



# **Savitribai Phule Pune University**

(formerly University of Pune)

## **Department of Sports and Physical Education**

Under the

## **Faculty of Inter-disciplinary Studies**

### **Syllabus for**

### **Advanced Course in Yoga Education**

**(A.C.Y.E.)**

### **Semester and Credit System**

(Academic Year 2024–2025)

National Education Policy (NEP) 2020

# **Advanced Course in Yoga Education (A.C.Y.E.)**

## **Semester & Credit System**

### **Structure of the Course**

#### **Objectives :**

- ❖ To develop highly skilled scholars in the field of Yoga.
- ❖ To master the competencies and skills needed to become professional Yoga resource person.
- ❖ To be sensitive about emerging issues in Yoga.
- ❖ To develop in the students an inquiring mind & ability to understand the true nature and to solve the innermost questions.
- ❖ To provide opportunity for creativity, self-expression & provide information on continued professional growth.
- ❖ To develop in the students an inquiring mind & ability to employ reasoning, rational thinking, critical thinking in the problems & issues relating to the field.
- ❖ To provide opportunity for creativity, self-expression & provide information on continued professional growth.

#### **Admission requirements :**

A candidate who has passed any graduate from any recognized Institute/University Provided candidate fulfills all the other conditions required in the admission procedure. Admission will be given based on merit based on regulations of state government and Savitribai Phule Pune University.

#### **Intake Capacity of the program :**

The Intake capacity of the program will be 50 students per batch.

#### **Duration of the program :**

The duration of the Advanced course will be of one academic year divided in Two semesters. However, in case of failures, the student can complete the program in the 3<sup>rd</sup> and 4<sup>th</sup> semester, whichever is applicable.

## General Instructions :

1. The Advanced Course in Yoga Education program consists of **Two semesters** spread over **one academic year and 40 credits (20 credits /semester)**.
2. The entire program will be evaluated for a total of **1000 marks i.e. 40credits**.
3. A student must successfully complete 40 credits (5x4 = 20 credits per semester) in a minimum of one year.
4. Details of the theoretical and practical components of each semester are given in the structure of the program.
5. Internal evaluation will follow Continuous Comprehensive Evaluation procedures. Internal evaluation should be done on every credit of each course or minimum two per course as decided by the teacher concerned.

## Rules & Regulations

The A. C. Y. E. will be awarded to a student who completes a total of 40 credits (5 x 4 = 20 credits per semester) in a minimum of one year taking 05 courses per Semester.

Each paper will be of 4 credits, the evaluation of which will be decided by the teacher. 04 credits Course will have 100 marks.

### Each course will have

1. 50 % of marks as semester end examination
2. 50 % marks for internal assessment

Each core unit will have an Internal (continues) assessment of 50 % of marks and a teacher may select a minimum of two of the following procedures:

- Written Test
  - Term Paper
  - Mid Term Test
  - Journal / Lecture / Library Notes
  - Seminar Presentation
  - Short Quizzes
  - Assignments
  - Extension Work
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- ❖ To pass a student shall have to get minimum aggregate 30% marks in each head of passing (i.e. Internal assessment and semester end examination) and minimum aggregate 40% marks in each course.
  - ❖ Revaluation of the semester end exam answer scripts but not of Internal assessments paper according to Ordinance No. 134 A & B.
  - ❖ Internal assessment answer book may be shown to the students Concerned but not the semester - end examination answer scripts.
  - ❖ While marks will be given for all examinations, they will be converted into grades. The Semester end and final grade sheets and transcripts will have only grades and grade-points average.
  - ❖ To pass a student shall have to get minimum aggregate 40% marks (E and above on grade point scale) in each course.
  - ❖ The system of evaluation will be as follows: Each assignment/ test will be

evaluated in terms of marks. The marks for separate assignment and the final (semester end) examination will be added together and converted into a grade and later grade point average. Results will be declared for each semester and the final examination will give total marks, grades, grade point average.

