



॥ सा विद्या या विमुक्तये ॥

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

“ज्ञानतीर्थ” परिसर, विष्णुपूरी, नांदेड - ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED

“Dnyanteerth”, Vishnupuri, Nanded - 431606 Maharashtra State (INDIA)

ACADEMIC (1-BOARD OF STUDIES) SECTION

Phone: (02462) 229542

Fax : (02462) 229574

Website: www.srtmun.ac.in

E-mail: bos.srtmun@gmail.com

आंतर विद्याशाखेतील B.A. III Year
Yoga and Meditation या विषयाचा
अभ्यासक्रम शैक्षणिक २०२०-२१ पासून
लागू करण्याबाबत .

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, शारिरीक शिक्षण अभ्यासमंडळाने दिनांक ०८ मार्च २०२१ च्या बैठकीत शिफारस केल्यानुसार मा.कुलगुरू महोदयांनी मा. विद्यापरिषदच्या आधिन राहून B. A. III Year Yoga and Meditation. या अभ्यासक्रमास मान्यता दिली असून शैक्षणिक वर्ष २०२०-२१ पासून लागू करण्यात येत आहे.

B. A. III Year Yoga and Meditation.

सदरील परिपत्रक प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहे. तरी ही बाब सर्व संबंधितांच्या निदर्शनास आणून द्यावी, ही विनंती.

ज्ञानतीर्थ परिसर,
विष्णुपूरी, नांदेड — ४३१ ६०६.
जा.क्र.: शैक्षणिक-०१/परिपत्रक/योगा/२०२०-२१/२९२८
दिनांक : १८.०३.२०२१.



स्वाक्षरित / —
सहा.कुलसचिव
शैक्षणिक (१-अभ्यासमंडळ) विभाग

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा.अधिष्ठाता, आंतर-विद्याशाखा, प्रस्तुत विद्यापीठ.
- २) मा.सहयोगी अधिष्ठाता, आंतर-विद्याशाखा, प्रस्तुत विद्यापीठ.
- ३) मा.कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ४) मा.संचालक, परीक्षा व मुल्यमापन मंडळ, यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ५) मा.प्राचार्य, संबंधित महाविद्यालय, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ, सदरील परिपत्रक विद्यापीठाच्या संकेत स्थळावर प्रकाशित करावे.

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED**

SYLLABUS

**B.A. THIRD YEAR
(YOGA AND MEDITATION)**

**Semester Pattern
(CHOICE BASE CREDIT SYSTEM - CBCS)**

(With effects from the academic year 2020-21)

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED**
(Choice Based Credit System – (CBCS) Course Structure (New Pattern)
Faculty of YOGA AND MEDITATION

B.A. Third Year
(With effects from the academic year 2020-21)

Subject :- YOGA AND MEDITATION
Total Credits : 52

	Core Course	Paper No.	Name of Paper	Lectures / Week	Total No. of lectures	CA	ESE	Total Marks	Credits
S E M E S T E R - V	CC Yoga and Meditation-I	IX	Yoga and Stress Management	4	60	35	40	75	3
	CC Yoga and Meditation-II	X	External Practical	4	60	25	50	75	3
	SEC	III	Method of Yoga Practices	3	45	50	00	50	2
TOTAL – I				11	165	110	90	200	8
S E M E S T E R - VI	CC Yoga and Meditation-XI	XI	Yoga and Education	4	60	35	40	75	3
	CC Yoga and Meditation-XII	XII	External Practical	4	60	25	50	75	3
	SEC	IV	Yoga Therapy in different diseases	3	45	50	00	50	2
TOTAL – II				11	165	110	90	200	8
TOTAL I+II				22	330	220	180	400	16

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED**
(Choice Based Credit System – (CBCS) Course Structure (New Pattern)
Faculty of YOGA AND MEDITATION

B.A. Third Year
(With effects from the academic year 2020-21)

SEMESTER-V

Paper No.	Title of the Paper	Internal Marks	Theory/ Practical pap. Marks	Total Marks
IX	Yoga & Stress Management	35	40	75
X	External Practical	25	50	75
SEC-III	Methods of Yoga Practices	50	00	50

SEMESTER-VI

Paper No.	Title of the Paper	Internal Marks	Theory/ Practical pap. Marks	Total Marks
XI	Yoga & Education	35	40	75
XII	External Practical	25	50	75
SEC-IV	Yoga Therapy in different diseases	50	00	50

Distribution of internal 35 marks for theory papers.

Test	-	10 Marks
MCQ Test – II	-	10 Marks
Assignment / Tutorial	-	10 Marks
Attendance	-	05 Marks

Distribution of internal 25 marks for Practical papers.

