# As Per NEP 2020

# University of Mumbai



# Title of the program

A - P.G. Diploma in Sanskrit - Yogashastra } 2023-24

B - M.A. (Sanskrit – Yogashastra)(Two Year) }

C - M.A.(Sanskrit - Yogashastra)(One Year) } 2027-28

# Syllabus for

Semester - Sem I & II

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

# **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 Progra	ım (Sem I. II. III & I\	V) (Table as	per Parishisht 1 with sig	in of HOD and Dean
-,	0.0000	( = = : : : : : : : : : : : : : : : : :	- / (	P - 1	, o o = =

R:\_\_\_\_\_

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

Parishisht – 1

Year (2 Yr		Sem.	M	ajor	RM	OJT / FP	RP	Cum. Cr.	Degree
PG)		(2 Yr)			-	, 11		CI.	
			Mandatory*	Electives Any one					
			Course 1 Credits 4	Credits 4	Credits 4			22	PG
		Sem I	Course 1 Credits 4	1.Yoga- Bharatiya	Research			22	Diploma
_	6.0		History of Yoga	Manasashastra	Methodology				(after 3
Ι	6.0		Course 2 Credits 4	OR					Year Degree)
			Outline of Indian						
			Philosophy	2. Study of Gherand Samhita					
			Course 3 Credits 4						
			Anatomy and Physiology						
			Course 4 Credits 2						
			Sanskrit Parichaya						
			Course 1 Credits 4	Credits 4		Credits 4		22	
		Sem II	Study of Samkhyakarikas	Yoga and Ayurveda		On-job			
			Course 2 Credits 4	OR		<b>Training</b> Assisting			

			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			
	. Cr. Fo Diploma		28	8	4	4	-	44	
	Exi	it option:	PG Diploma (44 Credits) a	after Three Year UG Degree					
II	6.5	Sem III	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)			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. Ci PGDegr	r. for 1 Yr	26	8			10	44	
Cum. Cr PGDegr	r. for 2 Yr ree	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. Shakuntala Gawde Head & Assistant Professor Department of Sanskrit Sign of Dean Name of the Dean Name of the Faculty

# Syllabus M.A. (Sanskrit- Yogashastra)

(Sem. I & II)

# Sem. I

# **Prerequisite:**

Candidate should have general understanding about Indian Philosophy with special reference to yoga school. One also should be aware of yogic postures.

# **SEMESTER I**

# Course 1: History of Yoga (100 marks- 4 credits)

#### **Course Outcomes:**

CO1: To understand the origin of Yoga.

CO2: To understand how Yoga is reflected in Vedic and Upanishadic texts.

CO3: To gain ability to perform yogasanas.

*Module I:* Vedic Origin of Yoga (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Vedic and Upanishadic roots

*Module II:* Practical (4 hours per week) (2 credits = 60 teaching hours)

Unit II: Asanas

# 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.)

- 1. The Yoga Upanishads, T.R. Srinivasa Ayyangar.
- 2. Thirty Minor Upanishads by Narainswamy Aiyar K. Adyar, 1914
- 3. Principal Upanishads, S.Radhakrishnan.

- 4. Vedic Yoga- the path of the Rishi, David Frawley.
- 5. Yogasana: The Encyclopedia of Yoga poses, Yogrishi Vishvketu.
- 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

# Course 2: Outline of Indian Philosophy (100 marks- 4 credits)

# **Course Outcomes:**

CO1: To understand how Yoga is reflected in the schools of Indian philosophy.

CO2: To have basic understanding of Astika darshanas.

CO3: To have a basic Understanding of Nastika Darshanas.

*Module I:* Study of Astika darshanas (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Sankhya-Yoga, Nyaya-Vaisheshika, Purva mimansa- Uttara Mimamsa

*Module II:* Study of Nastika darshanas (2 hours per week) (2 credits = 30 teaching hours)

Unit II: Jaina Darshana, Bauddha Darshana, Charvaka Darshana

# 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.)

- 1. Sarvadarshana-sangrah by Madhvacharya, tr. Madan Mohan Agrawal.
- 2. Six Systems of Indian Philosophy, Max Muller.

3. An Introduction to Indian Philosophy, Satishchandra Chaterjee and Dheerendramohan Datta.

\*\*\*\*\*

# **Course 3: Anatomy and Physiology (100 marks – 4 credits)**

# **Course Outcomes:**

CO1: To understand body anatomy.

CO2: To understand important physiological terms.

CO3: To understand human body structure as a background to understand further yogic concepts.

*Module I:* Study of Nervous and Endocrinal Systems (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Nervous System

Unit II: Endocrinal System

*Module II:* Study of Respiratory, Excretory and Reproductive Systems (2 hours per week) (2 credits = 30 teaching hours)

Unit III: Respiratory System

Unit IV: Excretory and Reproductive Systems

# 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.)

- 1. Shareer Vidnyan ani Yogabhyas, M.M.Gore, Continental Prakashan, Pune, 2018
- 2. Anatomy and Physiology of Yogic Practices, M.M. Gore.

- 3. Science of Yoga: Understand the Anatomy and Physiology to perfect your practice, Ann Swanson.
- 4. B.D. Chaurasia's Handbook of General Anatomy, B.D. Chaurasia

# Course 4: Sanskrit Parichaya (50 marks – 2 credits)

# **Course Outcome:**

CO1: To generate interest amongst students regarding Sanskrit.

CO2: To enable students to comprehend, appreciate and express in Simple Sanskrit.

