

Proposal for the Introduction of a Postgraduate Programme

M.A. in Yoga–Vedānta

Two-Year M.A. Programme

(As per UGC Regulations and NEP 2020)

Submitted To

The Registrar / Dean of Academic Affairs
Central Sanskrit University (CSU)
New Delhi

Submitted By

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1. Programme Title

Master of Arts in Yoga–Vedānta

2. Eligibility

- Any recognized **Bachelor's Degree** in any discipline

Students without prior formal training in Sanskrit shall undergo compulsory bridge support modules in Semester I, focusing on Devanāgarī script, basic grammar, vocabulary, and reading comprehension, to prepare them for the study of classical texts in subsequent semesters.

3. Institutional Profile

3.1 About PPSM

- Established in **1988** by **H.H. Sri Vishveshatirtha Swamiji**, Pejavara Matha, Udupi
- Premier research institution in **Dvaita Vedānta, Yoga, Sanskrit, Manuscriptology, and Indian Knowledge Systems**
- Actively engaged in teaching, research, publications, seminars, workshops, and community Sanskrit education

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3.2 Research Track Record

- **250+ Sanskrit publications** across Dvaita, Advaita, Viśiṣṭādvaita, Nyāya, and Sāhitya
 - **58 Ph.D. scholars (Vidyāvāridhi)** successfully guided
 - **100+ national & international seminars and workshops** conducted
 - Regular **online and offline ŚāstraPāṭha** programmes
 - **1000+ students** trained in Sanskrit through PPSM
 - Collaborative projects with **Sri Kashi Mutt, ICPR (New Delhi), and Mysore ORI**
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4. Rationale and Need for the Programme

4.1 Alignment with NEP-2020

- Promotes **Indian Knowledge Systems (IKS)** through Sanskrit-based higher education
- Integrates **traditional śāstric pedagogy** with modern academic frameworks
- Encourages interdisciplinary learning across **Yoga, Vedānta, philosophy, and wellness studies**

4.2 Need for Yoga–Vedānta Integration

- Yoga education often lacks **philosophical depth**
 - Vedānta education is often **purely theoretical**
 - This programme integrates:
 - **Theoretical depth** (Dvaita Vedānta & Upaniṣads)
 - **Practical application** (Yoga, therapy, counselling)
 - **Research orientation** (textual and applied studies)
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5. Objectives of the Programme

The programme aims to develop scholars proficient in **classical Vedāntic knowledge and applied Yogic practices**.

5.1 Academic Objectives

- In-depth study of **Dvaita Vedānta texts and commentaries**
- Understanding Yoga as **Darśana and Sādhana**

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- Training in Sanskrit textual interpretation and comparative philosophy

5.2 Professional Objectives

- Competence in **Yoga teaching, therapy, and counselling**
- Application of Vedāntic principles to contemporary life challenges
- Preparation for academic, research, and wellness-oriented careers

5.3 Programme Outcomes

Upon completion of the programme, students shall be able to:

- Understand foundational and advanced concepts of Yoga and Vedānta
- Interpret Sanskrit philosophical texts independently
- Apply Yogic principles in personal and professional contexts
- Pursue research in Yoga, Vedānta, Sanskrit, and Indian Knowledge Systems
- Contribute to teaching, counselling, manuscript studies, and wellness-related fields

This strengthens NAAC/UGC presentation quality significantly.

6. Programme Structure

- Duration: 2 Years (4 Semesters)
- Programme Pattern: Postgraduate Degree Programme under NEP 2020
Total Programme Credits: 100
- Medium of Instruction: Sanskrit and English
- Nature of Programme: Interdisciplinary and Practice-Oriented
- Difficulty Level: 600–699 (Postgraduate Level as per UGC)

Credit Distribution

Semester	Credits
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Semester I	24
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Semester II	24
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Semester Credits

Semester III 20

Semester IV 32

Total 100

Components of the Programme

The programme consists of:

- Discipline Specific Core Courses (DSCC)
- Ability Enhancement Courses (AECC/AEEC)
- Skill Enhancement Course (SEC)
- Practical Yoga Training
- Internship
- Research Methodology
- Dissertation / Research Project
- Sanskrit Literature and Philosophical Studies

7. Evaluation Pattern

The evaluation system follows the M.A framework prescribed under NEP 2020.

