

# As Per NEP 2020

## University of Mumbai



### Title of the program

- A - P.G. Diploma in Sanskrit – Yogashastra } 2023-24  
B - M.A. (Sanskrit – Yogashastra)(Two Year) }  
C - M.A.(Sanskrit – Yogashastra)(One Year) } 2027-28

### Syllabus for

### Semester – Sem I & II

Ref: GR dated 16<sup>th</sup> May, 2023 for Credit Structure of PG

## **Preamble**

### **1) Introduction**

This degree programme is a unique specialized course focusing on Yogashastra with its literary and Philosophical base, various sub streams of yoga and the wide range of texts composed on Yogashastra. The course also encompasses knowledge regarding connection and reflections of Yogashastra in other fields such as Ayurveda, Psychology and Paramedical therapy systems.

### **2) Aims and Objectives**

- a) To understand the origin and development of Yogashastra in ancient Indian knowledge system.
- b) To study varied texts on Yogashastra
- c) To study the application of ancient knowledge in present times
- d) To inculcate the ability to read, understand and interpret texts on Yogashastra
- e) To highlight the mind-body-soul complex operative in Yogic practices.
- f) To make students aware about the significance of Yogashastra in holistic health.

### **3) Learning Outcomes**

- a) To understand the concept of Yoga in Indian tradition.
- b) To get a clear understanding of Yoga-related terms and ideas through various treatises.
- c) To understand Yoga through both the ancient and modern perspectives.
- d) To understand how Yoga can be connected to health, diet and lifestyle.
- e) To get a practical understanding of Yogic practices like Asanas, Pranayama, Mudras and Meditation.

#### **Programme Outcomes:**

PO1-To gain a conceptual understanding of Yoga.

PO2-To analyze the Yogic terminologies through different treatises on Yoga.

PO3-To get a textual understanding of Yoga-related treatises.

PO4-To utilize Yoga as a tool to healing diseases.

PO5-To study and understand variations of the Yogic practices.

PO6-To practically perform Yogic practices like yogasanas, breathing exercises, and meditation.

**Programme Specific Outcomes:**

PSO 1: To know about the wide range of texts composed on Yogashastra

PSO 2: To get familiar with the technical terminology of Yogashastra

PSO 3: To be able to apply ancient yogic principles to the present health practices

PSO 4: Understand ancient Indian culture and its relevance in the present scenario.

**4) Any other point (if any) : --**

5) Credit Structure of the Program (Sem I, II, III & IV) (Table as per Parishisht 1 with sign of HOD and Dean)

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

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

Parishisht – 1

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

			Study of Patanjala Yogasutras Part 1 <b>Course 3 Credits 4</b> Study of Patanjala Yogasutras Part 2 <b>Course 4 Credits 2</b> Sanskrit Pragata	2. Yoga and Mysticism		professional organizations/ yoga institutes/ libraries/ /corporate with their research works			
<b>Cum. Cr. For PG Diploma</b>			<b>28</b>	<b>8</b>	<b>4</b>	<b>4</b>	<b>-</b>	<b>44</b>	
<b>Exit option: PG Diploma (44 Credits) after Three Year UG Degree</b>									
<b>II</b>	<b>6.5</b>	<b>Sem III</b>	<b>Course 1 Credits 4</b> Yoga Upanishads <b>Course 2 Credits 4</b> Study of Hathayogapradipika <b>Course 3 Credits 4</b> Yoga as Therapy <b>Course 4 Credits 2–</b> Tantrayuktis	<b>Credits 4</b> 1. Yoga and Allied therapies (Acupressure, Pranic healing)  OR 2. Yoga Education in the Present Era (Yoga Theory and Practice)			<b>Credits 4</b> On a topic of their choice in consultation with respective guiding teachers.	22	<b>PG Degree After 3 – Yr UG</b>

		<b>Sem IV</b>	<b>Course 1 Credits 4</b> Literature on Yoga <b>Course 2 Credits 4</b> Study of Yogavasishtha <b>Course 3 Credits 4</b> Yoga in Bhagavadgeeta	<b>Credits 4</b> 1. Yoga in Creative Arts (Music, Painting, Dance)  OR  2. Applied Yoga (Yoga in Daily Life , Yoga in Corporate world)			<b>Credits 6</b> On a topic of their choice in consultation with respective guiding teachers.	22	
Cum. Cr. for 1 Yr PGDegree			<b>26</b>	<b>8</b>			<b>10</b>	<b>44</b>	
Cum. Cr. for 2 Yr PGDegree			<b>54</b>	<b>16</b>	<b>4</b>	<b>4</b>	<b>10</b>	<b>88</b>	

Note : \* The number of courses can vary for totaling 14 Credits for Major Mandatory Courses in a semester as Illustrated.

