



## Kavikulaguru Kalidas Sanskrit University

University established by State Govt. of Maharashtra and UGC Recognized u/s 2f and 12B

Ramtek Office: Administrative Building, Mauda Road, Ramtek - 441106, Dist. Nagpur  
Nagpur Office: 05th Floor, NIT Commercial Complex, Near Morebhavan, Sitabuldi, Nagpur  
440012



योगेन चित्तस्य पदेन वाचां मलं शरीरस्य च वैद्यकेन ।  
योऽपाकरोत् तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

### M.A. Yogashastra - Open Distance and Learning (ODL) Course Curriculum 2020 Onwards (Syllabus)

Approved by the Academic Council Meeting No. \_\_\_\_\_, Dt. \_\_\_\_\_, Item no. \_\_\_\_\_

Name of the Course	M.A. Yogashastra (ODL)
Name of the Faculty	Faculty of Indian Religion, Philosophy and Culture
Examination Type	Semester
Course Duration	02 years (04 Semesters)
Total Credits	
Eligibility	Any Graduation or Equivalent.

Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year	300	120	560	224	140	56	1000	400	-	--
Second Year	300	120	560	224	140	56	1000	400	-	-
Final Total	600	240	1120	448	280	112	2000	800	-	-

M.A. Yoga Semester Pattern Syllabus (ODL)

Paper Code	Paper Title	Internal*		Theory		Other		Subject Total (in case of joint passing) A+B+C		No. Credits (if Credit System is applicable)
		Max	Passing	Max	Passing	Max	Passing	Max	Passing	
<b>First Year - Semester I</b>										
MAY1-I-01	Sanskrit	30	12	70	28	-	-	100	40	-
MAY1-I-02	Fundamentals of Indian Philosophy	30	12	70	28	-	-	100	40	-
MAY1-I-03	Human Anatomy and Physiology	30	12	70	28	-	-	100	40	-
MAY1-I-04	Yoga Tradition	30	12	70	28	-	-	100	40	-
MAY1-I-05	Practical and Yoga Teaching**	30	12			70	28	100	40	-
<b>First Year - Semester II</b>										
MAY1-II-01	Principles of Indian Philosophy	30	12	70	28	-	-	100	40	-
MAY1-II-02	Patanjal Yogasutras	30	12	70	28	-	-	100	40	-
MAY1-II-03	Yogopanishad and Modern Philosophers	30	12	70	28	-	-	100	40	-
MAY1-II-04	Applied Yoga	30	12	70	28	-	-	100	40	-
MAY1-II-05	Practical and Yoga Teaching**	30	12	-	-	70	28	100	40	-
<b>First Year Total</b>		300	120	560	224	140	56	1000	400	
<b>Second Year - Semester III</b>										
MAY2-III-01	Traditional Yoga Texts - I	30	12	70	28	-	-	100	40	-
MAY2-III-02	Yoga and Allied Sciences	30	12	70	28	-	-	100	40	-
MAY2-III-03	Research Methodology	30	12	70	28	-	-	100	40	-
MAY2-III-04	Yoga Applications	30	12	70	28	-	-	100	40	-
MAY2-III-05	Practical**	30	12	-	-	70	28	100	40	-
<b>Second Year - Semester IV</b>										
MAY2-IV-01	Traditional Yoga Texts - II	30	12	70	28	-	-	100	40	-
MAY2-IV-02	Western Psychology	30	12	70	28	-	-	100	40	-
MAY2-IV-03	Yogopanishad	30	12	70	28	-	-	100	40	-
MAY2-IV-04	Nature Cure Therapy	30	12	70	28	-	-	100	40	-
MAY2-III-05	Practical**	30	12	-	-	70	28	100	40	-
<b>Second Year Total</b>		300	120	560	224	140	56	1000	400	
<b>Final Total</b>		<b>600</b>	<b>240</b>	<b>1120</b>	<b>448</b>	<b>280</b>	<b>112</b>	<b>2000</b>	<b>800</b>	

\*Practical/ Demonstration/ VIVA/ Oral/ Presentation/ Test/ Sessional/ Assignment

\*\*Students are required to complete 10 days mandatory residential session at KKSU, Ramtek.

