

कविकुलगुरु कालिदास संस्कृत विश्वविद्यालय, रामटेक



रामटेक कार्यालय – प्रशासकीय भवन, मौदा रोड, रामटेक, जि. नागपूर – ४४११०६ (महाराष्ट्रम्)

वारंगा कार्यालय – शैक्षणिक परिसर, पाचवा माळा, नासु.प्र. संकुल, मोरभवन जवळ, सीताबर्डी, नागपूर – ४४००१२ (महाराष्ट्रम्)

Kavikulaguru Kalidas Sanskrit Vishvavidyalaya, Ramtek

Ramtek Office - Administrative Building, Mouda Road, Ramtek, Dist-Nagpur - 441106 (M.S.)

Waranga Office - 5th Floor, NIT Complex, Near Mor Bhavan, Sitabuldi, Nagpur – 440012 (M.S.)

Established on 18 September, 1997 - NAAC Accredited with A+ Grade

ACADEMIC SECTION

Phone : (07114) 255747,

Fax : (07114) 255549

Website : <http://kksanskrituni.digitaluniversity.ac/>

E-mail : academic@kksu.org



Program Curriculum (Syllabus)

Program Name: Bachelor of Arts - B.A. (Yogashastra)

(NEP-2020)

**Approved by the Academic Council Meeting Dt. 09.11.2023,, Item no. 03
(AS 2024-2025 onwards)**



Kavikulaguru Kalidas Sanskrit University, Ramtek

B.A Yogashastra

1.	Name of the Program	B.A. (Yogashastra)
2.	Name of the Faculty	Faculty for Indian Religion, Philosophy and Culture
3.	Name of the Board of Study	Adhoc BoS for Yoga and Alternative Therapy
4.	Program Pattern	CBCS
5.	Program Duration	04 years (08 Semesters)
6.	Program Type (Master/Bachelor)	Bachelor
7.	Program Level (PG/ UG/ PG Diploma/ Diploma/ Certificate etc.)	UG
8.	Evaluation system (Grade System) Yes/No	Yes
9.	Follow credit System (Yes/No)	Yes
10.	Program total credits	176 Credits
11.	Program total marks	4900/4800 Marks
12.	Mode of Learning (Regular/ Distance learning)	Regular
13.	External Students (Yes/No)	No
14.	Medium of Instructions	Multilingual (Sanskrit, English, Hindi and Marathi Only)
15.	Medium of Examination	English, Hindi, Marathi and Sanskrit
16.	Eligibility	HSSC or its Equivalent
17.	Program Description	Four years UG Degree with Honors/ Research with multiple entry and exit option on the basis of NEP 2020. Exit option after completing additional four credits related to skill and vocational education.
18.	Program Objectives	To make students competent in the Subjects related to Yoga. To make the students familiar with Inter - Disciplinary approach. To make students self-sufficient through skill and vocational education.
19.	Program Outcomes	Preservation of Traditional Yoga Knowledge. Promotion of Traditional Yogic Practices. Promotion of Health and Well-being by the passed-out students Promotion of research in Yoga and inter-disciplinary subjects as well
20.	Subject (under which subject the program is included in the Faculty as per the University Notification no. 92 dtd 28.07.2022)	Yogvignyan
21.	Program Code	BAYOGA-NEP-2020
22.	Program Abbreviation	BAYS
23.	Internship duration	120 Hours



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Year	Internal		Theory		Other		Total		Credits	Remarks
	Max	Passing	Max	Passing	Max	Passing	Max	Passing		
First Year (Sem I & II)	320	112	800	280	480	168	1600	560	44	Level 4.5 UG Certificate
Second Year (Sem III & IV)	280	98	800	280	320	112	1400	490	44	Level 5.0 UG Diploma
Third Year (Sem V & VI)	200	70	800	280	-	-	1000	350	44	Level 5.5 UG Degree
Fourth Year (Sem VII & VIII)	180/160	63/56	560/640	196/224	160/00	56/00	900/800	315/280	44/44	Level 6.0 UG Honors Degree/ UG Honors with Research Degree
Final Total	980/960	343/336	3120/3200	1036/1064	960/800	336/280	4900/4800	1715/1680	176	

Abbreviations used in the syllabus/

BAYS – Bachelor of Arts Yogashastra; **DSC** – Discipline Specific Core; **DSE**-Discipline Specific Elective **VEC** – Value Enhancement Course; **VSC** – Vocational Skill Course; **AEC** – Ability Enhancement Course; **CEP** – Community Engagement Program; **CC** – Co-Curricular; **SEC** – Skill Enhancement Course; **OE/GEN** – Open Elective/Genric; **IKS** – Indian Knowledge System; **NCC** – National Cadet Course; **NSS** – National Service Scheme; **FP** – Field Project; **IN** – Internship; **AP** – Apprenticeship;



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Course Code	Course Type	Course Title	Teaching/Activity hours	Lecture (L) /Tutorial (*T)/ Practical (*P) per week			Internal		Theory		Other		Subject Total	Credits	
							(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)						(In case of joint passing)		
				A	B	C	A + B + C								
Second Year - Semester III (Level 5.0)															
BAYS301	Major DSC	Fundamentals of Samkhya Philosophy	45	45	-	-	20	07	80	28	-	-	100	35	03
BAYS302	Major DSC	Teaching Methods of Yogic Practices	45	45	-	-	20	07	80	28	-	-	100	35	03
BAYS303	Minor	Introduction to Hathayoga Tradition	30	30	-	-	20	07	80	28	-	-	100	35	02
BAYS304	OE/Generic	History/Political Science/Sociology/English Literature/MOOC	45	45	-	-	20	07	80	28	-	-	100	35	03
BAYS305	VSC	Yoga Practical- III	90	-	-	90	20	07	-	-	80	28	100	35	03
BAYS306	AEC	Marathi/Hindi Communication -I	60	-	30	30	20	07	-	-	80	28	100	35	02
BAYS307	CEP/CC	Sports/Cultural Activity	90	-	-	90	-	-	-	-	-	-	-	Grade	02
BAYS308	FP	Field Project/CEP	60	-	-	60	-	-	-	-	-	-	-	Grade	02
BAYS309	IKS	IKS Based on Sanskrit -III	30	30	-	-	20	07	80	28	-	-	100	35	02
	Total	22	495	195	30	270	140	49	400	140	160	56	700	245	22
Second Year - Semester IV (Level 5.0)															
BAYS401	Major DSC	Patanjala Yogasutras- I	45	30	-	15	20	07	80	28	-	-	100	35	03
BAYS402	Major DSC	Hathapradipika	45	45	-	-	20	07	80	28	-	-	100	35	03
BAYS403	Minor	Yoga in Marathi Literature	30	30	-	-	20	07	80	28	-	-	100	35	03
BAYS404	OE/Generic	History/Political Science/Sociology/English Literature/MOOC	60	60	-	-	20	07	80	28	-	-	100	35	04
BAYS405	VSC	Yoga Practical- IV	90	-	-	90	20	07	-	-	80	28	100	35	03
BAYS406	AEC	Constitution of India	30	30	-	-	20	07	-	-	80	28	100	35	02
BAYS407	CEP/CC	NCC/NSS	60	-	-	60	-	-	-	-	-	-	-	Grade	02
BAYS408	SEC	Panchkarma Theraphy / MOOC	90	-	-	90	20	07	80	28	-	-	100	35	02
	Total	22	450	195	-	255	140	49	400	140	160	56	700	245	22
	Total	22+22	945	390	30	525	280	98	800	280	320	112	1400	490	44



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Course Code	Course Type	Course Title	Teaching/Activity hours	Lecture (L) /Tutorial (*T)/ Practical (*P) per week	Internal		Theory		Other		Subject Total		Credits			
					(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)						(In case of joint passing)					
					A	B	C	A + B + C								
Third Year - Semester V (Level 5.5)																
BAYS501	Major DSC	Yoga Philosophy – I	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS502	Major DSC	Patanjala Yogasutras –II	60	40	-	20	20	07	80	28	-	-	100	35	04	
BAYS503	Major DSE	Philosophy of Bhagvadgeeta//Diet and Nutrition/Yoga in Different Culture/Modern Psychology/MOOC	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS504	VSC	Yoga and Allied Sciences	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS505	Minor	Applied Yoga	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS506	FP	Field Project/CEP	60	-	-	60	-	-	-	-	-	-	-	Grade	02	
	Total	22	360	280	-	80	100	35	400	140	-	-	500	175	22	
Third Year - Semester VI (Level 5.5)																
BAYS601	Major DSC	Yoga Philosophy –II	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS602	Major DSC	Gheranda Samhita	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS603	Major DSC	Yoga Therapy	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS604	Major DSE	Yoga and Spirituality//Meditation Techniques/Yoga and Naturopathy//MOOC	45	45	-	-	20	07	80	28	-	-	100	35	03	
BAYS605	Minor	Yoga in Modern Times	45	45	-	-	20	07	80	28	-	-	100	35	03	
BAYS606	IN/AP	Internship/Apprenticeship- I	120	-	-	120	-	-	-	-	-	-	-	Grade	04	
	Total	22	390	270	-	120	100	35	400	140	-	-	500	175	22	
	Total	22+22	750	550	-	200	200	70	800	280	-	-	1000	350	44	
Total for UG Degree				2535	1420	150	1070	800	280	2640	924	560	196	4000	1400	132



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Course Code	Course Type	Course Title	Teaching/Activity hours	Lecture (L) /Tutorial (*T)/ Practical (*P) per week	Internal		Theory		Other		Subject Total		Credits			
					(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)						(In case of joint passing)					
					A	B	C	A + B + C								
(Honors) Fourth Year - Semester VII (Level 6)																
BAYS701	Major DSC	Patanjala Yogasutras(with Vyasa Bhashya)- I	75	75	-	-	20	07	80	28	-	-	100	35	05	
BAYS702	Major DSC	Hathapradipika (With Jyotsna Commentary)	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS703	Major DSE	Philosophy of Bhagvadgeeta//Diet and Nutrition/Yoga in Different Culture/Modern Psychology/MOOC	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS704	Minor	Research Methodology	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS705	Major DSC	Yoga Practical –V	150	-	75	75	20	07	-	-	80	28	100	35	05	
	Total	22	405	255	75	75	100	35	320	112	80	28	500	175	22	
(Honors) Fourth Year - Semester VIII (Level 6)																
BAYS801	Major DSC	Patanjala Yogasutras (with Vyasa Bhashya) - II	75	75	-	-	20	07	80	28	-	-	100	35	05	
BAYS802	Major DSC	Siddhasidhantapaddhati	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS803	Major DSE	Yoga and Spirituality/ Meditation Techniques/Yoga and Naturopathy/ MOOC	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYS804	Major DSC	Yoga Practical – VI	150	-	75	75	20	07	-	-	80	28	100	35	05	
BAYS805	IN/AP	Internship/Apprenticeship II	120	-	-	120	-	-	-	-	-	-	-	Grade	04	
	Total	22	465	195	75	195	80	28	240	84	80	28	400	140	22	
	Total	22+22	870	450	150	270	180	63	560	196	160	56	900	315	44	
Total for UG Honors Degree				3405	1870	300	1340	980	343	3200	1120	720	252	4900	1715	176



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Course Code	Course Type	Course Title	Teaching/Activity hours	Lecture (L) /Tutorial (*T)/ Practical (*P) per week	Internal		Theory		Other		Subject Total		Credits			
					(Practical/ Diss. / Viva/ Oral/ Test/ Sessional etc.)						(In case of joint passing)					
					A	B	C	A + B + C								
(Honors with Research) Fourth Year - Semester VII (Level 6)																
BAYR01	Major DSC	Introduction To Indian Textual Criticism	75	75	-	-	20	07	80	28	-	-	100	35	05	
BAYR02	Major DSC	Fundamental of Yoga Research	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYR03	Major DSE	Statistics	60	60	-	-	20	07	80	28	-	-	100	35	04	
BAYR04	Minor	Research Methodology	75	75	-	-	20	07	80	28	-	-	100	35	05	
BAYR05	RP	Research Project	60	-	-	60	-	-	-	-	-	-	-	Grade	04	
	Total	22	330	270	-	60	80	28	320	112	-	-	400	140	22	
(Honors with Research) Fourth Year - Semester VIII (Level 6)																
BAYR06	Major DSC	Manuscriptology and Paleography	45	45	-	-	20	07	80	28	-	-	100	35	03	
BAYR07	Major DSC	Scientific Writing	45	-	20	40	20	07	80	28	-	-	100	35	03	
BAYS08	Major DSC	ICT in Research	45	45	-	-	20	07	80	28	-	-	100	35	03	
BAYR09	Major DSE	Descriptive Statistics	45	45	-	-	20	07	80	28	-	-	100	35	03	
BAYS10	RP	Dissertation	270	30	-	240	-	-	-	-	-	-	-	Grade	10	
	Total	22	450	150	20	280	80	28	320	112	-	-	400	140	22	
	Total	22+22	780	420	20	340	160	56	640	224	160	56	800	280	44	
Total for UG Honors with Research Degree				3315	1840	170	1410	960	336	3280	1148	560	196	4800	1680	176



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Semester I

History and Development of Yoga			
Semester: I	Course Code: BAYS101		
Total Hrs.: 45	Credits: 03		
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit I - History and Development of Yoga

General introduction to yoga, etymology of the word ‘Yoga’, definitions of yoga according to different texts, history of yoga, development of yogic practices from Vedic to modern period, aim and objectives of yoga, common misconceptions of yoga, importance of yoga.

Unit II – Schools of Yoga

Introduction to Jnyana Yoga, Karma yoga, Bhakati Yoga, Dhyana Yoga, Hatha Yoga,

Unit III – Introduction to Yogic Terminologies

Concept of Panchakosha, Concept of Pancha Prana and Upapranas, Concept of Nadi, Concept of Kundalini and Chakra

Reference Books –

- 1) S.P Singh, History of science , Philosophy and Culture in indian civilization, Volume XVI Part 2 History of yoga : 2010
- 2) Reddy V.M Aatharatnavali, M.S.R Memorial yoga series
- 3) Kamakhya kumar, ‘Super Science of yoga;
- 4) Feucrestain,The yoga Tradition,Motilal Banarshidass,New Delhi

Anatomy and Physiology of Human Body			
Semester: I	Course Code: BAYS102		
Total Hrs.: 45	Credits: 03		
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		



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Unit I -

General Introduction to Cell: Cell structure and Cell organelles

Development of Tissues and Muscles

General introduction to Muscular System and Skeletal System

Unit II -

General Introduction to the Digestive System and Excretory System

General Introduction to Circulatory System and Respiratory System

Unit III -

General Introduction to the Nervous System and Endocrine Glands

General Introduction to the Reproductive System and Special Senses

Reference Book -

1. Shri Krishna, Notes on Structure and function of human body and effect of yogic practices on it kaivalyadham. S.M.Y.M Samiti ,Lonavala,1998
2. Charu,Supriya,Saris Rachna exan kriya vigyan
3. Mandlik V, Yoga Parichaya , Yogachaitanya prakashana, Nashik
4. Gore M.M.Anatomy and physiology of yogic Practices,KAnchan Prakshan,Lonavala,2003
5. Shirley Tells,Nagendra H.R., A Glimpse into the human body, swami Vivekananda yoga prakashana,Banglore,2002

Indian Psychology			
Semester: I		Course Code: BAYS103	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		

Course Overview

This course introduces Indian Psychology, focusing on its theoretical frameworks, methodologies, and applications. The aim is to understand psychological concepts rooted in Indian philosophical traditions and their relevance to contemporary psychological practice.

This syllabus aims to provide students with a comprehensive understanding of Indian Psychology, encouraging them to explore the rich psychological heritage of India and its applications in contemporary contexts.

Unit 1: Introduction to Indian Psychology

1. Historical Development of Indian Psychology
2. Key Concepts in Indian Philosophical Traditions
3. Comparison with Western Psychology



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Unit 2: Theoretical Foundations

1. Samkhya and Yoga Psychology
2. Vedanta and Psychological Insights
3. Buddhist Psychology
4. Jain Psychology
5. Bhagvadgita Methods of knowing

Unit 3: Psychological Constructs in Indian Thought

1. Concepts of Self and Consciousness
2. Mind and Mental Processes
3. Emotions and their Management
4. Well-being and Spiritual Practices

Unit 6: Contemporary Issues and Future Directions

1. Integration of Indian and Western Psychology
2. Ethical and Cultural Considerations
3. Emerging Trends and Future Research

Reference Books-

1. Foundations of Indian Psychology (Volumes 1 and 2) - Edited by Cornelissen, R. M. M., Misra, G., & Varma, S. - Pearson Education India, 2011.
2. Indian Psychology: Perception - R. Balasubramanian - Motilal Banarsi Dass Publishers, 2004.
3. Yoga Psychology: Theory and Application - Swami Ajaya - Himalayan International Institute, 1983.
4. The Psychological Foundations of Culture in India - Edited by Misra, G. - Springer India, 2010.
5. Positive Psychology in the Light of Indian Tradition - Edited by Rao, K. R., & Paranjpe, A. C. - Springer, 2008.
6. Towards an Indian Psychology: Essays in Indigenizing Psychology - Ashish Nandy - Oxford University Press, 1974.
7. Indian Approaches to Positive Psychology - Edited by Joshi, S., & Sharma, S. - Springer, 2018.
8. Vedic Psychology - Swami Parthasarathy - A. Parthasarathy, 2008.
9. Buddhist Psychology: The Foundation of Buddhist Thought, Volume 3 - Geshe Tashi Tsiring - Wisdom Publications, 2006.
10. The Psychology of the Yoga Sutras - K. S. Joshi - Bhavan's Book University, 2007.

Basket for Generic Electives

This Basket containing Generic/Open Electives is offered to the students to choose one subject for Semester I, II, III and IV each.

History			
Semester: I	Course Code: Generic BAYS104		
Total Hrs.: 45	Credits: 03		
Evaluation Scheme			
Theory			
Final Exam	Internal Assessment		
	Assignment+Attendance+VIVA	Final Exam	Internal Assessment
80	10+05+05= 20	Demonstration+VIVA	



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Unit I

- The Harappan Civilization: Extent, Town Planning, Social, Religious Condition
- Rig Vedic, Later Vedic Age: Polity, Society, Religious Condition
- Jainism, Buddhism: Origin, Tenets

Unit II

- Chandragupta Maurya: Administration
- Ashoka: His Conquests, Dhamma
- The Gupta Dynasty: Chandra Gupta I, Samudragupta, Chandragupta Vikramaditya
- Invasions of India: Mohammad -bin-Kasim, Mohammad Ghazni, Mohammad Ghori

Unit III

- Iltutmish: Founder of Slave Dynasty, Balban - Blood and Iron Policy
- Alauddin Khilji: Market Control Policy, His conquests
- Mohammad-bin-Tuglaq: His Experiments, Firoz Tuglaq – Administration

Unit IV

- Bhakti Movement: Ramanand, Kabir, Nanak
- Sufi Cult: Tenets, Moinuddin Chisti
- Architecture of Sultanate Period

Reference Books:

1. The Wonder that was India - A.L. Basham
2. History & Culture of the Indian people Vols II, III, IV & V (Bharatiya Vidyabhavan Series) - R.C. Majumdar et al.
3. Ancient India – R.C. Majumdar
4. Ancient India – V.D. Mahajan
5. Ancient Indian History & Culture S.R. Sharma.
6. Medieval India, from Sultanate to the Mughals - Satish Chandra.
7. Delhi Sultanate A.L. Shrivastava.
8. Mughal Empire. A.L. Shrivastava.
9. New History of the Marathas Vol. I G.S. Sardesai.