CO3: To Enable students to read Sanskrit texts.

*Module I:* Basics of Sanskrit Grammar (1 hour per week) (1 credit = 15 teaching hours)

Unit I: Selected Nouns, Pronouns, Introduction to Karakas

Unit II: Verbs - Conjugation 1,4,6,10, Sanskrit sentence construction

*Module II:* Introduction to Sanskrit Literature (1 hour per week) (1 credit = 15 teaching hours)

Unit III: Story Literature

Unit IV: Subhashitas, Stotra Literature

# Paper Pattern –

Module I -

Q.1) Do as directed. (10 out of 12) 10 Marks

Module II -

Q.2) Essay type question (1 out of 2) 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.)

- 1. Bruhatshabdakusumakarah, Pandit Harekant Mishra, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint, 2006
- 2. Bruhatdhatukusumakarah, Pandit Harekant Mishra, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint, 2003

- 3. Sanskrit Sahityacha Sopapattik Itihas, V. V. Karambalekar, Shrisharada Prakashan, Nagpur, Second Edition, 1963.
- 4. History of Sanskrit Poetics, Susheel Kumar De, Oriental Book centre, India, First edition, 2006.
- 5. History of Indian Literature, M. Winternitz, Motilal Banarasidas, Delhi.
- 6. Abhijat Sanskrit Sahityacha Itihas, Dr. Sindhu Dange (Ed.), Rtaayana Sanstha, Mumbai, First edition, 2004.

# **Electives:**

# Elective 1: Yoga – Bharatiya Manasashastra (100 marks – 4 credits)

#### **Course Outcomes:**

CO1: To understand the concept of psychology through the ancient Indian texts.

CO2: To make a comparative study between modern psychology and ancient Indian psychology.

CO3: To be able to use philosophical treatises as an aid to counselling and emotional management.

*Module I:* Concept of Mind (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Concept of Mind in Indian Scriptures

*Module II:* Philosophy-based Counselling (2 hours per week) (2 credits = 30 teaching hours)

Unit II: Emotional Management in Indian Scriptures

# 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.)

- 1. The concept of Mind in Indian Philosophy, Saraswati Chennakesavan.
- 2. Psychology in the Indian Tradition, Ramakrishna Rao, Anand Paranjpe.

- 3. Indian Psychology Volume 1: Cognition, Jadunath Sinha.
- 4. Indian Psychology Volume 2: Emotions, Jadunath Sinha.
- 5. Indian Psychology Volume 3: Epistemology of Perception.
- 6. Psychology of Yoga An Introduction to Ancient Indian Psychology.

# Elective 2: Study of Gheranda Samhita (100 marks – 4 credits)

# **Course Outcomes**

CO1: To have an overview of Gherand Samhita

CO2: To gain knowledge on various yoga-related concepts in the Gheranda Samhita.

CO3: To encourage students to apply the yogic concepts given in Gheranda Samhita in practical life.

*Module I:* Shatkarma, Asnana and Mudra (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Select portion from Upadeshas 1,2, and 3

*Module II:* Pratyahara, Pranayama, Dhyana, and Samadhi (2 hours per week) (2 credits = 30 teaching hours)

Unit II: Select portion from Upadeshas 4 and 5

Unit III: Select portion from Upadeshas 6 and 7

# 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. Gheranda Samhita, tr. Swami Niranjananda Saraswati, Yoga Publications Trust, India.

2. Gheranda Samhita, tr. H.L. Sharma, Chowkhambha Publications, Delhi.

3. The Gheranda Samhita, tr. James Mallinson.

\*\*\*\*\*

Research Methodology: 04 credits: 100 Marks

**Course Outcomes:** 

CO1. Acquainting students with a clear structural frame encompassing various sub-

elements of research.

CO2. Defining each of these elements

CO3. Giving information about various approaches of research

CO4. Training students in adopting systematic pathways of research, with a view to inculcate

in them the ability to accomplish any research- based project / activity in a methodically

perfect way.

Module I. Introduction to research- Two Hours per Week

Unit 1. Research and research problem- What is research, proposing a hypothesis, Rationale/

Assumptions, Thesis, Synthesis, Anti-thesis, Types of Research, Selection of a title,

presenting a situation/ complication/ key question/ solution, presenting a research problem,

etc.

Unit 2. Processing and presentation of the data- Presentation of data, Analysis of the data,

Foot-notes, citations, Bibliography, Types of research papers, etc.

Module II. Ancient Indian Research Methods- Two Hours per Week

Unit 3. Five schools of Poetics,

Unit 4. Nyaya, Vyakarana, Mimamsa, Vyutpatti, Tantrayukti

**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)

Paper pattern:

Module 1-

Q. 1. Write in detail (any 1 out of 2)- (10 marks)

Q.2. Write paragraphs (any 2 out of 3)- (15 marks)

Module 2-

16

- Q. 3. Write in detail (any 1 out of 2)- (10 marks)
- Q. 4. Write paragraphs (any 2 out of 3)- (15 marks)

