



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NAAC Accredited-2022  
'B++' Grade (CGPA-2.96)

**PUNYASHLOK AHILYADEVII HOLKAR  
SOLAPUR UNIVERSITY, SOLAPUR**

**Syllabus for Master of Arts in Yoga**

**(M.A. II – Yoga)**

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**NEP (NEW EDUCATION POLICY)**

NAAC Accredited - 2015

'B' Grade (CGPA - 2.67)

**Choice Based Credit and**

**Semester System**

**(FEBRUARY, 2024)**



## Punyashlok Ahilyadevi Holkar Solapur University Solapur

### M.A. Yoga Syllabus-2024

	Status of Subject	Sem-I	Credit	Sem-II	Credit	Sem-III	Credit	Sem-IV	Credit	
<b>Major Corse</b>	Mandatory Level-6.0	YG-101 Yog Practical-I	2	YG-201 Yog Practical-II	2	YG-301 Therapeutic Aspect of Yog Practical	4	YG-401 Advance Teaching Practices Practical	4	
	Mandatory Level-6.0	YG-102 Foundation of Yog	4	YG-202 Hath yogic Texts-I	4	YG-302 Yog Upanishads	4	YG-402 Yog Diet and Nutrition	4	
	Mandatory Level-6.0	YG-103 Anatomy and Physiology	4	YG-203 Patanjal Yog sutra	4	YG-303 Applied Psychology	4	YG-403 Bhagwatgita	4	
	Mandatory Level-6.0	YG-104 Introduction to Indian Philosophy	4	YG-204 Yoga and Mental Health	4	YG-304 Mantra Yoga	4			
	Major Elective DSE	YG-105 Applied Yoga	4	YG-205 Ashtang Yog Swami Charandas	4	YG-305 Introduction to Meditation Techniques Or YG-306 Yoga and Sports	4	YG-404 Yog, Religion and Spirituality YG-405 Yog in Principal Upnishad	4	
	RM	YG-106 Research Method	4			-		-		
	OJT/FP	-	-	YG-206 Yog and Holistic Health	4	-		-		
	RP	-	-			YG-306 Research Practical (Field Work)	2	YG-406 Research Practical Dissertation	6	
			22		22		22		22	88

**MA-2<sup>nd</sup> Year SEMISTER III Credit 04**  
**YG 301 – Therapeutic Aspects of Yoga (Practical)**

**Course Objectives:**

- To apply the textual understanding of yogic practices
- To know the therapeutical effects of Asanas
- To know the therapeutical effects of Pranayama
- To know the therapeutical effects of Bandha and Mudras
- To know the therapeutical effects of Kriyas
- To know the therapeutical effects of Dharana

**Course Outcomes:**

- To know the effects of yogic practices on different systems
- To achieve the health and fitness
- To know the effects of Yogic practices on different systems
- To understand yogic practices for preventive measures
- To understand yogic practices for promotive measures
- To understand yogic practices for curative measures

**Unit 1 – Yogic Remedies for Different Systems**

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, Pranayama and Relaxation practices. The therapy comprising treatment to the male, female and adolescent using above principles.

**Unit 2 – Yogic Remedies for Physical Disorders**

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, pranayama, Relaxation practices, Mantra therapy and yogic diet. The therapy comprising treatment to the male, female and adolescent using above principles.

**Unit 3 – Yogic Remedies for Mental and Emotional Disorders**

- Yogic approach towards a therapy comprised of Asanas, Shat Karmas, Breathing Practices, pranayama Relaxation practices, Mantra therapy and yogic diet. The therapy comprising treatment to the male, female and adolescent using above principles.

**Unit 4 – Yogic Remedies for Social Disorders**

- Yogic approach towards a therapy comprised of Yamas, Niyamas, Asanas, Shat Karmas, Breathing Practices, Pranayamas, Dharana Abhyasa, Relaxation practices, Mantra therapy, prayers, Meditation and yogic diet etc. The therapy comprising treatment to the male, female and adolescent using above principles.