Attendance of Practical periods	-	10 Marks
(General Sports Knowledge)	-	10 Marks
Discipline / Behaviour	-	05 Marks

Structure of B.A. Program under CBCS Pattern
(Yoga and Meditation & Arts & Humanities Faculty)
B.A. Third Year

Semester	Core Course (12)	Ability Enhancement Compulsory Courses (AEC) (8)	Skill Enhancement Courses (SEC) (4)	Discipline Specific Elective DSE (6)	Generic Elective (6)
V	CC-A III-6	2. English – 3	SEC- I-2		
	CC-B III-6	Communication			
Credits : 26	CC-C III-6	3. SL 3			
VI	CC-A VI-6	2. English – 3	SEC- II-2		
Credits : 24	CC-B VI-6	Communication			
	CC-C VI-6	3. SL 3			
Total Credits : 52	No Credits – 36	No Credits – 12	No Credits – 4	--	--

Structure of B.A. Program under CBCS Pattern
(Yoga and Meditation & Arts & Humanities Faculty)
B.A. Third Year

Semester	Course Opted	Course Name	Credits
	Ability enhancement compulsory	1. Yoga & Meditation	3
V	Course-V		
	Core Course A-V	Paper IX, X	6
	Skill enhancement course-I	SEC-III	2
		Sem-VI Total Credits	11
	Ability enhancement compulsory	1. Yoga & Meditation	3
VI	Course-VI		
	Core Course A-VI	Paper XI, XII	6
	Skill enhancement course-II	SEC-IV	2
		Sem – V Total Credits	11
		Sem – V & VI Total Credits	22

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED
CBCS – PAPER PATTERN FOR THE SUBJECT OF
YOGA AND MEDITATION B.A. III Year**

**SEMESTER-V
PAPER – IX
YOGA AND STRESS MANAGEMENT**

4 Period per week	60 Period Half Yearly
--------------------------	------------------------------

UNIT - 1

- 1) Introduction of stress
- 2) Concept & stress
- 3) Solution through mandukya kriya

UNIT - 2

- 1) Relaxation and stimulation combined as the core for stress management
- 2) Practice of stimulation and relaxation

UNIT - 3

- 1) Concept and technics of stress management in Asthang Yoga of Patanjali.
- 2) Bhagwadgita

UNIT – 4 :- Specific practice for stress management with awareness

- 1) Shavasana
- 2) Yognidra
- 3) Pranayam
- 4) Meditation

[Note : 35 Marks : Internal Evaluation Examination i.e. Test Theory : 10, Test MCQ : 10, Assignment / Tutorial : 10, and Attendance : 5 Marks]

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED
CBCS – PAPER PATTERN FOR THE SUBJECT OF
YOGA AND MEDITATION B.A. III Year
(With effects from Academic Year 2020-2021)
SEMESTER-V
PAPER – X
EXTERNAL PRACTICAL**

4 Period per week	60 Period Half Yearly
--------------------------	------------------------------

Course Content

Asanas

- 1) Vajrasana
- 2) Matsyasana
- 3) Gomukhasana
- 4) Tolangulasana

Pranayam

- 1) Nadi Shodhan Pranayam
- 2) Ujjayi

Meditation

- 1) Soham Sadhana
- 2) Purna Dharma
- 3) Savita Dhyan

V. Record Book : Mention all Practical events in Record Book in brief.

Internal Marks (25)

Oral Test	-	10
Attendance / Clinical Work	-	10
Behavior OR Discipline	-	05

[Note : i) Record Book and Uniform is compulsory in Regular period & Examination. Yoga clinical work is compulsory.]

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED
CBCS – PAPER PATTERN FOR THE SUBJECT OF
YOGA AND MEDITATION B.A. III Year
(With effects from Academic Year 2020-2021)
SEMESTER-V
SEC - III
METHODS OF YOGA PRACTICES**

Marks : 40	3 Period per week	45 Period Half Yearly
-------------------	--------------------------	------------------------------

Unit-1

- Concept of Yogic Practices
- Kinds of Yogik Practices
- Asana, Pranayam, Bandha, Mudra, Dhyan
- Asana :- Definition scope and limitations of Asanas
- Classification of Asanas

Unit-2

- Pranaayam Meaning
- Different pages in Pranayama practice
- Purakha (Enhalation) Kumbhaka (Rentation), Rechak (Exhalation)
- Breathing Ratio in Pranayam Practice

Unit-3

- Meaning and concept of Meditation
- Mantra Ucharanae (Recitation of Mantras 3)
- Pranav (Oumkar) Japa
- Gayatri Mantra
- Shanti Path

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED
CBCS – PAPER PATTERN FOR THE SUBJECT OF
YOGA AND MEDITATION B.A. III Year**

**SEMESTER-VI
PAPER – XI
YOGA AND EDUCATION**

4 Period per week

60 Period Half Yearly

Unit-1

- Silent features of Yoga
- Education factors of Yoga Education

Unit-2

- Teacher, Student and Teaching
- Guru-Shishya Parampara and it's importance in Yoga Education.
- Value Education it's meaning and definition.