Theory Courses

- Internal Assessment: 40 Marks
- End Semester Examination: 60 Marks
- Total: 100 Marks
- Minimum Passing Marks: 40%

Internal Assessment Components

- Assignments
- Seminars and Presentations
- Attendance and Participation
- Class Tests / Viva Voce

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Practical Course Evaluation

Practical Yoga papers shall be evaluated through:

- Demonstration and performance
- Practical examination
- Viva voce
- Attendance and practice records
- Yogic discipline and conduct

Internship Evaluation

Evaluation shall include:

- Internship report
- Supervisor assessment
- Viva voce / presentation

Dissertation Evaluation

The dissertation shall be evaluated through:

- Submission of dissertation/project report
- Internal and external evaluation
- Viva voce examination

8. Pedagogy (Subject-wise and Practice-oriented)

The teaching–learning process of the MA in Yoga–Vedāntaprogramme is designed in accordance with UGC Regulations and NEP 2020, adopting a learner-centric, text-oriented, interdisciplinary, and practice-integrated pedagogical approach.

8.1 Pedagogy for Vedānta, Darśana, and Philosophical Subjects

(Karma Yoga – Bhagavadgītā, TattvavādaDarśanam, Kathopaniṣat, Bhakti Yoga and PuruṣārthaVicāraḥ, दर्शनम् (सामान्यपरिचयः))

- Textual study based on mūlagranthas and traditional bhāṣyas
- Guided śloka and sūtra reading with anvaya, padārtha, and philosophical interpretation
- Comparative understanding of Indian philosophical systems with emphasis on Vedāntic traditions

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- Classroom discussions, Vāgvardhinī-style debates, and interactive sessions
 - Assignments, presentations, and analytical writing exercises to develop critical thinking
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8.2 Pedagogy for Yoga Theory Subjects

(Pātañjala Yoga Sūtrāṇi, Haṭha Yoga Pradīpikā, SvasthavṛttaSaṅgraha)

- Systematic exposition of Yogic concepts through classical commentaries
 - Conceptual understanding of Yoga psychology, ethics, meditation, and sādhana
 - Correlation of Yogic discipline with Vedāntic philosophical foundations
 - Practical illustrations and demonstrative teaching wherever necessary
 - Application-oriented discussions relating Yoga to contemporary wellness and mental discipline
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8.3 Pedagogy for Practical Yoga Courses

(Practical Yoga Āsana – Levels I to IV, Dhyāna, Prāṇāyāma)

- Demonstration–practice–correction method under trained instructors
 - Step-by-step practical training emphasizing alignment, safety, discipline, and therapeutic awareness
 - Individual and group practice sessions
 - Maintenance of practice journals and reflective records
 - Assessment based on performance, regularity, yogic discipline, and practical proficiency
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8.4 Pedagogy for Sanskrit and Literary Studies

(Sanskrit Basic, Bhāgavata Ekādaśa Skandha, Sanskrit Literature History)

- Foundational Sanskrit language training for beginners
- Reading and interpretation of classical Sanskrit texts
- Introduction to Sanskrit literary traditions, Vedic and Laukika literature
- Vocabulary building, grammar exercises, and textual comprehension

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- Guided recitation and memorization of selected passages

8.5 Pedagogy for Manuscriptology and Research Components

(Pāṇḍulipi-Sampādanam, Śodhapravidhiḥ, Laghuśodhaprabandhaḥ)

- Training in manuscript reading, preservation, cataloguing, and editing techniques
- Introduction to academic writing, referencing methods, and research ethics
- Seminar presentations, project work, and supervised dissertation writing
- Exposure to traditional and modern research methodologies
- Development of independent research aptitude in Yoga, Vedānta, and Sanskrit studies

8.6 Internship and Skill Enhancement Training

(Internship, Sākṣātkāra-Kauśala-Saṁvardhanam)

- Field-based exposure through Yoga teaching, institutional training, or community engagement
- Development of communication, interview, and presentation skills
- Practical exposure to teaching-learning environments
- Preparation for academic, wellness, and professional careers

MA FIRST YEAR – SEMESTER I

Paper Code	Paper Title	Category	Credits
MAY1-I-01	Practical – I: Yoga Āsana (Level-1)	DSCC	4
MAY1-I-02	Sanskrit - 1	DSCC	4
MAY1-I-03	Karma Yoga – Bhagavadgītā (Adhyāya 3)	DSCC	4
MAY1-I-04	Pātañjala Yoga Sūtrāṇi – SamādhiPāda	DSCC	4