Dr. Shakuntala Gawde  
Head & Assistant Professor  
Department of Sanskrit

Sign of Dean  
Name of the Dean  
Name of the Faculty

**Syllabus**  
**M.A. (Sanskrit- Yogashastra)**  
**(Sem. I & II)**  
**Sem. I**

**Prerequisite:**

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

**SEMESTER I**

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

**Course Outcomes:**

CO1: To understand the origin of Yoga.

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

CO3: To gain ability to perform yogasanas.

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

Unit I: Vedic and Upanishadic roots

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

Unit II: Asanas

**Paper Pattern –**

**Module I -**

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

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

**Module II –**

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

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

**Evaluation and Assessment:**

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

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

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

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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 Astika darshanas.

CO3: To have a basic Understanding of Nastika Darshanas.

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

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

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

Unit II: Jaina Darshana, Bauddha Darshana, Charvaka Darshana

### **Paper Pattern –**

#### **Module I -**

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

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

#### **Module II –**

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

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

### **Evaluation and Assessment:**

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

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

### **References:**

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

3. An Introduction to Indian Philosophy, Satishchandra Chatterjee 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. Shareer Vidnyan ani Yogabhyas, M.M.Gore, Continental Prakashan, Pune, 2018
2. Anatomy and Physiology of Yogic Practices, M.M. Gore.

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

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

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### **Electives:**

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

#### **Course Outcomes:**

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

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

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

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

Unit I: Concept of Mind in Indian Scriptures

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

Unit II: Emotional Management in Indian Scriptures

#### **Paper Pattern –**

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

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

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

##### **Module II –**

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

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

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

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

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

#### **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 : 04 credits : 100 Marks**

### **Course Outcomes:**

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

CO2. Defining each of these elements

CO3. Giving information about various approaches of research

CO4. Training students in adopting systematic pathways of research, with a view to inculcate in them the ability to accomplish any research- based project / activity in a methodically perfect way.

### **Module I. Introduction to research- Two Hours per Week**

**Unit 1.** Research and research problem- What is research, proposing a hypothesis, Rationale/ Assumptions, Thesis, Synthesis, Anti-thesis, Types of Research, Selection of a title, presenting a situation/ complication/ key question/ solution, presenting a research problem, etc.

**Unit 2.** Processing and presentation of the data- Presentation of data, Analysis of the data, Foot-notes, citations, Bibliography, Types of research papers, etc.

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

**Unit 3.** Five schools of Poetics,

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

### **Evaluation and assessment-**

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

(Written assignment, Viva/ Presentation, Classroom Performance, test, projects, seminar papers, quiz, group discussion- at least four)

### **Paper pattern:**

Module 1-

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

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

Module 2-

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

Q. 4. Write paragraphs (any 2 out of 3)- (15 marks)

### **Bibliography-**

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

## SEMESTER II

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

#### Course Outcomes:

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

CO2: To understand various concepts given in the Sankhyakarikas.

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

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

Unit I: Karikas 1-72

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

Unit II: Pranayama

#### Paper Pattern –

##### Module I -

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

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

##### Module II –

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

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

#### Evaluation and Assessment:

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

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

#### 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 Banarasisdass Publishers.
4. Pranayama, Kuvalayananda Swami, Kaivalyadham, Lonavala, 2010

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

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

### **Course Outcomes:**

CO1: To introduce students to the Patanjala Yogasutras.

CO2: To understand the Patanjala Yogasutras through Vyasabhashya.

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

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

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

Unit I: Select sutras from Samadhipada with Vyasabhashya

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

Unit II: Select sutras from Sadhanapada with Vyasabhashya

### **Paper Pattern –**

#### **Module I -**

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

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

#### **Module II –**

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

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

### **Evaluation and Assessment:**

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

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

### **References:**

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

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

#### **Course Outcomes:**

CO1: To understand Patanjala Yogasutras through Vyasabhashya.