Political Science			
Semester: I		Course Code: Generic BAYS104	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		



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Unit I - Political Theory and State

- Political Theory: Meaning, Nature (Normative and Empirical), Scope and Significance
- State: Meaning, Basic Elements. Approaches (Liberal and Marxist)

Unit II - Power and Authority

- Power: Meaning, Nature. Significance And Types
- Authority: Meaning, Nature, Significance and Types

Unit III - Liberty and Equality

- Liberty: Meaning. Nature. Significance And Types
- Equality: Meaning, Nature and Significance and Types

Unit IV - Rights and Justice

- Rights: Meaning, Nature, Types, Theory of Natural Rights. Legal Theories of Rights
- Justice: Meaning, Nature, Types, Distributive Justice
- Feminist Perspective

Reference Books –

1. Amaj Ray & Mohit Bhattacharya: Political theory and Institutions
2. Gauba O.P.: An Introduction to Political Theory, 2014
3. Sushila Ramaswami: Political Theory: Ideas and Concepts, 2010.
4. Sushila Ramaswami: Political Theory and Thought, 2010.
5. Sushila Ramaswami: Key Concepts in Political Theory, 2014.
6. Omprakash Goba: Politics-Theory and Contemplation, Discussions on Politics-Theory
7. Gavaie Jogendra, Hasham Sheikh: Political Theory, Vishwa Prakashan, Nagpur, 2013.
8. Deshmukh Alka: Political Theory, Sainath Prakashan Nagpur, 2014.
9. Kale Ashoka: Political Theory, Vidya Prakashan, Nagpur, 2007

Sociology			
Semester: I		Course Code: Generic BAYS104	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit I - Understanding Sociology

- Sociology: Its meaning, definition and characteristics as a science
- Relationship of sociology with other social sciences: Anthropology, History, Political Science and



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Economics

Unit II - Basic Concepts in Sociology

- Groups, reference groups, association, institution, community and society
- Development of human societies: Pre-modern societies (hunting and gathering societies, pastoral and agrarian societies.), Modern industrial Society: Its characteristics- industrialism, capitalism, urbanism, liberal democracy.
- Society and Individual: A mutual relationship.

Unit III - Socialization

- Meaning, processes and importance of socialization.
- Agencies of socialization: Family, education, religion, peer group and mass media.
- Mead's concepts of 'I', 'Me' and Socialization.

Unit IV - Social structure

- Elements of social structure.
- Functions and dysfunctions of social Structure.
- Socio-cultural processes: Cooperation, conflict, accommodation, assimilation and competition

Reference Books -

1. Bottomore, T.B., Sociology: A guide to problems and literature, George Allen and Unwin (India), BomBAYS, 1972.
2. Harlambos Michael, Martin Holborn and Robin Heald, 2000, Sociology: Themes and Perspectives, Collins.
3. Inkeles, Alex, what is Sociology? Prentice-Hall of India, New Delhi, 1987.
4. Jayaram, N., Introductory Sociology, Macmillan India, Madras, 1988.
5. Johnson, Harry M., Sociology: A Systematic Introduction, Allied Publishers, New Delhi, 1995.
6. Schaefer, Richard T. and Robert P. Lamm, Sociology, Tata-McGraw Hill, New Delhi, 1999.
7. Ghode R.N., and BhauDaydar, Sociology: Basic concepts, S. Spectrum Publication, Nagpur.
8. Melvin M. Tumin, Social Stratification, Prentice-Hall, Inc., Englewood Cliffs, New Jersey.
9. Vivek, P.S., Sociological Perspectives and Indian Sociology, Himalaya Publishing House, Mumbai, 2002.
10. Vaidya, N. S., Samajshastra, Vidya Prakashan, Ruikar Marg, Nagpur.



Kavikulaguru Kalidas Sanskrit University, Ramtek

B.A Yogashastra

English Literature	
Semester: I	Course Code: Generic BAYS104
Total Hrs.: 45	Credits: 03
Evaluation Scheme	
Theory	Practical/VIVA
Final Exam	Internal Assessment
	Assignment+Attendance+VIVA
80	10+05+05= 20
	Demonstration+VIVA

Unit I - Poetry

Following poems Prescribed from **Selections of Literature from Elizabethan to Restoration Ages**, Edited by Kapil Singhel, Madhavi Moharil, Dhanraj Shete (Orient Black Swan)

1. Easter Edmund Spencer
2. Let Not Old Age Disgrace My High Desire: Philip Sidney
3. Sonnet to Sir Philip Sidney's Soul: Henry Constable
4. The Treasure of Our Tongue: Samuel Danial
5. Taking My Pen: Michael Drayton
6. All the World's a Stage: Shakespeare
7. A Hymn to God the Father: Ben Jonson

Unit 2 - Prose

The following essays of Francis Bacon from Selections of Literature from Elizabethan to Restoration Ages are prescribed: of Friendship, of Travel, of Studies, of Adversity

Unit 3 - Shakespearean Drama

Shakespeare: Merchant of Venice, Edited by Deepti Dharnani, Pankaj Sharma and Umed Singh, Macmillan Education

Unit 4 - Literary Forms and Terms

Forms of Drama: Tragedy, Comedy, Tragi-Comedy, Farce & Melodrama, Chronicle Play, Poetic Drama, Problem Play, Absurd Drama.

Literary Terms: Conceit, Decorum, Denouement, Dialect, Epigraph, Epiphany, Epitaph, Euphemism

Reference Books:

1. Selections of Literature from Elizabethan to Restoration Ages, Edited by Kapil Singhel, Madhavi Moharil, Dhanraj Shete (Orient Black Swan)
2. Shakespeare: Interpreting a play: The Merchant of Venice, Edited by Deepti Dharnani, Pankaj Sharma and Umed Singh, Macmillan Edition.



Kavikulaguru Kalidas Sanskrit University, Ramtek
B.A Yogashastra

MOOC			
Semester: I		Course Code: Generic BAYS104	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Internal Assessment
80	10+05+05= 20		Demonstration+VIVA

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

- 1) to learn the course of their choice through online resources.
- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
- 4) Improve the efficiency and effectiveness.

Course Learning Outcomes (CLO):

- 1) Online learning brings flexibilities in learning process.
- 2) It is usually chosen by the learners on basis of its affectivity.
- 3) Online Courses bring distinctiveness & quality.

Module Details with

UGC-SWAYAM/NPTEL Courses use to publish in month of July & January of every academic year. Students may elect a course as an online course of similar credits to mentioned in uni./coll syllabus & enrol for the same through the SWAYAM portal with the guidance of Universi SWAYAM Coordinator / college SWAYAM Mentor).

Reference Books and Links —

- www.swayam.gov.in
- Tentative list of MOOCs published for Credit Transfer on University Website.
- University SWAYAM/NPTEL Guidelines published for Credit Transfer on University Website.
- Changes according to UGC-SWAYAM Guidelines are applicable time to time.

SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms

Yoga Practical -I			
Semester: I		Course Code: BAYS105	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Internal Assessment
		80	10+10=20



Kavikulaguru Kalidas Sanskrit University, Ramtek

B.A Yogashastra

Unit 1 – Loosening Exercises and Yogic Sukshma Vyayamas

Loosening exercises: Twisting, Side bending, Forward-backward bending, Twisting and bending.

Yogic Sukshma Vyayama: Kapola shakti vikasak, karna shakti vikasaka, greeva shakti vikasaka, karatala shakti vikasaka, manibandha shakti vikasaka, poornabhoja shakti vikasaka, vakshasthala shakti vikasaka, jangha shakti vikasaka, padamoola shakti vikasaka.

Unit 2 – Pre-positions and Basic Asanas

Standing position, standing position with legs apart, relaxed standing position; sitting position, relaxed sitting position; prone position, supine position; pre-position for Surya Namaskar; switching between the positions.

Asanas in supine position: Ekapada Pavana Muktasana, Ekapada Uttana Padasana, Anantasana.

Asanas in prone position: Ardha Shalabhasana, Sahajahasta Bhujangasana;

Asanas in sitting position: Swastikasana, Vajrasana, Pada Hastasana, Hasta Shirasana, Parvatasana, Sharanagat Mudra, Vakrasana-1, Marjarasana.

Asanas in standing position: Ardha Kati Chakrasana, Hasta Padasana, Ardha Chandrasana, Trikonasana;

Relaxing Asanas: Shavasana (Supine position); Makarasana (Prone position); Tadagasana (Supine Position)

Unit 3 – Primary Breathing Techniques

Breath awareness; Controlled breathing, fast breathing (with gradually increasing and decreasing speed), sectional fast breathing; deep breathing (With 1:1, 1:1.5 and 1:2 ratio of Inhalation: Exhalation), sectional deep breathing; Pranav mudra for sectional breathing; Rabbit breathing, Dog breathing, Tiger breathing; Abdomen, thoracic and clavicular breathing.

Unit 4 – Meditation

Omkar chanting with 2:3:5 ratio of A: U: M; Gayatri Matra Chanting.

Reference Books:

1. Dhirendra B., Yogic Sukshma Vyayama, Dhirendra Yoga Prakasha, New Delhi, 1980.
2. Swami Dhirendra Bhramhachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi.
3. Mandlik V., Yoga Sanjivan, Yogachaitanya Prakashana, Nashik.
4. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.
5. Mandlik V., Yoga Pravesh, Yogachaitanya Prakashana, Nashik.
6. Swami Kuvalyananda, Asana, Kaivalyadhama, Lonavla.
7. Swami Satyananda Saraswati, Asana, Pranayama, Bandha, Mudra, Yoga Publication Trust.
8. Basavaraddi, I.V. & others, Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi.



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9. Swami Niranjanananda S., Mantra & Yantra, Yoga Publication Trust, Bihar.

English Communication- I			
Semester: I		Course Code: BAYS106	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Unit I - Pronunciation, Stress and Intonation

1. Introduction to communication
2. Introduction to English Sound System - Consonants, vowels and diphthongs.
3. Intonations and Stress patterns
4. Weak forms of words.

Unit II - Grammar

1. Basic grammar
2. Assertive and declarative sentences.
3. Negation and Interrogation

Unit III - Vocabulary building

References:

1. Speaking- Martin Bygote, Oxford University press
2. A University Grammar of English – Quirk and Greenbaum, Longman
3. English vocabulary in use, - Redman, Cambridge Lowpriced Edition.
4. Better English pronunciation- J.D.O' Connor
(With two audio cassettes), Cambridge Low priced Edition
5. Patterns of Spoken English- Knowles
6. English: The Easy Way – Norman Schachter, South- Western publishing Company.



Kavikulaguru Kalidas Sanskrit University, Ramtek
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Sports/Cultural Activity			
Semester: I		Course Code: BAYS107	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
	Demonstration+VIVA		
		Grade	

Sports

Participation in Local level, Department level, College level, University level, regional level, State level and National level Sports Competitions etc.

Participation in College/ University/Institution level Regular/Special Activities

International Day of Yoga. World Environment Day. Drive of Plantation of saplings. Van Mahotsava, District level/University level leadership camp. Women empowerment- Lectures, seminars. Health Check up, Dental Check up, Blood Donation, Health Awareness Activities. Population Awareness Programme. Nirmalya Collection during the Immersion of Ganesh Idols etc.in various festivals in Maharashtra for controlling crowd & maintaining religious harmony. Road safety programme. Swachha bharat Pakhwada by organizing the following activities- Cleanliness Drive, Pledge Ceremony to Create Awareness, Cleanliness Drive in the Adopted Villages, Gram Panchayats, Mass Anti Polythene Campaign, Slogan writing and Debates on Swachhata, Workshop and Seminars on Swachhata and Create Awareness on healthy habits like washing hands before and after taking meals, use of toilets etc. Social Harmony Programme. Organ Donation Awareness campaign. Water Conservation Awareness. Food Safety Awareness Campaign. "Majhi Vasundhara" Abhiyan. Celebration of Gandhi Jayanti & Communal Harmony Day on 2nd October. Swachha Bharat Campaign. Traffic Week Celebration by conducting training on Traffic Rules & Signals in Collaboration with Police Traffic Cell. National Day for Disaster Reduction. Digital India Awareness. Self Defense Training World AIDS Day. Beti Bachao Abhiyan Awareness campaign. Skill Development/Employment Generation / career counselling. Voter Awareness, NSS Foundation Day Celebrations and other programs informed by authorities time to time.

Important Instructions:

- 1- Students will have to complete 30 hours from each unit mentioned above along with the 15 hours of activities such as preparation of activities, services, report writing etc...
- 2- Credits will be approved only after the production of valid documents such as certificate/attendance letter obtained from the organising institution/body.

Desktop Publishing			
Semester: I		Course Code: BAYS108	
Total Hrs.: 30		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
	Demonstration+VIVA		
		80	10+10=20



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B.A Yogashastra

Unit I - Computer Fundamentals

- Introduction to Computer: Functional Block Diagram
- Computer: History and Development Evolution of Computer
- An Introduction to Computer
- Overview of Computer: Input Devices
- Evolution and Development of Microprocessors, Part-1
- Operating System Software
- Computer Software's - Application Software
- An Introduction to Computer - Operating System
- Operating System: Utility Software Tools

Unit II – Page-setup Using Word Processing Software

MS Word - Identify the various benefits of using word processing software. • Identify the main parts of the Microsoft Word window. • Identify the purpose of the commands on the menu bar. • Copy, cut and paste text. • Work with the buttons on the toolbar. • Type, edit and format text. • Work with pictures. • Work with language tools (spell check). • Open, save, save as, and print Microsoft Word files

Unit III – Working with Presentations Software

A defined Master slide, Defined Theme Font, Defined Theme Colours, Theme Effects, Empty and custom slide layouts, Animations, designs, being able to add images, audio and videos, and also editing those images and videos

The specialty of the publisher is that it has many other pre-published editions available in it. Like Newsletters, Brochure, Invitation Card, Greeting Cards, Mailing Label, Banner, Web Page, etc. all this is there in it. To prepare all above this within few minutes with the help of a wizard available on the Microsoft publisher

IKS Based on Sanskrit			
Semester: I		Course Code: BAYS109	
Total Hrs.: 30		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	20		

Nitishatakam (First five paddhati)

(मुर्ख—पध्दती, विद्वत—पध्दती, मानषौर्य—पध्दती, अर्थ—पध्दती, दुर्जन—पध्दती,)

Reference Books :

- नीतिशतकम् – चौखंबा प्रकाशन, वाराणसी
- नीतिशतकम् – डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, २६, बलरामपूर हाउस, इलाहाबाद—२११००२
- नीतिशतकम् – (मराठी अनुवादासह) प्राचार्य वेदकुमार वेदालंकार, पं. सिधेश्वर महाराज, विद्याभारती प्रकाशन, लातूर
- नीतिशतकम् – (मराठी अनुवादासह) डॉ. हेमा गोखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक
- नीतिशतकम् – विद्याप्रसार केंद्र, सीताबर्डी, नागपूर



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B.A Yogashastra
Semester II

Introduction to Indian Philosophy			
Semester: II		Course Code: BAYS201	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I - Evolution of Darshan as Philosophy in India

Othodox System and Heterodox System

Unit II – Orthodox Systems

Brief accounts of Sankhya, Yoga, Nyaya, Vaisheshika, Mimamsa and Vedanta.

Unit III – Heterodox Systems

Brief accounts of Charvak's Thoughts, Buddhism and Jainism.

References Books:

1. Karambalekar V., Sanskrit Sahityacha Sopapattik Itihasa, Vidya Bharati Prakashan
2. Dixit S., Bharatiya Tatvadyan, Phadake Prakashan, Kolhapur
3. Saraswati S., Kundalini Tantra, Yoga Publication Trust, Bihar, Second Edition.
4. Upadhyaya B., Bharitya Darshan, Chaukhamba Orientalia, Delhi.
5. Hinze O. M., Tantra Vidya, Motilal Banarasidas, Delhi, Second Edition
6. Shastri G., A Concise History of Classical Sanskrit Literature, Motilal Banarasidas, Delhi
7. Sinha H. P., Bharitya Darshana ki Rooprekha, Motilal Banarasidas, Delhi.

Bhakti Yoga			
Semester: II		Course Code: BAYS202	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	5+5+10=20		



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B.A Yogashastra

Unit I – Concept of Bhaktiyoga

Unit II – Bhakti in Narada Bhaktisutras

Unit III – Prominent saints from Bhakti Movements

(Sant Kabirdasa, Sant Meerabai, Sant Tulasidas, Sant Namdeo)

Reference Books –

- 1) The Journey within : Exploring the path of Bhakti by Radhanath Swami
- 2) The neetan of Devotion by A.C Bhaktivedanta Swami Prabhupada
- 3) “Bhakti Yoga: the Yoga of Love and Devotion” by Swami Vivekananda
- 4) The Yoga of the Bhagwad Gita by Paramahansa Yogananda

Effects of Yogic Practices on Human Body			
Semester: II		Course Code: BAYS203	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Physiological effects of Asanas

Unit 2 – Physiological effects of Cleansing Techniques

Unit 3 – Physiological effects of Pranayamas

Unit 4 – Physiological effects of meditation and relaxing techniques

Reference Books:

1. Swami Maheshananda, Scientific Exposition on Pranayama, Yoga Mimansa Publications.
2. Coulter D., Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners, Motilal Banarasidas, 2010.
3. Shashirekha C. K., Yoga Body Anatomy: Insights to Muscular Movements, Notion Press.
4. Oliver S. B., Applied Anatomy and Physiology of Yoga, Yoga Synergy Pvt. Ltd., 2005.
5. Kaminoff L., Yoga Anatomy, Human Kinetics Publishers, 2011.



Kavikulaguru Kalidas Sanskrit University, Ramtek
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Basket for Generic Electives

This Basket containing Generic/Open Electives is offered to the students to choose one subject for Semester I, II, III and IV each.

History				
Semester: II		Course Code: Generic BAYS204		
Total Hrs.: 45		Credits: 03		
Evaluation Scheme				
Final Exam	Theory		Practical/VIVA	
	Internal Assessment Assignment+Attendance+VIVA		Final Exam	Internal Assessment
80	10+05+05= 20			Demonstration+VIVA

History of India from 1526 to 1761

Unit -I

- a. Establishment of Mughal Power – Babur
- b. Sher Shah Suri – His Administrative Reforms
- c. Akbar – Religious Policy, Territorial Expansion

Unit- II

- a. Shah Jahan – War of Succession
- b. Aurangzeb – Relations with Bijapur, Golconda, Marathas
- c. Art and Architecture

Unit- III

- a. Shivaji – Relations with Deccan Powers and the Mughals
- b. Shivaji's Coronation, Karnataka Expeditions, Administration
- c. Chhatrapati Sambhaji – His relations with Mughals

Unit- IV

- a. Maratha War of Independence , Accession of Shahu
- b. Third battle of Panipat - Causes and Consequences

Advent of European Trading Companies

Reference Books:

1. The Wonder that was India - A.L. Basham
2. History & Culture of the Indian people Vols II, III, IV & V (Bharatiya Vidya Bhavan Series) - R.C. Majumdar et al.
3. Ancient India – R.C. Majumdar
4. Ancient Indian History & Culture S.R. Sharma.



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5. Medieval India, from Sultante to the Mughals - Satish Chandra.
6. Delhi Sultanate A.L. Shrivastava.
7. Mughal Empire. A.L. Shrivastava.
8. New History of the Marathas Vol. I G.S. Sardesai.

Political Science			
Semester: II	Course Code: Generic BAYS204		
Total Hrs.: 45	Credits: 03		
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit- I Plato

1. Ideal State
2. Philosopher King
3. Theory of Justice
4. Theory of Communism

Unit-II Aristotle

1. Theory of State
2. Classification of state
3. Thoughts on revolution
4. Slave

Unit- III J.S. Mill

1. Concept of Liberty
2. Concept of Democracy
3. Property
4. Government

Unit – IV Karl Marx

1. Dialectical Materialism
2. Class War
3. Thoughts on State
4. Theory of surplus value



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Reference Books –

- 1) Francis W. Coker- Recent Political Thought. The world Press Pvt. Ltd.
- 2) George H. Sabine - A History of Political theory, George G. Harrap&comoany Ltd. London.
- 3) C.L. Wayper - Political thought, S. Pauls, Honce Warwick lane London. Ec. 4
- 4) V.D. Mahajan& R.R. Seth Recent Political Thought. Premier Publishing Co, Delhi.
- 5) William Ebenstein, Great Political Thinkers - Plato To the present Modern Political thought. The great Issues, IIInd Edition. Oxford & IBI Publishing company.
- 6) Radhey Sham Chourasia, History of western Political thought- Volume & II
- 7) Suda J.P.. History of Political Thought
- 8) Prof. B.L. Bhole - Indian and Western Political Thought. Piplapure & K. Publishers. Nagpur
- 9) Prof. W.B. Patil - Western Political Thinker. Mangesh Prakashan, Nagpur
- 10) Prof. V.C. Joshi Political Philosophy of Plato and Aristotle. Nath Mudranalay, Aurangabad
- 11) Prof. P. S. Kane - Some prominent political scientists. Vidyaprakashan, Nagpur
- 12) Dr. N.Y. Dole - History of Political Thought, Continental Publications, Pune.
- 13) Pvt. Sudhakar Kulkarni, Selected Political Thinker, Vidyabharati Prakashan, Latur

Sociology			
Semester: II		Course Code: Generic 3 BAYS204	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Themes and Perspectives

Unit I-Culture and

Society:

- A. Meaning, definition and characteristics of culture.
- B. Elements of culture: Cognitive elements, beliefs, values and norms, and signs.
- C. Culture and ways of individual behavior and personality.

