, Examination House,**
- 13. The Deputy Registrars, Finance & Accounts Section,**
- 14. The Assistant Registrar, Administrative sub-Campus Thane,**
- 15. The Assistant Registrar, School of Engg. & Applied Sciences, Kalyan,**
- 16. The Assistant Registrar, Ratnagiri sub-centre, Ratnagiri,**
- 17. The Assistant Registrar, Constituent Colleges Unit,**
- 18. BUCTU,**
- 19. The Receptionist,**
- 20. The Telephone Operator,**
- 21. The Secretary MUASA**

**for information.**

AC – 17/05/2022  
Item No. – 5.23 (N)

# **UNIVERSITY OF MUMBAI**



**Syllabus for M.A. (Sanskrit) (Yogashastra)**

**Sem- I to IV**

**(Choice Based Credit System)**

**(Introduced with effect from the academic year 2022-23)**

# UNIVERSITY OF MUMBAI



## Syllabus for Approval

Sr. No.	Heading	Particulars
1	Title of the Course <b>O.6783</b>	M.A. (Sanskrit) (Yogashastra)
2	Eligibility for Admission <b>O.6784</b>	Bachelor's Degree in any faculty with an entrance test of 200 marks. Entrance test will focus on the candidate's primary knowledge of Yogashastra.
3	Passing Marks	40 %
4	Ordinances / Regulations (if any)	As per university rules
5	No. of Years / Semesters	2 Years/ 4 Semesters
6	Level	P.G. / U.G./ <del>Diploma</del> / Certificate
7	Pattern	<del>Yearly</del> / Semester
8	Status	New / <del>Revised</del>
9	To be implemented from Academic Year	From Academic Year 2022-23

MeVansalay

Signature of BOS Chairperson :

Signature of Dean:

P. J. Chavan



**Preamble for M.A. (Sanskrit) (Yogashastra)**

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.

**Aims for M.A. (Sanskrit) (Yogashastra)**

1. To understand the origin and development of Yogashastra in ancient Indian knowledge system.
2. To study varied texts on Yogashastra
3. To study the application of ancient knowledge in present times

**Objectives for M.A. (Sanskrit) (Yogashastra) :**

1. To inculcate the ability to read, understand and interpret texts on Yogashastra
2. To highlight the mind-body-soul complex operative in Yogic practices.
3. To make students aware about the significance of Yogashastra in holistic health.

**Programme Specific Outcomes for M.A. (Sanskrit) (Yogashastra) :**

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

**O.6783 Title:** M.A. (Sanskrit) (Yogashastra)

**O.6784 Eligibility :** Bachelor's Degree in any faculty with an entrance test of 200 marks. Entrance test will focus on the candidate's primary knowledge of Yogashastra.

**R. 9540 Intake Capacity:**

60 Students.

**Mode of Teaching-Learning:**

Blended mode with offline and online lectures.

**Admission Fees :** As per University Rule

**Examination Fee :** As per University Rule

**R.9541 Standard of Passing: 40%**

### **Sem –I**

**Paper 1- Sanskrit Parichaya** (Credits: 4) Marks: 60

Unit 1: 15 Marks Credit 1

- a) Grammar Topics: Verbs (Conjugation 1,4,6,10)
- b) Participles: Present and Past Active and Passive participles
- c) Gerunds
- d) Nouns Vowel ending (M/F/N) Syntax
- e) Pronouns
- f) Sandhi and Samasa

Unit 2: 15 Marks Credit 1

- a) Introduction to Sanskrit Literature (Prose): Story literature, Prose works like the Kadambari and Harshacharit by Banabhatta

Unit 3: 15 Marks Credit 1

- a) Simple essays, Short stories, Dialogues

b) Subhashitas, Selected shlokas from the Bhagavadgita

Unit 4: 15 Marks Credit 1

a) Introduction to Sanskrit Literature (Poetry): Mahakavya and Khandakavya

b) Subhashitas, Stotra literature

Assignment:

a) Essay writing of minimum 150 words in Simple Sanskrit

b) Appreciation of 5 subhashitas

Paper Pattern:

Q1: Objective questions on Sanskrit Grammar Marks 15

Q2: Essay type questions (any one out of two) OR Marks 15

Short notes (any three out of four)