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MAY1-I-05	बहुशास्त्रीयविषय: (आधुनिक:) (As decided by the CSU)	AECC	4
MAY1-I-06	Sanskrit Literature History (संस्कृतवाङ्मयस्यइतिहासः (लौकिकः) –	ECA	4

Semester Credits: 24

MA FIRST YEAR – SEMESTER II

Paper Code	Paper Title	Category	Credits
MAY1-II-01	Sanskrit – II :Sanskheparamayanam	DSCC	4
MAY1-II-02	TattvavādaDarśanam	DSCC	4
MAY1-II-03	Practical – II: Yoga Āsana (Level–2)	DSCC	4
MAY1-II-04	Kathopaniṣat	DSCC	4
MAY1-II-05	बहुशास्त्रीयविषय: (परम्परागतः) (As decided by the CSU)	AEEC	4
MAY1-II-06	Internship 3		4

Semester Credits: 24

MA SECOND YEAR – SEMESTER III

Paper Code	Paper Title	Category	Credits
MAY2-III-01	Bhāgavata Ekādaśa Skandha	DSCC	4
MAY2-III-02	Bhakti Yoga and PuruṣārthaVicārah	DSCC	4
MAY2-III-03	Haṭha Yoga Pradīpikā	DSCC	4
MAY2-III-04	Practical – III: Yoga Āsana	DSCC	4
MAY2-III-05	Pāṇḍulipi-Sampādanam (Manuscriptology& Manuscript Editing) (As decided by the CSU)	AEEC	4

Semester Credits: 20

MA SECOND YEAR – SEMESTER IV

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Paper Code	Paper Title	Category	Credits
MAY2-IV-01	Bhāgavata (3rd & 4th Skandha)	DSCC	4
MAY2-IV-02	SvasthavṛttaSaṅgraha	DSCC	4
MAY2-IV-03	Practical – IV: Yoga Āsana, Dhyāna&Prāṇāyāma	DSCC	4
MAY2-IV-04	दर्शनम् (सामान्यपरिचयः) न्यायवैशेषिकदर्शनम्–1 Credit साङ्ख्ययोगमीमांसादर्शनम्–1 Credit वेदान्तदर्शनम् (द्वैत–अद्वैत–विशिष्टाद्वैत) –1 Credit बौद्धजैनचार्वाकदर्शनम्–1 Credit (As decided by the CSU)	DSCC	4
MAY2-IV-05	Śodhapravidhiḥ (Research Methodology) (As decided by the CSU)	Core Course	4
MAY2-IV-06	Sanskrit Literature History (संस्कृतवाङ्मयस्य इतिहासः (वैदिकः)) (As decided by the CSU)	ECA 2	4
MAY2-IV-07	Laghuśodhaprabandhaḥ (Dissertation) (As decided by the CSU)	Research Project	6
MAY2-IV-08	Sākṣātkāra-Kauśala-Saṃvardhanam (Skill Enhancement Course) (As decided by the CSU)	SEC	2

Semester Credits: 32

Total Programme Credits

Year Credits

First Year 48

Second Year 52

Total Credits = 100

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MA FIRST YEAR – SEMESTER I

Difficulty Level: 600–699

Semester: I

Total Credits: 24

MAY1-I-01

DSCC - 16

Practical – I: Yoga Āsana (Level–1)

Level: 600–699

Credits: 4 | **Hours:** 60

Course Objectives

1. To introduce foundational Yogāsanās in accordance with classical Haṭha–Yoga texts.
2. To train students in correct body alignment, posture awareness, and safety principles.
3. To develop flexibility, balance, coordination, and basic muscular strength.
4. To cultivate coordination between breath and movement along with bodily awareness.
5. To instil discipline, cleanliness, and essential yogic lifestyle values.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Perform basic Yogāsanās with accuracy, stability, and safety.
2. Demonstrate awareness of posture, alignment, and breath during practice.
3. Explain the basic physical and mental benefits of Yogāsaṇa practice.
4. Exhibit discipline, cleanliness, and yogic conduct during practical sessions.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY1-I-01	Practical – I: Yoga Āsana (Level–1)	00	00	04	04

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Course Content (Details of the Course)

Unit I – Foundational Yogic Practices

- SūryaNamaskāra (12-step sequence)
- Coordination of breath and movement
- Physiological and cognitive benefits of SūryaNamaskāra
- Tāḍāsana
- Vṛkṣāsana
- Trikoṇāsana