Unit II-Social Deviation and Social Control:

- A. Social deviance and conformity: Meaning and definition, causes of and measures to check deviant behavior. Factors promoting conformity.
- B. Anomie and social deviation, social structure and social deviation.
- C. Social Control: Meaning, definition and means – formal and informal means.

Unit III-Social Stratification and Social Mobility:

- A. Social differentiation and social stratification.
- B. Meaning, definition and forms of social stratification.
- C. Functions and dysfunctions of socialstratification.
- D. Social mobility: Meaning, definition and types of social mobility.



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Unit IV-Major Perspectives in Sociology:

- A. Structural-functional perspective
- B. Conflict perspective
- C. Feminist perspective

Reference Books-

1. Bottomore, T.B., Sociology: A guide to problems and literature, George Allen and Unwin (India), Bombay, 1972.
2. Harlambos Michael, Martin Holborn and Robin Heald, 2000, Sociology: Themes and Perspectives, Collins.
3. Inkeles, Alex., What is Sociology? Prentice-Hall of India, New Delhi, 1987.
4. Jayaram, N., Introductory Sociology, Macmillan India, Madras, 1988.
5. Johnson, Harry M., Sociology: A Systematic Introduction, Allied Publishers, New Delhi, 1995.
6. Schaefer, Richard T. and Robert P. Lamm, Sociology, Tata-McGraw Hill, New Delhi, 1999.
7. Ghode R.N., and BhauDaydar, Sociology: Basic concepts, S. Spectrum Publication, Nagpur.
8. Melvin M. Tumin, Social Stratification, Prentice-Hall, Inc., Englewood Cliffs, New Jersey.

English Literature			
Semester: II		Course Code: Generic BAYS204	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit -I : Poetry

Following poems Prescribed from

Selections of Literature from Elizabethan To Restoration Ages, Edited by Kapil Singhel, Madhavi Moharil, Dhanraj Shete (Orient Black Swan)

1. Go and Catch the Falling Star: John Donne
2. The Pulley: George Herbert
3. On his Being Arrived to the Age of Twenty-Three: John Milton
4. Prithee Send Me Back My Heart: Sir John Suckling
5. The Grasshopper: Abraham Cowley
6. To the Memory of Mr Oldham: John Dryden
7. Ode on Solitude: Alexander Pope

Unit -II :Prose

The following Essays of Joseph Addison from ***Selections of Literature from Elizabethan to Restoration Ages***:

Sir Roger at the Club, Sir Roger at His Country House, Sir Roger at Church, Sir Roger in



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B.A Yogashastra

Town

Unit III :Novel

Daniel Defoe: Robinson Crusoe (Abridged Edition, Macmillan Education)

Unit -IV : Literary Forms and Terms

Stanza Forms: Heroic Couplet, Blank Verse, Free Verse, Terza Rima, Chaucerian Stanza (Rhyme Royal), Ottava Rima, Spenserian Stanza, Burns Stanza (Scottish Stanza) **Literary Terms:** Exposition, Hyperbole, Hyperbaton, Idiom, Imagery, Laureate, Lyric, Malapropism

Reference book:

Prescribed Textbooks:

1. *Selections of Literature from Elizabethan To Restoration Ages*, Edited by Kapil Singhel, Madhavi Moharil, Dhanraj Shete(Orient Black Swan)
2. Daniel Defoe: *Robinson Crusoe(Abridged Edition Macmillion Education)*

Reference Books and Links —

1. Shatkhandagama (Satprarupana), edited by Dr.Hiralal Jain, Shrinamta SethLakshmichandraSitabrai, Amaravati
2. Shatkhandagama, edited by Pt.Sumati Bai Shah, Shravika Ashram, Solapur
3. KundkundPrabhritsangraha, Dr. Kailash Chandra Shastri
4. Pravchansaar, Acharya Kundakund, JSSS, Solapur
5. KundkundKePratinidhiaagamGranth, Dr. VishwanathChoudhary, AhinsaVaishali

MOOC			
Semester: II		Course Code: Generic BAYS204	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
		Assignment+Attendance+VIVA	
80	10+05+05= 20	Demonstration+VIVA	

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

- 1) to learn the course of their choice through online resources.
- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
- 4) Improve the efficiency and effectiveness.

Course Learning Outcomes (CLO):

- 1) Online learning brings flexibilities in learning process.
- 2) It is usually chosen by the learners on basis of its affectivity.
- 3) Online Courses bring distinctiveness & quality.

Module Details

UGC-SWAYAM/NPTEL Courses use to publish in month of July & January of every acade year.



Kavikulaguru Kalidas Sanskrit University, Ramtek

B.A Yogashastra

Students may elect a course as an online course of similar credits to mentioned in uni./coll syllabus & enrol for the same through the SWAYAM portal with the guidance of Universi SWAYAM Coordinator / college SWAYAM Mentor).

Reference Books and Links --

- 1) www.swayam.gov.in
- 2) Tentative list of MOOCs published for Credit Transfer on University Website.
- 3) University SWAYAM/NPTEL Guidelines published for Credit Transfer on University Website.
- 4) Changes according to UGC-SWAYAM Guidelines are applicable time to time.

SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms

Yoga Practical II			
Semester: II		Course Code: BAYS205	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+5+5=20		

Unit 1 – Surya Namaskara and Asanas

10 steps Surya Namaskara with Surya mantra chanting and breath controls;

Asanas in supine position: Dvipada uttana padasana, Pavana Muktasana;

Asanas in prone positions: Adhvasana, Naukasana;

Asanas in sitting position: Padmasana, Vakrasana-2, Ardha Paschimottanasana, Vajrasana Yogamudra-1, Vajrasana Yogamudra-2, Ardha Matsyendrasana, Aakarna Dhanurasana-1, Aakarna Dhanurasana

Asanas in standing position: Tadasana, Tiryak Tadasana, Veerasana, Trikonasana.

Unit 2 – Cleansing Techniques

Kapalbhati, Agnisar Dhauti

Unit 3 – Bandhas and Hasta Mudras

Jalandhara Bandha, Moola Bandha, Uddiyana Bandha, Tribandha; Jivha Bandha;

Dhyana Mudra, Drona Mudra, Pranava Mudra.

Unit 4 – Pranayamas and Meditation

Suryabhedan pranayama, Chandrabhedan pranayama, Anuloma-Viloma breathing without holding the breath, Anuloma-Viloma pranayama with kumbhaka (holding the breath); Pranayama practice with ratio of 1:2:2 (inhalation: hold: exhalation) with jalandhara bandha only;

Omkara Meditation: A-kara Chanting, U-kara Chanting and M-kara Chanting, AUM chanting;



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Mahamrutyunjay mantra chanting.

Reference Books:

1. Mandlik V., Yoga Sanjivan, Yogachaitanya Prakashana, Nashik.
2. Mandlik V., Yoga Pravesh, Yogachaitanya Prakashana, Nashik.
3. Swami Niranjanananda S., Prana & Pranayama, Yoga Publication Trust, Bihar.
4. Mandlik V., Pranayama, Yogachaitanya Prakashana, Nashik.
5. Swami Satyananda S., Surya Namaskar, Yoga Publication Trust, Bihar.
6. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.
7. Om Swami, The Ancient Science of Mantras, Jaico Publishing House.
8. Swami Satyananda S., Asana Pranayama Mudra and Bandha, Yoga Publication Trust, Bihar.
9. Iyengar B. K. S., Light on Pranayama, Element, 2005

English Communication - II			
Semester: II		Course Code: BAYS206	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		80	10+10=20

Unit I - Grammar

1. Tense and Aspect.
2. Use of articles and Prepositions

Unit II - Functions

Introducing, greeting, requesting, asking advice, offering suggestions, complaining and apologizing etc.

Unit III - Vocabulary building

References:

1. Speaking- Martin Bygote, Oxford University press
2. A University Grammar of English – Quirk and Greenbaum, Longman
3. English vocabulary in use, - Redman, Cambridge Lowpriced Edition.
4. Better English pronunciation- J.D.O' Connor



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(With two audio cassettes), Cambridge Low priced Edition

5. Patterns of Spoken English- Knowles

6. English: The Easy Way – Norman Schachter, South- Western publishing Company.

NCC/NSS			
Semester: II		Course Code: BAYS207	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	Grade

Participation in State level Activities.

NSS Pre RD Camp and pre -SRD Camp at State Level. Socio cultural Competition "Utkarsh" "Prerana" State Level Leadership training camps. Adventure Camp at State level. Republic Day Parade Camp. Ahwan Camp and other programs informed by authorities time to time.

Participation in National level Activities.

Participation of NSS Volunteers for West Zone NSS Pre RD Camp and other programs informed by authorities time to time.

NCC Course run by University of College

Important Instructions:

Credits will be approved only after the production of valid documents such as certificate/attendance letter obtained from the organising institution/body.

IKS Basaed On Sanskrit			
Semester: II		Course Code: BAYS208	
Total Hrs.: 30		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	Grade

Nitishatakam (Next five paddhati)

(सुजन—पृष्ठती, परोपकार—पृष्ठती, धैर्य—पृष्ठती, दैव—पृष्ठती, कर्म—पृष्ठती)

Reference Books :

नीतिशतकम् – चौखंबा प्रकाशन, वाराणसी

नीतिशतकम् – डॉ. रोजश्वर मिश्र, अक्षयवट प्रकाशन, २६, बलरामपूर हाउस, इलाहाबाद—२११००२



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नीतिशतकम् – (मराठी अनुवादासह) प्राचार्य वेदकुमार वेदालंकार, प. सिध्देश्वर महाराज, विद्याभारती प्रकाशन, लातूर

नीतिशतकम् – (मराठी अनुवादासह) डॉ. हेमा गोखले, क.का.संस्कृत विश्वविद्यालय प्रकाशन, रामटेक

नीतिशतकम् – विद्याप्रसार केंद्र, सीताबर्डी, नागपूर

Environmental Education			
Semester: I		Course Code: BAYS209	
Total Hrs.: 30		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+05+05= 20		

Unit 1 – Introduction to environmental studies and Ecosystem

Multidisciplinary nature of environmental studies; Scope and importance; Need for public awareness; Introduction to ecosystem; structure and function of ecosystem; energy flow in an ecosystem: food chains, food webs and ecological succession.

Unit 2 – Environmental Pollution, policies & practices

Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution; climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture; Solid waste management: Control measures of urban and industrial waste; Environmental policies & practices; Sustainability and sustainable development; Environment Laws: environment Protection Act; Air (Prevention & Control of Pollution) Act; Water (Prevention and control of Pollution) Act; Wildlife Protection Act; Forest Conservation Act. Nature reserves, tribal populations and rights, and human wildlife conflicts in Indian context.

Reference Books:

1. Bharucha, E. 2003, Textbook for Environmental Studies, University Grants Commission, New Delhi and Bharati Vidyapeeth Institute of Environmental Education and Research, Pune. 361.
2. Carson, Rachel. 1962. Silent Spring (Boston: Houghton Mifflin, 1962), Mariner Books, 2002. 3.
3. Gadgil, M., This fissured land: an ecological history of India. University of California Press.
4. Gleeson, B. and Low, N. (eds.) 1999. Global Ethics and Environment, London, Routledge.
5. Heywood V.H. & Watson, R.T. 1995. Global Biodiversity Assessment, Cambridge Uni. Press.
6. Mc Cully, P. 1996. Silenced rivers: the ecology and politics of large dams. Zed Books.



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Semester III

Fundamentals of Samkhya Philosophy			
Semester: III		Course Code: BAYS301	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		
80	10+5+5=20		

Unit I - Introduction to Sankhya Philosophy

Etymology of the word – Samkhya

Tradition of Samkhya scholars

Goal of Samkhya Darshana

Unit II - Epistemology of Samkhya

Pratyaksha – Process of perception

Anumana – Process and three types of inference

Aptavachana – verbal testimony

Twenty-five elements of Samkhya

Unit III - Theory of causation

Satkaryavada

Triguna Theory

Pratyaya-sarga and Bhautika Sarga

Reference Book –

1. "Samkhya Philosophy" by S.N. Tandon, Publisher: Motilal Banarsidass
2. "Samkhya Darshan: A Textbook of Samkhya Philosophy" by Ram Shankar Bhattacharya, Publisher Munshiram Manoharlal Publishers
3. "The Samkhya Karika of Isvara Krsna" translated by Swami Virupakshananda, Publisher: Ramakrishna Math
4. "A History of Pre-Buddhist Indian Philosophy" by Benimadhab Barua, Publisher: Motilal Banarsidass
5. "An Introduction to Indian Philosophy: Perspectives on Reality, Knowledge, and Freedom" by Bina Gupta, Publisher: Routledge India
6. "Indian Philosophy Volume 4: Sāṃkhya and Yoga" by Sarvepalli Radhakrishnan and Charles A. Moore, Publisher: Princeton University Press
7. "The Samkhya Philosophy" by Ganganatha Jha, Publisher: Chaukhambha Orientalia
8. "Samkhya Philosophy: A Dualist Tradition in Indian Philosophy" by Gerald James Larson, Publisher: Motilal Banarsidass



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Teaching Methods of Yogic Practices			
Semester: III		Course Code: BAYS302	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+5+5=20		

Unit 1 – Yoga teaching

Yoga teaching for different levels (beginners, advanced, children, youth, women etc.); Objectives of teaching asanas, aspects of teaching asanas (teaching the posture, revision and correction); Objectives of teaching pranayamas, aspects of teaching pranayamas; categories of corrections, important points for effective teaching, ethical guidelines for yoga teacher.

Unit 2 – Lesson Planning

Salient features of lesson planning; need of lesson plan in yoga teaching; essentials of good lesson plan; lesson plan content; initial part of lesson, main content, end part of lesson; Micro lesson planning; Choosing sequence of yogic practices, prayers, loosening exercises, pre-positions, preparatory movements, revision asanas, full time revision, preparatory revision, teaching new yogic practice.

Unit 3 – Lesson Plans for Different Levels

Lesson plan for Beginners class and its micro lesson planning (15 days to one month course); lesson plan for advance yoga class and its micro lesson planning (15 days to one month course); lesson plan for children and its micro lesson planning (15 days to one month course)

Unit 4 – Evaluation Methods of Yoga Class

Evaluation of yogic practices; marks distribution: evaluation of taking and releasing the position, evaluation of ideal posture, evaluation of stability, evaluation of hold time; evaluation of Pranayama; evaluation of meditation, evaluation of cleansing techniques; evaluation by clinical trials.

Reference Books:

1. Mandlik V., Yoga Teacher, Yogachaitanya Prakashana, Nashik.
2. Gharote M. L., Teaching methods for Yogic practices, Kaivalyadham, Lonavala, 2007.
3. Shri Krishna, Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadham, Lonavala, 2009.
4. Mark Stephens, Teaching Yoga: Essential Foundations and Techniques, North Atlantic Books.
5. Mark Stephens, Yoga Sequencing: Designing Transformative Yoga Classes, North Atlantic Books, 2012.
6. Duggal, Satyapada, Teaching Yoga, The Yoga Institute, Mumbai.

Introduction to Hathayoga Tradition	
Semester: III	Course Code: BAYS303
Total Hrs.: 30	Credits: 02



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Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Brief Introduction to Hatha Yoga Tradition

Introduction to hatha yoga, history of hatha yoga tradition, Goal of Hatha Yoga, basic introduction to principle hatha yoga texts; Definition of Yoga, meaning and origin; aim and objectives of yoga; Dos and Don'ts (Sadhaka and Badhaka tattvas); Ghata and Ghatashuddhi; concept of Matha, Mitahara; concept of cleansing techniques (Shuddhi Kriyas);

Unit II – Brief Introduction to Hathayoga Texts

(Brief Intoduction to Hathapradipika and Gherand Samhita)

Reference Books:

1. Swami Niranjanananda S., Gheranda Samhita, Yoga Publication Trust, Bihar.
2. Swami Muktibodhananda S., Hatha Pradipika, Yoga Publication Trust, Bihar.
3. Swami Maheshananda, Shiva Samhita, Kaivalyadham Yoga Mandir Samiti, Lonavala.
7. Swami Anant B., Gheranda Samhita, Chaukhamba Orientala, 2013.
8. Devkaule V.G., Gheranda Samhita, Adarsha Vidyarthi Prakashan.
9. Devkaule V.G., Gheranda Samhita, Adarsha Vidyarthi Prakashan.
10. Tripathi H.P., Shiva Samhita, Chaukhamba Krishnadasa Academy, Varanasi.
11. Swami Dwarikadasa S., Siddha Siddhanta Paddhati, Chaukhamba Sanskriti Prakashana, 2014.

Basket for Generic Electives

This Basket containing Generic/Open Electives is offered to the students to choose one subject for Semester I, II, III and IV each.

History			
History		Evaluation Scheme	
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		



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History of India : 1764 to 1885

Unit I

- a. Battle of Buxar – Treaty of Allahabad
- b. Dual Government of Lord Clive
- c. Permanent Settlement of Lord Cornwallis

Unit II

- a. Subsidiary Alliance of Lord Wellesley
- b. Internal Reforms of Lord William Bentinck
- c. Doctrine of Lapse of Lord Dalhousie

Unit III

- a. Revolt of 1857 – Causes, Effects
- b. Brahmo Samaj, Prarthna Samaj, Arya Samaj
- c. Satya Shodhak Samaj ,Depressed Class Movement

Unit IV

- a. Lord Lytton's Administration
- b. Lord Ripon's Internal Reforms
- c. Rise of Indian Nationalism, Establishment of Indian National Congress

Reference Books-

1. A New Look at Modern Indian History – B. L. Grover and Alka Mehta
2. An Advanced History of India – Majumdar, Ray Choudhary, Datta
3. A History of Modern India – Ishwari Prasad, Subhedar
4. An Advanced Study in the History of Modern India, Vol. I, II, III – G.S. Chabra
5. History of Freedom Movement in India – Four Volumes – Tarachand
6. India's Struggle for Independence – Bipan Chandra
7. History of Modern India – A.L. Shrivastava

Political Science			
Semester: III		Course Code: Generic BAYS304	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Final Exam	Theory	Practical/VIVA	
	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment Demonstration+VIVA
80	10+05+05= 20		

Unit -I: INDIAN CONSTITUTION

- (1) Preamble: Nature, Objectives of Constitution of India.
- (2) Features of Indian Constitution.



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Unit - II: FUNDAMENTAL RIGHTS, DIRECTIVE PRINCIPLES OF STATE POLICY

- (3) Fundamental Rights: Meaning, Kinds, Restrictions.
- (4) Directive Principles of State Policy: Nature and Significance.

Unit - III: PRESIDENT, PARLIAMENT AND PRIME MINISTER

- (5) President: Powers and Functions.
- (6) Parliament: Composition, Powers and Functions.
- (7) Prime Minister: Powers and Functions.

Unit - IV: SUPREME COURT AND MAJOR ISSUES IN INDIAN POLITICS

- (8) Supreme Court: Composition, Powers and Jurisdiction (Original, Appellate, Advisory and Judicial Review).
- (10) Major Issues in Indian Politics: Caste, Religion, Terrorism.

Reference Books –

1. Austin Granville: The Indian Constitution: Cornerstone of a Nation, 1999, Working in a Democratic Constitution: A History of the Indian Experience, 2013.
2. Morris Jones, Indian Government and Politics,
3. Fadia B.L. & Fadia Kuldeep: Indian Government and Politics, 2016.
4. Jain M.P.: Indian Constitutional Law, 2014.
5. Johari J.C.: Select World Constitutions

Sociology			
Semester: III		Course Code: Generic BAYS304	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+05+05= 20		

Foundations of Sociological Thought

Unit I

Emergence of Sociology as a Discipline:

- A. The intellectual and social forces.
- B. The social, economic and political forces.

