

**M.A. (Sanskrit- Yogashastra)**  
**Syllabus revised as per NEP 2020**

**Prerequisite:**

Bachelor's Degree in any faculty with an entrance test of 200 marks.

Entrance Test will focus on the candidate's primary knowledge of Yogashastra.

**SEMESTER I**

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

**Course Outcomes:**

CO1: To understand the origin of Yoga.

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

CO3: To gain ability to perform yogasanas.

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

Unit I: Vedic and Upanishadic roots

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

Unit II: Asanas

**Paper Pattern –**

**Module I -**

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

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

**Module II –**

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

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

**Evaluation and Assessment:**

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

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

**References:**

1. The Yoga Upanishads, T.R. Srinivasa Ayyangar.
2. Thirty Minor Upanishads by Narainswamy Aiyar K. Adyar, 1914
3. Principal Upanishads, S.Radhakrishnan.
4. Vedic Yoga- the path of the Rishi, David Frawley.
5. Yogasana: The Encyclopedia of Yoga poses, YogrishiVishvketu.
6. Asana Pranayama Mudra Bandha, Satyananda Saraswati, Yoga Publications trust, Munger, Bihar,2013
7. SampurnaYogavidya- Yogasana, Pranayam, Mudra, Bandha, Shatkarma, Dhyana evam kundalini yoga, Rajiv Jain, Manjul Publishing house, 2018

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

### **Course Outcomes:**

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

CO2: To have basic understanding of Astikadarshanas.

CO3: To have a basic Understanding of NastikaDarshanas.

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

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

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

Unit II: Jaina Darshana, Bauddha Darshana, Charvaka Darshana

### **Paper Pattern –**

#### **Module I -**

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

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

#### **Module II –**

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

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

### **Evaluation and Assessment:**

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

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

### **References:**

1. Sarvadarshana-sangrah by Madhvacharya, tr. Madan Mohan Agrawal.
2. Six Systems of Indian Philosophy, Max Muller.
3. An Introduction to Indian Philosophy, SatishchandraChaterjee and Dheerendramohan Datta.

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

#### **Course Outcomes:**

CO1: To understand body anatomy.

CO2: To understand important physiological terms.

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

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

Unit I: Nervous System

Unit II: Endocrinal System

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

Unit III: Respiratory System

Unit IV: Excretory and Reproductive Systems

#### **Paper Pattern –**

##### **Module I -**

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

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

##### **Module II –**

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

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

#### **Evaluation and Assessment:**

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

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

#### **References:**

1. ShareerVidnyan ani Yogabhyas, M.M.Gore, Continental Prakashan, Pune, 2018
2. Anatomy and Physiology of Yogic Practices, M.M. Gore.
3. Science of Yoga: Understand the Anatomy and Physiology to perfect your practice, Ann Swanson.
4. B.D. Chaurasia's Handbook of General Anatomy, B.D. Chaurasia

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

##### **Course Outcome:**

CO1: To generate interest amongst students regarding Sanskrit.

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

CO3: To Enable students to read Sanskrit texts.

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

Unit I: Selected Nouns, Pronouns, Introduction to Karakas

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

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

Unit III: Story Literature

Unit IV: Subhashitas, Stotra Literature

##### **Paper Pattern –**

###### **Module I -**

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

###### **Module II –**

Q.2) Essay type question (1 out of 2) 15 Marks

##### **Evaluation and Assessment:**

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

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

##### **References:**

1. Bruhatshabdakusumakarah, Pandit Harekant Mishra, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint, 2006
2. Bruhatdhatukusumakarah, Pandit Harekant Mishra, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint, 2003
3. Sanskrit SahityachaSopapattikItihas, V. V. Karambalekar, ShrisharadaPrakashan, Nagpur, Second Edition, 1963.
4. History of Sanskrit Poetics, Susheel Kumar De, Oriental Book centre, India, First edition, 2006.
5. History of Indian Literature, M. Winternitz, Motilal Banarasidas, Delhi.
6. Abhijat Sanskrit SahityachaItihas, Dr. Sindhu Dange (Ed.), Rtaayana Sanstha, Mumbai, First edition, 2004.