Paper Pattern

<b>Q. No.</b>	<b>Question Type</b>	<b>Options</b>	<b>Marks Distribution</b>
<b>Q. 1</b>	Long question	1 out of 2	15 x 1 = 15
<b>Q. 2</b>	Short Notes	2 out of 4	5 x 2 = 10
<b>Q. 3</b>	Long question	1 out of 2	15 x 1 = 15
<b>Q. 4</b>	Short Notes	2 out of 4	5 x 2 = 10
<b>Q. 5</b>	Long question	1 out of 2	12 x 1 = 12
<b>Q. 6</b>	Short Notes	2 out of 4	4 x 2 = 8
		<b>Total</b>	70

Note: The paper pattern and weightage of the questions may be changed as per the necessity without changing the type of questions.

**Semester – I**

<b><u>MAY1-I-01</u></b>	<b><u>Sanskrit</u></b>	<b><u>Marks</u></b>
	<b>Theory</b>	<b>(70)</b>
1	Raghuvansham (Sarga - I)	30
2	Karnabharam (Complete)	30
3	Sanskrit Essay	10
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

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<b><u>MAY1-I-02</u></b>	<b><u>Fundamentals of Indian Philosophy</u></b> <b>(As Per Nine Systems)</b>	<b><u>Marks</u></b>
	<b>Theory</b>	<b>(70)</b>
1	Jiv, Jagat, Ishwar and Avidya	40
2	Concept of Prama and Pramana	30
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

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<b><u>MAY1-I-03</u></b>	<b><u>Human Anatomy and Physiology</u></b>	<b><u>Marks</u></b>
	<b>Theory</b>	<b>(70)</b>
1	Cell and Musculoskeletal System	20
2	Cardiovascular and Respiratory System	20
3	Digestive System and Excretory System	15
4	Nervous System and Endocrine Glands	15
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

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<u>MAY1-I-04</u>	<u>Yoga Tradition</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	Yoga in Shrimadbhagavadgita (6 <sup>th</sup> and 16 <sup>th</sup> Chapter)	30
2	Yoga Upanishad	20
	a) Amrutnadopanishad	20
	b) Yogatattvopanishad	
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

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<u>MAY1-I-05</u>	<u>Practical and Yoga Teaching</u>	<u>Marks</u>
1	Practical and Principles of Yoga Teaching	<b>(70)</b>
	Demonstration + Viva	50+20
	<b>Loosening Exercise -</b>	
	1. Twisting 2. Side Bending 3. Forward Bending 4. Backward Bending 4. Twisting and Bending	
	<b>Sukshma Vyayamas -</b>	
	1. Kapola Shakti Vikasak 2. Karma Shakti Vardhak 3. Greeva Shakti Vikasak 4. Karatala Shakti Vikasak 5. Manibandha Shakti Vikasak 6. Purna Bhuja Shakti Vikasak 7. Vakshasthala Shakti Vikasak 8. Jungha Shakti Vikasak 9. Padamula Shakti Vikasak	
	<b>Asanas</b>	
	<b>A. Standing</b>	
	1. Ardha Kati Chakrasana 2. Padahastasana 3. Ardha-Chakrasana 4. Trikonasana 5. Tadasan	
	<b>B. Sitting Position</b>	
	1. Parvatasan 2. Vakrasan 3. Shashankasana 4. Janushirshasana	
	<b>C. Prone Position</b>	
	1. Bhujangasana 2. Ardhashalabhasana 3. Shalabhasana 4. Naukasana	

**D. Supine Position**

1. Viparita-Karani
2. Pavanmuktasana
3. Uttana Vakrasana
4. Setubandhasana

**E. Relaxing Asanas**

1. Shavasana
2. Makarasana

**Breathing Practices -**

1. Hands in and out Breathing
2. Tadasana Shvasana
3. Rabbit Breathing
4. Shvan Shvasana
5. Shashankasan Shvasana
6. Deep Breathing
7. Sectional Breathing with Mudra

**Kriya**

1. Kapalbhata

**Pranayama**

1. Suryabhedan Pranayam

<b>Internal Assessment</b>		<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment on Principles of Yoga Teaching	10
<b>Total</b>		<b>100</b>