<u>Marks</u>		<u>Grade</u>		
80 to	100	O :	Outstanding	10
70 to	79	A+ :	Excellent	09
60 to	69	A :	Very Good	08
55 to	59	B+ :	Good	07
50 to	54	B :	Above Average	06
45 to	49	C :	Average	05
40 to	44	P :	Pass	04
00 to	39	F :	Fail	00
--		Ab :	Absent	00

The formula for conversion of Grade point average (GPA) into the final grade

09.00	-	10.00	-	O
08.50	-	08.99	-	A+
07.50	-	08.49	-	A
06.50	-	07.49	-	B+
05.50	-	06.49	-	B
04.25	-	05.49	-	C
04.00	-	04.24	-	P
00.00	-	03..99	-	F

$$\text{GPA} = \frac{\text{Total Amt. Of Grade Points Earned} \times \text{Credits hrs. for each course}}{\text{Total Credit Hours}}$$

- ❖ If a student misses an internal assessment examination, he/she will be given second chance with permission of the teacher concerned.
- ❖ Students who have failed and who have been absent for the semester end exam may reappear at the next semester-end exam. Their internal marks will not change.

❖ The description for each of the grades will be as follows:

<b><u>Grades</u></b>	<b><u>Proposed Norms</u></b>
<b>O : Outstanding</b>	<b>Excellent Analysis of the topic, (80% and above)</b>  Accurate knowledge of the primary material, wide range of reading, logical development of ideas, originality in approaching the subject, neat and systematic organization of content, elegant and lucid style.
<b>A+ : Excellent</b>	<b>Excellent Analysis of the topic, (70 to 79%)</b>  Accurate knowledge of the primary material, acquaintance with seminal publications, logical development of ideas, Neat and systematic organization of content, effective and clear expression
<b>A : Very Good</b>	<b>Good analysis and treatment of the topic (60 to 69%)</b>  Almost Accurate knowledge of the primary material, acquaintance with seminal publication, logical development of ideas, fair and systematic organization of content, effective and clear expression.
<b>B+ : Good</b>	<b>Good analysis and treatment of the topic (55 to 59%)</b>  Basic knowledge of the primary material, logical development of ideas, neat and systematic organization of content, effective and clear expression.
<b>B : Above Average</b>	<b>Some important points covered (50 to 54%)</b>  Basic knowledge of the primary material, logical development of ideas, neat and systematic organization of content, good language, or expression.
<b>C : Average</b>	<b>Some points discussed (45 to 49%)</b>  Basic knowledge of the primary material, some organization, acceptable language, or expression.
<b>P : Pass</b>	<b>Any two of the above (40 to 44%)</b>
<b>F : Fail</b>	<b>None of the above (00 to 39%)</b>

## **Academic integrity and Plagiarism**

It is the Department task to encourage ethical scholarship and to inform students and staff about the institutional standards of academic behavior expected of them in learning, teaching and research. Students have a responsibility to maintain the highest standards of academic integrity in their work. Students must not cheat in examination or other forms of assessment and must ensure they do not plagiaries.

The Department/Institute has adopted the following definition of Plagiarism:

Plagiarism is the act of misrepresenting as one's original work, the ideas, interpretations, words of creative works of another. These include published and unpublished documents, designs, music, sound, image, photographs, computer codes and ideas gained through working in a group. These ideas, interpretations, words, or works may be found in print and / or electronic media.

The following are the examples of plagiarism where appropriate acknowledgement or referencing of the author or source does not occur:

- ❖ Direct copying of paragraphs, sentences, a single sentence, or significant part of a sentence.
- ❖ Direct copying of paragraphs, sentences, a single sentence, or significant part of a sentence with an end reference but without quotation marks around the copied text.
- ❖ Copying ideas, concepts, research results, computer codes, statistical tables, designs, images, sounds or text or any combination of these.
- ❖ Paraphrasing, summarization or simply rearranging another person's words, ideas, etc. without changing the basic structure and/or meaning of the text.
- ❖ Offering an idea or interpretation that is not one's own without identifying whose idea or interpretations it is.
- ❖ A 'cut and paste' of statements from multiple sources.
- ❖ Presenting as independent, work done in collaboration with others.
- ❖ Copying or adapting another student's original work into a submitted assessment item.