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### **Electives:**

#### **Elective 1: Yoga – BharatiyaManasashastra (100 marks – 4 credits)**

##### **Course Outcomes:**

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

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

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

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

Unit I: Concept of Mind in Indian Scriptures

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

Unit II: Emotional Management in Indian Scriptures

##### **Paper Pattern –**

###### **Module I -**

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

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

###### **Module II –**

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

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

##### **Evaluation and Assessment:**

**Internal Marks: Continuous Assessment 50% and examination 50%**  
(Written assignment, Viva / Presentation, Classroom Performance, Test, Projects, Seminar Papers, Quiz, Group Discussion – at least four.)

**References:**

1. The concept of Mind in Indian Philosophy, Saraswati Chennakesavan.
2. Psychology in the Indian Tradition, Ramakrishna Rao, Anand Paranjpe.
3. Indian Psychology Volume 1: Cognition, Jadunath Sinha.
4. Indian Psychology Volume 2: Emotions, Jadunath Sinha.
5. Indian Psychology Volume 3: Epistemology of Perception.
6. Psychology of Yoga – An Introduction to Ancient Indian Psychology.

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

**Course Outcomes**

CO1: To have an overview of Gherand Samhita

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

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

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

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

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

Unit II: Select portion from Upadeshas 4 and 5

Unit III: Select portion from Upadeshas 6 and 7

**Paper Pattern –**

**Module I -**

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

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

**Module II –**

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

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

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

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

**References:**

1. Gheranda Samhita, tr. Swami Niranjananda Saraswati, Yoga Publications Trust, India.
2. Gheranda Samhita, tr. H.L. Sharma, Chowkhambha Publications, Delhi.
3. The Gheranda Samhita, tr. James Mallinson.

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**Research Methodology (100 marks – 4 credits)**

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**SEMESTER II****Course 1: Study of Sankhyakarikas (100 marks – 4 credits)****Course Outcomes:**

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

CO2: To understand various concepts given in the Sankhyakarikas.

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

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

Unit I: Karikas 1-72

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

Unit II: Pranayama

**Paper Pattern –****Module I -**

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

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

**Module II –**

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

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

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

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

**References:**

1. Samkhya Karika of Isvara Krsna with the Tattvakaumudi of Sri Vacaspati Misra, tr. Swami Virupalshananda, Sri Ramkrishna Math, Madras.
2. Sankhya Karika, tr. Dr. Vinayak Karambelkar, Ramkrishna Math.
3. Sankhyakarikah, Ed. Acharya Jagannath Shastri, Motilal Banarasidass Publishers.
4. Pranayama, Kuvalayananda Swami, Kaivalyadham, Lonavala, 2010
5. Asana Pranayama Mudra Bandha, Satyananda Saraswati, Yoga Publications trust, Munger, Bihar, 2013
6. SampurnaYogavidya- Yogasana, Pranayam, Mudra, Bandha, Shatkarma, Dhyana evam kundalini yoga, Rajiv Jain, Manjul Publishing house, 2018

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**Course 2: Study of PatanjalaYogasutras Part 1 (100 marks – 4 credits)****Course Outcomes:**

CO1: To introduce students to the PatanjalaYogasutras.

CO2: To understand the PatanjalaYogasutras through Vyasabhashya.

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

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

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

Unit I: Select sutras from Samadhipada with Vyasabhashya

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

Unit II: Select sutras from Sadhanapada with Vyasabhashya

**Paper Pattern –**



**Module I -**

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

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

**Module II –**

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

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

**Evaluation and Assessment:**

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

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

**References:**

1. Patanjali's Yogasutras, Ramaprasad, Cosmo publication, New Delhi, 2008.
2. Yoga Darshana, tr. Ganganatha Jha, Dev Books.
3. PatanjalaYogadarshanam, Dr. Suresh Chandra Srivastava, ChaukhambhaSurbharatiPrakashan.