Unit II

Founders of Sociology: I

- A. August Comte: Views on positivism and law of three stages of society.
- B. Herbert Spencer: Organic analogy, theory of social evolution, military and industrial society.

Unit III

Founders of Sociology: II

- A. Charles Horton Cooley: Looking-Glass Self, primary group - its characteristics and



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importance

B. Emile Durkheim: Types of suicide, religion and its functions.

Unit IV

Founders of Sociological Thought: III

A. Karl Marx: Capitalism and its criticism, class and class struggle
 B. Max Weber: Types of social action, types of authority and bureaucracy.

Reference Books-

1. George Ritzer, 1996, Sociological Theory, TheMcGRAW-HILLInternational Editions.
2. Parsons Talcott, The Structure of Social Action, Vol. I & II, McGraw Hill, New York.
3. Nisbet, 1966, The Sociological Tradition, Heinmann Educational Books Ltd, London.
4. Zetlin Irving, 1981, Ideology and the Development of Sociological Theory, Prentice Hall.
5. Dahrendorf Ralph, 1959, Class and Class Conflict in Industrial Society.
6. BendizRinehard, 1960, Max Weber, An Intellectual Portrait.
7. Popper Karl, 1945, Open Society and its Enemies, Routledge, London.
8. Aron Raymond, Main Currents in Sociological Thought, Vol. I & II, Penguin.
9. Coser L.A., 1977, Masters of Sociological Thought, New York.
10. Giddens Anthony, 1997, Capitalism and Modern Social Theory.
11. Writings of Marx, Durkheim and Weber, Cambridge University Press.
12. R.N. Mukherjee and ArunansuGhoshal, Social Thought, VivekPrakashan, Delhi.
13. Francis Abraham and John Henry Morgan, Sociological Thought.
14. Michael Haralambos, Martin Holborn and Robin Heald, 2000, Sociology: Themes and Perspectives, Harper Collins, London.
15. H.E. Barnes, Introduction to Sociology.
16. N.S. Vaidya, SamajikVicharbant.

English Literature			
Semester: III		Course Code: Generic BAYS304	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Internal Assessment
80	10+05+05= 20		Demonstration+VIVA

Unit- 1 Poetry:

Selections of Literature from Romantic to Victorian Ages are prescribed:

1. The Chimney Sweeper: William Blake
2. The Solitary Reaper: William Wordsworth
3. His Books: Robert Southey
4. The Last Rose of Summer: Thomas Moore
5. I Would I Were a Careless Child: Lord Byron
6. Ode to the West Wind: P B. Shelley
7. Ode on a Grecian Um: John Keats



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Unit 2: Prose

The following Selections of Literature from Romantic to Victorian Ages are prescribed:

1. Dream Children-A Reverie: Charles Lamb
2. A Bachelor's Complaint of the Behaviour of Married People :Charles Lamb
3. On Reading Old Books: William Hazlitt
4. On the Feeling of Immortality in Youth: William Hazlitt

Unit 3 –Novel:

Jane Austen :Pride and Prejudice (Abridged Edition, Macmillan Education)

Unit 4 :Literary Forms and Terms

Novel Types: Picaresque Novel, Epistolary Novel, Gothic Novel, Sentimental Novel, Historical Novel, Domestic Novel, Regency Novel, Black Comedy

Literary Terms: Maxim, Memoir, Metonymy, Mimesis, Mythology, Novella, Onomatopoeia, Oxymoron.

Prescribed Textbooks:

1. Selections of Literature from Romantic to Victorian Ages, Edited by Vandana Bhagdikar, Prantik Banerjee, Abhay Mudgal (Orient BlackSwan)
2. Jane Austen: Pride and Prejudice (Abridged Edition, Macmillan Education)

MOOC			
Semester: III		Course Code: Generic BAYS304	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

- 1) to learn the course of their choice through online resources.
- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
- 4) Improve the efficiency and effectiveness.

Course Learning Outcomes (CLO):

- 1) Online learning brings flexibilities in learning process.
- 2) It is usually chosen by the learners on basis of its affectivity.
- 3) Online Courses bring distinctiveness & quality.

Module Details

UGC-SWAYAM/NPTEL Courses use to publish in month of July & January of every acade year. Students may elect a course as an online course of similar credits to mentioned in uni./coll syllabus & enrol for the same through the SWAYAM portal with the guidance of Universi SWAYAM Coordinator / college SWAYAM Mentor).

Reference Books and Links —



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- 1) www.swayam.gov.in
- 2) Tentative list of MOOCs published for Credit Transfer on University Website.
- 3) University SWAYAM/NPTEL Guidelines published for Credit Transfer on University Website.
- 4) Changes according to UGC-SWAYAM Guidelines are applicable time to time.

SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms

Yoga Practical - III			
Semester: III		Course Code: BAYS305	
Total Hrs.: 90		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	80
10+5+5=20			

Unit 1 – Lesson Planning for Beginner Level Classes

Lesson planning for beginner level classes; micro lesson planning for each level including starting part, main part and end part;

Unit 2 – Lesson Planning for Intermediate Level and Advance Level Classes

Lesson planning for intermediate and advanced level classes; micro lesson planning for each level;

Reference Books:

1. Mark Stephen, Yoga Sequencing: Designing Transformative Yoga Classes, North Atlantic Books, 2012.
2. Mandlik V., Yoga Teacher, Yogachaitanya Prakashana, Nashik.
3. Gharote M. L., Teaching methods for Yogic practices, Kaivalyadham, Lonavala, 2007.
4. Mark Stephens, Teaching Yoga: Essential Foundations and Techniques, North Atlantic Books.

Marathi/Hindi Communication - I			
Semester: III		Course Code: BAYS306	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	80

Students can choose any one language from Marathi or Hindi as a Modern Language for this Course.



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Marathi Syllabus

Unit I - Linguistics and History of Marathi Language

Nature of the language, origin of the language, major dialects of Marathi, standard language and dialects, Marathi vocabulary, impact of other languages on Marathi, Marathi writing rules.

Unit II – Grammar

Sandhi, Samas, Case, Karak, Suddhlekhana.

Unit III – Vocabulary

Prescribed textbook:

1. Limaye, Suhas and Chunekar, Jaywant, My Marathi 1, Textbook for Communicative Marathi Mumbai, August 2014.
2. Limaye, Suhas and Chunekar, Jaywant, My Marathi 2, Workbook for Communicative Marathi Mumbai, August 2014.
3. Communicative Marathi for Beginners' Level 1. DVD. Department of German, University of Mumbai 201

Hindi Syllabus

ईकाई— १ गद्य विभाग

१. ब्रातचित में षिष्टाचार (निबन्ध) — कामताप्रसाद गुरु
२. पुरस्कार (कहानी) — जयाषड्कर प्रसाद
३. भोलाराम का जीव (व्यङ्ग्य) — हरिषड्कर परसाई
४. सरहद के उस पार (रिपोर्टाज) — फणीश्वरनाथ रेणु

ईकाई— २ पद्य विभाग

१. वे मुस्काते फूल नहीं — महादेवी वर्मा
२. प्रथम रमि — सुमित्रानन्दन पंत
३. मैं वह धनु हूँ — अज्ञेय
४. बसंती हवा — केदारनाथ अग्रवाल

ईकाई— ३ अन्यपाद्यसामग्री

१. पारिभाषिक षब्दावली —पाद्यपुस्तक में संलग्न सूची से अंग्रेजी से हिंदी तथा हिंदी से अंग्रेजी पारिभाषिक षब्दावली का अध्ययन
पत्रलेखन — अर्थ, महत्त्व एवं विषेशताएं, कार्यालयीन पत्र, व्यावहारिक पत्र, व्यावसायिक पत्र, आवेदन पत्र

ईकाई— ४ द्रुतवाचन



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१. निम्नलिखित रचनाकारों का संक्षिप्त परिचय
बालकृष्ण भट्ट, प्रेमचन्द्र, राजकमल चौधरी, रामेश्वर षुक्ल “अंचल”
२. निम्नलिखित रचनाओं का संक्षिप्त परिचय
हार की जीत (कहानी—सुदर्शन), अफसर (व्यङ्ग्य — षरद जोषी), बाजार दर्शन (निबन्ध — जैनेन्द्र कुमार) , सखि, वे मुझ से कहकर जाते (कविता — मैथिलीषण गुप्त)

Reference Books and Links – साहित्य वाटिका

Sports/Cultural Activity			
Semester: III		Course Code: BAYS307	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		Grade	

Sports

Participation in Local level, Department level, College level, University level, regional level, State level and National level Sports Competitions etc.

Participation in College/ University/Institution level Regular/Special Activities

International Day of Yoga. World Environment Day. Drive of Plantation of saplings. Van Mahotsava, District level/University level leadership camp. Women empowerment- Lectures, seminars. Health Check up, Dental Check up, Blood Donation, Health Awareness Activities. Population Awareness Programme. Nirmalya Collection during the Immersion of Ganesh Idols etc.in various festivals in Maharashtra for controlling crowd & maintaining religious harmony. Road safety programme. Swachha bharat Pakhwada by organizing the following activities- Cleanliness Drive, Pledge Ceremony to Create Awareness, Cleanliness Drive in the Adopted Villages, Gram Panchayats, Mass Anti Polythene Campaign, Slogan writing and Debates on Swachhata, Workshop and Seminars on Swachhata and Create Awareness on healthy habits like washing hands before and after taking meals, use of toilets etc. Social Harmony Programme. Organ Donation Awareness campaign. Water Conservation Awareness. Food Safety Awareness Campaign. "Majhi Vasundhara" Abhiyan. Celebration of Gandhi Jayanti & Communal Harmony Day on 2nd October. Swachha Bharat Campaign. Traffic Week Celebration by conducting training on Traffic Rules & Signals in Collaboration with Police Traffic Cell. National Day for Disaster Reduction. Digital India Awareness. Self Defense Training World AIDS Day. Beti Bachao Abhiyan Awareness campaign. Skill Development/Employment Generation / career counselling. Voter Awareness, NSS Foundation Day Celebrations and other programs informed by authorities time to time.

Important Instructions:

- 1- Students will have to complete 30 hours from each unit mentioned above along with the 15 hours of activities such as preparation of activities, services, report writing etc...
- 3- Credits will be approved only after the production of valid documents such as certificate/attendance letter obtained from the organising institution/body.



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Field Project/CEP			
Semester: III		Course Code: BAYS308	
Total Hrs.: 60		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA
		Grade	

Field project

Yoga for Well-being: Community Outreach Project

1. Introduction:

- Briefly explain the purpose of the project: to explore the benefits of yoga in community settings.

2. Project Overview:

- Describe the project's goals: to offer yoga sessions in local communities and assess their impact on participants' well-being.

3. Implementation:

- Plan and conduct yoga sessions in community centers, parks, or other accessible locations.
- Ensure sessions accommodate diverse skill levels and physical abilities.
- Record attendance and gather feedback from participants.

4. Data Collection:

- Use simple surveys or feedback forms to collect information before and after each session.
- Ask participants about their mood, stress levels, and physical sensations.

5. Analysis:

- Compile and analyze the feedback to identify trends and themes.
- Look for patterns in participants' reported experiences and changes over time.

6. Reporting:

- Summarize the project findings in a brief report or presentation.
- Share insights on how yoga positively impacts community well-being.

7. Conclusion:

- Reflect on the project's outcomes and lessons learned.
- Discuss potential avenues for future community engagement through yoga.

Remember to keep the instructions clear and concise, focusing on practical steps for planning, executing, and evaluating the field project.

(Yoga sessions the age group or level of participants such as school going students, college students, senior citizens etc may be defined.)



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OR

Visit to prominent Yoga Institutes of India, Understanding their functions and contribution in teaching and research of Yoga etc may be recorded under field project. A furnished report in this regard to be submitted by the students in the mother institution.

IKS Based on Sanskrit -III			
Semester: III		Course Code: BAYS309	
Total Hrs.: 30		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA

Unit I: Bhāratīya Civilization and Development of Knowledge System

Genesis of the land, Antiquity of civilization, On the Trail of the Lost River, Discovery of the Sarasvatī River, the Sarasvatī-Sindhu Civilization, Traditional Knowledge System, The Vedas, Ancient Education System, the Takṣaśilā University, the Nālandā University, Alumni, Knowledge Export from Bhārata.

Unit II: Arts, Literature, and Scholars

Art, Music, and Dance, Naṭarāja— A Masterpiece of Bhāratīya Art, Literature, Life and works of Agastya, Lopāmudrā, Ghoṣā, Vālmīki, Patañjali, Vedavyāsa, Yājñavalkya, Gārgī, Maitreyī, Bodhāyana, Caraka, Suśruta, Jīvaka, Nāgārjuna, Kaṇāda, Patañjali, Kauṭilya, Pāṇini, Thiruvalluvar, Āryabhaṭa, Varāhamihira, Ādi Śaṅkarācārya, Bhāskarācārya, Mādhavācārya.

Reference Books:

1. Textbook on The Knowledge System of Bhārata by Bhag Chand Chauhan,
2. History of Science in India Volume-1, Part-I, Part-II, Volume VIII, by Sibaji Raha, et al. National Academy of Sciences, India and The Ramkrishna Mission Institute of Culture, Kolkata (2014).
3. Pride of India- A Glimpse of India's Scientific Heritage edited by Pradeep Kohle et al. Samskrit Bharati (2006).
4. Vedic Physics by Keshav Dev Verma, Motilal Banarsi Dass Publishers (2012).
5. India's Glorious Scientific Tradition by Suresh Soni, Ocean Books Pvt. Ltd. (2010).
6. Textbook on IKS by Prof. B Mahadevan, IIM Bengaluru
7. Kapur K and Singh A.K (Eds) 2005). Indian Knowledge Systems, Vol. 1. Indian Institute of Advanced Study, Shimla. Tatvabodh of sankaracharya, Central chinmay mission trust, BomBAYS, 1995.
8. The Cultural Heritage of India. Vol.I. Kolkata: Ramakrishna Mission Publication, 1972.
9. Dr. R. C. Majumdar, H. C. Raychaudhuri and Kalikinkar Datta: An Advanced History of India (Second Edition) published by Macmillan & Co., Limited, London, 1953.
10. Rao, N. 1970. The Four Values in Indian Philosophy and Culture. Mysore: University of Mysore.
11. Avari, B. 2016. India: The Ancient Past: A History of the Indian Subcontinent from c. 7000 BCE to CE 1200. London: Routledge.



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Semester IV

Patanjala Yogasutras - I			
Semester: IV		Course Code: BAYS401	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Yoga as a Darshana

Patanjali as a Sutrakara, Patanjali's time, nature and structure of PYS

Unit II – Samadhi Pada (Complete)

Unit III – Sadhana Pada (Complete)

Reference Books:

1. Swami Vivekananda, Raja Yoga, Advaita Ashram, Kolkata, 2000.
2. Iyengar B.K.S., Light on Yoga Sutra of Patanjali, Element, 2005.
3. Kolhatkar K.K., Bharatiya Manasashastra Athava Sartha ani Savivaran Patanjali Yogdarshan, Aditya Pratishtan.
4. Arya S., Paatanjal Yoga Darshan - Philosophy of Yoga, Parimal Publications, 2017.
5. Swami Prabhavananda. Patanjali Yoga Sutras, Ramkrishna Math, Chennai
6. Iyengar B.K.S., Light on Patanjali Yoga, Schocken Books, New York, 1994.
7. Swami Satyananda S., Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali, Bihar School of Yoga, 2006.
8. Swami Satchidananda, The Yoga Sutras of Patanjali, Integral Yoga Publications, 2012.

Hatahpradipika			
Semester: IV		Course Code: BAYS402	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Pratham Upadesha

Unit II – Dwitiya Upadesha

Unit III – Trutiya Upadesha

Unit IV – Chaturtha Upadesha



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Reference Books:

1. Swami Muktibodhananda S., Hatha Pradipika, Yoga Publication Trust, Bihar.
2. Pitambar Jha , Hatha Pradipika , Kaivalyadham Publiction,Lonavala
3. Shri.Krunal Mahajan ,Hathapradipika-Rajyog Prapticha marg, Dhvaj Publication,Jalgaon-9209250555

Yoga in Marathi Literature			
Semester: IV		Course Code: BAYS403	
Total Hrs.: 30		Credits: 02	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I - Jnaneshwari Chapter 6

Unit II – Jnaneshwari Chapter 12

Reference Book

- 1) Shri.Mahuli Dnyaneshwari .G.A.pimparkhed ,Shri.Mahuli Publication
- 2) Shri.Dnyaneshwari Gudharth dipika Shri.Babaji Maharaj Publication.Shri Dnyaneshwari Madhuradvet Mandal ,Amravati
- 3) Dnyaneshwari L.S.Krushnaji Viththal Soman ,Nirnaysagar shatabdi Publication Mumbai

Basket for Generic Electives

This Basket containing Generic/Open Electives is offered to the students to choose one subject for Semester I, II, III and IV each.

History			
Semester: IV		Course Code: Generic BAYS404	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

History of India: 1886 – 1947

Unit I

- a. Nature of Moderate Politics – 1885-1900
- b. Rise and Growth of Extremism -1900-1907
- c. Home Rule Movement



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Unit II

- a. Non Co-operation Movement
- b. Civil Disobedience Movement
- c. Quit India Movement

Unit III

- a. Rise and Growth of Communalism
- b. Cripps Mission
- c. Cabinet Mission Plan

Unit IV

- a. Subhash Chandra Bose, I.N.A.
- b. Mountbatten Plan
- c. Indian Independence Act

Reference Books

1. A New Look at Modern Indian History – B. L. Grover and Alka Mehta
2. An Advanced History of India – Majumdar, Ray Choudhary, Datta
3. A History of Modern India – Ishwari Prasad, Subhedar
4. An Advanced Study in the History of Modern India, Vol. I, II, III – G.S. Chabra
5. History of Freedom Movement in India – Four Volumes – Tarachand
6. India's Struggle for Independence – Bipan Chandra
7. History of Modern India – A.L. Shrivastava

Political Science			
Semester: IV		Course Code: Generic BAYS404	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit - I: CENTRE-STATE RELATIONS AND GOVERNOR

1. Centre-State Relations: Legislative, Administrative and Financial.
2. Governor: Powers and Functions and Role.

Unit - II: STATE LEGISLATURE

3. Legislative Assembly: Composition, Powers and Functions.
4. Legislative Council: Composition, Powers and Functions.

Unit - III: CHIEF MINISTER AND HIGH COURT

5. Chief Minister: Powers and Functions and Role.
6. High Court: Composition, Powers and Functions.



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Unit - IV: PANCHAYAT RAJ AND RIGHT TO INFORMATION

7. 73rd and 74th Constitutional Amendment, Women Reservation and Panchayat Raj
8. Right to Information: Nature, Importance and Role.

Reference Book

1. Fadia B.L. & Fadia Kuldeep: Indian Government and Politics, 2016.
2. Jain M.P.: Indian Constitutional Law, 2014.
3. Johari J.C.: Selec World Constituions
5. Kashyap Subhash: Our Constitution-2015, Our Parliament-2015, Our Political System-2013
6. Khan A.R.: The Constitution of India
7. Narang A.S.: Indian Political System, Process and Development
8. Rajeev Bhargave: Politics and Ethics of the Indian Constituion, 2009.
9. फाडिया बी.एल.: भारत का संविधान
10. जैन पुखराज व फाडिया बी.एल.: भारतीय शासन एवं राजनीती, २०१५.
11. डॉ. भोले भा.ल.: भारतीय राज्यव्यवस्था, पिंपळापुरे प्रकाशन, नागपूर, १९९०.
12. डॉ. गवई जोगेन्द्र, शेख हाशम : भारतीय शासन आणि राजनीती, विश्व प्रकाशन नागपूर, २०१४.
13. देशमुख अलका: भारतीय शासन आणि राजकारण, साईनाथ प्रकाशन नागपूर, २०१३.
14. लोटे रा.ज.: भारतीय शासन आणि राजकारण, पिंपळापुरे प्रकाशन नागपूर २०१३.
15. डॉ. काळे अशोक भारतीय शासन आणि राजकारण, अनुराधा प्रकाशन नागपूर २०१३.
16. देशमुख अलका: स्थानिक स्वशासन, साईनाथ प्रकाशन नागपूर २०१३.