# Bibliography-

- 1. संस्कृत शोध-प्रविधि:- Research Methodology in Sanskrit- Prabhunath Dwivedi and Suresh Chandra Chaube, Sharada Sanskrit Sansthan, Varanasi, 2014
- 2. अनुसन्धान-सम्पादन-प्रविधि:- Methodology of Research and Editing- Vagish Shastri, Vagyoga Chetna Peetham, Varanasi, 2013
- 3. *Methodology in Indological Research* M. Srimannarayana Murti, Bharatiya Vidya Prakashan, Delhi, 1991
- 4. शोधप्रविधि एवं पाण्डुलिपिविज्ञान- Dr. N. R. Kannan and Shailakumari Mishra, Rashtriya Sanskrit Sansthan, Prayag, 2016
- 5. Elements of Research Methodology in Sanskrit- Keshavchandra Dasa, Chaukhamba Sanskrit Sansthan, Varanasi, 1992
- 6. Research Methodology: Concepts and Cases- Deepak Chawla, Neena Sodhi, Vikas Publishing House, New Delhi, 2011
- 7. शोधप्रविधिप्रवेश:- Devendra Nath Pandey, Shree Somnath Sanskrit University, Veraval, 2011

# **SEMESTER II**

# Course 1: Study of Sankhyakarikas (100 marks – 4 credits)

# **Course Outcomes:**

CO1: To gain knowledge of the Sankhya school of philosophy.

CO2: To understand various concepts given in the Sankhyakarikas.

CO3: To gain the ability to perform various Pranayama exercises.

*Module I:* Sankhyakarikas (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Karikas 1-72

**Module II:** Practicals (4 hours per week) (2 credits = 60 teaching hours)

Unit II: Pranayama

# 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.)

- 1. Samkhya Karika of Isvara Krsna with the Tattvakaumudi of Sri Vacaspati Misra, tr. Swami Virupalshananda, Sri Ramkrishna Math, Madras.
- 2. Sankhya Karika, tr. Dr. Vinayak Karambelkar, Ramkrishna Math.
- 3. Sankhyakarikah, Ed. Acharya Jagannath Shastri, Motilal Banarasidass Publishers.
- 4. Pranayama, Kuvalayananda Swami, Kaivalyadham, Lonavala, 2010

- 5. Asana Pranayama Mudra Bandha, Satyananda Saraswati, Yoga Publications trust, Munger, Bihar, 2013
- 6. Sampurna Yogavidya- Yogasana, Pranayam, Mudra, Bandha, Shatkarma, Dhyana evam kundalini yoga, Rajiv Jain, Manjul Publishing house, 2018

# Course 2: Study of Patanjala Yogasutras Part 1 (100 marks – 4 credits)

# **Course Outcomes:**

CO1: To introduce students to the Patanjala Yogasutras.

CO2: To understand the Patanjala Yogasutras through Vyasabhashya.

CO3: To have an understanding of Yoga-related concepts in the Samadhipada and Sadhanapada of Patanjala Yogasutras.

CO4: To enable students to cultivate practical application of the teachings of Yogasutras.

*Module I:* Samadhipada (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Select sutras from Samadhipada with Vyasabhashya

*Module II:* Sadhanapada (2 hours per week) (2 credits = 30 teaching hours)

Unit II: Select sutras from Sadhanapada with Vyasabhashya

# 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.)

- 1. Patanjali's Yogasutras, Ramaprasad, Cosmo publication, New Delhi, 2008.
- 2. Yoga Darshana, tr. Ganganatha Jha, Dev Books.
- 3. Patanjala Yogadarshanam, Dr. Suresh Chandra Srivastava, Chaukhambha Surbharati Prakashan.

# Course 3: Study of Patanjala Yogasutras Part 2 (100 marks – 4 credits)

# **Course Outcomes:**

CO1: To understand Patanjala Yogasutras through Vyasabhashya.

CO2: To have an understanding of Yoga-related concepts in Vibhutipada and Kaivalyapada from Patanjala Yogasutras.

CO3: To enable students to cultivate practical application of the teachings of Yogasutras.

*Module I:* Vibhutipada (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Select sutras from Vibhutipada with Vyasabhashya

*Module II:* Kaivalyapada (2 hours per week) (2 credits = 30 teaching hours)

Unit II: Select sutras from Kaivalyapada with Vyasabhashya

# 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.)

- 1. Patanjali's Yogasutras, Ramaprasad, Cosmo publication, New Delhi, 2008.
- 2. Yoga Darshana, tr. Ganganatha Jha, Dev Books.
- 3. Patanjala Yogadarshanam, Dr. Suresh Chandra Srivastava, Chaukhambha Surbharati Prakashan.

# Course 4: Sanskrit Pragata (50 marks – 2 credits)

# **Course Outcome:**

CO1: To enable students to understand the Sanskrit Classical literature.

CO2: To enable students to understand Sanskrit sentence framework.

CO3: To develop the interest among students to study Sanskrit.

*Module I:* Sanskrit Grammar (1 hour per week) (1 credit = 15 teaching hours)

Unit I: Gerunds, Participles, Active and Passive voice, Conjugations –

2,3,5,7,8,9 Selected verb roots.

Unit II: Selected rules of Sandhi and Samasa,

*Module II:* Sanskrit Poetry Literature (1 hour per week) (1 credit = 15 teaching hours)

Unit III: Panchamahakavyasa

Unit IV: Khandakavya

# Paper Pattern -

Module I -

Q.1) Do as directed. (10 out of 12) 10 Marks

Module II -

Q.2) Essay type question (1 out of 2) 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.)

- 1. Sanskrit Grammar, William Whitney, Motilal Banarasidas, Delhi, Reprint, 2008
- 2. Sanskrit Sahityacha Sopapattik Itihas, V. V. Karambalekar, Shrisharada Prakashan, Nagpur, Second Edition, 1963.