## **SEMESTER – I**

- ❖ AYE – 101 :- HISTORY OF YOGA
- ❖ AYE – 102 :- PATANJALA YOGA SUTRA & SAMKHYA DARSHANA
- ❖ AYE – 103 :- ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES
- ❖ AYE – 104 :- ANCIENT UPANISHAD
- ❖ AYE – 105 :- YOGA PRACTICAL – I

## **SEMESTER – II**

- ❖ AYE – 201 :- HATHA YOGA AND INTRODUCTION TO HATHA YOGIC TEXTS
- ❖ AYE – 202 :- MENTAL HEALTH AND VALUE EDUCATION
- ❖ AYE – 203 :- TEACHING METHODS
- ❖ AYE – 204 :- YOGA UPANISHAD
- ❖ AYE – 205 :- YOGA PRACTICAL – II

### **External Examination Evaluation pattern**

	<b>Type of Questions</b>	<b>Number of questions</b>	<b>Marks</b>
I	Multiple choice questions based on higher order thinking skills	Minimum 2 questions on each Credit	<b>1*10= 10</b>
II	Questions based critical thinking or ability to apply knowledge or Analytical/evaluative questions	1 out of 2 questions on each Credit	<b>5*4= 20</b>
III	Essay type question based on ability to expound a theme at length with discrimination & justification	Any 2 out of 4 questions given on each Credit	<b>10*2= 20</b>
		<b>Total</b>	<b>50</b>



# **SEMESTER – 1**

## **AYE – 101: HISTORY OF YOGA**

### **Credit – 1: Evolution and Philosophy of the Yoga tradition**

- a) Different period in Indian History and its summery
- b) Chronological period of Yoga Literature traditions in Indian History

### **Credit – 2: Ancient References of Yogic concepts**

- a) From Vedas,
- b) Principle Upanishads,
- c) Shad darshana (Six Philosophical systems),
- d) Bhagwad Gita and
- e) Other ancient Literature

### **Credit – 3: Summary & explanation of four schools of Yoga**

- a) Jnana Yoga,
- b) Bhakti Yoga,
- c) Karma Yoga and
- d) Mantra Yoga

### **Credit – 4: Concept of Guru and teacher**

- a) Ancient Gurus and Masters,
- b) Adishankaracharya,
- c) Maharshi Patanjali,
- d) Maharshi Kapila
- e) Modern teachers.
  - Shri Aurobindo,
  - Swami Vivekananda,
  - Maharshi Mahesh Yogi,
  - Swami Shivananda,
  - Swami Kuvalayanand,
  - Dr. B.K.S.Iyengar.

## Reference Books :

1. Singh S. P & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010
2. Agarwal M M : Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai,2010
3. Dr. Gharote M., Traditional Theory of Evolution and its Application in Yoga, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
4. Jnanananda Swami (2000) Philosophy of yoga, Mysore; Sri Ramakrishna Ashrama
5. Hashananda Swami (2009) The six systems of Hindu philosophy, Chennai; Sri Ramakrishna Math
6. Vivekananda Swami (2005) Hinduism, Chennai; Sri Ramakrishna Math
7. Swami Gambhirananda: Bhagvatgita, Shri Ramkrishna Math, Madras
8. Dr. Gharote M., Swami Kuvalayananda - A pioneer of scientific yoga and physical education , The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
9. Swami Bhuteshananda :Narad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition,2009
10. Dr. B.K.S.Iyengar, Light on yoga, Ramamani Iyengar Yoga Institute, Pune

## **AYE – 102 : PATANJALA YOGA SUTRA & SAMKHYA DARSHANA**

### **Credit – 1: Ashtanga Yoga,**

- a) Yama,
- b) Niyama,
- c) Asana,
- d) Pranayama,
- e) Pratyahara,
- f) Dharana,
- g) Dhyana,
- h) Samadhi

### **Credit – 2: Portant Concepts from Patanjala Yoga Sutra**

- a) Concept of Citta,
- b) Citta Vritti,
- c) Klesha, Antaraya, and Sahabhuva,
- d) Concept of Ishvara,
- e) Samapatti,
- f) Concept of abhyasa and Vairagya,
- g) Vitarka,
- h) Viveka-khyati,
- i) Pranava (OM)

### **Credit – 3: Practical application of selected Yoga sutras**

- a) Yogah-citta-vrtti-nirodha - I-2
- b) Tada drashtuh svarupe-vasthanam - I -3
- c) Abhyas vairagyabhyam tannirodhah..I-12
- d) Sa tu dirghakala nairantarya satkarasevito drdhabhumih I.14
- e) Taj japas tad artha bhavanam I-28
- f) Tasya vacakah pranavah I – 27
- g) Maitri-karuna muditopeksanam sukha dukha-punyapunya-visayanam bhavanats  
citta prasadanam I-33.
- h) Heyam dukham anagatam II-16
- i) Vitarka badhane pratipaksa bhavanam II:33