Sociology			
Semester: IV		Course Code: Generic BAYS404	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Final Exam	Theory		Practical/VIVA
	Internal Assessment Assignment+Attendance+VIVA		Final Exam Internal Assessment Demonstration+VIVA
80	10+05+05= 20		

Indian Sociological Tradition

Unit I - Theoretical Roots of Caste in India:

- B.R. Ambedkar: Origin of caste and its criticism.
- G. S. Ghurye: Characteristics of caste and the emergence of sub-castes.



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Unit II - Social Change from Indian Perspective:

A. M.N. Shriniwas: Dominant caste –Meaning and implication. Sanskritization– as a factor of social change, mobility and development.

B. D.P. Mukherjee: Historical Dialecticism, Indian tradition and social change.

Unit III - Indian Society and Contemporary Change:

A. R.K. Mukherjee :Values, symbols, personality and change.

B. S.C. Dubey: Values in modernity; modernity, Indian society and social change.

Unit IV - Gender and Society in India:

A. Tarabai Shinde: Women and patriarchy in Indian society.

B. Jyotibha Phule and Savitribai Phule: Women's education and women's rights

Reference Books-

1. George Ritzer, 1996, Sociological Theory, The McGRAW-HILL International Editions.
2. Parsons Talcott, The Structure of Social Action, Vol. I & II, McGraw Hill, New York.
3. Nisbet, 1966, The Sociological Tradition, Heinmann Educational Books Ltd, London.
4. Zetlin Irving, 1981, Ideology and the Development of Sociological Theory, Prentice Hall.
5. Dahrendorf Ralph, 1959, Class and Class Conflict in Industrial Society.
6. BendixRinehard, 1960, Max Weber, An Intellectual Portrait.
7. Popper Karl, 1945, Open Society and its Enemies, Routledge, London.
8. Aron Raymond, Main Currents in Sociological Thought, Vol. I & II, Penguin.
9. Coser L.A., 1977, Masters of Sociological Thought, New York.
10. Giddens Anthony, 1997, Capitalism and Modern Social Theory.
11. Writings of Marx, Durkheim and Weber, Cambridge University Press.
12. R.N. Mukherjee and ArunansuGhoshal, Social Thought, VivekPrakashan, Delhi.
13. Francis Abraham and John Henry Morgan, Sociological Thought.
14. Michael Haralambos, Martin Holborn and Robin Heald, 2000, Sociology: Themes and Perspectives, Harper Collins, London.
15. H.E. Barnes, Introduction to Sociology.
16. N.S. Vaidya, SamajikVicharbant.

English Literature	
Semester: IV	Course Code: Generic BAYS404
Total Hrs.: 60	Credits: 04
Evaluation Scheme	
Theory	Practical/VIVA



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Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+05+05= 20		

Unit 1 –Poetry

The following poems from Selections of Literature from Romantic to Victorian Ages:

1. Ulysses: Alfred Lord Tennyson
2. The Lost Leader: Robert Browning
3. Dover Beach: Matthew Arnold
4. Up-Hill: Christina Rossetti
5. Pied Beauty: G. M. Hopkins
6. Nightingales: Robert Bridges
7. If Rudyard Kipling

Unit 2 –Prose:

20

The following essays from Selections of Literature from Romantic to Victorian Ages are prescribed:

1. El Dorado: RL Stevenson
2. Walking Tours: RL Stevenson
3. Child's Play: RL Stevenson
4. An Apology for Idlers: RL Stevenson

Unit 3 –Novel

20

Charles Dickens: David Copperfield (Abridged Edition, Orient BlackSwan)

Unit 4 -Literary Forms and Terms

20

Dramatic Devices: Dramatic Irony, Soliloquy, Aside, Comic Relief, Expectation, Surprise, Three Unities, Chorus

Literary Forms: Parable, Paradox, Pathetic fallacy, Parody, Procatalepsis, Romance, Round-Robin Story, and Sensibility

Reference book:

Prescribed Textbooks:

1. **Selections of Literature from Romantic to Victorian Ages**, Edited by Vandana Bhagdikar, Prantik Banerjee, Abhay Mudgal (Orient Black Swan)
2. Charles Dickens: **David Copperfield** (Abridged Edition, Orient BlackSwan)



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MOOC			
Semester: IV		Course Code: Generic BAYS404	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA		Final Exam
			Internal Assessment Demonstration+VIVA
80	10+05+05= 20		

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

- 1) to learn the course of their choice through online resources.
- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
- 4) Improve the efficiency and effectiveness.

Course Learning Outcomes (CLO):

- 1) Online learning brings flexibilities in learning process.
- 2) It is usually chosen by the learners on basis of its affectivity.
- 3) Online Courses bring distinctiveness & quality.

Module Details

UGC-SWAYAM/NPTEL Courses use to publish in month of July & January of every academic year. Students may elect a course as an online course of similar credits to mentioned in uni./coll syllabus & enrol for the same through the SWAYAM portal with the guidance of Universi SWAYAM Coordinator / college SWAYAM Mentor).

, the concerned credits will be transferred to him/her by the University/college.

Reference Books and Links —

- 1) www.swayam.gov.in
- 2) Tentative list of MOOCs published for Credit Transfer on University Website.
- 3) University SWAYAM/NPTEL Guidelines published for Credit Transfer on University Website.
- 4) Changes according to UGC-SWAYAM Guidelines are applicable time to time.

SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms

Yoga Practical- IV			
Semester: IV		Course Code: BAYS405	
Total Hrs.: 90		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA		Final Exam
			Internal Assessment Demonstration+VIVA
		80	10+10=20



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Unit 1 – Asanas

Asanas in supine positions: Ardha Chakrasana, Viprit Karani;

Asanas in prone positions: Saral hasta Bhujangasana, Poorna Shalabhasana;

Asanas in sitting position: Samasana, Sinhasana, Paschimottanasana, Padmasana Yogamudra-1, Padmasana Yogamudra-2, Baddha Padmasana, Utthit Padmasana, Padangushtasana.

Asanas in standing position: Vrikshasana, Parivarta Trikonasana, Ekpada Hastasana, Patangasana;

Unit 2 – Cleansing Techniques

Danta Dhauti (Danta Moola, Jivha Moola, Karna-randhra, Kapala-randhra), Vaman Dhauti, Jala Neti, Nasagra Drishti.

Unit 3 – Mudras and Pranayamas

Mahamudra, Chin Mudra, Chinmayi Mudra, Brahma Mudra;

Nadishuddhi Pranayama, Ujjayi Pranayama, Bhramar-Bhramari Pranayama; pranayama practice with inhalation: hold: exhalation ratio of 1:2:2 with Jalandhar bandha only.

Unit 4 – Meditation and Relaxation Techniques

Soham Meditation: so-ham chanting, ham-so chanting, so-ham and ham-so alternate chanting; Ajapa Gayatri; Yoga Nidra level-1 (BSY).

Reference Books:

1. Mandlik V., Yoga Pravesh, Yogachaitanya Prakashana, Nashik.
2. Swami Niranjanananda S., Prana & Pranayama, Yoga Publication Trust, Bihar.
3. Mandlik V., Pranayama, Yogachaitanya Publication Trust, Nashik.
4. Mandlik V., Shudhikriya, Yogachaitanya Publication Trust, Nashik.
5. Swami Satyananda S., Yoga Nidra, Yoga Publication Trust, Bihar.
6. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.
7. Om Swami, The Ancient Science of Mantras, Jaico Publishing House.
8. Swami Satyananda S., Asana Pranayama Mudra and Bandha, Yoga Publication Trust, Bihar.
9. Iyengar B. K. S., Light on Pranayama, Element, 2005.
10. Swami Niranjanananda S., Hatha Yoga: Book 3: Shatkarma, Bihar School of Yoga, Bihar, 2014.



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Constitution of India			
Semester: IV	Course Code: BAYS406		
Total Hrs.: 30	Credits: 02		
Evaluation Scheme			
	Theory	Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment Demonstration+VIVA
80	10+10=20		

Unit – 1-Basic Concept

- a) Human Values- Dignity, Liberty, Equality, Justice, Unity in Diversity, Ethics and Morals
- b) Meaning and significance of Human Rights Education

Unit – 2 Perspectives of Rights and Duties

- a) Rights: Inherent-Inalienable-Universal- Individual and Groups
- b) Nature and concept of Duties
- c) Interrelationship of Rights and Duties

Unit – 3 Introduction to Terminology of Various Legal Instruments

- a) Meaning of Legal Instrument- Binding Nature.
- b) Types of Instruments: Covenant-Charter-Declaration-Treaty-Convention-Protocol Executive Orders and Statutes.

Unit – 4 United Nations and Human Rights

- a) Brief History of Human Rights- International and National Perspectives
- b) Provision of the charters of United Nations
- c) Universal Declaration of Human Rights- Significance-Preamble
- d) Civil and Political Rights-(Art. 1-21)
- e) Economic, Social and Cultural Rights-(Art.22-28) f) Duties and Limitations-(Art. 29)
- g) Final Provision (Art. 30)

Unit -5 Human Rights- Enforcement Mechanism

- a) Human Rights Act, 1993
- b) Judicial Organs- Supreme Court (Art 32) And High Courts (Art 226)
- c) Human Rights Commission- National and State of Maharashtra
- d) Commission of Women, children, Minority, SC/ST
- e) Survey of International Mechanism.



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NCC/NSS	
Semester: IV	Course Code: BAYS407
Total Hrs.: 60	Credits: 02
Evaluation Scheme	
Theory	Practical/VIVA
Final Exam	Internal Assessment
	Assignment+Attendance+VIVA
	Internal Assessment
	Demonstration+VIVA
	Grade

Participation in State level Activities.

NSS Pre RD Camp and pre -SRD Camp at State Level. Socio cultural Competition "Utkarsh" "Prerana" State Level Leadership training camps. Adventure Camp at State level. Republic Day Parade Camp. Ahwan Camp and other programs informed by authorities time to time.

Participation in National level Activities.

Participation of NSS Volunteers for West Zone NSS Pre RD Camp and other programs informed by authorities time to time.

NCC Course run by University of College

Important Instructions:

Credits will be approved only after the production of valid documents such as certificate/attendance letter obtained from the organising institution/body.

Panchkarma Therapy / MOOC	
Semester: IV	Course Code: BAYS408
Total Hrs.: 30	Credits: 02
Evaluation Scheme	
Theory	Practical/VIVA
Final Exam	Internal Assessment
	Assignment+Attendance+VIVA
80	20
Internal Assessment	Demonstration+VIVA
80	20

(Students can choose any one Subject from Panchakarma Therapy OR Mooc for this Course.)

Panchkarma Therapy

Unit I-

- Importance of Panchakarma
- Basic Principles of panchakarma
- Study of Poorvakarma (Preparatory Therapy)

Unit II :

- Poorvakarma (Preparatory Therapy) by Various methods of massages
- Netratarpanam
- Takradhara, Ghritdhara, Shirodhara



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Unit III :

- Study of Pradhankarma (main detoxification Therapy)
- Panchakarma (Five cleansing actions)
- Nasyam (Cleansing of nasal & sinus passages)
- Vamanam (Cleansing of stomach & lungs)
- Vasti $\frac{1}{4}$ oLrh $\frac{1}{2}$ (Cleansing of Colon)
- Raktamokshana (Cleansing of impure blood in the body)

Unit IV :

- Study of Paschatkarma (Post treatment care)
- Basti Kriya
- Kati Vasti
- Manya Vasti
- Janu Vasti
- Hruday Vasti
- Precautions and care during and after the procedures of Panchakarma.

Unit V :

- Study of various ayurvedic massage
- Study of sweden by various methods.
- Spotting
- Practical books.
- Viva
- Visit to the Panchakarma Center

Reference Books :

- 1) Panchakarma Vidnyan – Vd. H. S. Kasture
- 2) Essentials of Panchakarma Therapy – Dr. P. K. Kar
- 3) Kerlliya Panchakarma Chikitsa Vidyan – Dr. T. L. Devraj
- 4) Illustrated Panchakarma - G. Shrinivas Acharya
- 5) Ayurvedic Massage – S. V. Govindan

MOOC

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

- 1) to learn the course of their choice through online resources.
- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
- 4) Improve the efficiency and effectiveness.



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Course Learning Outcomes (CLO):

- 1) Online learning brings flexibilities in learning process.
- 2) It is usually chosen by the learners on basis of its affectivity.
- 3) Online Courses bring distinctiveness & quality.

Module Details

UGC-SWAYAM/NPTEL Courses use to publish in month of July & January of every academic year. Students may elect a course as an online course of similar credits to mentioned in uni./coll syllabus & enrol for the same through the SWAYAM portal with the guidance of Universi SWAYAM Coordinator / college SWAYAM Mentor).

, the concerned credits will be transferred to him/her by the University/college.

Reference Books and Links —

- 1) www.swayam.gov.in
- 2) Tentative list of MOOCs published for Credit Transfer on University Website.
- 3) University SWAYAM/NPTEL Guidelines published for Credit Transfer on University Website.
- 4) Changes according to UGC-SWAYAM Guidelines are applicable time to time.

SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms



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B.A Yogashastra
Semester V

Yoga Philosophy - I			
Semester: V		Course Code: BAYS501	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Internal Assessment
80	10+5+5=20		Demonstration+VIVA

(Brief Introduction to principal Upanishads, their origin, principal theories and conclusion)

Unit 1 – Isha Upanishad

Ishavasya Upanishad: Essence of Ishopanishad; concept of Karmanishta; concept of Vidya and Avidya; Knowledge of Brahman and Atman;

Unit 2 – Katha Upanishads

Kathopanishad: Nature of aatma, definition of Yoga; Importance of Self Realization

Unit 3 – Mundaka and Mandukya Upanishads

Mundaka Upanishad: Brahma vidya, Para vidya and Apara vidya; The worthlessness of Selfish karma; concept of Tapas and Gurubhakti; Brahman as a target of Meditation;

Unit 4 – Taittiriya Upanishad

Taittiriya Upanishad Concept of Pancha Kosha; Summary of Shiksha Valli; Ananda Valli; Bhruguvalli.

Reference Books:

1. Radhakrishnan S., Principal Upanishads, Harpercollins, 2006.
2. Swami Satyananda S., Nine Principal Upanishads, Bihar School of Yoga, 2006.
3. Bapatshastri V.V., Subodha Upanishad Sangraha, Vol. I and II, Pan. D. V. Jog, 2007.
4. Bhagvat H. R., Sartha Upanishad Sangraha, Vasant Krishna Nulkar, 2012.
5. Ishadi Nau Upanishads, Gita Press, Gorakhpur.

Patanjala Yogasutras -II			
Semester: V		Course Code: BAYS502	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Internal Assessment
80	10+5+5=20		Demonstration+VIVA



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Unit I – Vibhuti Pada (Complete)

Unit II - Kaivalya Pada (Complete)

Reference Books:

1. Swami Vivekananda, Raja Yoga, Advaita Ashram, Kolkata, 2000.
2. Iyengar B.K.S., Light on Yoga Sutra of Patanjali, Element, 2005.
3. Kolhatkar K.K., Bharatiya Manasashastra Athava Sartha ani Savivarana Patanjali Yogdarshan, Aditya Pratishtan.
4. Arya S., Paatanjal Yoga Darshan - Philosophy of Yoga, Parimal Publications, 2017.
5. Swami Prabhavananda. Patanjali Yoga Sutras, Ramkrishna Math, Chennai
6. Iyengar B.K.S., Light on Patanjali Yoga, Schocken Books, New York, 1994.
7. Swami Satyananda S., Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali, Bihar School of Yoga, 2006.
8. Swami Satchidananda, The Yoga Sutras of Patanjali, Integral Yoga Publications, 2012.

Basket for Major Electives

This Basket containing Major/ Discipline Specific Electives is offered to the students to choose one subject for Semester V and VII (Honors only) each. They can choose any subject from the same but only for once.

Phylosophy of Bhagavadgeeta			
Semester: V		Course Code: Major BAYS503	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+05+05= 20		

Unit I

- **Introduction to All Chapters of Shrimadhbhagavad Gita**
- **Introduction to Various Commentries on Shrimadhbhagavad Gita**
- **Introduction to Oraganisations devoted to the studies of Shrimadhbhagavad Gita**
 - a) Chinmaya Mission
 - b) Swadhyaya Pariwar
 - c) Gita dharma Mandal
 - d) ISKON
 - e) Gita Parivar



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Unit II

- Jnana in Shrimadbhagavad Gita
- Karma in Shrimadbhagavad Gita
- Bhakti in Shrimadbhagavad Gita
- Reconciliation of Jnana, Karma and Bhakti

Unit III

- Vishvarupa Darshan
- Concept of Lokasangraha, Jnani and Yogi
- Sankhya darshan theoris in Gita
- Yoga theories in Shrimadbhagavad Gita

Unit IV

- Three types of Shraddha in Shrimadbhagavad Gita
- Diet, Sacrifice and Charity in Shrimadbhagavad Gita

Reference Books and Links —

गीता रहस्य – लो. बाल गंगा/कर फिल्क

गीता- श्री. रामसुखदास महाराज – गीता प्रेस गोरखपुर

Diet and Nutrition			
Semester: V		Course Code: Major BAYS503	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit 1 – Introduction to Dietetics and Nutrition

Basic concepts and components of food and nutrition; Concept of food, Functions of Food; Components of Food & their Classification; Proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.

Unit 2 – Nutrition Basics

Nutrition, Human Nutritional Requirements; Macro Nutrients: Sources, Functions and Effects on the Body; Micro Nutrients: Sources, Functions and Effects on the Body; Fat Soluble Nutrients: Sources, Functions and Effects on the Body; Water soluble Nutrients: Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their Role;



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Unit 3 – Food Groups

Cereals & Millets: Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds: Selection, Preparation and Nutritive Value; Milk and Milk Products: Selection, Preparation and Nutritive Value; Vegetables and Fruits: Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery: Selection, Preparation and Nutritive Value;

Unit 4 – Food and Metabolism

Energy: Basic Concepts, Definitions and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement; BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure.

Recommended Readings:

1. Shirlakshmi B., Dietetics, New Age International Publication, 2014.
2. Gupta S. and others, Textbook of Nutrition and Dietetics, Elite Publication House, 2016.

Reference Books:

1. Shirlakshmi B., Food Science, New Age International Publication, 2018.
2. Joshi S. A., Nutrition and Dietetics, McGraw Hill Education, 2017.
3. Singh J., Handbook of Nutrition and Dietetic, Lotus Press, 2008.
4. Pendharkar J., Kay Khave Kiti Khave, Jayashree Prakashan, 2012.

Yoga in Different Cultures				
Semester: V		Course Code: Major BAYS503		
Total Hrs.: 60		Credits: 04		
Evaluation Scheme				
Final Exam	Theory		Practical/VIVA	
	Internal Assessment Assignment+Attendance+VIVA		Final Exam	Internal Assessment
80	10+05+05= 20		Demonstration+VIVA	

Unit 1 – Introduction to World Cultures

Concept of Religion; Major Religions in the world; Introduction to Buddhism and its basic principles; Introduction to Hinduism and its basic principles; Introduction to Jainism and its basic principles; Introduction to Islam and its basic principles; Introduction to Christianity and its basic principles.

Unit 2 – Yoga Practices in Buddhism

Philosophical principles of Buddhism; Vipassana Meditation; Zen Meditation; Tai-chi based meditation; Qui-gong meditation; Gum-Tum-O Meditation;

Unit 3 – Yoga Practices in Jainism

Philosophical principles of Jainism; Prekshadhyana, philosophy and practice of Prekshadhyana; detailed practice of subtypes of Prekshadhyana;



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Unit 4 – Yoga Practices in other religions

Philosophical principles of Christianity; Rosary meditation; Meditation of Franciscan nuns; Hesychasm; Maranatha Meditation; Philosophical principles of Islam; Elements of Yoga in Sufism, Sufi Meditation Techniques; Sufi Meditation; Muraqaba; Islam: Salat positions along with their most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

Recommended Readings:

1. Rai L., Meditation, Anubhava Rai Publications, Gurgaon, 1999.
2. Acharya Mahaprajna, Preksha Dhyana Combo, Jain Vishwa Bharati, 2011.
3. Lamba P., Vipassana: The Journey of a Thousand Steps, Hay House India.