- 3. History of Sanskrit Poetics, Susheel Kumar De, Oriental Book centre, India, First edition, 2006.
- 4. History of Indian Literature, M. Winternitz, Motilal Banarasidas, Delhi.
- 5. Abhijat Sanskrit Sahityacha Itihas, Dr. Sindhu Dange (Ed.), Rtaayana Sanstha, Mumbai, First edition, 2004.

#### **Electives:**

# Elective 1: Yoga and Ayurveda (100 marks – 4 credits)

#### **Course Outcomes:**

CO1: To introduce Students to the Ayurvedic Texts

CO2: To generate among students understanding and encourage practical application of an Ayurvedic daily routine and diet.

CO3: To create awareness about Season-specific habits as given in Ayurvedic texts.

**Module I:** Conceptual Interaction and Convergence between Yoga and Ayurveda (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Gunas and Doshas in Yoga and Ayurveda

Unit II: Panchakoshas in Ayurveda

*Module II:* Health and well-being in Yoga and Ayurveda (2 hours per week) (2 credits = 30 teaching hours)

Unit III: Select aspects of Dinacharya (Ahara, Nidra and Vyayama)

Unit IV: Overview of Rutucharya or Seasonal diet and lifestyle

# 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 & Ayurveda: Self-Healing and Self-Realization, David Frawley, Lotus Press.
- 2. Ayurvedic Ritucharya, Dr. Kanika Verma, Notion Press.
- 3. The Ayurvedic Diet, Dennis Thompson, New Age Books.
- 4. Everyday Ayurveda, Bhaswati Bhattacharya, Penguin Random House, India.
- 5. Ayurvedic Health Codes, Dr. V.R. Padmanabha Rao and Dr. Shubhankari Rao, Chaukhambha Sanskrit Pratishthan.
- 6. Charaka Samhita (Volumes 1 and 2), Ed. Dr. Harishchandra Singh Kushvaha, Chaukhambha Orientalia, Varanasi.
- 7. Yoga and Ayurveda, David Frawley, Lotus Press, Twin Lakes, 1999.
- 8. Textbook of Ayurveda, Vasant D. Lad, Ayurvedic Press, New Mexico, 2002.
- 9. Yoga therapy for digestive health, Charlotte Watts, Singing Dragon, London, 2018
- 10. Ayurveda, nature's medicine, Frawley and Ranade, Lotus Press, Twin Lakes, 2001.
- 11. Ayurveda and the mind: the healing of consciousness, David Frawley, Lotus Press, Twin Lakes, 1997.
- 12.Health and consciousness through Ayurveda and yoga, Nibodhi Hass, MA Center, India, 2014
- 13.Perfect balance: Ayurvedic nutrition for mind, body, and soul, Atreya Smith, Avery, 2001.

# Online Resources:

1. https://dharmawiki.org/index.php/Main\_Page

\*\*\*\*\*

# Elective 2: Yoga and Mysticism (100 marks – 4 credits)

# **Course Outcomes:**

CO1: To introduce students to the concept of Mysticism.

CO2: To gain understanding of the connection between Yoga and Mysticism.

CO3: To understand how Mysticism is reflected in the Bhagavata Purana.

**Module 1:** Introduction to Mysticism (2 hours per week) (2 credits = 30 teaching hours)

Unit I: Theories of Mysticism

*Module II:* Mysticism in Bhagavata Purana (2 hours per week) (2 credits = 30 teaching hours)

Unit II: 10th Canto of Bhagavata Purana

# 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.)

- 1. Mysticism, Evelyn Underhill, Createspace Independent Pub, 2011.
- 2. Mysticism in the Rgveda, T.G.Mainkar, G.R.Bhatkal, 1961.
- 3. Hindu Mysticism, S.N.Dasgupta, Frederick Ungar Publishing Co., New York, 1959.
- 4. Mysticism of East and West, William Loftus Hare, London, 1923.

- 5. Synthesis of Yoga, Aurobindo Ghosh.
- 6. Encyclopedia on Indian Mysticism, Volume 5. Mysticism on Yoga Tantra.
- 7. Srimad Bhagavata Mahapurana with Sanskrit text and English Translation, (2 volumes), tr. C.L. Goswami and M.A. Shastri, Geeta Press, Gorakhpur.

# On job Training/ Field Project (100 marks – 4 credits)

Assisting professional organizations / institutes / yoga institutes/ libraries / /Vedapathashalas with their research works/ field projects

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

# MA (Sanskrit-Yogashastra)

Program me Name	Course Name	Course Outcomes	Pre- requisites	Module (1 credit = 15 teaching hours)	Unit	Text/Reference
M.A. (Sanskrit- Yogashas tra)						
Semester	Course 1: History of Yoga (4 credits)	co1: To understand the origin of Yoga. co2: To understand how Yoga is reflected in Vedic and Upanishadic texts. co3: To gain ability to perform yogasanas.	Candidate should have general understan ding about Indian Philosoph y with special reference to yoga school. One also should be aware of	Module I: Vedic Origin of Yoga (2 hours per week) (2 credits = 30 teaching hours)	Unit I: Vedic and Upanishadic roots	<ol> <li>The Yoga Upanishads, T.R. Srinivasa Ayyangar.</li> <li>Thirty Minor Upanishads by Narainswamy Aiyar K. Adyar, 1914</li> <li>Principal Upanishads, S.Radhakrishnan.</li> <li>Vedic Yoga- the path of the Rishi, David Frawley.</li> <li>Yogasana: The Encyclopedia of Yoga poses, Yogrishi Vishvketu.</li> <li>Asana Pranayama Mudra Bandha, Satyananda Saraswati, Yoga Publications trust, Munger, Bihar,2013</li> <li>Sampurna Yogavidya-Yogasana, Pranayam, Mudra,</li> </ol>