**Reference Books:**

1	Bharatiya Tattwajnan	Srinivasa Dikshit, Phadake Prakashan
2	Encyclopedia of Indian Philosophy	Motilal banarasidas, New Delhi
3	Sarvadarshan Samgraha	Chowkhamba Sanskrit Sansthan, Varanasi
4	Bhagavadgita	Gitapress, Gorakhpur
5	Yoga Upanishads	Chowkhamba Sanskrit Sansthan, Varanasi
6	Teaching Methods in Yoga	Dr. M. L. Gharote, Kaivalyadham, Lonavala
7	Yoga Teacher	Dr. V. Mandalik, Yogachaitanya, Nashik
8	Sharira Shastra	Dr. V. Mandalik, Yogachaitanya, Nashik

## Semester – II

<u>MAY1-II-01</u>	<u>Principles of Indian Philosophy</u> <u>(As per Nine Systems)</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	Moksha Concept (As per Nine Systems)	15
2	Jivanmukta (Yogi, Sthitaprajna, Arhat, Bodhisattva)	15
3	Basic Principles of Samkhya Philosophies (Prakriti, Purusha, Triguna Concept, Srishti, Theory of Satkarya, Kaivalya)	20
4	Basic Principles of Yoga Philosophy (Definition of Yoga, Relation between Yoga and Samkhya, Chittavrittis, Kleshas, ways to achieve Chittaprasadana)	20
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

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<u>MAY1-II-02</u>	<u>Patanjala Yogasutras</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	Samadhi Pada	35
2	Sadhana Pada	35
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

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<u>MAY1-II-03</u>	<u>Yogopanishad and Modern Philosophers</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	a) Tejobindu Upanishad b) Dhyanabindu Upaniashad	40
2	Modern Philosophers (Life, Philosophy, Contribution) Swami Satyananda Saraswati, Swami Vivekananda, Shri Aravinda Ghosha, Acharya Rajanisha, Shri Ramakrishna	30

M.A. Yoga Semester Pattern Syllabus (ODL)

Paramahansa, B.K.S. Iyengar, J. Krishnamurty, Maharshi

Mahsh Yogi, Swami Kuvalayananda.

<b>Internal Assessment</b>		<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
<b>Total</b>		<b>100</b>

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<b><u>MAY1-II-04</u></b>	<b><u>Applied Yoga</u></b>	<b><u>Marks</u></b>
<b>Theory</b>		<b>(70)</b>
1	Yoga in Education	20
2	Yoga in Sports	20
3	Yoga Therapy	30
<b>Internal Assessment</b>		<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
<b>Total</b>		<b>100</b>

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<b><u>MAY1-II-05</u></b>	<b><u>Practical and Yoga Teaching</u></b>	<b><u>Marks</u></b>
1	Practical and Principles of Yoga Teaching	<b>(70)</b>
	Demonstration + VIVA	50+20
	<b>Suryanamaskar</b>	
	12 Step Suryanamaskar with Beeja Manstras and breath control	
	<b>Asanas</b>	
	A. Standing Asanas	
	1. Parivarta Trikonasana 2. Vrikshasana	
	3. Kativakrasana (Twisting Pose)	
	B. Sitting Asanas	
	1. Marjarasana 2. Ushtrasana	
	3. Paschimottanasana 4. Supta-Vajrasana	
	C. Supine Asanas	
	1. Sarvangasana 2. Halasana 3. Matsyasana	
	D. Prone Asanas	
	1. Dandasan 2. Dhanurasana	



**Kriyas**

1. Jal-neti
2. Vaman-dhauti
3. Trataka

**Pranayamas**

1. Anulom-Vilom
2. Sitali
3. Sitkari
4. Ujjayi
5. Bhramari

**Mudras / Bandhas**

1. Yoga Mudra
2. Mula-bandha
3. Jalandhara-bandha
4. Uddiyana-bandha

<b>Internal Assessment</b>		<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment – One Lesson Plan with Micro Lessons	10
<b>Total</b>		<b>100</b>