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

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

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

Unit I: Select sutras from Vibhutipada with Vyasabhashya

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

Unit II: Select sutras from Kaivalyapada with Vyasabhashya

#### **Paper Pattern –**

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

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

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

##### **Module II –**

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

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

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

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

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

#### **References:**

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

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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 Sopapattik Itihas, V. V. Karambalekar, Shrisharada Prakashan, Nagpur, Second Edition, 1963.

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

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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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**MA (Sanskrit-Yogashastra)**

Program me Name	Course Name	Course Outcomes	Pre-requisites	Module (1 credit = 15 teaching hours)	Unit	Text/Reference
<b>M.A. (Sanskrit-Yogashastra)</b>						
<b>Semester I</b>	<b>Course 1: History of Yoga (4 credits)</b>	<p><b>CO1:</b> To understand the origin of Yoga.</p> <p><b>CO2:</b> To understand how Yoga is reflected in Vedic and Upanishadic texts.</p> <p><b>CO3:</b> To gain ability to perform yogasanas.</p>	<p>Candidate should have general understanding about Indian Philosophy with special reference to yoga school. One also should be aware of</p>	<p><b>Module I:</b> Vedic Origin of Yoga (2 hours per week) (2 credits = 30 teaching hours)</p>	<p><b>Unit I:</b> Vedic and Upanishadic roots</p>	<ol style="list-style-type: none"> <li>1. The Yoga Upanishads, T.R. Srinivasa Ayyangar.</li> <li>2. Thirty Minor Upanishads by Narainswamy Aiyar K. Adyar, 1914</li> <li>3. Principal Upanishads, S.Radhakrishnan.</li> <li>4. Vedic Yoga- the path of the Rishi, David Frawley.</li> <li>5. Yogasana: The Encyclopedia of Yoga poses, Yogrishi Vishvketu.</li> <li>6. Asana Pranayama Mudra Bandha, Satyananda Saraswati, Yoga Publications trust, Munger, Bihar,2013</li> <li>7. Sampurna Yogavidya-Yogasana, Pranayam, Mudra,</li> </ol>

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

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

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

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

		knowledge on various yoga-related concepts in the Gheranda Samhita. <b>CO3:</b> To encourage students to apply the yogic concepts given in Gheranda Samhita in practical life.		teaching hours)		James Mallinson.
				<b>Module II:</b> Pratyahara, Pranayama, Dhyana, and Samadhi (2 hours per week) (2 credits = 30 teaching hours)	<b>Unit II:</b> Select portion from Upadeshas 4 and 5 <b>Unit III:</b> Select portion from Upadeshas 6 and 7	
	<b>Research Methodology (4 credits)</b>	CO1. Acquainting students with a clear structural frame encompassing various sub-elements of research. CO2. Defin		<b>Module I.</b> Introduction to research- Two Hours per Week (2 credits =	<b>Unit 1.</b> Research and research problem- What is research, proposing a hypothesis, Rationale/ Assumptions, Thesis, Synthesis,	<b>Bibliography-</b>  1. <i>संस्कृत शोध-प्रविधि:- Research Methodology in Sanskrit-</i> Prabhunath Dwivedi and Suresh Chandra Chaube, Sharada Sanskrit Sansthan, Varanasi,