		yogic postures.	Module II: Practical (2 hours per week) (2 credits = 30 teaching hours)	Unit II: Asanas	Bandha, Shatkarma, Dhyana evam kundalini yoga, Rajiv Jain, Manjul Publishing house, 2018
Course 2:	CO1: To		Module I:	Unit I:	1. Sarvadarshana-sangrah by
<b>Outline of</b>	understand		Study of	Sankhya-Yoga,	Madhvacharya, tr. Madan Mohan
Inidan	how Yoga is		Astika	Nyaya-	Agrawal.
Philosophy	reflected in		darshanas	Vaisheshika,	2. Six Systems of Indian
(4 credits)	the schools		(2 hours	Purva	Philosophy, Max Muller.
	of Indian		per week)	mimansa-	3. An Introduction to Indian
	philosophy.		(2 credits =	Uttara	Philosophy, Satishchandra Chaterjee
	<b>CO2:</b> To		30 teaching	Mimamsa	and Dheerendramohan Datta.
	have basic		hours)		
	understandin				
	g of Astika		Module II:	Unit II: Jaina	
	darshanas.		Study of	Darshana,	
	<b>CO3:</b> To		Nastika	Bauddha	
	have a basic		darshanas	Darshana,	
	Understandi		(2 hours	Charvaka	
	ng of		per week)	Darshana	
	Nastika		(2 credits =		

	Darshanas.	30 teaching		
		hours)		
Course 3:	<b>CO1:</b> To	Module I:	Unit I:	1. Shareer Vidnyan ani
Anatomy	understand	Study of	Nervous	Yogabhyas, M.M.Gore, Continental
and	body	Nervous	System	Prakashan, Pune, 2018
Physiolog	y anatomy.	and	Unit II:	2. Anatomy and Physiology of
(4 credits)	) <b>CO2:</b> To	Endocrinal	Endocrinal	Yogic Practices, M.M. Gore.
	understand	Systems (2	System	3. Science of Yoga: Understand
	important	hours per		the Anatomy and Physiology to
	physiologica	week) (2		perfect your practice, Ann Swanson.
	1 terms.	credits = 30		4. B.D. Chaurasia's Handbook
	<b>CO3:</b> To	teaching		of General Anatomy, B.D.
	understand	hours)		Chaurasia
	human body	<b>Module II:</b>	Unit III:	
	structure as a	Study of	Respiratory	
	background	Respiratory	System	
	to	, Excretory	Unit IV:	
	understand	and	Excretory and	
	further yogic	Reproducti	Reproductive	
	concepts.	ve Systems	Systems	
		(2 hours		
		per week)		
		(2 credits =		
		30 teaching		
		hours)		
Course 4:	<b>CO1:</b> To	Module I:	Unit I:	1. Bruhatshabdakusumakarah,
Sanskrit	generate	Basics of	Selected	Pandit Harekant Mishra,

Parichaya	interest	Sanskrit	Nouns,	Chaukhamba Sanskrit Pratishthan,
(2 credits)	amongst	Grammar	Pronouns,	Delhi, Reprint, 2006
	students	(1 hour per	Introduction to	2. Bruhatdhatukusumakarah, Pandit
	regarding	week) (1	Karakas	Harekant Mishra, Chaukhamba
	Sanskrit.	credit = 15	Unit II: Verbs	Sanskrit Pratishthan, Delhi, Reprint,
	<b>CO2:</b> To	teaching	- Conjugation	2003
	enable	hours)	1,4,6,10,	3. Sanskrit Sahityacha Sopapattik
	students to		Sanskrit	Itihas, V. V. Karambalekar,
	comprehend,		sentence	Shrisharada Prakashan, Nagpur,
	appreciate		construction	Second Edition, 1963.
	and express	<b>Module II:</b>	<b>Unit III:</b> Story	4. History of Sanskrit Poetics,
	in Simple	Introductio	Literature	Susheel Kumar De, Oriental Book
	Sanskrit.	n to	Unit IV:	centre, India, First edition, 2006.
	<b>CO3:</b> To	Sanskrit	Subhashitas,	5. History of Indian Literature, M.
	Enable	Literature	Stotra	Winternitz, Motilal Banarasidas,
	students to	(1 hour per	Literature	Delhi.
	read Sanskrit	week) (1		6. Abhijat Sanskrit Sahityacha
	texts.	credit = 15		Itihas, Dr. Sindhu Dange (Ed.),
		teaching		Rtaayana Sanstha, Mumbai, First
		hours)		edition, 2004.
Elective 1:	<b>CO1:</b> To	<b>Module I:</b>	Unit I:	1. The concept of Mind in Indian
Yoga-	understand	Concept of	Concept of	Philosophy, Saraswati
Bharatiya	the concept	Mind (2	Mind in Indian	Chennakesavan.
Manasashas	of	hours per	Scriptures	2. Psychology in the Indian
tra (4	psychology	week) (2		Tradition, Ramakrishna Rao, Anand
credits)	through the	credits = 30		Paranjpe.
	ancient	teaching		3. Indian Psychology Volume 1:

	Indian texts. CO2: To make a comparative study between modern psychology and ancient Indian psychology. CO3: To be able to use philosophica 1 treatises as an aid to counselling and	hours)  Module II: Philosophy -based Counsellin g (2 hours per week) (2 credits = 30 teaching hours)	Unit II: Emotional Management in Indian Scriptures	Cognition, Jadunath Sinha. 4. Indian Psychology Volume 2: Emotions, Jadunath Sinha. 5. Indian Psychology Volume 3: Epistemology of Perception. 6. Psychology of Yoga – An Introduction to Ancient Indian Psychology.
	emotional management.			
Elective 2:	CO1: To	<b>Module I:</b>	Unit I: Select	1. Gheranda Samhita, tr. Swami
Study of	have an	Shatkarma,	portion from	Niranjananda Saraswati, Yoga
Gheranda	overview of	Asnana and	Upadeshas 1,2,	Publications Trust, India.
Samhita (4	Gherand	Mudra (2	and 3	2. Gheranda Samhita, tr. H.L.
credits)	Samhita	hours per		Sharma, Chowkhambha
	CO2: To	week) (2		Publications, Delhi.
	gain	credits = 30		3. The Gheranda Samhita, tr.

	knowledge	teaching		James Mallinson.
	on various	hours)		
	yoga-related	Module II:	Unit II: Select	
	concepts in	Pratyahara,	portion from	
	the Gheranda	Pranayama,	Upadeshas 4	
	Samhita.	Dhyana,	and 5	
	<b>CO3:</b> To	and	Unit III: Select	
	encourage	Samadhi (2	portion from	
	students to	hours per	Upadeshas 6	
	apply the	week) (2	and 7	
	yogic	credits = 30		
	concepts	teaching		
	given in	hours)		
	Gheranda			
	Samhita in			
	practical life.			
Research	1	Module I.	Unit 1.	Bibliography-
Methodo		T., 4., - 1., -4.	Research and	
y (4 cred	· ·	Introductio	research	1.    संस्कृत शोध-प्रविधिः- Research
	a clear	n to	problem- What	
	structural	research-	is research,	Methodology in Sanskrit-
	frame .	research-	proposing a	Prabhunath Dwivedi and Suresh
	encompassin	Two Hours	hypothesis,	
	g various	per Week	Rationale/	Chandra Chaube, Sharada
	sub-elements		Assumptions,	Sanskrit Sansthan, Varanasi,
	of research.	(2 credits =	Thesis,	,
	CO2.Definin		Synthesis,	

g each of	30	Anti-thesis,	2014
these elements	Teaching	Types of Research,	2. अनुसन्धान-सम्पादन-प्रविधिः-
CO3. Giving	Hours)	Selection of a	Methodology of Research and
information about		title, presenting a situation/	Editing- Vagish Shastri, Vagyoga
various		complication/	Chetna Peetham, Varanasi, 2013
approaches of research		key question/ solution,	3. <i>Methodology in Indological</i>
CO4. Training		presenting a research	Research- M. Srimannarayana
students in		problem, etc.	Murti, Bharatiya Vidya Prakashan,
adopting systematic		Unit 2. Processing and	Delhi, 1991
pathways of research,		presentation of the data-	4. शोधप्रविधि एवं
with a view		Presentation of	पाण्डुलिपिविज्ञान- Dr. N. R. Kannan
to inculcate in them the		data, Analysis of the data,	and Shailakumari Mishra, Rashtriya
ability to		Foot-notes,	Sanskrit Sansthan, Prayag, 2016
accomplish any research- based project		citations, Bibliography, Types of	5. Elements of Research
/ activity in a		research	Methodology in Sanskrit-
methodically perfect way.		papers, etc.	Keshavchandra Dasa, Chaukhamba
		Unit 3. Five	Sanskrit Sansthan, Varanasi, 1992

			Module II. Ancient Indian Research Methods- Two Hours per Week (2 credits = 30 Teaching Hours)	schools of Poetics, Unit 4. Nyaya, Vyakarana, Mimamsa, Vyutpatti, Tantrayukti	6. Research Methodology: Concepts and Cases- Deepak Chawla, Neena Sodhi, Vikas Publishing House, New Delhi, 2011 7. शोधप्रविधिप्रवेश:- Devendra Nath Pandey, Shree Somnath Sanskrit University, Veraval, 2011
Semester II	Course 1: Study of Sankhyakar ikas (4 credits)	knowledge of the Sankhya school of	Module I: Sankhyakar ikas (2 hours per week) (2 credits = 30 teaching	Unit I: Karikas 1-72	1. Samkhya Karika of Isvara Krsna with the Tattvakaumudi of Sri Vacaspati Misra, tr. Swami Virupalshananda, Sri Ramkrishna Math, Madras. 2. Sankhya Karika, tr. Dr. Vinayak Karambelkar, Ramkrishna
		philosophy.  CO2: To understand various concepts given in the	hours)  Module II: Practicals (2 hours per week) (2 credits =	Unit II: Pranayama	Math. 3. Sankhyakarikah, Ed. Acharya Jagannath Shastri, Motilal Banarasidass Publishers. 4. Pranayama, Kuvalayananda Swami, Kaivalyadham, Lonavala,