Unit-3

- Types of values
- Role of value oriented education and modes of living.
- Contribution of yoga towards development of value.

Unit-4

- Features of ideal yoga teacher.
- Role of yoga teacher and value oriented education.
- Role of yoga in development of human society.

[Note : 35 Marks : Internal Evaluation Examination i.e. Test Theory : 10, Test MCQ : 10, Assignment / Tutorial : 10, and Attendance : 5 Marks]

SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED
CBCS – PAPER PATTERN FOR THE SUBJECT OF
YOGA AND MEDITATION B.A. III Year
(With effects from Academic Year 2020-2021)
SEMESTER-VI
PAPER – XI
EXTERNAL PRACTICAL

4 Period per week	60 Period Half Yearly
--------------------------	------------------------------

CORSE CONTENT

1) Asanas

- Sarvangasana
- Halasana
- Mayurasana
- Garudasana

2) Pranayam

- Suryabhedana Pranayam
- Chandrabhedana Pranayam
- Bhramari Pranayam

3) Meditation

- Jyoti Aavartan
- Dhyan Yog Nidra

4) Record Book : Mention all Practical events in Record Book in brief.

Internal Marks (25)

Oral Test	-	10
Attendance / Clinical Work	-	10
Behavior OR Discipline	-	05

[Note : i) Record Book and Uniform is compulsory in Regular period & Examination. Yoga clinical work is compulsory.]

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED
CBCS – PAPER PATTERN FOR THE SUBJECT OF
YOGA AND MEDITATION B.A. III Year
(With effects from Academic Year 2020-2021)
SEMESTER-VI
SEC - IV
YOGA THERAPY IN DIFFERENT DISEASES**

Credits : 2

3 Period per week

Marks : 50

45 Period Half Yearly

Unit – 1

- Classification of Yoga Classes
- Important roles for Yoga therapy's
- Rules for patient
- Relation between therapist and patient

Causes symptoms and yogic management for some common disorders.

Unit - 2

- Skeletal system – arthritis cervical spondylitis.
- Circulatory disorders – high blood pressure, low blood pressure

Unit - 3

- Respiratory disorders – Asthama, Cold
- Digestive disorders – Constipation and indigestion.

REFERENCE BOOKS FOR PAPER NO. IX, X (THEORY & PRACTICAL PAPER SEC III & IV)

- YOGIC THERAPY – ITS BASIC PRINCIPLES AND METHODS : by Swami Kuvalayananda and Dr. S.L. Vinekar. Ministry of Health, Govt. of India, New Delhi, 1963
- ASANAS – by Swami Kuvalayananda. Kaivalyadhama, Lonavla, Pune Dist., Maharashtra.
- ASANAS – by Dr. P. Mariayyah, Sports Publications, Coimbatore.
- SURYANAMASKAR – by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
- SOUND HEALTH THROUGH YOGA – by Dr. K. Chandrasekaran, Prem Kalyan Publications, Seddapatti, 1999.
- PRANAYAMA – by Swami Kuvalayananda. Kaivalyadhama, Lonavla, Pune Dist., Maharashtra.
- YOGASANAS : A TEACHER'S GUIDE. N.C.E.R.T., New Delhi, 1983.
- ESSENCE OF PRANAYAMA – by Dr. Shrikrishna. Kaivalyadhama I.C.Y. Health Centre, Bombay 1985.
- ASANAS : WHY? AND HOW? – by Shri. O.P. Tiwari. Kaivalyadhama, Lonavla. Pune District, Maharashtra.
- YOGA – MIMAMSA Quarterly Journal. Kaivalyadhama, Lonavla.
- Hatha Yoga Pradipika - Kaivalyadhama, Lonavla.
- Ghedrandha Samhita - Kaivalyadhama, Lonavla.
- Saral Yogasana – Dr. Ishwar Bharadwa
- Yogic Pranayama, Oriental Paper back, New Delhi, Joshi, K.S.
- Science of Breath, The Himalayan International Institute, Pennselvenia, Swami
- Rama. Prana, Pranayama & Pranvidya, Swami Niranjananand Saraswati
- B.K.S. Iyengar – Light on Yoga, Harper Collins publisher, New Delhi, 2012.
- B.K.S. Iyengar – Light on Pranayama, Harper Collins publisher, New Delhi, 2012.