Reference Books:

1. Kumathekar U., Jain Darshana, Prasad Prakashan, Pune
2. Chapple C.K., Yoga in Jainism (Routledge Advances in Jaina Studies), Routledge.
3. Wilber, K. (2006). Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World. Boston.
4. Parragon, World Religion, Parragon Publishing India.
5. Gulati M.N., Comparative Religions and Philosophies: Anthropomorphism and Divinity.
6. Fatir A., Islamic Yoga, Fatir Publishing.

Modern Psychology			
Semester: V		Course Code: Major BAYS503	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit 1 – Introduction to Modern Psychology

Brief introduction to modern psychology; important theories in modern psychology: psychoanalytical/psychodynamic theory, humanistic theory, cognitive theory, behavioral theory, evolutionary theory, biological theory, cross-cultural theory;

Unit 2 – Cognitive psychology

Definitions and features of basic cognitive abilities, Sensation, Perception, Attention, Learning, Feeling, Memory etc.; Definitions, types and special features of Intelligence; measurement of intelligence;

Unit 3 – Personality and Altered states of consciousness

Personality: Nature and types of personality; Heredity and Environment as determinants of personality; facets and stages of personality development; Personality theories of Sigmund Freud, Carl Rogers, C.G. Jung, Alfred Adler, Ernst Kretschmer;

Sleep: stages of sleep, importance of sleep, Circadian Rhythm, Dreams, Hypnosis; sleep disorders;



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Unit 4 – Behavioral psychology and counseling

Introduction to behavioral psychology, definitions of behavior; human behavior and psychic forces behind it; behavior and consciousness; basis of behavior;

Introduction to counseling, methods of counseling, skills required for counselor, issues and challenges in counseling, codes of ethics for counselors.

Recommended Readings:

1. Morgan C. and others, Introduction to Psychology, McGraw Hill Publications, 2017.
2. Mangal S. K., General Psychology, Sterling Publications, 2009.
3. GPH Panel of Experts, BPC001 General Psychology (IGNOU Help Book for BPC-001 in English Medium), Gullybaba Publishing House.

Reference Books:

1. S. K. Ciccarelli and others, Psychology: South Asian Edition, Pearson Education, 2010.
2. Hilgard and others, Introduction to Psychology, Oxford and IBH Publishing, New Delhi.
3. Baron R. A., Mishra G., Psychology (Adaption), Pearson Education, New Delhi, 2000.
4. Mishra B., Psychology: The study of Human Behavior, PHI Learning, 2016.
5. Morgan, C. and others, Introduction to Psychology, Tata McGraw Hill, New Delhi, 2006.
6. Passer M.W., Smith R.E., Psychology: The Science of Mind and Behavior, Tata McGraw Hill.
7. Singh A. K., Saral Samanya Manovijnana, Motilal Banarasidas Publications, Delhi, 2007.

MOOC			
Semester: V		Course Code: Major BAYS503	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+05+05= 20		

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

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- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
- 4) Improve the efficiency and effectiveness.

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- 1) Online learning brings flexibilities in learning process.
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3) Online Courses bring distinctiveness & quality.

Module Details with

UGC-SWAYAM/NPTEL Courses use to publish in month of July & January of every academic year. Students may elect a course as an online course of similar credits to mentioned in uni./coll syllabus & enrol for the same through the SWAYAM portal with the guidance of Universi SWAYAM Coordinator / college SWAYAM Mentor).

Reference Books and Links --

- 1) www.swayam.gov.in
- 2) Tentative list of MOOCs published for Credit Transfer on University Website.
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SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms

Yoga and Allied Sciences			
Semester: V		Course Code: BAYS504	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
		Assignment+Attendance+VIVA	
80	10+5+5=20		

Unit 1 – Yoga and Ayurveda

Introduction to Ayurveda; Concept of Dosha; Concept of Dhatu and Mala; Concept of Koshta and Shakha; Concept of Ama; Concept of Prakriti; Principles of Ahara; Concept of Dinacharya and Ritucharya; Panchanidana; Chikitsa, Shodhana and Shamana Chikitsa; Yoga and Ayurveda;

Unit 2 – Naturopathy

History of Naturopathy; Principles of Naturopathy; Nature Cure Therapy: Mud therapy; Massage therapy, Hydro therapy, Diet therapy; fasting; Color therapy; Reflexology; Yoga and Naturopathy.

Unit 3 – Acupressure and Acupuncture Therapy

Basic principles of acupressure; types of acupressure therapy; Principles of Acupuncture; types of acupuncture therapy,

Unit 4 – Reiki and Pranic Healing

Concept of reiki; history, development and principles of reiki; reiki levels; Concept of pranic healing; practices of pranic healing; Marma Therapy, principles of Marma therapy; practices.

Reference Books:

1. Mandlik V., Nisargachi Sath, Yogachaitanya Prakashana, Nashik, 2006.



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2. Bakhru H. K., The Complete Handbook of Nature Cure, Jaico Publishing House.
3. Bharti A., Vedic Vangmaya main Prakritik Chikitsa, Central Council for Research in Yoga and Naturopathy, New Delhi, 2004.
4. Frawley D., Yoga and Ayurveda: Self-Healing and Self-Realization, Motilal Banarasidas.
5. Vora D., Health in your Hands, Vol I and Vol II, Navneet Education, 2016.
6. Taneja P., Principles and Practice of Ayurvedic Medicine, Chaukhamba Orientala, Varanasi.
7. Dwivedi S. D., Naturopathy for Perfect health, Kalpaz Publication Delhi, 2002
8. Harry Benjamin, Everybody's Guide to Nature Cure, Thorsons.
9. Saxena A. K., Miraculous Effects of Acupressure, Shristi Publishers, 2002.
10. Stephen Co. and others, Your Hands Can Heal You: Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery from Common Health Problems, Atria Books,
11. Phull G., Clinical Approach to Marma Chikitsa, Generic, 2018.
12. Frawley D., Ayurveda and Marma Therapy: Energy Points in Yogic Healing, Lotus Press, 2003.
13. Frank A. P., The Original Reiki Handbook of Dr. Mikao Usui: The Traditional Usui Reiki Ryoho Treatment positions and Numerous Reiki Techniques for Health and Well-Being, 2016.
14. Ekbote A., Dababindu, Yogachaitanya Prakashana, Nashik.

Applied Yoga			
Semester: V		Course Code: BAYS505	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+5+5=20		

Unit I – Yoga for Students

Health characteristics and needs of the students; Yogic practices to fulfill the health needs of the students.

Unit - Yoga for Women

Health characteristics and needs of the women in different phase; Yogic practices to fulfill the health needs of the women.

Unit III - Yoga for Sport persons

Health characteristics and needs of the Sports-persons; Yogic practices to fulfill the health needs of the Sports-persons.



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Unit IV - Yoga for Senior Citizens

General introduction to Geriatric Care; Ageing: Causes and features; Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention & management;

Reference Books:

1. Dhonde V., Sulabh Prasuti Ani Yoga, Yogachaitanya Prakashan, Nashik
2. Mandlik V., Jyeshthankarita Yogasadhana, Yogachaitanya Prakashan, Nashik.
3. Iyengar B.K.S., Yoga for Sports: A Journey Towards Health and Healing, Westland, 2015.
4. Iyengar G. S., Yoga: A Gem for Women, Allied Publishers.
5. Goel A., Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007.
6. Jayadev H. J., Growing with Yoga, The Yoga Institute, Santacruz, Mumbai, 2004.
7. Chanchani R., Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes Distributors Pvt. Ltd, 2008.
8. Iyenger B. K. S., The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001.
9. Mandlik V., Chotyankarita Yoga, Yogachaitanya Prakashan, Nashik.
10. Vad M., Yoga for Age 60+: A Guide to a New Journey of Safe Yoga Practice at Home, Om Capital Management, 2011.
11. Carson K., Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility, and Pain Relief, New Harbinger, 2017.
12. Sparrowe, L. and others, The Woman's Book of Yoga and Health: A Lifelong Guide to Wellness.
13. Clennell, B and Iyengar, G.S., The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle, Menstrual Disorders (The Experience of Illness)

Field Project/CEP			
Semester: V		Course Code: BAYS506	
Total Hrs.: 60		Credits: 2	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	

Field project

Yoga for Well-being: Community Outreach Project

1. Introduction:

- Briefly explain the purpose of the project: to explore the benefits of yoga in community settings.

2. Project Overview:



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- Describe the project's goals: to offer yoga sessions in local communities and assess their impact on participants' well-being.

3. Implementation:

- Plan and conduct yoga sessions in community centers, parks, or other accessible locations.
- Ensure sessions accommodate diverse skill levels and physical abilities.
- Record attendance and gather feedback from participants.

4. Data Collection:

- Use simple surveys or feedback forms to collect information before and after each session.
- Ask participants about their mood, stress levels, and physical sensations.

5. Analysis:

- Compile and analyze the feedback to identify trends and themes.
- Look for patterns in participants' reported experiences and changes over time.

6. Reporting:

- Summarize the project findings in a brief report or presentation.
- Share insights on how yoga positively impacts community well-being.

7. Conclusion:

- Reflect on the project's outcomes and lessons learned.
- Discuss potential avenues for future community engagement through yoga.

Remember to keep the instructions clear and concise, focusing on practical steps for planning, executing, and evaluating the field project.

(Yoga sessions the age group or level of participants such as school going students, college students, senior citizens etc may be defined.)

OR

Visit to prominent Yoga Institutes of India, Understanding their functions and contribution in teaching and research of Yoga etc may be recorded under field project. A furnished report in this regard to be submitted by the students in the mother institution.



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B.A Yogashastra
Semester VI

Yoga Philosophy- II			
Semester: VI		Course Code: BAYS601	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Yoga in Kena Upanishad

Kena Upanishad: Self and the mind; Indwelling power; senses and inner self (Indriya and Antahkaran), intuitive realization of truth, concept of Yaksha Upakhyana;

Unit 2 – Yoga in Prashna Upanishads

Prashna Upanishad: Concept of Prana and rayi (creation); Pancha pranas; The five main questions;

Unit 3 – Yoga in Mandukya Upanishad

Mandukya: Four States of Consciousness and its relation to the syllables in Omkara.

Unit 4 – Yoga in Aitareya Upanishad

Aitareya: Concept of Atma, Universe and Brahman;

Reference Books:

1. Radhakrishnan S., Principal Upanishads, Harpercollins, 2006.
2. Swami Satyananda S., Nine Principal Upanishads, Bihar School of Yoga, 2006.
3. Bapatshastri V.V., Subodha Upanishad Sangraha, Vol. I and II, Pan. D. V. Jog, 2007.
4. Bhagvat H. R., Sartha Upanishad Sangraha, Vasant Krishna Nulkar, 2012.
5. Ishadi Nau Upanishads, Gita Press, Gorakhpur.

Gheranda Samhita			
Semester: VI		Course Code: BAYS602	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I - Asanas and Mudras in Gheranda Samhita



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Unit II - Shatkarmas in Gheranda Samhita

Unit III - Pranayamas in Gheranda Samhita

Unit IV – Meditation practices in Gheranda Samhita

Reference Books:

1. Swami Niranjanananda S., Gheranda Samhita, Yoga Publication Trust, Bihar.
2. Swami Digambarji, Gherand Samhita, Yoga Mimansa Publications, Lonavala.
3. Swami Anant B., Gheranda Samhita, Chaukhamba Orientala, 2013.
4. Devkaule V.G., Gheranda Samhita, Adarsha Vidyarthi Prakashan.

Yoga Therapy			
Semester: VI		Course Code: BAYS603	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Final Exam	Theory		Practical/VIVA/Other
	Internal Assessment	Final Exam	Internal Assessment
Assignment+Attendance+VIVA		Demonstration+VIVA	
80	10+5+5=20		

Unit I - Principles of Yoga Therapy

Unit II - Diseases related to Nervous system and Yoga treatment for them

Unit III - Stress and its Management by Yoga

Unit IV – Yogic intervention for Gynacological Problems

Reference Books

1. Physiology and Anatomy of Yogic Practices
2. Yogic Therapy, Kuvalyananda and Dr. Vinekar
3. Structure and function of human body
4. शरीर विज्ञान और योगाभ्यास (हिन्दी - मराठी)
5. शारीरिक रोगांच्या निवारणासाठी योग Dr.M.M. Gore, Lonavala.
Dr. Shrikrishna, Kaivalyadham, Lonawala.



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Basket for Major Electives

This Basket containing Major/ Discipline Specific Electives is offered to the students to choose one subject for Semester VI and VIII (Honors only) each. They can choose any subject from the same but only for once.

Yoga and Spirituality			
Semester: VI		Course Code: Major BAYS604	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit I - Yoga

- Definitions of Yoga
- Aim of yogic practices in ancient texts
- How Yoga is important to understand teaching of religion
- How yoga is important to understand the teaching of spirituality

Unit II - Religion

- What is the definition of religion?
- Purpose of teachings of religion
- What is the relationship of religion with yoga and with spirituality?
- Difference between Dharma and Religion

Unit III - What is Spirituality

- What is the definition of spirituality?
- Concept of spirituality
- Purpose and teachings of spirituality
- Role of yoga to understand Spirituality

Credit IV – Relation between Spirituality and Yoga

- Definition about the concept of Dharma
- Fundamental principles of Yoga and Dharma
- Fundamental principles of Yoga and Spirituality
- Role of Yoga in spiritual upliftment

Meditation Techniques			
Semester: VI		Course Code: Major BAYS604	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		



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Unit 1 – Meditation Techniques I

Omkar Meditation with concentration on every syllable of Pranava; Soham Meditation; Ajapa Dharana; Antarmauna by Bihar School of Yoga; Breath Meditation; Shatchakra Dhyan; Raja Yoga Meditation by Brahmakumaris;

Unit 2 – Meditation Techniques II

Transcendental Meditation by Maharshi Mahesh Yogi; Savita and Jyoti ki Dharana by DSVV; Cyclic Meditation by SVYASA; Mind Sound Resonance Technique by SVYASA;

Unit 3 – Yogic Practices in Jainism

Preksha Meditation:

Unit 4 – Yogic Practices in Buddhism

Vipassana meditation; Zen Meditation;

Recommended Readings:

1. Swami Satyananda S., Ajapa Japa and Chidakash Dharana, Yoga Publication Trust, Bihar.
2. Acharya Mahaprajna, Preksha Dhyana Combo, Jain Vishwa Bharati, 2011.
3. Maharshi Mahesha Yogi, Science of Being and Art of living, Plume, 2001.
4. Mind Sound Resonance Technique (MSRT), Swami Vivekananda Yoga Prakashan.
5. Swami Satyananda S., Antar Mouna: Inner Silence, Yoga Publication Trust, Bihar.

Reference Books:

1. Kumathekar U., Jain Darshana, Prasad Prakashan, Pune
2. Lamba P., Vipassana: The Journey of a Thousand Steps, Hay House India.

Yoga and Naturopathy			
Semester: VI		Course Code: Major BAYS604	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit 1 – Basics of Nature Cure

What is Nature cure? Definitions of Nature Cure and History of Naturopathy; Basic Principles of Nature Cure; Laws of Nature; Violations of Nature; Catechism of Nature Cure - Constructive Principle and Destructive Principle.

Unit 2 – History and Philosophy of Indian Naturopaths

Mahatma Gandhi; Vinoba Bhave; Krishnam Raju; Lakshman Sharma; B. Venkat Rao; Vithaldas Modi; Acharya Pacha Venkatramaiyah; S. J. Singh; Kulranjan Mukherjee; Dinshaw mehta.



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Unit 3 – History and Philosophy of Foreign Naturopaths

Hippocrates; Vincent Priessnitz; Sebastian Kneipp; Louis Kuhne; Henry Lindlahr; Herbert Shelton; Adolf just; Arnold Rickli; Bernard Jensen; Arnold Ehret; F.W.Collins; R.M.McLain.

Unit 4 – Diagnostic Methods in Naturopathy

Characteristics of the Healthy Body - Normal functions; Introduction to the science of facial expression; Historical highlights, Definition and scope of the science of facial expression; Foreign matter theory - Definition of foreign matter; The process of accumulation of foreign matter in the body; Encumbrance; Changes caused in the body due to the accumulation of foreign matter.

Recommended Readings:

1. S. J. Singh, History and Philosophy of Naturopathy, Nature Cure Council of Medical Research
2. Harry Benjamin, Everybody's guide to Nature cure, Read Books Limited
3. M. K. Gandhi, Nature Cure, Navajivan Publishing House
4. H. K. Bakhru, The Complete Handbook of Nature Cure, Jaico Publishing House

Reference Books:

1. Henry Lindlahr, Iridiagnosis and other Diagnostic Methods, Creative Media Partners, LLC
2. Louis Kuhne, Science of Facial Expression, Health Research
3. Louis Kuhne, The New science healing, Health Research

MOOC			
Semester: VI		Course Code: Major 4 BAYS604	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

- 1) to learn the course of their choice through online resources.
- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
- 4) Improve the efficiency and effectiveness.

Course Learning Outcomes (CLO):

- 1) Online learning brings flexibilities in learning process.
- 2) It is usually chosen by the learners on basis of its affectivity.
- 3) Online Courses bring distinctiveness & quality.



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Module Details

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Note: Once a student passes this course, the concerned credits will be transferred to him/her by the University/college.

Reference Books and Links —

- 1) www.swayam.gov.in
- 2) Tentative list of MOOCs published for Credit Transfer on University Website.
- 3) University SWAYAM/NPTEL Guidelines published for Credit Transfer on University Website.
- 4) Changes according to UGC-SWAYAM Guidelines are applicable time to time.

SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms

Yoga in Modern Times			
Semester: VI		Course Code: BAYS605	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I –

Contribution of Ramakrishna Paramahansa and Swami Vivekananda to Yoga.

Contribution of Mahesh Mahesh Yogi to Yoga

Contribution of Acharya Aurbindo to Yoga

Unit II –

Contribution of J. Krishnamurthy to Yoga

Contribution of T. Krishnamacharya to Yoga

Contribution of B.K.S. Iyengar to Yoga

Unit III –

Contribution of Swami Shivananda Saraswati to Yoga

Contribution of Swami Satyananda Saraswati to Yoga



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Contribution of Swami Kuvalayananda to Yoga

Internship/Apprenticeship I			
Semester: VI		Course Code: BAYS606	
Total Hrs.: 120		Credits: 04	
Evaluation Scheme			
Final Exam	Theory	Practical/VIVA/Other	
	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment Demonstration+VIVA

Students will have to spend min 120 hrs. by choosing any one of the following

Internship –

Student has to conduct the Yoga sessions at the nearest non-Yoga institute allotted by the University/College, using his/her skills acquired in the previous semesters.

Apprenticeship –

Student has to work at any Yoga institute to acquire the necessary vocational skills required for running a Yoga institute.



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Bachelors Degree With Honors
Semester VII

Patanjala Yogasutras (with Vyasa Bhashya) –I			
Semester: VII		Course Code: BAYS701	
Total Hrs.: 75		Credits: 05	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Samadhi Pada with Vyasa Bhashya

Unit II – Sadhana Pada With Vyasa Bhashya

Reference Books –

1. Yoga-Sutras of Patanjali with the Commentary of Vyasa, Vaman Shastri Bapat , Bhandarkar Oriental Research Institute
2. Patanjali's Yoga Sutras with Vyasa Bhashya, Swami Veda Bharati, Motilal Banarsidass Publishers
3. The Yoga Philosophy: Being the Text of Patanjali, with Bhoja Raja's Commentary, Rajendralala Mitra, Motilal Banarsidass Publishers
4. The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary, Edwin F. Bryant, North Point Press
5. Patanjali's Yoga Sutras: A New Translation and Commentary, Sri Swami Satchidananda, Integral Yoga Publication
6. Patanjali Yoga Sutra Bhashya, Ganganatha Jha, Motilal Banarsidass Publishers

Hathapradipika (With Jyotsna Commentary)			
Semester: VII		Course Code: BAYS702	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Chapter I

Detailed study of the Prathama Upadesha with special reference to the commentary of Brahmananada Jyotsna.

Unit I – Chapter II

Detailed study of the Dvitiya Upadesha with special reference to the commentary of Brahmananada Jyotsna.

Unit I – Chapter III

Detailed study of the Trutiya Upadesha with special reference to the commentary of Brahmananada Jyotsna.

Unit I – Chapter IV

Detailed study of the Chaturtha Upadesha with special reference to the commentary of Brahmananada Jyotsna.