Q3 i) Dialogue writing/Story writing (any one out of two) Marks 10

ii) Translate any two subhashitas/shlokas from Bhagavadgita Marks 5

Q4: Essay type questions (any one out of two) OR Marks 15

Short notes (any three out of four)

Bibliography:

1. A Higher Sanskrit Grammar : M. R. Kale, Dhawale  
Prakashan, Mumbai
2. Saral Sanskrit Balbodh: J.K. Dave, BVB Publications,  
Mumbai
3. Sanskrit-Swayam-Shikshak (Marathi), Pt. Satawlekar,  
Swadhyaya Mandal, Pardi
4. History of Indian Literature, Maurice Winternitz,  
MLBD,

Delhi

5. Abhijat SankritSahityacha Itihas, Rtaayan, Mumbai
6. Sanskrit Sahitya ka Itihas, BaldevUpadhyaya,  
Chowkhamba, Varanasi
7. Kavikulaguru-Kalidas- Sanskrit-Vishwavidyalaya  
Series, Chief Editor, Prof Pankaj Chande

1. Rajvaryah
2. PrasiddhaVaijnyanikah
3. Devmanavah
4. Chirajjivinah
5. Vishishta Mahila

**Paper 2-Outline of Indian Philosophy (60 marks) (4 credits)**

**Unit 1-Samkhya- Yoga, Nyaya-Vaisheshika- (30 marks)**

**Unit 2-Purvamimamsa, Uttaramimamsa, Nastik Darshanas -(30 marks)**

**Assignment-Project on anyone Darshana -(20 marks)**

\*\*\*\*\*

**Paper 3-History of Yoga- (60 marks) (4 credits)**

**Unit 1- Vedic and Upanishadic roots-(30 marks)**

**Unit 2-Reflections in Buddhism and Jainism-(30 marks)**

**Assignment-Project on lineage of Yoga gurus/acharyas-(20 marks)**

\*\*\*\*\*

**Paper 4-Anatomy and Physiology-(60 marks) (4 credits)**

**Unit 1- Nervous and Endocrinal system-(30 marks)**

**Unit 2- Respiratory, Excretory, Reproductive system-(30 marks)**



**Assignment-** Write up on important body parts in Yoga practice-(20 marks)

\*\*\*\*\*

Paper Pattern-

Q.1. Write paragraphs (2 out of 3)/ (3 out of 4)

Or

Essay type question (2 out of 3)

Q.2. Write paragraphs (2 out of 3)/ (3 out of 4)

Or

Essay type question (2 out of 3)