## Reference Books:

1. Anatomy of Hatha Yoga (A Manual for students, Teachers and Practitioners) – H. David Coulter 2001
2. Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati 2009
3. Yoga Anatomy - Leslie Kaminoff 2007
4. Anatomy and Physiology of Yoga Practices - Dr. Makarand M Gore (Ph.D.) 2003
5. Swami Kuvalayananda, Yogic Therapy: Its Basic Principles And Methods, Kaivalyadhama Ashram Publications
6. Gharote M.L., Therapeutic Reference in Traditional Yoga Texts, The Lonavala Yoga Institute



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**MA-2<sup>nd</sup> Year SEMISTER III Credit 04**

**YG 302 – Yoga Upanishads**

**Course Objectives:**

- To understand the relationship between Yoga and Upanishads
- To know the fundamental principles of Upanishads.
- To understand the aims and objectives of Yoga Upanishads
- To know the relationship between Upanishads and Yoga Upanishads
- To know the different paths of Yoga

**Course Outcomes:**

- To understand the fundamental knowledge of Yoga upnishadas.
- To develop the interest about cultural aspects
- To reach up to the roots of Yoga Upanishads
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

**Unit 1 – Trishikibrahmana Upanishad and Mandalabrahmana Upanishad**

-Introduction and classification of 20 Yoga Upanishads;

-Trishikhibrahmana Upanishad: Introduction, description of Ashtangayoga, Karmayoga and Jnanayoga;

-Mandalabrahmana Upanishad: Introduction, eight limbs of Yoga, description of Taraka, Jyoti- Atmana and Unmani state, description of Raja Yoga.

**Unit 2 – Yogakundalini Upanishad and Yogachudamani Upanishad**

-Yogakundalini Upanishad: Introduction, methods of Pranayama Siddhi, types of Pranayama, means of Self-realization;

- Yogachudamadi Upanishad: Introduction, the description of the six limbs of yoga, their results and sequence;

**Unit 3 – Yogatattva Upanishad, DhyanaBindu Upanishad and Nadabindu Upanishad**

-Yogatattva Upanishad: Introduction, Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions;

-DhyanaBindu Upanishad: importance of Dhyana yoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan;

-Nadabindu Upanishad: Introduction, Hamsavidya, Description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, nature of nadanusandhan sadhana, state of Manolaya.

## Unit 4 – Summary of remaining Yoga Upanishads

- I. Summary of Hamsa Upanishad, Amritabindu Upanishad and Amrita Nadabindu Upanishad
- II. Summary of Tejobindu Upanishad, Brahmavidya Upanishad and Kshurika Upanishad
- III. Summary of Shandilya Upanishad, Yogashikha Upanishad and Advayataraka Upanishad
- IV. Summary of Darshana Upanishad, Mahavakya Upanishad, Varaha Upanishad and Pashupatabrahma Upanishad

### Reference Books:

1. Yogopanishads (Marathi Translation), Savitribai Phule Pune University, Pune.
2. Swami Anant Bharati, Yoga Upanishad Samgrah, Chaukhamba Orientalia, Delhi.
3. Vidyalankar S., Yoga Upanishadah (Hindi), Pratibha Prakashan
4. Shastri M., The Yoga Upanishads, The Adyar Library and research center.
5. Ayyangar S.G., The Yoga Upanishads, The Adyar Library, 1938.
6. Manmath M. Gharote, Parimal Devnath, Vijay Kant Jha, Critical edition of selected Yogopanishads, Lonavla : Lonavla Yoga Institute, 2009.



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**MA-2<sup>nd</sup> Year SEMISTER III Credit 04**  
**YG 303 – Applied Psychology**

**Course Objectives:**

- To apply the yogic knowledge for psychology
- To know the concept of psychology
- To know the importance of training at psychological level in day to day life
- To know the role of yogic practices for psychological upliftment

**Course Outcomes:**

- To know the application of Yoga practices for mind
- To know the detailed understanding about mental health
- To know the yogic practices for prevention, promotion and cure related to mental disorders

**Unit 1 - Educational Psychology**

- Nature, meaning, scope and functions of educational psychology
- Learning – concept, characteristics, learning process, learning curve
- Factors affecting learning: Attention, Perception, Motivation

**Unit 2 – Health Psychology and Yoga**

- Definition, nature and aims of Health Psychology
- Cognitive behavioral approaches to health behavior change
- Health Promoting Behaviors – Diet, Exercise, Sleep, Rest, Accident prevention

**Unit 3 – Stress and Coping through Yoga**

- Definitions, Nature & Types of Stress
- Sources of Stress, Responding to Stress (Physiological, Emotional & Behavioral Response)
- Coping Behavior – Problem Focused coping & Emotion Focused Coping