- j) Sthira-sukham-asanam - II-46.
- k) Prayatna shaithilya ananta samapattibhyam II-47

**Credit – 4: Relation between Samkhya Darshan and Patanjala Yoga Sutra**

- a) Theory of Evolution of Samkhya,
- b) Satkaryavada,
- c) Concept of Purush and Prakriti.

**Reference Books :**

1. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I &II
2. Karambelkar, P. V. (1986). Patanjala Yoga Sutras: Sanskrit Sutra with Transliteration, Transtation [sic], & Commentary. Kaivalyadhama.

## **AYE – 103 : ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES**

### **Credit – 1: Human Anatomy & Physiology**

- a) Its Meaning and scope
- b) Definitions from different sources
- c) Correct interpretation of Definitions.
- d) Importance of understanding Human Anatomy & Physiology

### **Credit – 2: Yogic Practices**

- a) Effects
- b) Benefits,
- c) Indications and contraindications

### **Credit – 3: Effect of Yogic Practices on major systems in the body**

- a) Skeletal system
- b) Muscular system
- c) Respiratory system
- d) Nervous system
- e) Cardiovascular system
- f) Endocrine system
- g) Excretory system
- h) Digestive system
- i) Reproductive system
- j) References of scientific experiments conducted.

### **Credit – 4: Role of Diet and Nutrition**

- a) Textual references about diet,
- b) Modern understanding about Nutrition
- c) Concept of Mitahar,
- d) Theory of tri-gunās related to Diet (Sattva, Rajas, Tamas)
- e) Sattvik Diet.
- f) Ayurvedic approach to diet

## Reference Books :

1. Gore M. M. (2003). Anatomy and Physiology of Yogic practices. Kanchan Prakashan, Lonavla, India
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi,2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla,2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia,1998
5. Swami Niranjanan and Saraswati: Prana, Pranayama &Pranvidya, Yoga Publications Trust, Munger, Bihar,2005.
6. Bijlani R. L.: Understanding of Human Physiology, Jaypee Brothers Medical Publishers Pvt. Ltd, New Delhi,2011
7. Arthur C Gyton & Hall: Medical Physiology, Reed Elsevier India Pvt. Ltd, New Delhi,2006
8. Chatterji C. C: Human Physiology Vol. I & II, Medical Allied Agency, Kolkata,2004
9. Sharma J. P: A-Z Illustrated Encyclopedia of Human Anatomy & Physiology, Khel Sahitya Kendra, Delhi,2005
10. Karela Wemer (1979) yoga and India Philosophy, Delhi; Motilal Bannarsidass.

## **AYE – 104 : ANCIENT UPANISHAD**

### **Credit – 1: Meaning of term Upanishads**

- a) Different definitions from cardinal Upanishads & its meaning
- b) Different definitions from other texts about Upanishad

### **Credit – 2: Classifications of Upanishads**

- a) Ancient or Principal Upanishads
- b) Medieval Upanishads
- c) Recent Upanishads

### **Credit – 3: Explanation of Mahavakyas from Upanishads....**

- a) Brahma satyam jagan mithya
- b) Ekam eva dvitiam bahma
- c) Prajnanam brahman
- d) Tat tvam asi
- e) Ayam atma brahma
- f) Aham brahmasmi
- g) Sarvam khalvidam brahma

### **Credit – 4: Short summery of ten cardinal Upanishads**

- a) Isa,
- b) Kena,
- c) Katha,
- d) Prashna,
- e) Mundaka,
- f) Mandukya,
- g) Aiteriya,
- h) Taiteriyā,
- i) Chandogya,
- j) Bruhadaranyaka.