\*\*\*\*\*

## **Sem II**

**Paper 1-** Study of Samkhyakarikas-(60 marks) (4 credits)

**Unit 1-** Karikas 1 to 36 -(30 marks)

**Unit 2-** Karikas 37 to 72-(30 marks)

**Assignment-** Project on any other work on Samkhyadarshana-(20 marks)

\*\*\*\*\*

**Paper 2-** Study of Patanjala Yogasutras-(60 marks) (4 credits)

**Unit 1-** Samadhipada-(30 marks)

**Unit 2-** Sadhanapada -(30 marks)

**Assignment-** Project on any one limb of Yoga-(20 marks)

\*\*\*\*\*

**Paper 3-** Study of Patanjala Yogasutras-(60 marks) (4 credits)

**Unit 1-** Vibhutipada-(30 marks)

**Unit 2-** Kaivalyapada -(30 marks)

**Assignment-** Project on any one limb of Yoga-(20 marks)

**Practical- Basic Asanas**

\*\*\*\*\*

**Sem-III**

**(Basket 1)**

**Paper 1- Study of Hathayogapradipika-(60 marks) (4 credits)**

**Unit 1-** Upadesha 1 & 2-(30 marks)

**Unit 2-** Upadesha 3& 4-(30 marks)

**Assignment-** Interview of a Yoga Teacher-(20 marks)

\*\*\*\*\*

**Paper 2- Study of Yogavasishtha (60 marks) (4 credits)**

**Unit 1-** Prakarana 1,2,3 Vairagya,Mumukshu, Utpatti-(30 marks)

**Unit 2-** Prakarana 4,5,6 Sthiti, Upashanti, Nirvana-(30 marks)

**Assignment-** Project on glimpses of Yoga in other forms of literature-(20 marks)

\*\*\*\*\*

**(Basket 2)**

**Paper 1- Literature on Yogasutras-(60 marks) (4 credits)**

**Unit 1-** Traditional Commentaries- Vyasabhashya etc.(30 marks)

**Unit 2-** Modern Commentaries/ literature-(30 marks)

**Assignment-** Yoga principles seen through literature in regional languages-(20 marks)

\*\*\*\*\*

**(Basket 3)**

**Paper 1-Yoga Upanishads-(60 marks ) (4 credits)**

**Unit 1-** Mandala Brahmana, Hamsa-(30 marks)

**Unit 2-** Varaha, Amritanada-(30 marks)

**Assignment-** Critical appreciation of any other Upanishad (20 marks)

\*\*\*\*\*

**Paper 2- Yoga Upanishads-(60 marks) (4 credits)**

**Unit 1- Yogakundali, Nadabindu-(30 marks)**

**Unit 2- DhyanaBindu, Shandilya-(30 marks)**

**Assignment- Critical appreciation of any other Upanishad- (20 marks)**

\*\*\*\*\*

**(Basket 4)**

**Paper 1- Yoga in Bhagavadgita-(60 marks) (4 credits)**

**Unit 1- Jnanayoga-(30 marks)**

**Unit 2- Karmayoga-(30 marks)**

**Unit 3- Bhaktiyoga-(30 marks)**

**Assignment- Project on any mystic yogi-(20 marks)**

\*\*\*\*\*

**Paper 2- Applied Yoga-(60 marks) (4 credits)**

**Unit 1- Yoga in daily life-(30 marks)**

**Unit 2- Yoga in corporate world-(30 marks)**

**Assignment- Project on any yoga related institute of present times-(20 marks)**

\*\*\*\*\*

**(Basket 5)**

**Paper 1- Yoga and allied sciences-(60 marks) (4 credits)**

**Unit 1- Pranic healing, Reiki etc. (30 marks)**

**Unit 2- Hastamudras-(30 marks)**

**Paper 2- Yoga and Allied Sciences-(60 marks) (4 credits)**

**Unit 1- Introduction to Marma-s (30 marks)**

**Unit 2- Acupressure and Acupuncture (30 marks)**

**Assignment- Interview of a beneficiary (20 marks)**

**Tutorial-Advanced Asanas**

\*\*\*\*\*

## Sem IV

### Interdisciplinary Papers

**Paper 1- Yoga and Ayurveda-**(60 marks) (4 credits)

**Unit 1-** Ayurvedic perspective for good health-(30 marks)

**Unit 2-** Ayurvedic perspective on therapy-(30 marks)

**Assignment-** Interview of a practitioner/ beneficiary-(20 marks)

\*\*\*\*\*

**Paper 2- Yoga and Psychology** -(60 marks) (4 credits)

**Unit 1-** Yoga- Bharatiya Manasashastra (30 marks)

**Unit 2-** Yoga in the light of Modern Psychology (30 marks)

**Assignment-** Interview of a practitioner/ beneficiary-(20 marks)

\*\*\*\*\*

### Skill Based Papers-

**Paper 1-**Yoga as Therapy-(60 marks) (4 credits)

**Unit 1-** Yoga in the treatment of Diabetes, Heart disease, Asthama -(30 marks)

**Unit 2-** Yoga in stress management-(30 marks)

**Assignment-** Study on modern yoga and research activities-(20 marks)

\*\*\*\*\*

**Paper 2-**Yoga and Meditation-(60 marks) (4 credits)

**Unit 1-** Dhyana -(30 marks)

**Unit 2-**Yoganidra-(30 marks)

**Assignment-**Study of Hastamudras-(20 marks)

**Tutorial-**Pranayama and meditation

\*\*\*\*\*