**Unit 4 – Yoga Counselling**

- Definition, Concept, Scope and types of Counseling
- Counselor, Ethics in Counseling
- Application of Counseling: Family set up; Educational set up; Organizational set up;

**Reference Books:**

1. Woodwork, Contemporary school of psychology
2. N.C.Pande, Mind and Supermind
3. Shanti Prakash Attari, Yoga Psychology

4. Yoga Education for children - Bihar Yoga Publication Trust
5. Nav Yogini Tnadra (Hindi / English) - Bihar Yoga Publication Trust
6. Effect of Yoga on Hypertension - Bihar Yoga Publication Trust
7. Yoga Education - Dr Kamakhya Kumar
8. Applied Yogic Science - Dr Kamakhya Kumar



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**MA-2<sup>nd</sup> Year SEMISTER III Credit 04**  
**YG 304 – Mantra Yoga**

**Course Objectives:**

- To understand the foundation of Mantra Yoga
- To know the fundamental principles of Mantra Yoga
- To understand the aims and objectives of Mantra Yoga
- To know the relationship between Mantra Yoga and Other paths of Yoga

**Course Outcomes:**

- To understand the fundamental knowledge of Mantras
- To develop the interest about chanting of mantras
- To know the effects of Mantras
- To know the role of Mantras at mental and emotional level
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

**Unit 1 – What is Mantras?**

- Meaning and Definitions of Mantrayoga
- Types of mantra recitation (Vaikhari, Upanshu and Manasi and Likhita)
- Initiation (Diksha) of Mantras, importance of Brahmamuhurta, Ajapa mantra
- Asana (mat) for japa, need for a Mala, counting the japa

**Unit 2 – Mantras from Ancient Texts**

- Vedic Mantras, their characteristics and importance, six aspects of Mantras
- Gayatri Mantra and Mahamrutyunjaya Mantra
- Beeja Mantras
- Pranava and its recitation.

**Unit 3 – Importance of Mantras as a Remedy**

- General benefits of chanting mantras
- Therapeutic effects of Mantras
- Evidence based studies on the effects of Mantras at different levels of personality
- Importance of mantras for spiritual awakening

**Unit 4 – Significance of Mantras in Modern World**

- Misconception of Mantras in modern era
- Difference between ancient understanding and modern understanding of Mantras.
- Opinions about mantra Sadhana from modern thinkers
- Usefulness of mantra-sadhana in modern era

## Reference Books:

1. Yashapala (2001). Mantra rahasya. India: Raṇadhīra Prakāśana.
2. Gonda, J. (1988). Mantra Interpretation in the Śatapatha-Brāhmaṇa. Netherlands: E.J. Brill.
3. Pandit, S. M. (1999). Japa (Mantra Yoga). India: Lotus Press.
4. Swami, O. (2017). The Ancient Science of Mantras: Wisdom of the Sages. India: Amazon Digital Services LLC - KDP Print US



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**MA-2<sup>nd</sup> Year SEMISTER III Credit 04**  
**YG 305 – Introduction to Meditation Techniques**

**Course Objectives:**

- To understand the fundamental techniques of Yoga
- To know the higher practices of Yoga
- To understand the aims and objectives of Dhyana (Meditation)
- To know the relationship between Dhyana (meditation) and other practices of Yoga

**Course Outcomes:**

- To understand the fundamental techniques of Dhyana (meditation)
- To develop the real awareness
- To reach up to the higher stage of Yoga
- To develop the authenticity, accuracy and objectivity of Yogic wisdom

**Unit 1 – Meditation techniques from ancient Hathayogic texts**

- Meditation techniques as Adharas from Siddha Siddhanta Paddhati
- Meditation techniques as Lakshya from Siddha Siddhanta Paddhati
- Meditation techniques as Vyoma from Siddha Siddhanta Paddhati
- Meditation techniques as Marma-sthana from Yuktabhavadeva

**Unit 2 – Mantra Meditation**

- Types of mantra recitation (Ucchaih, Upanshu and Manasi)
- Omkara Meditation
- Chanting of Vedic Mantras, Beeja Mantra Meditation
- Ajapa Gayatri Meditation

**Unit 3 – Modern Meditation Techniques**

- Preksha Meditation of Jainism
- Zen Meditation
- Rajayoga meditation of Brahmakumaris