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**Reference Books:**

- 1 Bharatiya Tattwajnan Srinivasa Dikshit, Phadake Prakashan
- 2 Bhartiya Darshan B. Upadhyay, Chaukhamba, Banaras.
- 3 Yoga Sutra with Bhashya (Marathi) Shri Rele, Prasad Prakashan, Pune.
- 4 Yogasutra (Marathi) Shri Kolhatkar, Prasad Prakashan, Pune.
- 5 Applied Yoga M. L. Gharote, Kaivalyadham, Lonavala
- 6 Yoga Therapy M. L. Gharote, Kaivalyadham, Lonavala
- 7 Perspective in Yoga A. K. Sinha, Bharat Manisha, Varanasi.
- 8 Yoga Upanishad Chowkhamba Sanskrit Sansthan
- 9 Aurobindo Aurobindo Ashram, Pondicherry
- 10 Swami Vivekanada Ramakrishanshram, Dhantoli, Nagpur
- 11 Ramakrishnaparamahansa Ramakrishanshram, Dhantoli, Nagpur
- 12 Acharya Rajanish Osho Ashram, Near Zer Mile, Nagpur
- 13 Mahesh Yogi Maharishi Ved Vigyan VidyaPeeth
- 14 BKS Iyengar Ramamani Iyengar Yoga Institute
- 15 Shivanada Swami Ganga Darshan, Fort, Munger, Bihar

## Semester - III

<u>MAY2-III-01</u>	<u>Traditional Yoga Text – I</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	Patanjal Yogasutras – Vibhuti Pada	35
2	Hathayoga Pradipika – I and II Upadesha	35
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>
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<u>MAY2-III-02</u>	<u>Yoga and Allied Sciences</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	Ayurveda	30
2	Reiki	20
3	Pranic Healing	20
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>
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<u>MAY2-III-03</u>	<u>Research Methodology</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	Introduction to Research Definition, Classification and types of Research. Characteristics of Good Researcher & Good Research. Steps in Research.	40
2	Yoga Research – Definition, Nature, Need and Scope of Research in the field of Yoga Report Writing – Thesis Format, Synopsis and Research Paper	30
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

<u>MAY2-III-04</u>	<u>Yoga Applications</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	Concept of Nadi, Prana and Yogic Diet	30
2	Yoga for Women	20
3	Yoga Counselling	20
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

<u>MAY2-III-05</u>	<u>Practical and Yoga Teaching</u>	<u>Marks</u>
1	Practical	<b>(70)</b>
	Demonstration + VIVA	50+20
	<b>Asanas</b>	
	1. Ardhamatsyendrasana 2. Vrikshasana 3. Bhadrasana 4. Swastikasana	
	<b>Mudras/ Bandhas</b>	
	1. Vajrasana Yogamudra 2. Simhamudra 3. Mahamudra	
	<b>Kriyas</b>	
	1. Danda Neti 2. Danda Dhauti 3. Agnisara Dhauti	
	<b>Pranayamas</b>	
	1. Bhastrika 2. Ujjayi 3. Nadishodhana	
	Yoganidra, Pranav-Sadhana, Japa Meditation	
	<b>Internal Assessment</b>	<b>(30)</b>
1	Yoga Camp – Students have to conduct 15 days compulsory yoga camp at any recognized institution. The detailed report and the letter of completion form the institution is to be submitted after the successful completion of the camp.	30
	<b>Total</b>	<b>100</b>

**Reference Books:**

1	Hathapradipika	Kaivalyadham, Lonavla, Pune
2	Hathapradipika (Hindi)	Chowkhamba Sanskrit Sansthan
3	Yoga Sutra with Bhashya (Marathi)	Shri Rele, Prasad Prakashan, Pune.
4	Yogasutra (Marathi)	Shri Kolhatkar, Prasad Prakashan, Pune.
5	Applied Yoga	M. L. Gharote, Kaivalyadham, Lonavala
6	Research Methodology	C. R. Kothari, New Age International
7	Research Methodology	Ranjit Kumar, Pearson Education India
8	Yoga and allied sciences	Kaivalyadham, Lonavla
9	Yoga and Ayurveda	Morarji Desai Yoga Institute, New Delhi
10	Reiki	Devid Dare, Mumbai
11	Yoga practice	Janardana Swami Yogabhyas Mandal

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**Semester – IV**

<b><u>MAY2-IV-01</u></b>	<b><u>Traditional Yoga Texts – II</u></b>	<b><u>Marks</u></b>
	<b>Theory</b>	<b>(70)</b>
1	Patanjal Yogasutras – Vibhuti Pada	35
2	Hathayogapradipika – III and IV Upadesha	35
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

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<b><u>MAY2-IV-02</u></b>	<b><u>Western Psychology</u></b>	<b><u>Marks</u></b>
	<b>Theory</b>	<b>(70)</b>
1	Introduction to Psychology and Fundamental Principles	20
2	Sigmund Freud, Karl Jung, Alfred Adler	20
3	Psychological Disorders	15
4	Personality Traits	15
	<b>Internal Assessment</b>	<b>(30)</b>
1	Workbook (By Post/ Personal)	20
2	Assignment	10
	<b>Total</b>	<b>100</b>