**Dissertation-** 100 marks (8 credits) Compulsory

## **Bibliography-**

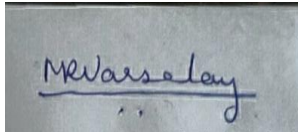
1. Thirty Minor Upanishads by Narainswamy Aiyar K. Adyar, 1914
2. The Yoga Upanishads, English Translation by T.R.Ayyangar, Adyar Library, 1938
3. Patanjali's Yogasutras, Ramaprasad, Cosmo publication, New Delhi, 2008
4. Kundalini Hathayoga Pradipika, Michael Beloved
5. Hathayoga Pradipika, Swami Swatmarama, Yogavidya.com, 2002
6. Exploring The Yogasutra, Daniel and Raveh, Philosophy and Translation, Continnum, 2012
7. Hathayoga Pradipika, Swami Muktabodhananda, Bihar school of Yoga, 1993
8. Hathapradipika of Swatmarama by Digambaraji Swami & Kokaje Raghunatha Shastri, Kaivalyadham Shrimanmadhav Yogamandir Samiti, Lonavala, 1998
9. The Hathyoga Pradipika, Singh Pancham, Chaukhamba Sanskrit Sansthan, Varanasi, 2003
10. Asana Pranayama Mudra Bandha, Satyananda Saraswati, Yoga Publications trust, Munger, Bihar, 2013
11. Integrated approach of yoga therapy for positive health, Nagarathna, R & Nagendra, H.R., Swami Vivekananda yoga prakashan, 2003
12. Asana, Kuvalayananda Swami, Kaivalyadham, Lonavala, 1993
13. Pranayama, Kuvalayananda Swami, Kaivalyadham, Lonavala, 2010
14. Yogic Sukshma Vyayam, Dharendra Brahmachari, Dharendra yoga publications, New Delhi, 2003
15. Sampurna Yogavidya- Yogasana, Pranayam, Mudra, Bandha, Shatkarma, Dhyana evam kundalini yoga, Rajiv Jain, Manjul Publishing house, 2018
16. Swasthya ke liye Yoga, Sadashiv Nimbalkar, Yogavidya Niketan, Mumbai, 2017
17. Dhayna Prachiti, Ananda Rishi, Navin Prakashan, Pune, 2013

18. Shareer Vidnyan ani Yogabhyas, M.M.Gore, Continental Prakashan, Pune, 2018
19. Yoga Nidra, Satyananda Saraswati, Yoga Publication trust, Munger, 1998
20. Yogik Kriya, Sadashiv Nimbalkar, Yog vidya Niketan, Mumbai, 1982

**(Appendix 'B')**

**New ordinances 6783 & 6784 relating to the  
M.A. (Sanskrit) (Yogashastra)**

1. Necessity for starting the course: Sanskrit Department of the University of Mumbai in its plan for expansion intends to start Masters' Degree Programme in Yogashastra. Patanjali's Yogashastra and allied text on Yoga will be the key focus in this course. Yoga is a science of wellness and is the gift of India to the world. It is not merely exercising, but it trains the mind to tackle simple and difficult situations of life in an easier way. It is the need of the hour to study these texts in detail and also understand the Indian way to wellness therapies. Therefore, a Masters' Degree Programme is essential to be undertaken by the University of Mumbai.
2. Whether the UGC has recommended the course: Yes. The New Education Policy opines that Sanskrit Departments to start courses on Yogashastra
3. Whether all the courses have commenced from the academic year (2022-23): Yes, we intend to start the Masters' Degree Programme in the academic year 2022-23.
4. The courses started by the University are self-financed, whether adequate number of eligible permanent faculties are available: The fees are as per University rule. The existing faculty members comprising of 6 full time teaching faculty and qualified visiting faculty will conduct the course
5. To give details regarding the duration of the Course and is it possible to compress the course: The Masters' Degree Programme in Epics and Puranas is a two year (four semesters) course. MA degree cannot be compressed
6. The intake capacity of each course and no. of admissions given in the current academic year: The intake capacity is 60 students. No admissions have been given as the course will commence from the academic year 2022-23.
7. Opportunities of Employability / Employment available after undertaking these courses: Students can work as teachers, researchers, wellness experts, Yoga instructors etc.



Regards,  
Dr. Madhavi Narsalay Chairperson, BoS in Sanskrit, Pali and Prakrits