Credits: 1

Unit II – Sitting Postures

- Vajrāsana
- Sukhāsana
- ArdhaPadmāsana

Credits: 1

Unit III – Supine and Prone Postures

- Bhujangāsana
- Śalabhāsana
- Associated safety principles

Credits: 1

Unit IV – Relaxation and Yogic Conduct

- Śavāsana
- Introduction to Yogic diet
- Basic Yogic conduct and lifestyle discipline

Credits: 1

Recommended / Essential Reading

1. Kuvalayananda, Swami, *Āsanās*, Kaivalyadhama, 2009
2. Iyengar, B. K. S., *Light on Yoga*, HarperCollins, 2015

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3. Satyananda Saraswati, Swami, *ĀsanaPrāṇāyāmaMudrā Bandha*, Yoga Publications Trust, 2013

Examination Scheme and Mode

External Practical Examination – 100 Marks

- Practical Demonstration
- Performance and Accuracy
- Viva Voce
- Yogic Discipline and Practice

MAY1-I-02

DSCC - 17

Sanskrit – I

Level: 600–699 Credits: 4 | Hours: 60

Course Objectives

1. To introduce students to the fundamentals of Sanskrit grammar and vocabulary.
 2. To enable reading, writing, and comprehension of simple Sanskrit texts.
 3. To lay a strong foundation for advanced scriptural and philosophical studies.
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Learning Outcomes

After successful completion of this course, students will be able to:

1. Read and write basic Sanskrit using correct Devanāgarī script.
 2. Understand essential grammatical structures of Sanskrit.
 3. Translate and comprehend simple Sanskrit prose and verse passages.
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Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
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MAY1-I-02	Sanskrit - 1	04	00	00	04
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Course Content (Details of the Course)

Unit I – Script and Pronunciation

- Devanāgarī script
- Sanskrit phonetics and pronunciation

Credits: 1

Unit II – Nominal and Verbal Forms

- Nouns and cases
- Basic verb forms

Credits: 1

Unit III – Syntax and Sentence Structure

- Basic syntax
- Simple sentence construction

Credits: 1

Unit IV – Reading and Comprehension

- Simple prose passages
- Introductory verse passages

Credits: 1

Prescribed / Essential Texts

1. *Sarala–KāṭhinaSaṃskṛtam*, By Dr. Tirumala Kulkarni, Published by Śrī Vyāsa Rāja Maṭha, Sōsale, 2025

Examination Scheme and Mode

External Evaluation – 60 Marks

- Objective questions
- Short answers
- Translation and comprehension

Internal Evaluation – 40 Marks

- Written assignments
 - Class tests
 - Participation
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MAY1-I-03

DSCC - 18

Karma Yoga – Bhagavadgītā (Adhyāya 3)

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To study Karma Yoga as expounded in the Bhagavadgītā.
2. To understand the doctrine of Niṣkāma Karma.
3. To cultivate ethical responsibility and selfless action.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Interpret the philosophy of Karma Yoga.
2. Apply the principles of selfless action in daily life.
3. Integrate ethical responsibility with spiritual discipline.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY1-I-03	Karma Yoga – Bhagavadgītā (Adhyāya 3)	04	00	00	04

Course Content (Details of the Course)

Unit I – Introduction to Karma Yoga

- Context of Bhagavadgītā
- Background of Adhyāya 3

Credits: 1

Unit II – Theory of Action

- Action, inaction, and forbidden action

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- Bondage through action

Credits: 1

Unit III – Yajña and Social Order

- Concept of Yajña
- Social harmony and cosmic order

Credits: 1

Unit IV – Karma Yoga and Liberation

- Role of Karma Yoga in spiritual progress
- Integration with Jñāna and Bhakti

Credits: 1

Prescribed / Essential Text

1. *The Bhagavadgita - English Author: Sri Krishna Editor: Dr. C.H. Srinivasamurthy Year: 2017*
2. Gita Saroddara(English) Author: Editor: H.H Sri Vishweshateertha Swamiji Year: 2006
3. Gitavivriti, Author: Sri Raghavendrateertharu Published by PPSM Year: 2008

Examination Scheme and Mode

Same as MAY1-I-02

MAY1-I-04

DSCC - 19

Pātañjala Yoga Sūtrāṇi – SamādhiPāda

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To undertake a systematic study of the SamādhiPāda of the Pātañjala Yoga Sūtras.
2. To understand the nature of citta, citta-vṛttis, and methods of mental discipline.
3. To introduce the concepts of concentration, meditation, and Samādhi in Yoga philosophy.