Reference Books-



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- 1) HathaPradipika of Svatmarama with the Commentary Jyotsna of Brahmananda, Pancham Singh, Motilal Banarsidass Publishers
- 2) Hatha Yoga Pradipika with the Commentary Jyotsna, Swami Digambarji and Swami Mahadevananda, Kaivalyadham, Lonavla
- 3) HathaPradipika with Jyotsna Commentary, Kalyani Mallik, Chowkhamba Sanskrit Series Office Hatha Yoga Pradipika: Light on Hatha Yoga, B. K. S. Iyengar, Aquarian Press

Basket for Major Electives

This Basket containing Major/ Discipline Specific Electives is offered to the students to choose one subject for Semester V and VII (Honors only) each. They can choose any subject from the same but only for once.

Phylosophy of Bhagavadgeeta			
Semester: VII		Course Code: Major BAYS703	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+05+05= 20		

Unit I

- **Introduction to All Chapters of Shrimadbhagavad Gita**
- **Introduction to Various Commentries on Shrimadbhagavad Gita**
- **Introduction to Oraganisations devoted to the studies of Shrimadbhagavad Gita**
 - a. Chinmaya Mission
 - b. Swadhyaya Pariwar
 - c. Gita dharma Mandal
 - d. ISKON
 - e. Gita Parivar

Unit II

- Jnana in Shrimadbhagavad Gita
- Karma in Shrimadbhagavad Gita
- Bhakti in Shrimadbhagavad Gita
- Reconciliation of Jnana, Karma and Bhakti

Unit III

- Vishvarupa Darshan
- Concept of Lokasangraha, Jnani and Yogi
- Sankhya darshan theoris in Gita
- Yoga theories in Shrimadbhagavad Gita

Unit IV

- Three types of Shraddha in Shrimadbhagavad Gita



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- Diet, Sacrifice and Charity in Shrimadbhagavad Gita

Reference Books and Links —

गीता रहस्य – लो. बाल गंगाधर टिळक

गीता- श्री. रामसुखदास महाराज – गीता प्रेस गोरखपुर

Diet and Nutrition			
Semester: VII		Course Code: Major BAYS703	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+05+05= 20		

Unit 1 – Introduction to Dietetics and Nutrition

Basic concepts and components of food and nutrition; Concept of food, Functions of Food; Components of Food & their Classification; Proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements.

Unit 2 – Nutrition Basics

Nutrition, Human Nutritional Requirements; Macro Nutrients: Sources, Functions and Effects on the Body; Micro Nutrients: Sources, Functions and Effects on the Body; Fat Soluble Nutrients: Sources, Functions and Effects on the Body; Water soluble Nutrients: Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body; Antioxidants and their Role;

Unit 3 – Food Groups

Cereals & Millets: Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds: Selection, Preparation and Nutritive Value; Milk and Milk Products: Selection, Preparation and Nutritive Value; Vegetables and Fruits: Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery: Selection, Preparation and Nutritive Value;

Unit 4 – Food and Metabolism

Energy: Basic Concepts, Definitions and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement; BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure.

Recommended Readings:

1. Shirlakshmi B., Dietetics, New Age International Publication, 2014.
2. Gupta S. and others, Textbook of Nutrition and Dietetics, Elite Publication House, 2016.



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Reference Books:

1. Shirlakshmi B., Food Science, New Age International Publication, 2018.
2. Joshi S. A., Nutrition and Dietetics, McGraw Hill Education, 2017.
3. Singh J., Handbook of Nutrition and Dietetic, Lotus Press, 2008.
4. Pendharkar J., Kay Khave Kiti Khave, Jayashree Prakashan, 2012.

Yoga in Different Cultures				
Semester: VII		Course Code: Major BAYS703		
Total Hrs.: 60		Credits: 04		
Evaluation Scheme				
Theory		Practical/VIVA		
Final Exam	Internal Assessment		Final Exam	
	Assignment+Attendance+VIVA		Internal Assessment Demonstration+VIVA	
80	10+05+05= 20			

Unit 1 – Introduction to World Cultures

Concept of Religion; Major Religions in the world; Introduction to Buddhism and its basic principles; Introduction to Hinduism and its basic principles; Introduction to Jainism and its basic principles; Introduction to Islam and its basic principles; Introduction to Christianity and its basic principles.

Unit 2 – Yoga Practices in Buddhism

Philosophical principles of Buddhism; Vipassana Meditation; Zen Meditation; Tai-chi based meditation; Qui-gong meditation; Gum-Tum-O Meditation;

Unit 3 – Yoga Practices in Jainism

Philosophical principles of Jainism; Prekshadhyana, philosophy and practice of Prekshadhyana; detailed practice of subtypes of Prekshadhyana;

Unit 4 – Yoga Practices in other religions

Philosophical principles of Christianity; Rosary meditation; Meditation of Franciscan nuns; Hesychasm; Maranatha Meditation; Philosophical principles of Islam; Elements of Yoga in Sufism, Sufi Meditation Techniques; Sufi Meditation; Muraqaba; Islam: Salat positions along with their

most similar yoga positions; Qiyam and Namaste; Ruk'u and Ardha Uttanasana; Julus and Vajrasana; Sujud and Blasana;

Recommended Readings:

4. Rai L., Meditation, Anubhava Rai Publications, Gurgaon, 1999.



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5. Acharya Mahaprajna, Preksha Dhyana Combo, Jain Vishwa Bharati, 2011.

6. Lamba P., Vipassana: The Journey of a Thousand Steps, Hay House India.

Reference Books:

7. Kumathekar U., Jain Darshana, Prasad Prakashan, Pune

8. Chapple C.K., Yoga in Jainism (Routledge Advances in Jaina Studies), Routledge.

9. Wilber, K. (2006). Integral Spirituality: A Startling New Role for Religion in the Modern and Postmodern World. Boston.

10. Parragon, World Religion, Parragon Publishing India.

11. Gulati M.N., Comparative Religions and Philosophies: Anthropomorphism and Divinity.

12. Fatir A., Islamic Yoga, Fatir Publishing.

Modern Psychology			
Semester: VII		Course Code: Major BAYS703	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Final Exam	Theory	Practical/VIVA	Internal Assessment
	Internal Assessment Assignment+Attendance+VIVA		
80	10+05+05= 20		Demonstration+VIVA

Unit 1 – Introduction to Modern Psychology

Brief introduction to modern psychology; important theories in modern psychology: psychoanalytical/psychodynamic theory, humanistic theory, cognitive theory, behavioral theory, evolutionary theory, biological theory, cross-cultural theory;

Unit 2 – Cognitive psychology

Definitions and features of basic cognitive abilities, Sensation, Perception, Attention, Learning, Feeling, Memory etc.; Definitions, types and special features of Intelligence; measurement of intelligence;

Unit 3 – Personality and Altered states of consciousness

Personality: Nature and types of personality; Heredity and Environment as determinants of personality; facets and stages of personality development; Personality theories of Sigmund Freud, Carl Rogers, C.G. Jung, Alfred Adler, Ernst Kretschmer;

Sleep: stages of sleep, importance of sleep, Circadian Rhythm, Dreams, Hypnosis; sleep disorders;

Unit 4 – Behavioral psychology and counseling

Introduction to behavioral psychology, definitions of behavior; human behavior and psychic forces behind it; behavior and consciousness; basis of behavior;

Introduction to counseling, methods of counseling, skills required for counselor, issues and challenges in counseling, codes of ethics for counselors.

Recommended Readings:



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1. Morgan C. and others, Introduction to Psychology, McGraw Hill Publications, 2017.
2. Mangal S. K., General Psychology, Sterling Publications, 2009.
3. GPH Panel of Experts, BPC001 General Psychology (IGNOU Help Book for BPC-001 in English Medium), Gullybaba Publishing House.

Reference Books:

1. S. K. Ciccarelli and others, Psychology: South Asian Edition, Pearson Education, 2010.
2. Hilgard and others, Introduction to Psychology, Oxford and IBH Publishing, New Delhi.
3. Baron R. A., Mishra G., Psychology (Adaption), Pearson Education, New Delhi, 2000.
4. Mishra B., Psychology: The study of Human Behavior, PHI Learning, 2016.
5. Morgan, C. and others, Introduction to Psychology, Tata McGraw Hill, New Delhi, 2006.
6. Passer M.W., Smith R.E., Psychology: The Science of Mind and Behavior, Tata McGraw Hill.
7. Singh A. K., Saral Samanya Manovijnana, Motilal Banarasidas Publications, Delhi, 2007

MOOC			
Semester: VII		Course Code: Major BAYS703	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

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- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
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Course Learning Outcomes (CLO):

- 1) Online learning brings flexibilities in learning process.
- 2) It is usually chosen by the learners on basis of its affectivity.
- 3) Online Courses bring distinctiveness & quality.

Module Details

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Reference Books and Links — 1) www.swayam.gov.in

2) Tentative list of MOOCs published for Credit Transfer on University Website.

3) University SWAYAM/NPTEL Guidelines published for Credit Transfer on University Website.

4) Changes according to UGC-SWAYAM Guidelines are applicable time to time.

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Research Methodology			
Semester VII		Subject Code: BAYS704	
Total Hrs: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 – Introduction to Research Methodology

Meaning and definitions of research; Aim and objectives of research; Significance of research; Types of research; Research Approaches; Research methods Vs. methodology; criteria of good research; important qualities of good researcher.

Unit 2 – Research Process

Steps involved in research process; Identification of research problem; Review of literature; Formulation of hypotheses, types of hypotheses; Research design, types of research design; Research methodology, methods

Unit 3 – Report Writing

Need and objectives of report writing; types of reports; mechanism of report writing

Unit 4 – Research in Yoga

Meaning and Nature of Yoga research; Need and scope of Research in the field of Yoga; Experimental research; Philosophico-literary research; Prominent Institutes involved in the field of Yoga research, history and review of their research work; Yoga research journals as well as journals of yoga and allied sciences, National and International.

Reference Books:

1. Kothari C. R., Research Methodology: Methods and Techniques. New Age International, 2009.
2. Kumar R., Research Methodology, Sage Publishing, 2014.



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3. Agrawal B. L., Basic Statistics, New Age International, 2013.
4. R. L. Bijlani. (2008). Medical Research, Jaypee Brothers Medical Publishers, New Delhi.
5. Mangal S.K., Research Methodology in Behavioral Sciences, Prentice Hall India, 2013.
6. Sarpotdar S. and others, Research Methodology and Medical Statistics, Manikarnika Publications, 2017.
7. Gupta S. C., Fundamentals of Statistics, Himalaya Publishing House, 2016.
8. Koli L. N., Research Methodology (Hindi), Y K Publishers, 2014.

Yoga Practical - V			
Semester: VII		Course Code: BAYS705	
Total Hrs.: 150		Credits: 05	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	10+10=20
		80	

Unit 1 – Asanas and Mudra

Asanas in supine position: Sarvangasana, Matsyasana, Chakrasana;

Asanas in prone position: Vakrahasta Bhujangasana, Dhanurasana;

Asanas in sitting position: Siddhasana, Tolangulasana, Ekpada Hastasana, Ugrasana, Ardha Padma Bandhasana, Hansasana, Ekpada Shirasana, Gaumukhasana,

Asanas in standing position: Shirshasana, Sankatasana, Garudasana, Hatha Ugrasana;

Mudras: Mahabandha, Agochari Mudra, Kaki Mudra, Hridaya Mudra;

Unit 2 – Cleansing Techniques

Danda Dhauti, Danda Neti, Trataka, Laghu shankha prakshalana.

Unit 3 – Pranayamas

Shitali Pranayama, Sitkari Pranayama, Bhastrika Pranayama; practice of pranayama without holding the breath with ratio 1:0:2 (inhalation: hold: exhalation); pranayama practice with inhalation: hold: exhalation ratio of 1:2:2 with Jalandhara Bandha only.

Unit 4 – Meditation and Relaxation Techniques

Shatachakra Dhyan; Yoga Nidra level-2 (BSY)

Unit 5 – Lesson Planning for teaching Yoga to different groups

Lesson plan and Micro lesson plan for conducting Yoga program targeting different groups.



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Reference Books:

1. Mandlik V., Shudhikriya, Yogachaitanya Prakashana, Nashik
2. Mandlik V., Pranayama, Yogachaitanya Prakashana, Nashik
3. Swami Satyananda S., Yoga Nidra, Yoga Publication trust, Bihar.
4. Mandlik V., Yoga Parichaya: Yogasane, Yogachaitanya Prakashana, Nashik.
5. Mandlik V., Yogasane (Prabodha), Yogachaitanya Prakashana, Nashik.
6. Swami Niranjananada S., Prana and Pranayama, Yoga Publication Trust, Bihar.
7. Swami Satyananda S., Asana Pranayama Mudra Bandha, Yoga Publication Trust, Bihar.
8. Om Swami, The Ancient Science of Mantras, Jaico Publishing House, 2017.
9. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.



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B.A Yogashastra
Semester VIII

Patanjala Yogasutras (with Vyasa Bhashya) - II			
Semester: VIII		Course Code: BAYS801	
Total Hrs.: 75		Credits: 05	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I – Vibhuti Pada with Vyasa Bhashya

Unit II – Kaivalya Pada with Vyasa Bhashya

Reference Books –

1. Yoga-Sutras of Patanjali with the Commentary of Vyasa, Vaman Shastri Bapat , Bhandarkar Oriental Research Institute
2. Patanjali's Yoga Sutras with Vyasa Bhashya, Swami Veda Bharati, Motilal Banarsidass Publishers
3. The Yoga Philosophy: Being the Text of Patanjali, with Bhoja Raja's Commentary, Rajendralala Mitra, Motilal Banarsidass Publishers
4. The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary, Edwin F. Bryant, North Point Press
5. Patanjali's Yoga Sutras: A New Translation and Commentary, Sri Swami Satchidananda, Integral Yoga Publication
6. Patanjali Yoga Sutra Bhashya, Ganganatha Jha, Motilal Banarsidass Publishers

Siddhasiddhanta Paddhati			
Semester: VIII		Course Code: BAYS802	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit I - Introduction to the Text; Structure and salient features of the text;

Unit II - Concept of Pindotpatti; Five stages of Jiva; 10 Nadis and 10 Vayus; Concept of Chakra; Concept of Shakti; Concept of Kundalini;

Unit III - Eightfold yoga;

Unit IV - Importance of Guru; Siddhis through yoga; Concept of Omkar; Concept of Mumukshu;

Reference Books:

1. Shastri D., Siddhasiddhanta Paddhati, Chaukhamba Surbharati Prakashan.



Kavikulaguru Kalidas Sanskrit University, Ramtek
B.A Yogashastra
Basket for Major Electives

This Basket containing Major/ Discipline Specific Electives is offered to the students to choose one subject for Semester VI and VIII (Honors only) each. They can choose any subject from the same but only for once.

Yoga and Spirituality			
Semester: VIII		Course Code: Major BAYS803	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Unit I - Yoga

- Definitions of Yoga
- Aim of yogic practices in ancient texts
- How Yoga is important to understand teaching of religion
- How yoga is important to understand the teaching of spirituality

Unit II - Religion

- What is the definition of religion?
- Purpose of teachings of religion
- What is the relationship of religion with yoga and with spirituality?
- Difference between Dharma and Religion

Unit III - What is Spirituality

- What is the definition of spirituality?
- Concept of spirituality
- Purpose and teachings of spirituality
- Role of yoga to understand Spirituality

Credit IV – Relation between Spirituality and Yoga

- Definition about the concept of Dharma
- Fundamental principles of Yoga and Dharma
- Fundamental principles of Yoga and Spirituality
- Role of Yoga in spiritual upliftment

Meditation Techniques			
Semester: VIII		Course Code: Major BAYS803	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		



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Unit 1 – Meditation Techniques I

Omkar Meditation with concentration on every syllable of Pranava; Soham Meditation; Ajapa Dharana; Antarmauna by Bihar School of Yoga; Breath Meditation; Shatchakra Dhyan; Raja Yoga Meditation by Brahmakumaris;

Unit 2 –Meditation Techniques II

Transcental Meditation by Maharshi Mahesh Yogi; Savita and Jyoti ki Dharana by DSVV; Cyclic Meditation by SVYASA; Mind Sound Resonance Technique by SVYASA;

Unit 3 – Yogic Practices in Jainism

Preksha Meditation:

Unit 4 – Yogic Practices in Buddhism

Vipassana meditation; Zen Meditation;

Recommended Readings:

1. Swami Satyananda S., Ajapa Japa and Chidakash Dharana, Yoga Publication Trust, Bihar.
2. Acharya Mahaprajna, Preksha Dhyana Combo, Jain Vishwa Bharati, 2011.
3. Maharshi Mahesha Yogi, Science of Being and Art of living, Plume, 2001.
4. Mind Sound Resonance Technique (MSRT), Swami Vivekananda Yoga Prakashan.
5. Swami Satyananda S., Antar Mouna: Inner Silence, Yoga Publication Trust, Bihar.

Reference Books:

1. Kumathekar U., Jain Darshana, Prasad Prakashan, Pune
2. Lamba P., Vipassana: The Journey of a Thousand Steps, Hay House India.

Yoga and Naturopathy			
Semester: V/VI/VII/VIII		Course Code: Major BAYS802	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment		Final Exam
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+05+05= 20		

Unit 1 – Basics of Nature Cure

What is Nature cure? Definitions of Nature Cure and History of Naturopathy; Basic Principles of Nature Cure; Laws of Nature; Violations of Nature; Catechism of Nature Cure - Constructive Principle and Destructive Principle.

Unit 2 – History and Philosophy of Indian Naturopaths

Mahatma Gandhi; Vinoba Bhave; Krishnam Raju; Lakshman Sharma; B. Venkat Rao; Vithaldas Modi; Acharya Pacha Venkatramaiyah; S. J. Singh; Kulranjan Mukherjee; Dinshaw mehta.

Unit 3 – History and Philosophy of Foreign Naturopaths

Hippocrates; Vincent Priessnitz; Sebastian Kneipp; Louis Kuhne; Henry Lindlahr; Herbert Shelton; Adolf just; Arnold Rickli; Bernard Jensen; Arnold Ehret; F.W.Collins; R.M.McLain.

Unit 4 – Diagnostic Methods in Naturopathy



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Characteristics of the Healthy Body - Normal functions; Introduction to the science of facial expression; Historical highlights, Definition and scope of the science of facial expression; Foreign matter theory - Definition of foreign matter; The process of accumulation of foreign matter in the body; Encumbrance; Changes caused in the body due to the accumulation of foreign matter.

Recommended Readings:

1. S. J. Singh, History and Philosophy of Naturopathy, Nature Cure Council of Medical Research
2. Harry Benjamin, Everybody's guide to Nature cure, Read Books Limited
3. M. K. Gandhi, Nature Cure, Navajivan Publishing House
4. H. K. Bakhru, The Complete Handbook of Nature Cure, Jaico Publishing House

Reference Books:

1. Henry Lindlahr, Iridiagnosis and other Diagnostic Methods, Creative Media Partners, LLC
2. Louis Kuhne, Science of Facial Expression, Health Research
3. Louis Kuhne, The New science healing, Health Research

MOOC			
Semester: VIII		Course Code: Major BAYS802	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+05+05= 20		

Introduction/objectives to the course: this course is MOOC online course & is approved by the UGC (SWAYAM). Objectives of adopting & learning this course are

- 1) to learn the course of their choice through online resources.
- 2) To adopt online teaching learning process depicted by the Education Ministry.
- 3) To learn with alternative mode of class learning.
- 4) Improve the efficiency and effectiveness.

Course Learning Outcomes (CLO):

- 1) Online learning brings flexibilities in learning process.
- 2) It is usually chosen by the learners on basis of its affectivity.
- 3) Online Courses bring distinctiveness & quality.

Module Details

UGC-SWAYAM/NPTEL Courses use to publish in month of July & January of every acade year. Students may elect a course as an online course of similar credits to mentioned in uni./coll syllabus & enrol for the same through the SWAYAM portal with the guidance of Universi SWAYAM Coordinator / college SWAYAM Mentor).



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Reference Books and Links — 1) www.swayam.gov.in 2) Tentative list of MOOCs published for Credit Transfer on University Website. 3) University SWAYAM/NPTEL Guidelines published for Credit Transfer on University Website. 4) Changes according to UGC-SWAYAM Guidelines are applicable time to time.