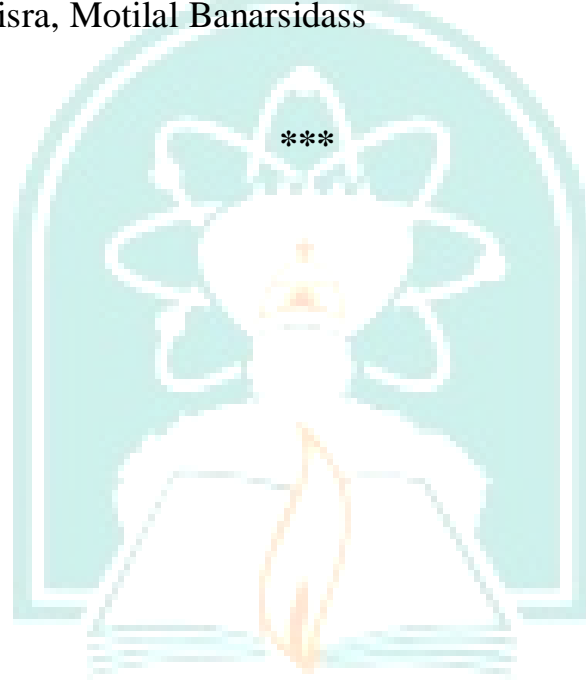
**Unit 4 – Other Meditation Techniques**

- Transcendental Meditation by Maharshi Mahesh Yogi
- Vipassana Meditation of Buddhism
- Guided Meditation (Yoga Nidra)

**Reference Books:**

1. Swami Satyananda S., Ajapa Japa and Chidakash Dharana, Yoga Publication Trust, Bihar.
2. Maharshi Mahesha Yogi, Science of Being and Art of living, Plume, 2001.
3. Mind Sound Resonance Technique (MSRT), Swami Vivekananda Yoga Prakashan.

4. Swami Satyananda S., Antar Mouna: Inner Silence, Yoga Publication Trust, Bihar.
5. Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000.
6. Yoga Tatwank, Geeta Press
7. Dr. M. L. Gharote, Siddha Siddhanta Paddhati (A Treatise on The Natha Philosophy), The Lonavla Yoga Institute, Lonavla
8. Dr. M. L., Gharote Yuktabhavadeva (A Treatise on Yoga) of Bhavadevamisra, Motilal Banarsidass



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**MA-2<sup>nd</sup> Year SEMISTER III Credit 04**  
**YG 306 – Yoga and Sports**

**Course Objectives:**

- To apply the Yogic Knowledge for Sports
- To know the Concept of Sports
- To know the importance of training at psychological and Physical level in day-to-day life

**Course Outcomes:**

- To know the application of Yoga practices for Sports
- To know the detailed understanding about mental, physical, social and spiritual health
- To know the yogic practices for prevention, promotion and cure related to physical, mental injuries and Rehabilitation.

**Unit No-1)** Importance of Yoga in Sports for Physical Ability

**Unit No-2)** Importance of Yoga in Sports for Mental Ability

**Unit No-3)** Importance of Yoga in Sports for Social and Spiritual Ability

**Unit No-4)** Importance of Yoga in Sports for Injury and Rehabilitation

**Reference Books:**

Swami Kuvlyananda (1992). Asana, Pranayama, Yoga Therapy. Lonavala: Kaivlyadham.

Karavarkar, Malti (1997). Athletics Ahar. Pune: Swati Prakashan

Aher Sharad (2009). Sahririk Shikshan Mapan v Mulyamapan. Pune: Daimond Publication

Aher Sharad (2009). Maharashtraatil khel Aajche, Kalche. Pune: Daimond Publication

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**MA-2<sup>nd</sup> Year SEMISTER III Credit 04**  
**YG 307- Field Project**

**Unit-Research Work Practical**

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**MA-2<sup>nd</sup> Year SEMISTER IV Credit 04**  
**YG 401 – Advance Teaching Practices (Practical)**

**Course Objectives:**

- To teach the facets and features of Yoga education
- To know the salient features of Yoga education
- To know how to teach Yogic practices based on ancient fundamental principles of Yoga

**Course Outcomes:**

- To know the role of the teacher
- To understand the individual yoga teaching techniques, group yoga teaching techniques
- To teach how to conduct lesson plan
- To know the application of teaching aids

**Unit 1 – Facets and Features of Yoga Education**

- Salient features of yoga education
- Role of yoga teacher; characteristics of an ideal yoga teacher
- Individual yoga teaching techniques, group yoga teaching techniques, techniques of mass instruction
- Organization of teaching, time management, discipline management and resource management.