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4. To familiarize students with the philosophical foundations of Classical Yoga.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Explain the nature and functions of citta and citta-vṛttis.
2. Interpret the role of abhyāsa and vairāgya in Yoga sādhana.
3. Understand the stages of concentration and Samādhi in Pātañjala Yoga.
4. Relate theoretical concepts of Yoga with practical spiritual discipline.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY1-I-04	Pātañjala Yoga Sūtrāṇi – SamādhiPāda	04	00	00	04

Course Content (Details of the Course)

Unit I – Nature of Citta and Yoga

- Definition of Yoga: योगश्चित्तवृत्तिनिरोधः
- Nature of citta and citta-vṛttis
- Classification of mental modifications

Credits: 1

Unit II – Abhyāsa and Vairāgya

- Meaning and importance of abhyāsa
- Nature of vairāgya
- Control of mental fluctuations

Credits: 1

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Unit III – Samādhi

- SamprajñātaSamādhi
- AsamprajñātaSamādhi
- Stages of concentration and meditation

Credits: 1

Unit IV – Īśvara and Antarāyas

- Concept of Īśvara in Yoga philosophy
- Praṇava (Om) and meditation
- Antarāyas (obstacles in Yoga) and their removal

Credits: 1

Prescribed / Essential Texts

1. *Pātañjala Yoga Sūtra*, ChaukhambaKrishnadas Academy, Varanasi, 1996.
 2. Swami Vivekananda, *Rāja Yoga*, Advaita Ashrama.
 3. HariharānandaĀraṇya, *Yoga Philosophy of Patañjali*, State University of New York Press.
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Examination Scheme and Mode

External Evaluation – 60 Marks

- Descriptive Examination
- Textual Interpretation
- Short Notes

Internal Evaluation – 40 Marks

- Assignments
- Seminar Presentation
- Viva Voce
- Class Participation

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MA FIRST YEAR – SEMESTER II

Difficulty Level: 600–699

Semester: II

Total Credits: 24

MAY1-II-01

DSCC - 20

SamkṣepaRāmāyaṇam

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To study the literary and philosophical significance of the *SamkṣepaRāmāyaṇam*.
2. To understand the ethical, spiritual, and cultural values presented in the Rāmāyaṇa tradition.
3. To analyse the character ideals and narrative structure of the text.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Explain the structure and thematic content of the *SamkṣepaRāmāyaṇam*.
2. Interpret important verses and episodes critically.
3. Analyse the ideals of Dharma, Bhakti, and righteous conduct presented in the text.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY1-II-01	SamkṣepaRāmāyaṇam	04	00	00	04

Course Content (Details of the Course)

Unit I – Introduction to SamkṣepaRāmāyaṇam

- Authorship and background

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- Structure and literary importance
- Place of SaṃkṣepaRāmāyaṇam in VālmīkiRāmāyaṇa

Credits: 1

Unit II – Bāla to AraṇyaKāṇḍa

- Birth and early life of ŚrīRāma
- Exile and forest life
- Ethical ideals and Dharma

Credits: 1

Unit III – Kiṣkindhā and Sundara Kāṇḍa

- Hanumān's character and devotion
- Search for Sītā
- Bhakti and dedication

Credits: 1

Unit IV – Yuddha and Uttara Kāṇḍa

- RāvaṇaVadha
- Restoration of Dharma
- Rāma as ideal ruler
- Philosophical and cultural significance of the Rāmāyaṇa

Credits: 1

Prescribed / Essential Texts

1. Vempati Kutumba Sastry, *SaṃkṣepaRāmāyaṇam – TṛtīyāDīkṣā*, Rashtriya Sanskrit Sansthan, New Delhi, 2023.

Examination Scheme and Mode

Same as Semester I theory courses.