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<u>MAY2-IV-03</u>	<u>Yogopanishad</u>	<u>Marks</u>
	<b>Theory</b>	<b>(70)</b>
1	Shandilyopanishad	35
2	Varahopanishad	35
	<b>Internal Assessment</b>	<b>(30)</b>
1	Dissertation	30
	Students have to write 40-50 Pages Dissertation on a Research Topic approved by the Supervisor.	
	<b>Guidelines for Research -</b>	
	<i>A. Students are required to follow the steps given below for preparation of Dissertation.</i>	
	Research Methodology:	
	1. Title of the Study 2. Problem of the study 3. Objectives of the study 4. Hypothesis 5. Review of Literature	
	6. Research Design -	
	i) Nature/ Type of the study ii) Method of Data Collection	
	iii) Sources of Data Collection Iv) Tools of Data collection	
	9. Limitations of Study 10. Time Schedule	
	11. Possible contribution of the study	
	12. Chaptalization Scheme.	
	<i>B. The Dissertation shall have the following structure:</i>	
	- Cover	
	- Cover page	
	- Certificate	
	- Acknowledgement	
	- List of Content	
	- List of Tables (If required)	
	- List of Figures (If required)	
	- Abbreviations	
	- Contents	
	Chapter I Theoretical Background	
	Chapter II Main Content	
	Chapter III Analysis and Interpretation of Data	

M.A. Yoga Semester Pattern Syllabus (ODL)

Chapter IV Major Findings, Conclusions and Suggestion.

Bibliography

Annexures

*C. Step by step procedure to be followed for Research:*

- 1) Approval of the title
- 2) Collection of Data
- 3) Data Processing
- 4) Analysis and Interpretation of data
- 5) Report Writing
- 6) Preparation of Bibliography
- 7) Preparation of List of cases
- 8) Abbreviation

**Total**

**100**

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**MAY2-IV-04**

**Nature Cure Therapy**

**Marks**

**Theory**

**(70)**

1	Introduction to Naturopathy	10
2	Mud Therapy	10
3	Hydro Therapy	10
4	Chromo Therapy	05
5	Air Therapy	10
6	Ether Therapy	10
7	Magneto Therapy	05
8	Massage Therapy	10

**Internal Assessment**

**(30)**

1	Workbook (By Post/ Personal)	20
2	Assignment	10

**Total**

**100**

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**MAY2-IV-05**

**Practical and Yoga Teaching**

**Marks**

1	Practical	<b>(70)</b>
	Demonstration + VIVA	50+20

**Asanas**

1. Vrischikasana 2. Mayurasana 3. Garudasana 4. Bakasana 5. Shirsasana

**Pranayamas**

1. Bhastrika 2. Sitali 3. Sitkari 4. Bhramari

**Kriyas**

1. Nauli 2. Netra Suddhi

**Bandhaa/Mudras**

1. Jivhabandha 2. Mahabandha 3. Khechari Mudra

**Relaxation/ Meditation**

IRT, QRT, DRT, Cyclic Meditation, Nadanusandhana

<b>Internal Assessment</b>		<b>(30)</b>
1	Yoga Camp – Students have to conduct 15 days compulsory yoga camp at any recognized institution Individually. The detailed report and the letter of completion form the institution is to be submitted after the successful completion of the camp.	30
<b>Total</b>		<b>100</b>

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**Reference Books:**

1	Yoga Sutra with Bhashya (Marathi)	Shri Rele, Prasad Prakashan, Pune.
2	Yogasutra (Marathi)	Shri Kolhatkar, Prasad Prakashan, Pune.
3	Western Psychology	Motilal Banarasidas, New Delhi
4	Principles of Psychology	Eastern Booklinkers New Delhi
5	Philosophy of Nature Cure	Henry Lindlohr
6	Human Care and Nature	Dr. E.O. Babit
7	History and Philosophy of Nature Cure	S.O. Singh
8	Practical Nature Cure	Dr. K. Laxman Sharma
9	Naturopathy	V. M. Kulkarni
10	प्राकृतिक चिकित्सा की देन	युगलकिशोर
11	चुंबक चिकित्सा	चौखंबा संस्कृत संस्थान