**Unit 2 – Art of Lesson Planning**

- Lesson plan and its importance
- Micro lesson plan
- Essentials of good lesson plan; lesson plan content
- Lesson plans for teaching various yogic practices

**Unit 3 – Strategy of Teaching Theoretical Aspects of Yoga**

- Types of theory of teaching
- Application of teaching aids
- Resources for teaching theoretical aspects of Yoga

## Unit 4 – Strategy of Teaching Practical Aspects of Yoga

- Different demonstration techniques
- Application of teaching aids
- Strategy for teaching Yogic practices to different age groups

### References:

1. Teaching Methods for Yogic Practices - Dr ML Gharote and Dr. SK Ganguly - Kaivalyadhama
2. Teaching Yoga Essential Structure and Strategies - Varda Toussaint



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**MA-2<sup>nd</sup> Year SEMISTER IV Credit 04  
YG 402 - Yoga, Diet and Nutrition**

**Course Objectives:**

- To understand the concept of Diet and Nutrition
- To know the yogic understanding about diet and nutrition
- To know the effects of diet and nutrition on yogic practices
- To know the concept of diet and nutrition in ancient yogic texts

**Course Outcomes:**

- To know the application of good diet and nutrition in day-to-day life
- To know the need and importance of healthy diet and nutrition
- To know the Yogic concepts of Sattvika, Rajasika and Tamasika diet

**Unit 1 – Fundamentals of Diet and Nutrition**

- Concept of Food, Diet and Nutrition
- Fundamental principles of Nutrition
- Introduction to nutrients, fluids and water
- Concept of Metabolism

**Unit 2 – Role of Diet in Yoga**

- Concept of Mitahara
- Diet as per Hathayoga texts
- Diet as per Upanishads and Bhagvadgeeta
- Difference between normal and yogic diet

**Unit 3 – Ayurvedic Concept of Diet**

- Concept of diet according to Ayurveda
- Concept of Pathya and Apathya, Viruddha Ahara
- Diet according to Prakriti, Ritucharya and Dincharya

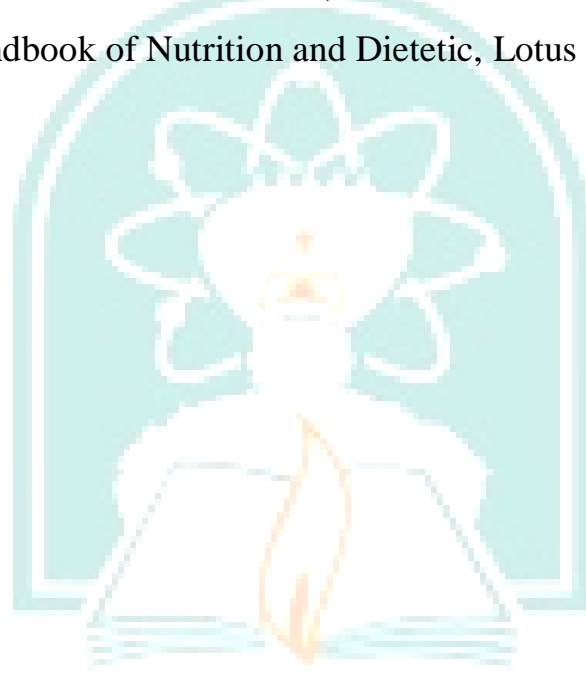
**Unit 4 – Role of Diet in Remedy and Cure**

- Diet as per nature cure therapy
- Wrong regimen of diet, Food borne diseases
- Fasting therapy



## Reference Books:

1. Shirlakshmi B., Dietetics, New Age International Publication, 2014.
2. Gupta S. and others, Textbook of Nutrition and Dietetics, Elite Publication House, 2016.
3. Shirlakshmi B., Food Science, New Age International Publication, 2018.
4. Joshi S. A., Nutrition and Dietetics, McGraw Hill Education, 2017.
5. Singh J., Handbook of Nutrition and Dietetic, Lotus Press, 2008