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**Course 3: Study of PatanjalaYogasutras Part 2 (100 marks – 4 credits)****Course Outcomes:**

CO1: To understand PatanjalaYogasutras through Vyasabhashya.

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

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

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

Unit I: Select sutras from Vibhutipada with Vyasabhashya

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

Unit II: Select sutras from Kaivalyapada with Vyasabhashya

**Paper Pattern –****Module I -**

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

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

**Module II –**

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

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

**Evaluation and Assessment:**

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

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

**References:**

1. Patanjali's Yogasutras, Ramaprasad, Cosmo publication, New Delhi, 2008.
2. Yoga Darshana, tr. Ganganatha Jha, Dev Books.
3. PatanjalaYogadarshanam, Dr. Suresh Chandra Srivastava, ChaukhambhaSurbharatiPrakashan.

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

**Course Outcome:**

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

CO2: To enable students to understand Sanskrit sentence framework.

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

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

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

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

Unit II: Selected rules of Sandhi and Samasa,

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

Unit III: Panchamahakavyasa

Unit IV: Khandakavya

**Paper Pattern –**

**Module I -**

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

**Module II –**

Q.2) Essay type question (1 out of 2) 15 Marks

**Evaluation and Assessment:**

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

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

### **References:**

1. Sanskrit Grammar, William Whitney, Motilal Banarasidas, Delhi, Reprint, 2008
2. Sanskrit Sahityacha Sopanattik Itihas, V. V. Karambalekar, Shrisharada Prakashan, Nagpur, Second Edition, 1963.
3. History of Sanskrit Poetics, Susheel Kumar De, Oriental Book centre, India, First edition, 2006.
4. History of Indian Literature, M. Winternitz, Motilal Banarasidas, Delhi.
5. Abhijat Sanskrit Sahityacha Itihas, Dr. Sindhu Dange (Ed.), Rtaayana Sanstha, Mumbai, First edition, 2004.

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### **Electives:**

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

#### **Course Outcomes:**

CO1: To introduce Students to the Ayurvedic Texts

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

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

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

Unit I: Gunas and Doshas in Yoga and Ayurveda

Unit II: Panchakoshas in Ayurveda

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

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

Unit IV: Overview of Rutucharya or Seasonal diet and lifestyle

## **Paper Pattern –**

### **Module I -**

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

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

### **Module II –**

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

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

### **Evaluation and Assessment:**

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

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

### **References:**

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

12. Health and consciousness through Ayurveda and yoga, Nibodhi Hass, MA Center, India, 2014

13. Perfect balance: Ayurvedic nutrition for mind, body, and soul, Atreya Smith, Avery, 2001.

Online Resources:

1. [https://dharmawiki.org/index.php/Main\\_Page](https://dharmawiki.org/index.php/Main_Page)

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

### **Course Outcomes:**

CO1: To introduce students to the concept of Mysticism.

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

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

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

Unit I: Theories of Mysticism

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

Unit II: 10<sup>th</sup> Canto of Bhagavata Purana

### **Paper Pattern –**

#### **Module I -**

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

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

#### **Module II –**

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

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

### **Evaluation and Assessment:**

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

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

**References:**

1. Mysticism, Evelyn Underhill, Createspace Independent Pub, 2011.
2. Mysticism in the Rgveda, T.G.Mainkar, G.R.Bhatkal, 1961.
3. Hindu Mysticism, S.N.Dasgupta, Frederick Ungar Publishing Co., New York, 1959.
4. Mysticism of East and West, William Loftus Hare, London, 1923.
5. Synthesis of Yoga, Aurobindo Ghosh.
6. Encyclopedia on Indian Mysticism, Volume 5. Mysticism on Yoga Tantra.
7. Srimad Bhagavata Mahapurana with Sanskrit text and English Translation, (2 volumes), tr. C.L. Goswami and M.A. Shastri, Geeta Press, Gorakhpur.

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

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

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**Letter Grades and Grade Points**

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