SWAYAM/NPTEL/MOOC Courses publish in month of July & January of every academic year. Students may enroll to any course of similar credits mentioned in university/college syllabus. The affiliated colleges must take permission from the University before allowing students to enroll in any of the MOOC platforms

Yoga Practical - VI			
Semester: VIII		Course Code: BAYS804	
Total Hrs.: 150		Credits: 05	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	80
		10+10=20	

Unit 1 – Asanas and Mudras

Asanas in supine position: Ashwini Mudra, Halasana;

Asanas in prone position: Niralamba Bhujangasana, Niralamba Shalabhasana;

Asanas in sitting position: Supta Vajrasana, Shashankasana, Ushtrasana, Kukkutasana, Ekapada Shirasana, Mayurasana, Utkatasana;

Asanas in standing position: Mrudangasana, Veerbhadrásana, Vistruta Pada Shirshasana, Tiryaka Shirshasana;

Mudra: Mahavedha, Jnana Mudra, Shanmukhi Mudra, Yoni Mudra;

Unit 2 – Cleansing Techniques

Vastra Dhauti; Sutra Neti; Vama Nauli, Dakshina Nauli, Madhya Nauli; Laghu shankhaprakshalana.

Unit 3 – Pranayamas

Nadishuddhi pranayama, Suryabhedan pranayama, Chandrabhedana pranayama, Bhramar-Bhramari pranayama, Ujjayi pranayama; practice of pranayamas with tribandha; practice of pranayama with inhalation: hold: exhalation of 1:3:2; standard practice of 4:12:8 ratio with tribandha.

Unit 4 – Meditation and Relaxation Techniques

Cyclic Meditation (SVYASA); Yoga Nidra level-3 (BSY)

Unit 5 – Lesson Plan for Teaching Yoga

Reference Books:

1. Mandlik V., Shudhikriya, Yogachaitanya Prakashana, Nashik
2. Mandlik V., Pranayama, Yogachaitanya Prakashana, Nashik



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3. Swami Satyananda S., Yoga Nidra, Yoga Publication trust, Bihar.
4. Mandlik V., Yoga Parichaya: Yogasane, Yogachaitanya Prakashana, Nashik.
5. Mandlik V., Yogasane (Prabodha), Yogachaitanya Prakashana, Nashik.
6. Swami Niranjananada S., Prana and Pranayama, Yoga Publication Trust, Bihar.
7. Swami Satyananda S., Asana Pranayama Mudra Bandha, Yoga Publication Trust, Bihar.
8. Om Swami, The Ancient Science of Mantras, Jaico Publishing House, 2017.
9. Mandlik K., Yogapoint Asanas: A Comprehensive Guide, www.yogapoint.com.

Internship/Apprenticeship II			
Semester: VIII		Course Code: BAYS805	
Total Hrs.: 120		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
		Grade	

Students will have to spend min 120 hrs. by choosing any one of the following.

Internship –

Student has to conduct the Yoga sessions at the nearest non-Yoga institute allotted by the University/College, using his/her skills acquired in the previous semesters.

Apprenticeship –

Student has to work at any Yoga institute to acquire the necessary vocational skills required for running a Yoga institute.



Kavikulaguru Kalidas Sanskrit University, Ramtek
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UG Honors with Research Degree

Semester VII

Introduction to Indian Textual Criticism			
Semester: VIII		Course Code: BAYSR01	
Total Hrs.: 75		Credits: 05	
Evaluation Scheme			
Final Exam	Theory	Practical/VIVA/Other	Internal Assessment
	Assignment+Attendance+VIVA	Demonstration+VIVA	
80	10+5+5=20		

This syllabus aims to introduce yoga students to the critical study of Indian texts, focusing on their relevance to yoga philosophy and practice. The recommended books provide foundational texts and commentaries essential for understanding the textual tradition in Indian philosophy and yoga.

Unit 1: Foundations of Textual Criticism

- **Introduction to Indian Textual Criticism**
 - a. Understanding the importance of textual criticism in preserving ancient wisdom
 - b. Overview of key concepts and methodologies
- **Historical Context**
 - a. Evolution of textual criticism in ancient India
 - b. Role of texts in the development of yoga philosophy and practices

Unit 2: Key Texts and Traditions

- **Classical Texts**
 - a. Study of foundational texts such as the Vedas, Upanishads, and Yoga Sutras
 - b. Overview of textual variants and critical editions
- **Yoga Philosophy and Textual Analysis**
 - a. Application of textual criticism to yoga philosophy texts (e.g., Bhagavad Gita, Hatha Yoga Pradipika)
 - b. Comparative analysis of commentaries and interpretations

Unit 3: Methodologies and Techniques

- a. Introduction to modern techniques in textual criticism
- b. Digital humanities and its impact on studying ancient texts

Unit 4: Challenges and Debates

- **Issues in Transmission and Authenticity**
 - a. Challenges in maintaining authenticity and integrity of ancient texts
 - b. Debates over textual variants and interpretations in yoga literature
- **Ethics in Textual Criticism**
 - a. Ethical considerations in editing and publishing critical editions
 - b. Impact of textual criticism on contemporary yoga practices

Reference Books:

1. Indian Literary Criticism: Theory and Interpretation" by G.N. Devy, Publisher: Orient BlackSwan



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2. "Indian Poetics: Bhasa to Dandi" edited by K.K. Sharma, Publisher: Sahitya Akademi
3. "Principles of Textual Criticism in Sanskrit" by C. Kunhan Raja, Publisher: Motilal Banarsidass Publishers
4. "Editing an Indian Classical Text: Issues and Problems" edited by K.D. Tripathi and K.V. Sarma, Publisher: D.K. Printworld
5. "A Higher Sanskrit Grammar" by M. R. Kale, Publisher: Motilal Banarsidass Publishers

Recommended Readings-

1. *Yoga Sutras of Patanjali* with commentaries by various scholars
2. *Bhagavad Gita* with commentaries (e.g., by Swami Vivekananda, A.C. Bhaktivedanta Swami Prabhupada)
3. *Hatha Yoga Pradipika* translated by Swami Muktibodhananda
4. *Upanishads* (e.g., *Mandukya Upanishad*, *Brihadaranyaka Upanishad*)

Fundamentals of Yoga Research			
Semester: VII		Course Code: BAYSR02	
Total Hrs.: 60		Credits: 04	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Course Objectives-

- This course aims to get students acquainted with concept of Indian Modern Research purpose and Relevance.
- It also intends to give an outline of Research in Yoga, Purpose and Relevance.
- To understand the Concept of Multidisciplinary Research alongwith Yoga and allied subjects, it's Purpose & Relevance.
- To provide the learner with opportunities for diverse learning experiences

Course Learning Objectives

- Understanding the fundamentals of Yoga Research Methodology.
- To do research /projects that will stimulate enquiry, self-directed,experiential learning and lateral thinking.

Unit -1:

- Types, Scope & limitations in Yoga Research
- Types, Scope & limitations in Interdisciplinary Research

Unit-2

- Data Collection & Study of Yoga Literature



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- Data Collection & Study of Literature for Interdisciplinary Research

Unit-3

- Review of Yoga Literature
- Types of Sources- Primary Sources , Secondary Sources
- National & International Yoga Journals

Reference books-

1. Scientific Foundations of Yoga, Dr. H.R. Nagendra, Swami Vivekananda Yoga Prakashana
2. Yoga: Research and Applications, Dr. N. Ganesh Rao, ICFAI University Press
3. Research-Based Perspectives on the Psychophysiology of Yoga, Shirley Telles, Bhavna Bartwal, Acharya Balkrishna, IGI Global
4. Foundations of Yoga Psychology, Kiran Kumar K. Salagame, Springer
5. The Science of Yoga: The Risks and the Rewards, William J. Broad, Simon & Schuster
6. Research Methodology; C R Kothari
7. Research Methodology; Ranjit Singh
8. Research Methodology; Dr.Baidyanath Mishra.

Statistics			
Semester VII		Subject Code: BAYSR03	
Total Hrs: 60		Credits: 05	
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment Assignment + Attendance + VIVA	Final Exam	Internal Assessment
		Demonstration + VIVA	
80	10+05+05=20		

Unit 1 : Introduction:

- Statistics : Definition of statistics, its importance and Scope, limitations.
- Data: definition, Types (Qualitative and Quantitative data), and Sources of data, Collection methods of data (Primary data, Secondary data), primary data collection techniques.
- Attributes and Variables, it's types, scales of measurement.
- Classification and Tabulation of data
- Classification and Tabulation: Univariate - Bivariate - Multivariate Data - Data Classification and Tabulation.
- Diagrammatic and Graphical presentation of data (with MS-Excel)
- Graphical Presentation of Data: Diagrammatic and Graphical Representation of Data - One Dimensional - Two Dimensional - Three Dimensional Diagrams and Graphs.

Unit 2 : Sampling techniques

- Sampling methods: Population and sample, Characteristics of good sample, Types and Methods of drawing Sample Probability sampling and Non probability sampling, sampling errors, determination of sample size.
- Probability distributions: Binomial distributions, Poisson distribution, Normal distribution and their applications



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Reference books-

1. Fundamentals of Mathematical Statistics, S.C. Gupta, V.K. Kapoor, Sultan Chand & Sons
2. Basic Statistics, B.L. Agarwal, New Age International Publishers
3. Fundamentals of Statistics, S.C. Gupta, Himalaya Publishing House
4. Statistical Methods, S.P. Gupta, Sultan Chand & Sons
5. Statistics for Management, Richard I. Levin, David S. Rubin, Sanjay Rastogi, Masood Husain Siddiqui, Pearson Education India
6. Statistics: Theory, Methods, and Applications, S.P. Gupta, Archana Gupta, Sultan Chand & Sons
7. Probability and Statistics, Ravichandran, Wiley India
8. Applied Statistics, V. K. Kapoor, B. C. Sarkar, Sultan Chand & Sons

Research Methodology			
Semester VII			Subject Code: BAYSR04
Total Hrs: 75			Credits: 05
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment + Attendance + VIVA	Demonstration + VIVA	
80	10+05+05=20		

Unit I - Research Definition and types.
Classification of research (Fundamental, Action, Applied)
Characteristics of good researcher & research work.

Unit II Selection of Problem, Review of Literature,
Data collection, Data analysis, Research out line
Hypothesis, Synopsis, Abstract, Research Paper

Reference Books :

1. D.K.Sant All popular Book Stalls
2. Ranjit Kumar, Pearson Education India, New Delhi
3. CR Kothari, New Age International , New Delhi



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Research Project	
Semester VII	Subject Code: BAYSR05
Total Hrs: 60	Credits: 04
Evaluation Scheme	
Theory	Practical/VIVA
Final Exam	Internal Assessment
	Assignment + Attendance + VIVA
	Final Exam
	Internal Assessment
	Demonstration + VIVA
	Grade

Students have to choose a topic for research project..

Instructions

- A research project is to be carried out by the students under the guidance of lecturer.
- Students have to select their topics after approval by respective guides.
- After successful completion of the research project, report is to be submitted for the final assessment.
- The final assessment will be based on Research report and presentation of the Project followed by VIVA.

Semester VIII

Manuscriptology and Paleography	
Semester: VIII	Course Code: BAYSR06
Total Hrs.: 45	Credits: 03
Evaluation Scheme	
Theory	Practical/VIVA/Other
Final Exam	Internal Assessment
	Assignment+Attendance+VIVA
80	10+5+5=20
	Final Exam
	Internal Assessment
	Demonstration+VIVA

Module 1 - Introduction to Manuscriptology

Introduction to Manuscriptology, Importance of Manuscripts, History of the Art of writing

Module 2 - Writing Material

Types of Manuscripts and Writing Materials

Module 3 – Manuscripts Management

Collection, Conservation and Preservation of Manuscripts, Cataloging, Classification and Indexing

Module 4 – Paleography

Introduction to Scripts (Brahmi, Sharada, Granth and Modi)



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Reference Books :

1. Introduction to Manuscriptology, K.V. Sarma, Sri Satguru Publications
2. Manuscriptology: An Introduction to the Study of Manuscripts, B.N. Goswamy, National Book Trust, India
3. Indian Paleography, Subhas Chandra Dasgupta, Motilal Banarsi Dass Publishers
4. Indian Epigraphy and South Indian Scripts, K. V. Ramesh, Sundeep Prakashan
5. Studies in Indian Epigraphy and Paleography, S. Srikanta Sastri, K.R. Srikanta Sastri Memorial Trust
6. Indian Paleography: From Brahmi to Devanagari, D.C. Sircar, Motilal Banarsi Dass Publishers

Scientific Writing			
Semester: VIII		Course Code: BAYSR07	
Total Hrs.: 45		Credits: 03	
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment
		Demonstration+VIVA	
80	10+5+5=20		

Unit 1 – Writing Academic Reports

Introduction to scientific writings; Research Process; Significance of report writing; Types of academic reports - Thesis, Dissertation, Synopsis; Steps involved in writing academic report - logical analysis of subject matter, Preparation of final outline, preparation of rough draft, polishing rough draft, preparation of final draft; Layout of Research report – Preliminary Pages, Main text and End Matter; Mechanics of writing report – Size and physical design, Procedure, Layout, Treatment of quotations, footnotes, endnotes; Referencing – preparation of bibliography, APA style of references, other popular styles of references;

Unit 2 – Writing Scientific Article

Preparation of the rough draft; Selection of the journal – types of journals, impact factor, disciplines, plagiarism; preparation of final draft; submission of article; article review;

Reference Books:

1. Kothari C.R. Garg G., Research Methodology (pg. 407-422), New Age International Publishers.
2. Publication Manual of the American Psychological Association, American Psychological Association, Washington.
3. Turabian K., A Manual for Writers of Research Papers, Theses, and Dissertations, University of Chicago press.
4. Schimel J., Writing Science, Oxford University Press, 2011.
5. Glasman H., Science Research Writing for Non-Native Speakers of English, Imperial College.

ICT in Research	
Semester: VIII	Course Code: BAYSR08



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Total Hrs.: 45	Credits: 03		
Evaluation Scheme			
Theory		Practical/VIVA/Other	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment+Attendance+VIVA		Demonstration+VIVA
80	10+5+5=20		

Unit I – Importance of ICT in Research

Unit II – Use of Research Respositories

Unit III – Introduction to Creative Commons

Unit IV – Preapring Reports with Computer

Presentation of scientific paper – Preparation of paper using MS Word; Preparation of presentation using MS Power Point; Poster Presentation.

Reference Books:

1. Information and Communication Technology in Education: Enhancing
2. Learning and Teaching, Dr. Ramesh Chander Sharma, Kanishka Publishers
3. ICT in Education, J. K. Pandey, Shipra Publications
4. Educational Technology and ICT in Education, Y.K. Singh, APH Publishing Corporation
5. ICT in Education and Training, Santosh Panda, Viva Books
6. ICT in Libraries: A Practical Guide, Dr. S. Latha, Kanishka Publishers
7. ICT in Research and Higher Education, Dr. P. Adhinarayanan, Neha Publishers & Distributors
8. ICT for Research and Education, Dr. R.P. Pathak, Atlantic Publishers & Distributors Pvt. Ltd.
9. E-Research: Methods, Strategies, and Issues, Sherri L. Jackson, Pearson Education India

Descriptive Statistics			
Semester VIII	Subject Code: BAYSR09		
Total Hrs: 45	Credits: 03		
Evaluation Scheme			
Theory		Practical/VIVA	
Final Exam	Internal Assessment	Final Exam	Internal Assessment
	Assignment + Attendance + VIVA		Demonstration + VIVA
80	10+05+05=20		

Unit 1 : Descriptive Statistics

- Central Tendency : Concept of central tendency, requisites of good measure of central tendency. Measures of Central Tendency tools:
- Arithmetic Mean : Definition, computation for grouped and ungrouped data, properties (without proof), combined mean, weighted mean, merits, demerits.
- Median and mode : Definition, computation for grouped and ungrouped data, properties



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(without proof), combined mean, weighted mean, merits, demerits.

- Empirical relation between mean, median and mode.
- Geometric Mean, Harmonic Mean: Meaning, Merits & Demerits.
- Dispersion : Concept of dispersion, requisites of good measure of dispersion, absolute and relative measures of dispersion.
- Measures of dispersion tools :
- Range : Definition, merits, demerits.
- Variance: Definition, computation for grouped and ungrouped data, properties (without proof), merits, demerits.
- Standard deviation, Coefficient of variation.
- Measures of Skewness and kurtosis: Moments, computation of skewness, computation of kurtosis

Unit 2: Correlation and Regressions

- Correlation Analysis: Bivariate data, Scatter Diagram Positive and Negative Correlation,
- Karl Pearson's Coefficient of Correlation Spearman's Rank Correlation, Limits for Coefficient of Correlation Concept of Multiple and Partial Correlation
- Regression Analysis: Finding regression equations, regression coefficients, and prediction based on regression equations.

Unit 3 : Inferential Statistics

- Estimation: Parameter and statistic, Estimation of parameters-Point estimation and interval estimation.
- Testing of Hypothesis
- Introduction, Definition of hypothesis, types of hypothesis(Simple and composite hypothesis, Null and alternative hypothesis), Type I and Type II errors, critical region (Rejection & Acceptance region), level of significance, power of a test, p-value, degrees of freedom.
- Tests for population means : large sample test – Z test for one and two samples Small sample test – t test for one and two samples, paired t test,
- Tests for population proportions: Z test for one and two samples
- Test based on Chi- square (χ^2) distribution :
- Independence of attributes (2 x 2, rx s contingency table).
- $H_0: \sigma^2 = \sigma_0^2$, where population means is unknown
- Tests based on F distribution : Comparison of two population variances: $H_0: \sigma^2 = \sigma_0^2$ for (i) σ^2
 - means known, (ii) means unknown.
- Analysis of Variance: One Way and Two Way ANOVA

Reference books-

1. Fundamentals of Mathematical Statistics, S.C. Gupta, V.K. Kapoor, Sultan Chand & Sons



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2. Basic Statistics, B.L. Agarwal, New Age International Publishers
3. Fundamentals of Statistics, S.C. Gupta, Himalaya Publishing House
4. Statistical Methods, S.P. Gupta, Sultan Chand & Sons
5. Statistics for Management, Richard I. Levin, David S. Rubin, Sanjay Rastogi, Masood Husain Siddiqui, Pearson Education India
6. Statistics: Theory, Methods, and Applications, S.P. Gupta, Archana Gupta, Sultan Chand & Sons
7. Probability and Statistics, Ravichandran, Wiley India
8. Applied Statistics, V. K. Kapoor, B. C. Sarkar, Sultan Chand & Sons

Dissertation			
Semester: VIII		Course Code: BAYSR10	
Total Hrs.: 270		Credits: 10	
Evaluation Scheme			
	Theory	Practical/VIVA/Other	
Final Exam	Internal Assessment Assignment+Attendance+VIVA	Final Exam	Internal Assessment Demonstration+VIVA
		Grade	

Continuing with topic submitted in the last semester, students have to execute the Research and have to submit the report after the successfully completion of the same.

Instructions

- A Dissertation is to be carried out by the students under the guidance of lecturer.
- Students have to select their topics after approval by respective guides.
- After successful completion of the Dissertation, report is to be submitted for the final assessment.
- The final assessment will be based on Dissertation report and presentation of the Dissertation followed by VIVA.

Outline of Dissertation

Non-Experimental Research	Experimental Research
Index	Index
Introduction	Introduction
A) Problem Identification B) Literature Review C) Objective D) Hypothesis E) Scope & Limitations F) Research Methodology G) Research Design H) Time Frame I) Regular Chapters with References /Foot notes	A) Research Problem B) Data Collection C) Sample Selection D) Data Preparation E) Analysis - Relation between Variables F) Chapterization G) Result
Concluding Part A) Conclusion B) Future Scope C) Epilogue D) Bibliography	Concluding Part A) Conclusion B) Future Scope C) Epilogue D) Bibliography



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Formatting & Other Instructions:

Font of general text matter	Times New Roman / Unicode
Character Size	12 Font Size should be same across entire dissertation.
Headings	Bold everywhere
Margins	: 1.5 inches on the left, 1 inch each for top, bottom & right
line spacing	1.0
Reference's Format	All references in alphabetical order -title, subtitle, author-name, institute-name, publication-name, publication-year, volume, ISBN/ISSN/ISRN



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