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**MA-2<sup>nd</sup> Year SEMISTER IV Credit 04**  
**YG-403 – Bhagavad-Gita**

**Course Objectives:**

- To understand the ancient texts
- To know the role of epics
- To produce authentic information of ancient literature
- To the role of ancient wisdom in practical life

**Courser Outcomes:**

- To understand different types of Yoga
- To know the ancient principles and to apply in day-to-day life
- To highlight the ancient knowledge
- To develop the authoritativeness, accuracy and objectivity of spiritual wisdom

**Unit 1 – Chapter 1 to 5**

- Introduction to Chapter 1
- Introduction to Chapter 2
- Introduction to Chapter 3
- Introduction to Chapter 4 and 5

**Unit 2 – Chapter 6 to 10**

- Introduction to Chapter 6
- Introduction to Chapter 7
- Introduction to Chapter 8
- Introduction to Chapter 9 and 10

**Unit 3 – Chapter 11 to 14**

- Introduction to Chapter 11
- Introduction to Chapter 12
- Introduction to Chapter 13
- Introduction to Chapter 14

**Unit 4 – Chapter 15 to 18**

- Introduction to Chapter 15
- Introduction to Chapter 16
- Introduction to Chapter 17
- Introduction to Chapter 18

### Reference Books:

1. B. Swami Prabhupada, Bhagavad Geeta, Bhaktivedanta Book Trust Publications.
2. Bhagavad Geeta or The Devine Song, Gita Press, Gorakhpur.
3. Swami Gambhiranand, Bhagavadgita (with Gudharth Dipika), Ramkrishna Matha, Madras.
4. Vinoba Bhave.Geeta Pravachane,Ramkrushn Mission Wardha.



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**MA-2<sup>nd</sup> Year SEMISTER IV Credit 04  
YG 404 – Yoga, Religion and Spirituality**

**Course Objectives:**

- To understand the foundation of Yoga
- To know the fundamental principles of Religion and Spirituality
- To understand the aims and objectives of Spirituality
- To know the relationship between Yoga, Religion and Spirituality

**Course Outcomes:**

- To understand the fundamental principles of Yoga
- To understand the fundamental principles of Religion
- To understand the fundamental principles of Spirituality
- To know the effects of Yogic practices for developing spirituality
- To develop the authoritativeness and objectivity of Yoga and Spirituality

**Unit 1 – What is Yoga?**

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

**Unit 2 - What is Religion?**

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

**Unit 3 – What is Spirituality?**

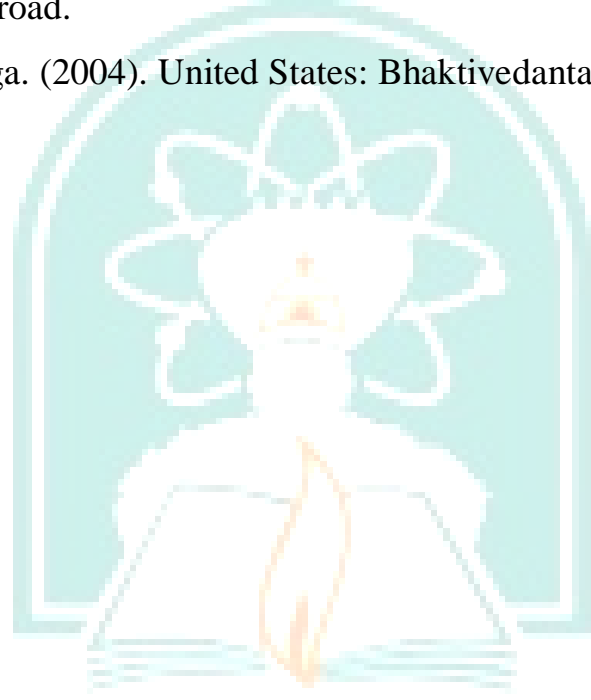
- What is the definition of spirituality?
- Concept of spirituality
- Purpose and teachings of spirituality
- Role of yoga to understand Spirituality

**Unit 4 – Relation between Spirituality and Yoga**

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

## Reference Books:

1. Religion and Dharma. (n.d.). (n.p.): Advaita Ashrama (A publication branch of Ramakrishna Math, Belur Math).
2. Hindu Dharma and Sanskriti. (2021). (n.p.): Prabhat Prakashan.
3. Hindu Spirituality: Vedas Through Vedanta. (1989). United States: Crossroad.
4. Spiritual Yoga. (2004). United States: Bhaktivedanta Book Trust.