		<p>g each of these elements CO3. Giving information about various approaches of research CO4. Training students in adopting systematic pathways of research, with a view to inculcate in them the ability to accomplish any research-based project / activity in a methodically perfect way.</p>		<p>30 Teaching Hours)</p>	<p>Anti-thesis, Types of Research, Selection of a title, presenting a situation/ complication/ key question/ solution, presenting a research problem, etc. <b>Unit 2.</b> Processing and presentation of the data- Presentation of data, Analysis of the data, Foot-notes, citations, Bibliography, Types of research papers, etc. <b>Unit 3.</b> Five</p>	<p>2014</p> <p>2. अनुसन्धान-सम्पादन-प्रविधि:- <i>Methodology of Research and Editing-</i> Vagish Shastri, Vagyoga Chetna Peetham, Varanasi, 2013</p> <p>3. <i>Methodology in Indological Research-</i> M. Srimannarayana Murti, Bharatiya Vidya Prakashan, Delhi, 1991</p> <p>4. शोधप्रविधि एवं पाण्डुलिपिविज्ञान- Dr. N. R. Kannan and Shailakumari Mishra, Rashtriya Sanskrit Sansthan, Prayag, 2016</p> <p>5. <i>Elements of Research Methodology in Sanskrit-</i> Keshavchandra Dasa, Chaukhamba Sanskrit Sansthan, Varanasi, 1992</p>
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				<b>Module II.</b> Ancient Indian Research Methods- Two Hours per Week (2 credits = 30 Teaching Hours)	schools of Poetics, <b>Unit 4.</b> Nyaya, Vyakarana, Mimamsa, Vyutpatti, Tantrayukti	6. <i>Research Methodology: Concepts and Cases</i> - Deepak Chawla, Neena Sodhi, Vikas Publishing House, New Delhi, 2011 7. शोधप्रविधिप्रवेश:- Devendra Nath Pandey, Shree Somnath Sanskrit University, Veraval, 2011
<b>Semester II</b>	<b>Course 1: Study of Sankhyakar ikas (4 credits)</b>	<b>CO1:</b> To gain knowledge of the Sankhya school of philosophy. <b>CO2:</b> To understand various concepts given in the		<b>Module I:</b> Sankhyakar ikas (2 hours per week) (2 credits = 30 teaching hours)	<b>Unit I:</b> Karikas 1-72	1. Samkhya Karika of Isvara Krsna with the Tattvakaumudi of Sri Vacaspati Misra, tr. Swami Virupalshananda, Sri Ramkrishna Math, Madras. 2. Sankhya Karika, tr. Dr. Vinayak Karambelkar, Ramkrishna Math.
				<b>Module II:</b> Practicals (2 hours per week) (2 credits =	<b>Unit II:</b> Pranayama	3. Sankhyakarikah, Ed. Acharya Jagannath Shastri, Motilal Banarasidass Publishers. 4. Pranayama, Kuvalayananda Swami, Kaivalyadham, Lonavala,

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

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

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

		understand Sanskrit sentence framework. <b>CO3:</b> To develop the interest among students to study Sanskrit.			Selected rules of Sandhi and Samasa	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.
				<b>Module II:</b> Sanskrit Poetry Literature (1 hour per week) (1 credit = 15 teaching hours)	<b>Unit III:</b> Panchamahaka vyasa <b>Unit IV:</b> Khandakavya	
	<b>Elective 1: Yoga and Ayurveda</b>	<b>CO1:</b> To introduce Students to the Ayurvedic Texts <b>CO2:</b> To generate among students understanding and encourage practical application		<b>Module I:</b> Conceptual Interaction and Convergence between Yoga and Ayurveda (2 hours per week) (2 credits = 30 teaching hours)	<b>Unit I:</b> Gunas and Doshas in Yoga and Ayurveda <b>Unit II:</b> Panchakoshas in Ayurveda	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, Chaukhamba Sanskrit Pratishthan. 6. Charaka Samhita (Volumes 1
				<b>Module II:</b> Health and	<b>Unit III:</b> Select aspects	

		<p>of an Ayurvedic daily routine and diet.</p> <p><b>CO3:</b> To create awareness about Season-specific habits as given in Ayurvedic texts.</p>		<p>well-being in Yoga and Ayurveda (2 hours per week) (2 credits = 30 teaching hours)</p>	<p>of Dinacharya (Ahara, Nidra and Vyayama)</p> <p><b>Unit IV:</b> Overview of Rutucharya or Seasonal diet and lifestyle</p>	<p>and 2), Ed. Dr. Harishchandra Singh Kushvaha, Chaukhambha Orientalia, Varanasi.</p> <p>7. Yoga and Ayurveda, David Frawley, Lotus Press, Twin Lakes, 1999.</p> <p>8. Textbook of Ayurveda, Vasant D. Lad, Ayurvedic Press, New Mexico, 2002.</p> <p>9. Yoga therapy for digestive health, Charlotte Watts, Singing Dragon, London, 2018</p> <p>10. Ayurveda, nature's medicine, Frawley and Ranade, Lotus Press, Twin Lakes, 2001.</p> <p>11. Ayurveda and the mind: the healing of consciousness, David Frawley, Lotus Press, Twin Lakes, 1997.</p> <p>12. Health and consciousness through Ayurveda and yoga, Nibodhi Hass, MA Center, India, 2014</p> <p>13. Perfect balance: Ayurvedic nutrition for mind, body, and soul, Atreya Smith, Avery, 2001.</p> <p>Online Resources:</p>
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						1. <a href="https://dharmawiki.org/index.php/Main_Page">https://dharmawiki.org/index.php/Main_Page</a>
	<b>Elective 2: Yoga and Mysticism</b>	<b>CO1:</b> To introduce students to the concept of Mysticism. <b>CO2:</b> To gain understanding of the connection between Yoga and Mysticism. <b>CO3:</b> To understand how Mysticism is reflected in the Bhagavata Purana.		<b>Module I:</b> Introduction to Mysticism (2 hours per week) (2 credits = 30 teaching hours)	<b>Unit I:</b> Theories of Mysticism	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.
				<b>Module II:</b> Mysticism in Bhagavata Purana (2 hours per week) (2 credits = 30 teaching hours)	<b>Unit II:</b> 10th Canto of Bhagavata Purana	
	<b>On-job Training/ Field Project (4 credits)</b>					