MAY1-II-02

TattvavādaDarśanam

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DSCC - 21

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To introduce the core doctrines of DvaitaVedānta.
2. To present Madhva philosophy in a systematic manner.
3. To enable comparative understanding among Vedāntic systems.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Explain the fundamental doctrines of DvaitaVedānta.
2. Compare DvaitaVedānta with other Vedānta schools.
3. Apply philosophical reasoning in doctrinal analysis.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY1-II-02	TattvavādaDarśanam	04	00	00	04

Course Content (Details of the Course)

Unit I – Foundations of Tattvavāda

- Basic principles of Madhva philosophy
- Life and works of Madhvācārya

Credits: 1

Unit II – Pañcabheda Doctrine

- Fivefold difference
- Classification of realities

Credits: 1

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Unit III – Viṣṇu as Svatantra Tattva

- Concept of Supreme Independence
- Pramāṇas in DvaitaVedānta

Credits: 1

Unit IV – Mokṣa and Bhakti

- Liberation in DvaitaVedānta
- Role of Bhakti
- Comparative overview of Vedānta systems

Credits: 1

Prescribed / Essential Texts

1. Prof. Narayan, *DarśanaPraveśinī*, NSU, Tirupati, 2025.
2. *Padārthasaṅgraha*, ŚrīVedagarbhaPadmanābhasūri, 2010.
3. Dr. A. V. Nagasampige, *Ṣaḍ-Darśana-Sāra*, 2012.
4. *Viṣṇutattvanirṇaya* of Madhvācārya.

Examination Scheme and Mode

Same as Semester I theory courses.

MAY1-II-03

DSCC - 22

Practical – II: Yoga Āsana (Level–2)

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To advance Yogāsana practice beyond the foundational level.
2. To develop strength, endurance, flexibility, and balance.

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3. To introduce therapeutic awareness in Yogāsana practice.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Perform intermediate Yogāsanas correctly and safely.
2. Apply alignment and breathing coordination during practice.
3. Maintain discipline and safety during advanced practice.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY1-II-03	Practical – II: Yoga Āsana (Level–2)	00	00	04	04

Course Content (Details of the Course)

Unit I – Intermediate Standing and Balancing Postures

- Padmāsana
- Refinement of seated meditative postures
- Alignment principles
- **Credits: 1**

Unit II – Forward Bending Postures

- Breath coordination and safety measures

Credits: 1

Unit III – Backward Bending Postures

- Intermediate sequencing and balancing techniques

Credits: 1

Unit IV – Preventive, promotive, and supportive applications of Yoga

- Introduction to modifications and relaxation techniques

Credits: 1

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Prescribed / Essential Texts

1. Kuvalayananda, Swami, *Yoga Therapy*, Kaivalyadhama, 2004.
2. B.K.S. Iyengar, *Light on Yoga*.

Examination Scheme and Mode

Same as Practical – I.

MAY1-II-04

DSCC - 23

Kathopaniṣat

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To study the philosophical dialogue of the Kathopaniṣat.
 2. To understand the doctrine of Ātman–Brahman.
 3. To understand the Vedāntic teachings of the Upaniṣadic tradition.
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Learning Outcomes

After successful completion of this course, students will be able to:

1. Interpret important mantras philosophically.
 2. Explain the concepts of Śreyas, Preyas, and Ātman.
 3. Relate Upaniṣadic wisdom to Vedāntic philosophy.
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Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY1-II-04	Kathopaniṣat	04	00	00	04

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Course Content (Details of the Course)

Unit I – Nachiketā–Yama Dialogue

- Structure and philosophical background of Kathopaniṣat

Credits: 1

Unit II – Śreyas and Preyas

- Higher and lower pursuits

Credits: 1

Unit III – Nature of the Self

- Ātman doctrine
- Chariot allegory

Credits: 1

Unit IV – Path to Liberation

- Self-realisation and Mokṣa
- Omkāra contemplation

Credits: 1

Essential Texts

1. *KathopaniṣadMadhwaBhāṣya*, PPSM, Bengaluru, Edited by Dr. ŚaṅkaranārāyaṇaAdiga (2016).

Examination Scheme and Mode

Same as Semester I theory courses.