## **Reference Books:**

1. Vivekananda Swami (2007) Vedanta Voice of freedom, Kolkotta; Advaita Ashrama
2. Swami Ranganathananda: The Message of Upanishad, Bhartiya Vidya Bhawan, Delhi, 2001
3. The Principal Upanishads Swami Nikhilananda - Religion - 2003 Shri Ramkrishna Math, Madras
4. The Principal Upanishads. Courier Corporation. Nikhilananda, S. (2003) Shri Ramkrishna Math, Madras



## **AYE – 105 : YOGA PRACTICAL - I**

<b>ASANAS</b>		
<b>Supine Asanas</b>	<b>Prone Asanas</b>	<b>Sitting Asanas</b>
Shavasana	Makarasana	Bhadrasana
Ardha Halasana	Bhujangasana	Gomukhasana
Halasana	Ardha Shalabhasana	Parvatasana
Pawanamuktasana	Shalabhasana	Paschimottanasana
Setubandhasana	Dhanurasana	Vakrasana
Naukasana (Supine)		Ardha Matsyendrasana
Matsyasana		Supta Vajrasana
Chakrasana (Backward)		Yoga Mudra
		Ushtrasana
		Mandukasana
		Uttana Mandukasana
<b>Standing Asanas</b>	<b>Inverted Asanas</b>	<b>Advanced Asanas</b>
Tadasana	Viparitkarani	Akarna Dhanurasana
Chakrasana (Lateral)	Sarvangasana	Tolangulasana
Vrikshasana	Shirshasana	Bakasana
Utkatasana		Ugrasana
Trikonasana	<b>Meditative Asanas</b>	Matsyendrasana
Padhastasana	Swastikasana	Kurmasana
Garudasana	Ardha Padmasana	Kukkutasana
	Padmasana	Hansasana
	Vajrasana	Mayurasana
	Siddhasana	Baddha Padmasana

<b>Drishti</b>	<b>MUDRAS &amp; BANDHAS</b>	<b>SHUDDHI KRIYA</b>
Bhru Madhya Drishti	Maha Mudra	Agnisara
Nasagra Drishti	Brahma Mudra	Nauli
Jatru Drishti	Simha Mudra	Kapalabhati
	Jivha Bandha	Trataka
<b>PRANAYAMA</b>	Mula Bandha	Jala Neti
Anuloma-Viloma	Jalandhara Bandha	Sutra Neti
Suryabhedana	Uddiyana Bandha	Vaman Dhauti
Ujjayi		Danda Dhauti
Shitali	<b>MEDITATION</b>	Vastra Dhauti
Sitkari	<b>Mantra Meditation</b>	
Bhastrika	Pranava Japa	
Bhramari	Shanti Mantra	
	Gayatri Mantra	
	Mahamrutyunjaya Mantra	
	Chanting of Patanjala Yoga Sutras	
	Chanting of shlokas from Hatha Yoga texts	

# Note :- Students will have to perform and explain this Asanas & Kriyas. Details of Internal & External evaluation will be decided and approved by departmental committee.

## **SEMESTER – 2**

### **AYE – 201 : HATHA YOGA AND INTRODUCTION TO HATHA YOGIC TEXTS**

#### **Credit – 1: History of Hatha Yoga**

- a) Different definitions of Hatha Yoga,
- b) Natha Sampradaya,

#### **Credit – 2: General summary of ancient texts**

- a) Hatha Pradipika,
- b) Gheranda Samhita,
- c) Siddha Siddhant Paddhati

#### **Credit – 3: Conceptual understanding of Shadanga Yoga in ancient text**

- a) Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
- b) Misconceptions about Hatha Yoga Practices in Modern world
- c) Concept of Prana, Vayu, Nadi, Chakra and Kundalini,
- d) Types of Pranayama,
- e) Yukta and Ayukta Pranayama (Indications and Contra Indications of Pranayama),
- f) Guiding Principles of Hatha yogic Practices such as Asana, Pranayama, Bandha-Mudra, Shuddhi Kriya, Meditation)

#### **Credit – 4: Concept of Mahabhutas,**

- a) Theory of Panchikarana,
- b) Relationship between Pinda & Brahmanda (Microcosm and Macrocosm)