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**MA-2<sup>nd</sup> Year SEMISTER IV Credit 04**  
**YG 405 – Yoga in Principal Upanishads**

**Course Objectives:**

- To understand the relationship between Vedantic philosophy and other philosophies
- To know the concept of Advaita
- To highlight the concept of Vedas
- To know the relationship between Upanishads and Yoga Upanishads
- To know the different paths of Yoga

**Course Outcomes:**

- To understand the fundamental knowledge of Yoga
- To develop the interest about cultural aspects
- To reach up to the roots of Upanishadic wisdom
- To develop the authoritativeness, accuracy and objectivity of Yogic wisdom

**Unit 1 – Ishavasya and Kena Upanishad**

- Introduction to 10 Principal Upanishads;
- Ishavasya Upanishad: Concept of Karmanishta; Concept of Vidya and Avidya; Knowledge of Brahman; Atma Bhava;
- Kena Upanishad: Self and the Mind; Intuitive realization of the truth; Moral of Yaksha Upakhyana.

**Unit 2 – Katha and Prashna Upanishad**

- Katha Upanishad: Definition of Yoga; Nature of Soul; Importance of Realization
- Prashna Upanishad: Concept of Prana and rayi (creation); Panchapranas; The six main questions;

**Unit 3 – Mundaka, Mandukya and Chhandogya Upanishad**

- Mundaka Upanishad: Two approaches to Brahma- Vidya- Para and Aparā; The greatness of Brahavidya; Worthlessness of Selfish-karma; Tapas and Gurubhakti; The origin of creation, the ultimate aim of Meditation- Brahmanubhuti;
- Mandukya Upanishad: Four States of Consciousness and their relation to syllables in Omkara;
- Chhandogya Upanishad: Om (Udgitha) Meditation; Shandilyavidya.

**Unit 4 – Aitareya, Taittiriya and Brihadaranyaka Upanishad**

- Aitareya Upanishad: Concept of Atma, Universe and Brahman;
- Taittiriya Upanishad: Concept of Pancha Kosha; Summary of Shiksha Valli, AnandaValli, Bhriuvalli;

- Brihadaranyaka Upanishad: Concept of Atman and Jnana Yoga; Union of Atman and Paramatman

**Reference Books:**

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



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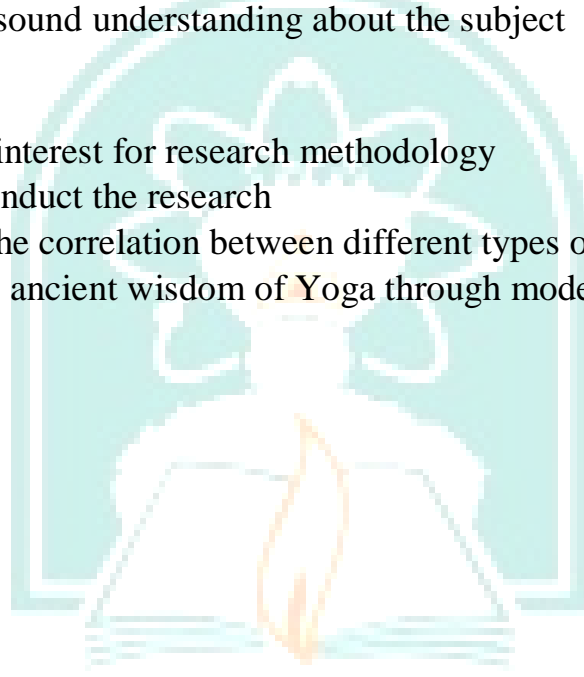
**MA-2<sup>nd</sup> Year SEMISTER IV Credit 06  
YG 406 – Research Practical (Dissertation)**

**Course Objectives:**

- To understand the fundamental principles of research
- To understand the role and importance of research
- To conduct various types of researches
- To provide the basic understanding of research
- To develop the sound understanding about the subject

**Course Outcomes:**

- To develop the interest for research methodology
- To be able to conduct the research
- To understand the correlation between different types of researches
- To highlight the ancient wisdom of Yoga through modern parameters



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ



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