SECOND YEAR – SEMESTER III

Difficulty Level: 600–699

Semester: III

Total Credits: 20

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MAY2-III-01

DSCC - 24

Bhāgavata Ekādaśa Skandha

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To study the BhāgavataPurāṇa with special reference to the Ekādaśa Skandha.
 2. To understand the philosophy of Bhakti as presented in the Bhāgavata tradition.
-

Learning Outcomes

After successful completion of this course, students will be able to:

1. Interpret verses of the Ekādaśa Skandha accurately.
 2. Apply Bhakti principles in personal and spiritual life.
-

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY2-III-01	Bhāgavata Ekādaśa Skandha	04	00	00	04

Course Content (Details of the Course)

Unit I – Structure of Ekādaśa Skandha

- Context and organization

Credits: 1

Unit II – Bhakti Doctrines

- Nature and types of Bhakti

Credits: 1

Unit III – UddhavaGītā

- Key philosophical themes

Credits: 1

Unit IV – Practical Dimensions of Bhakti

- Application of Bhakti in life

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- Bhakti as spiritual discipline
- Jñāna–Bhakti relation
- UddhavaGītā teaching

Credits: 1

Prescribed / Essential Text

1. *ŚrīmadBhāgavatam*, Edited by A. M. Srinivasacharya, Nirnaya Sagar Press, Bombay, 1937.
-

Examination Scheme and Mode

Same as other theory courses (External 60 + Internal 40).

MAY2-III-02

DSCC - 25

Bhakti Yoga & Bhukti Yoga

Level: 600–699

Credits: 4 | **Hours:** 60

Course Objectives

1. To study Bhakti Yoga as a spiritual discipline.
 2. To understand Bhukti within the Vedāntic framework of Puruṣārthas.
-

Learning Outcomes

After successful completion of this course, students will be able to:

1. Explain doctrines of Bhakti Yoga clearly.
 2. Integrate devotion with worldly and spiritual life goals.
-

Course Code – Credit Framework

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Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY2-III-02	Bhakti Yoga & Bhukti Yoga	04	00	00	04

Course Content (Details of the Course)

Unit I – Nature of Bhakti

- Definitions and classifications

Credits: 1

Unit II – Bhukti and Puruṣārthas

- Dharma, Artha, Kāma, Mokṣa

Credits: 1

Unit III – Integration of Bhakti and Bhukti

- Harmonizing devotion and worldly duties

Credits: 1

Unit IV – Classical Bhakti Texts

- Survey of Bhakti literature

Credits: 1

Prescribed / Essential Texts

1. *Bhaktiyogaḥ*, Rashtriya Sanskrit Sansthan
 2. *Harikathāmṛtasāra*, Harivithala Prakashana, 1976
 3. *Nārada Bhakti Sūtra*, Publisher: Ramakrishna Math, Kolkata Author: Swami Harshananda Puri Language: Sanskrit Pages: 146 Edition: 2003
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MAY2-III-03

DSCC - 26

Haṭha Yoga Pradīpikā

Level: 600–699

Credits: 4 | **Hours:** 60

Course Objectives

1. To study the classical text *Haṭha Yoga Pradīpikā*.

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2. To understand purification processes and yogic techniques.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Explain the principles of Haṭha Yoga.
2. Apply yogic techniques safely and effectively.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY2-III-03	Haṭha Yoga Pradīpikā	04	00	00	04

Course Content (Details of the Course)

Unit I – Śaṭkarma

- Purification techniques

Credits: 1

Unit II – Āsana and Prāṇāyāma

- Nāḍī-śuddhi and breath regulation

Credits: 1

Unit III – Mudrā and Bandha

- Kuṇḍalinī awakening concepts

Credits: 1

Unit IV – Haṭha Yoga and Rāja Yoga

- Philosophical integration

Credits: 1

Prescribed / Essential Text

1. Swami Muktibodhananda, *Haṭha Yoga Pradīpikā*, Yoga Publications Trust, 2016

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MAY2-III-04

DSCC - 27

Practical – III: Yoga Āsana

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To refine Yogāsana practice at an advanced level.
2. To integrate breath awareness with movement.
3. To develop concentration, balance, and meditative discipline through Yogic practice.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Perform advanced Yogāsana sequences systematically and safely.
2. Demonstrate coordination of movement, breath, and concentration.
3. Maintain yogic discipline and consistency in advanced practice.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY2-III-04	Practical – III: Yoga Āsana	00	00	04	04

Course Content (Details of the Course)

Unit I – Advanced Standing and Balancing Postures

- Vīrabhadrāsana I & II
- ArdhaCandrāsana
- Naṭarājāsana
- Bakāsana
- Balancing techniques and body coordination

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Credits: 1

Unit II – Forward and Backward Bending Sequences

- Cakrāsana
- Pādahastāsana
- PūrṇaBhujangāsana
- Advanced Yogāsana sequencing
- Flexibility and posture alignment