## Reference Books :

1. Dr. Gharote M., Hatharatnavali by Srinivasayogi, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
2. Dr. Gharote M., Hathapradipika (10 chap.) with the commentary Yogaprakasika by Balakrishna, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
3. Swami Kuvalyananda& Shukla, S.A.: Gorakshasatkam, Kaivalyadhama, Lonavla,2006
4. Burley, Mikel: Hatha Yoga, Its Context Theory and Practice, M.L.B.D. Delhi,2000.
5. Swami Digambarji & Gharote M.L.: Gheranda Samhita, Kaivalyadhama, Lonavla,1978.
6. Swatmaramaji :Hathapradipika (Jyotsana- tika), Adyar Library ,Madras.
7. Dr. Gharote M., Hatha Pradipika Vrtti by Bhojatmaja- (Marathi), The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
8. Dr. Gharote M., Glossary of Yoga Texts, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
9. Dr. Gharote M., Kumbhaka Paddhati or Science of Pranayama, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
10. Dr. Gharote M., Siddha-siddhanta- paddhati of Goraksanatha, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
11. Dr. Gharote M., Hathatatvakaumudi (A Treatise on Hathayoga by SUNDARADEVA), The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
12. Dr. Gharote M., Amrutvakyam (Hindi), The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
13. Dr. Gharote M., Amrutvakyam (English), The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
14. Dr. Gharote M., Dattatreya-yogashastra, The Lonavla Yoga Institute (India), Publication, Lonavla, Pune, India
15. Dr. Gharote M., Amanaskayogah, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
16. Swami Virupaksananda: Samkhyakarika of Isvarakrishna (with tattva Kaumudi of Vachapati Mishra), Sri Ramkrishana Matha Madras,1995

## **AYE – 202 : MENTAL HEALTH AND VALUE EDUCATION**

### **Credit – 1: Yoga and Value Education**

- a) Aims and Objectives of Value Education
- b) Yoga as a tool for Value Education
- c) Conceptual understanding of Values & its importance in life
- d) Role of teacher in Value Education
- e) Role of Yama and Niyama in Value education

### **Credit – 2: Salient features of Eastern Psychology & Western Psychology**

- a) Difference between Eastern and Western Psychology
- b) Theory of Panchakosha
  - Concept of Annamaya Kosha
  - Concept of Pranamaya Kosha
  - Concept of Manomaya Kosha
  - Concept of Vijnyanamaya Kosha
  - Concept of Anandamaya Kosha
  - Role of Panchakosha Viveka for mental health

### **Credit – 3: Mental health and disease**

- a) Concept of Mind and its effect on personality
- b) Factors disturbing Mental Health
  - Stress
  - Conflict and Frustration
  - Depression
  - Ego
- c) Yogic practices and Mental Health
- d) Role of tri-gunās for mental health
- e) Concept of Citta bhūmī's explained in Patanjala Yoga sutras  
(Kshipta, Mudha, Vikshipta, Ekagra & Niruddha)

#### **Credit – 4: Mental Health and Spirituality**

- a) Role of Spiritual practices for mental health
- b) Meaning and scope of Spirituality
- c) Importance of Prayer
- d) Religion and Spirituality
- e) Misconception about Spirituality
- f) Importance of Mantra Sadhana (Chanting of mantras)

#### **Reference Books :**

1. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain, 2001
2. Abhedananda Swami (1997) Yoga in theory and practice, Calcutta; Ramakrishna Vedantanath
3. Satyananda Saraswathi Swami (2007) Meditation from the Tantras Munger; Yoga publications Trust
4. Abhedananda,: Taittiriya Upanishad: Ramakrishna Mission, Madras

## **AYE – 203 : TEACHING METHODS**

### **Credit – 1: Meaning and scope of teaching methods**

- a) Difference between traditional & modern teaching approach
- b) Different teaching methods
  - Lecture Method
  - Instruction method
  - Individualized instructional method
  - Group discussion method
  - Directed practice method
  - Project method
  - Demonstration method
- c) Factors influencing teaching methods
  - Content
  - Previous background and experience of the students:
  - Teacher
    - Different qualities of a teacher
    - Importance of Self-evaluation by the teacher

### **Credit – 2: Class Management and teaching aids**

- a) Importance of scientific principles in teaching
- b) class Management
- c) Role of different groups in class management
- d) Seating arrangement
- e) Importance of Instructions in teaching-learning
- f) Importance of Discussion
- g) Teaching aids
- h) Different types of aids
- i) Advantages of teaching aids
- j) Principles of selecting teachings aids and their basic steps

### **Credit – 3: Importance of questioning**

- a) Kinds of questions
  - Introductory questions
  - Developing questions
  - Thought provoking questions
  - Problematic questions
  - Question of comprehension or knowledge
  - Comparison questions
  - Recapitulatory questions
  - Basic characteristics of good questions

#### **Credit – 4: Lesson Planning:**

- a) The advantages of a written lesson plan are:
- b) Essentials of good lesson plan:
- c) Guidelines for conducting yoga lessons successful:
- d) Structure of Lesson Plan.