## Letter Grades and Grade Points

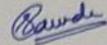
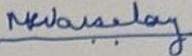
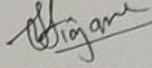
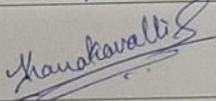
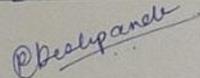
Semester GPA/ Program CGPA Semester/ Program	% of Marks	Alpha-Sign / Letter Grade Result
9.00-10.00	90.0-100	O (Outstanding)
8.00-< 9.00	80.0-< 90.0	A+ (Excellent)
7.00-< 8.00	70.0-< 80.0	A (Very Good)
6.00-< 7.00	60.0-< 70.0	B+ (Good)
5.50-< 6.00	55.0-< 60.0	B (Above Average)
5.00-< 5.50	50.0-< 55.0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

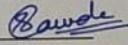


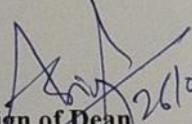
**Dr. Shakuntala Gawde**  
**Head and Assistant Professor**  
**Department of Sanskrit**

(Sem. I & II)

Team for Creation of Syllabus

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

Sign of HOD   
Name of the Head Dr. Shakuntala Gawde  
Name of the Department Sanskrit

  
Sign of Dean 26/07/2023  
Name of the Dean Prof. Dr. Amit Singh  
Name of the Faculty \_\_\_\_\_

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

**Justification for M.A. (Sanskrit – Yogashastra)**

1.	Necessity for starting the course:	Sanskrit Department of the University of Mumbai in its plan for expansion intends to start Master's Degree programme in Yogashastra. Patanjali's Yogashastra and allied text on Yoga will be the key focus in this course. Yoga is a science of wellness and is the gift of India to the world. It is not merely exercising, but it trains the mind to tackle simple and difficult situations of life in an easier way. It is the need of the hour to study these texts in detail and also understand the Indian way to wellness therapies. Therefore, a Master's Degree Programme is essential to be undertaken by the University of Mumbai.
2.	Whether the UGC has recommended the course:	Yes. The New Education Policy opines that Sanskrit Departments to start courses on Yogashastra
3.	Whether all the courses have commenced from the academic year 2023-24	Yes, we intend to start the M.A. Sanskrit – Yogashastra as per NEP guidelines from 2023-24.
4.	The courses started by the University are self-financed, whether adequate number of eligible permanent faculties are available?:	The fees are as per University rule. The existing faculty members comprising of 6 full time teaching faculty and qualified visiting faculty will conduct the course.
5.	To give details regarding the duration of the Course and is it possible to compress the course?:	The Master's Degree Programme in Sanskrit – Yogashastra is a two-year (four semester) course. MA degree cannot be compressed.
6.	The intake capacity of each course and no. of admissions given in the current academic year:	The intake capacity is 60 students. No admissions have been given as the course will commence from the academic year 2023-2024.
7.	Opportunities of Employability / Employment available after undertaking these courses:	Students can work as teachers., researchers, wellness experts, Yoga instructors etc.

**Dr. Shakuntala Gawde**  
Head and Assistant Professor  
Department of Sanskrit

**Sign of Dean,**  
Name of the Dean  
Name of the Faculty