Г		<u> </u>	1	
	Sankhyakari	30 teaching		2010
	kas.	hours)		5. Asana Pranayama Mudra
	<b>CO3:</b> To			Bandha, Satyananda Saraswati,
	gain the			Yoga Publications trust, Munger,
	ability to			Bihar, 2013
	perform			6. Sampurna Yogavidya-
	various			Yogasana, Pranayam, Mudra,
	Pranayama			Bandha, Shatkarma, Dhyana evam
	exercises.			kundalini yoga, Rajiv Jain, Manjul
				Publishing house, 2018
Course 2:	<b>CO1:</b> To	<b>Module I:</b>	Unit I: Select	1. Patanjali's Yogasutras,
Study of	introduce	Samadhipa	sutras from	Ramaprasad, Cosmo publication,
Patanjala	students to	da (2 hours	Samadhipada	New Delhi, 2008.
Yogasutras	the Patanjala	per week)	with	2. Yoga Darshana, tr.
Part 1 (4	Yogasutras.	(2 credits =	Vyasabhashya	Ganganatha Jha, Dev Books.
credits)	<b>CO2:</b> To	30 teaching		3. Patanjala Yogadarshanam, Dr.
	understand	hours)		Suresh Chandra Srivastava,
	the Patanjala	<b>Module II:</b>	Unit II: Select	Chaukhambha Surbharati Prakashan.
	Yogasutras	Sadhanapa	sutras from	
	through	da (2 hours	Sadhanapada	
	Vyasabhashy	per week)	with	
	a.	(2 credits =	Vyasabhashya	
	<b>CO3:</b> To	30 teaching		
	have an	hours)		
	understandin			
	g of Yoga-			
	related			

	concepts in the Samadhipad a and Sadhanapada of Patanjala Yogasutras. CO4: To enable students to cultivate practical application of the teachings of Yogasutras.			
Course 3: Study of	CO1: To understand	<b>Module I:</b> Vibhutipad	Unit I: Select sutras from	1. Patanjali's Yogasutras, Ramaprasad, Cosmo publication,
Patanjala	Patanjala	a (2 hours	Vibhutipada	New Delhi, 2008.
Yogasutras	Yogasutras	per week)	with	2. Yoga Darshana, tr.
Part 2 (4	through	(2 credits =	Vyasabhashya	Ganganatha Jha, Dev Books.
credits)	Vyasabhashy	30 teaching hours)		3. Patanjala Yogadarshanam, Dr. Suresh Chandra Srivastava,
	a. <b>CO2:</b> To	Module II:	Unit II: Select	Chaukhambha Surbharati Prakashan.
	have an	Kaivalyapa	sutras from	Chashianiona Saronaran Tukushan.
	understandin	da (2 hours	Kaivalyapada	
	g of Yoga-	per week)	with	

	related	(2 credit	s = Vyasabhashya	
	concepts in	30 teach		
	Vibhutipada	hours)	8	
	and	nours)		
	Kaivalyapad			
	a from			
	Patanjala			
	Yogasutras.			
	<b>CO3:</b> To			
	enable			
	students to			
	cultivate			
	practical			
	application			
	of the			
	teachings of			
	Yogasutras.			
Cours	se 4: <b>CO1:</b> To	Module	I: Unit I:	1. Sanskrit Grammar, William
Sansk	rit enable	Sanskrit	Gerunds,	Whitney, Motilal Banarasidas,
Praga	ta (2 students to	Gramma	ar Participles,	Delhi, Reprint, 2008
credit	s) understand	(1 hour	per Active and	2. Sanskrit Sahityacha Sopapattik
	the Sanskrit	week) (1	Passive voice,	Itihas, V. V. Karambalekar,
	Classical	credit =	15 Conjugations –	Shrisharada Prakashan, Nagpur,
	literature.	teaching	2,3,5,7,8,9	Second Edition, 1963.
	<b>CO2:</b> To	hours)	Selected verb	3. History of Sanskrit Poetics,
	enable		roots	Susheel Kumar De, Oriental Book
	students to		Unit II:	centre, India, First edition, 2006.

	understand		Selected rules	4. History of Indian Literature, M.
	Sanskrit		of Sandhi and	Winternitz, Motilal Banarasidas,
	sentence		Samasa	Delhi.
	framework.	<b>Module II:</b>	Unit III:	5. Abhijat Sanskrit Sahityacha
	<b>CO3:</b> To	Sanskrit	Panchamahaka	Itihas, Dr. Sindhu Dange (Ed.),
	develop the	Poetry	vyasa	Rtaayana Sanstha, Mumbai, First
	interest	Literature	Unit IV:	edition, 2004.
	among	(1 hour per	Khandakavya	
	students to	week) (1		
	study	credit = 15		
	Sanskrit.	teaching		
		hours)		
Elective 1:	<b>CO1:</b> To	<b>Module I:</b>	Unit I: Gunas	1. Yoga & Ayurveda: Self-
Yoga and	introduce	Conceptual	and Doshas in	Healing and Self-Realization, David
Ayurveda	Students to	Interaction	Yoga and	Frawley, Lotus Press.
	the	and	Ayurveda	2. Ayurvedic Ritucharya, Dr.
	Ayurvedic	Convergen	Unit II:	Kanika Verma, Notion Press.
	Texts	ce between	Panchakoshas	3. The Ayurvedic Diet, Dennis
	<b>CO2:</b> To	Yoga and	in Ayurveda	Thompson, New Age Books.
	generate	Ayurveda		4. Everyday Ayurveda, Bhaswati
	among	(2 hours		Bhattacharya, Penguin Random
	students	per week)		House, India.
	understandin	(2 credits =		5. Ayurvedic Health Codes, Dr.
	g and	30 teaching		V.R. Padmanabha Rao and Dr.
	encourage	hours)		Shubhankari Rao, Chaukhambha
	practical	<b>Module II:</b>	Unit III:	Sanskrit Pratishthan.
	application	Health and	Select aspects	6. Charaka Samhita (Volumes 1