#### **Reference Books :**

1. Dr. Gharote M., Yogic Techniques, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
2. Dr. Gharote M., Pranayama-The Science of Breath-Theory and Guidelines for Practice, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
3. Dr. Gharote M., Encyclopaedia of Traditional Asanas, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
4. Dr. Gharote M., Guidelines for Yogic Practices, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
5. Swami Kuvalyananda : Asana, Kaivalyadhama, Lonavla,1993
6. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
7. Dr. Gharote M., Therapeutic references in Traditional Yoga Texts, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
8. Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi.
9. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla,2009
10. Dr. Gharote M., Yogic Prakriya (Marathi), The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
11. Nagendra, H.R: The Art and Science of Pranayama, Swami Vivekanand Yoga Prakashan, 2005, Bangalore.
12. Dr. Gharote M L : Teaching methods for Yogic practices, Kaivalyadhama, Lonavla, 2007
13. Dr. Gharote M., Pranayam- Shwasache shastra- Siddhanta ani Margadarshak Tatve (Marathi), The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
14. Dr. Gharote M., Yogic Prakriyanche Margadarshan (Marathi), The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India

## **AYE – 204 : YOGA UPANISHAD**

### **Credit – 1: Meaning of term Yoga Upanishads**

- a) List of 20 Yoga Upanishad
- b) Classification of Yogopanisads under different Vedas
- c) Small information about Different commentaries available on Yoga Upanishads
  - Dipika by Sankarananda, Narayana and Ramatirtha.
  - Bhasya by Appaya Dikshit.
  - Vivarana by Upanisadbrahmayogi.

### **Credit – 2: Relation of Yoga Upanishads with Upanishads and Yoga**

- |                           |                   |
|---------------------------|-------------------|
| a) Pratyahara             | k) Shanta Indriya |
| b) Duality and Sufferings | l) Citta Shanti   |
| c) Atmajnana              | m) Nadi           |
| d) Yama                   | n) Vyoma          |
| e) Niyama                 | o) Prana          |
| f) Cittasthairya          | p) Kosha          |
| g) Laya                   | q) Chakra         |
| h) Dhyana                 | r) Kundalini      |
| i) Tapas                  | s) Siddhi         |
| j) Sadanga Yoga           | t) Kaya Siddhi    |

### **Credit – 3: Yogic practices discussed in Yoga Upanishads**

- |                            |                  |
|----------------------------|------------------|
| a) Yama                    | f) Dharana,      |
| b) Niyama                  | g) Dhyana        |
| c) Asana,                  | h) Samadhi       |
| d) Pranayama,              | i) Concept of Om |
| e) Pratyahara,             | j) Nada          |
| k) Lakshya                 |                  |
| ➤ Antara Lakshya           |                  |
| ➤ Madhya Lakshya           |                  |
| ➤ Bahir Lakshya            |                  |
| l) States of Consciousness |                  |
| ➤ Jagrut                   |                  |



- Swapna
- Sushupti
- Turya
- Turyateeta

**Credit – 4: Short summery of Trishikhi Brahmanopanishad**

- a) Information of 10 Yama
- b) Information of 10 Niyama
- c) Information of 17 Asana

**Reference Books :**

1. Dr. Gharote M., Critical Edition of Yogopanishads – Trishikhibrahmanopanisad, Yogacudamanyupanisad and Yogakundalyupanisad, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India
2. Dr. Gharote M., Critical Edition of Yogopanishads – Mandalbrahmanopanisad & Nadabindupanisad, The Lonavla Yoga Institute (India), Publication, Lonavla , Pune, India

## **AYE – 205 : YOGA PRACTICAL – II**

### **❖ ORGANISATION OF YOGA LESSON**

Student will conduct Yoga teaching lesson on the topics covered in DYE – 105 : YOGA PRACTICAL – I. Departmental committee should design and approve the details of Internal and External evaluation.

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