of an	wall bains	of Dinashama	and 2) Ed Dr. Harishahandra Sinah
	well-being	of Dinacharya	and 2), Ed. Dr. Harishchandra Singh
Ayurvedic	in Yoga	(Ahara, Nidra	Kushvaha, Chaukhambha Orientalia,
daily routine	and	and Vyayama)	Varanasi.
and diet.	Ayurveda	Unit IV:	7. Yoga and Ayurveda, David
<b>CO3:</b> To	(2 hours	Overview of	Frawley, Lotus Press, Twin Lakes,
create	per week)	Rutucharya or	1999.
awareness	(2 credits =	Seasonal diet	8. Textbook of Ayurveda,
about	30 teaching	and lifestyle	Vasant D. Lad, Ayurvedic Press,
Season-	hours)	·	New Mexico, 2002.
specific	,		9. Yoga therapy for digestive
habits as			health, Charlotte Watts, Singing
given in			Dragon, London, 2018
Ayurvedic			10. Ayurveda, nature's medicine,
texts.			Frawley and Ranade, Lotus Press,
			Twin Lakes, 2001.
			11. Ayurveda and the mind: the
			healing of consciousness, David
			Frawley, Lotus Press, Twin Lakes,
			1997.
			12. Health and consciousness
			through Ayurveda and yoga,
			Nibodhi Hass, MA Center, India,
			2014
			13. Perfect balance: Ayurvedic
			nutrition for mind, body, and soul,
			Atreya Smith, Avery, 2001.
			Online Resources:

Elective 2: Yoga and Mysticism	introduce students to the concept of Mysticism. CO2: To	Module I: Introductio n to Mysticism (2 hours per week)	Unit I: Theories of Mysticism	<ol> <li>Mysticism, Evelyn Underhill,</li> <li>Createspace Independent Pub, 2011.</li> <li>Mysticism in the Rgveda,</li> <li>T.G.Mainkar, G.R.Bhatkal, 1961.</li> </ol>
<u> </u>	students to the concept of Mysticism. CO2: To	n to Mysticism (2 hours		2. Mysticism in the Rgveda,
Mysticism	the concept of Mysticism. CO2: To	Mysticism (2 hours	Mysticism	•
	of Mysticism. CO2: To	(2 hours		T.G.Mainkar, G.R.Bhatkal, 1961.
	Mysticism. CO2: To	`		
	CO2: To	per week)		3. Hindu Mysticism,
		Por ((oth)		S.N.Dasgupta, Frederick Ungar
		(2 credits =		Publishing Co., New York, 1959.
	gain	30 teaching		4. Mysticism of East and West,
	understandin	hours)		William Loftus Hare, London, 1923.
	g of the	<b>Module II:</b>	Unit II: 10th	5. Synthesis of Yoga, Aurobindo
	connection	Mysticism	Canto of	Ghosh.
	between	in	Bhagavata	6. Encyclopedia on Indian
	Yoga and	Bhagavata	Purana	Mysticism, Volume 5. Mysticism on
	Mysticism.	Purana (2		Yoga Tantra.
	<b>CO3:</b> To	hours per		7. Srimad Bhagavata
	understand	week) (2		Mahapurana with Sanskrit text and
	how	credits = 30		English Translation, (2 volumes), tr.
	Mysticism is	teaching		C.L. Goswami and M.A. Shastri,
	reflected in	hours)		Geeta Press, Gorakhpur.
	the			
	Bhagavata			
	Purana.			
On-job Training/ Field Project (4 credits)				

# **Letter Grades and Grade Points**

Semester GPA/ Program CGPA	% of Marks	Alpha-Sign / Letter Grade Result
Semester/ Program		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

Burde

Dr. Shakuntala Gawde Head and Assistant Professor Department of Sanskrit

# (Sem. I & II)

# Team for Creation of Syllabus

Name	College Name	Sign
Dr. Shakuntala Gawde	Head & Assistant Professor Sanskrit Department, University of Mumbai	Baude
Dr. Madhavi Narsalay	Associate Professor, Sanskrit Department, University of Mumbai	revolution
Dr. Suchitra Tajane	Associate Professor, Sanskrit Department, University of Mumbai	Migan
Smt. Shobha Sahasrabuddhe	Sanskrit Department, University of Mumbai	gold
Ms. Chari Kanakavalli Santhanam	Visiting Lecturer, Sanskrit Department, University of Mumbai	Nanakavalli 8
Ms. Radhika Deshpande	Visiting Lecturer, Sanskrit Department, University of Mumbai	@ Bealipanell

Sign of HOD Baude Name of the Head Dr. Skakuntala Gawde Name of the Department Sanskrit

Department of Sanskrit
Ramkrishna Bajaj Sanskrit Bhavan
University of Mumbai
Vidyanagari, Santacruz (E),
Mumbai - 400 098.

Sign of Dean 2007 Dr. Armising Name of the Dean Property Dr.

# Justification for 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 Master's 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 Master's 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 2023-24	Yes, we intend to start the M.A. Sanskrit – Yogashastra as per NEP guidelines from 2023- 24.
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 Master's Degree Programme in Sanskrit – Yogashastra is a two-year (four semester) 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 2023-2024.
7.	Opportunities of Employability / Employment available after undertaking these courses:	Students can work as teachers., researchers, wellness experts, Yoga instructors etc.

**Dr. Shakuntala Gawde** Head and Assistant Professor Department of Sanskrit **Sign of Dean**, Name of the Dean Name of the Faculty