Credits: 1

Unit III – Prāṇāyāma Integration and Breath Awareness

- Nāḍī-śuddhiPrāṇāyāma
- BhrāmarīPrāṇāyāma
- UjjāyīPrāṇāyāma
- BhastrikāPrāṇāyāma
- Kapālabhāti (introductory practice)
- Breath coordination during Yogāsana practice

Credits: 1

Unit IV – Prāṇāyāma Integration and Breath Awareness

- Nāḍī-śuddhiPrāṇāyāma
- Anuloma–VilomaPrāṇāyāma
- BhrāmarīPrāṇāyāma
- UjjāyīPrāṇāyāma
- Śītalī and ŚītkārīPrāṇāyāma
- Kapālabhāti (introductory practice)
- Introductory Kumbhaka practice
- Breath coordination during Yogāsana practice

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- Awareness of inhalation, exhalation, and breath retention techniques

Credits: 1

Prescribed / Essential Texts

1. Swami Kuvalayananda, *Yoga Therapy*, Kaivalyadhama, 2004.
2. B.K.S. Iyengar, *Light on Yoga*.
3. Tantrasarasangraha, Bannanje Govindacharya, , Dvaita Vedanta Studies and Research Foundation, Bengaluru, 2014.
4. *Prāṇāyāma Paddhati*, Chaukhambha Sanskrit Series Office, Varanasi, 2012.

Examination Scheme and Mode

Same as previous practical courses

SECOND YEAR – SEMESTER IV

Difficulty Level: 600–699

Semester: IV

Total Credits:32

MAY2-IV-01

DSCC - 28

Bhāgavata 3rd & 4th Skandha

Level: 600–699

Credits: 4 | Hours: 60

Course Objectives

1. To study the philosophical teachings of the BhāgavataPurāṇa with special reference to the Third and Fourth Skandhas.
2. To analyze theological narratives and cosmological doctrines.

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3. To understand the synthesis of Bhakti, Jñāna, and Sāṅkhya philosophy.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Interpret selected Bhāgavata passages accurately.
2. Explain philosophical doctrines presented in the Third and Fourth Skandhas.
3. Apply Bhāgavata philosophy to ethical and spiritual life.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY2-IV-01	Bhāgavata 3rd & 4th Skandha	04	00	00	04

Course Content (Details of the Course)

Unit I – Creation and Cosmology (3rd Skandha)

- Sṛṣṭi-prakriyā
- Sāṅkhya elements

Credits: 1

Unit II – Kapila–DevahūtiSaṁvāda

- Bhakti and Jñāna synthesis

Credits: 1

Unit III – Genealogies and Dynasties (4th Skandha)

- Dhruva and Pṛthu narratives

Credits: 1

Unit IV – Ethical and Devotional Teachings

- Dharma and devotion in worldly life

Credits: 1

Prescribed / Essential Text

1. *ŚrīmadBhāgavatam*, Edited by A. M. Srinivasacharya, Nirnaya Sagar Press, Bombay, 1937.

Examination Scheme and Mode

Sachin
07-07-2026

(A) External Evaluation – 60 Marks

- Objective questions
- Short answers
- Essay-type questions

(B) Internal Evaluation – 40 Marks

- Assignments
- Seminar / presentation
- Class participation

MAY2-IV-02**DSCC - 29****SvasthavṛttaSaṅgraha****Level: 600–699****Credits: 4 | Hours: 60**

Course Objectives

1. To understand traditional Indian concepts of health and well-being.
2. To introduce preventive healthcare and lifestyle management.
3. To integrate Ayurvedic principles with Yogic living.

Learning Outcomes

After successful completion of this course, students will be able to:

1. Explain classical Ayurvedic health principles.
2. Apply preventive health practices in daily life.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY2-IV-02	SvasthavṛttaSaṅgraha	04	00	00	04

Course Content (Details of the Course)

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Unit I – Concept of Health (Svastha)

- Definition of health

Credits: 1

Unit II – Daily and Seasonal Regimen

- Dinacaryā and R̥tucaryā

Credits: 1

Unit III – Dietetics and Lifestyle

- Ahāra and Vihāra

Credits: 1

Unit IV – Preventive Healthcare

- Disease prevention methods

Credits: 1

Examination Scheme and Mode

Same as other theory courses

Prescribed / Essential Texts

1. *Swasthavritta Sutra Samgraha*, Dr. Sarvesh Kumar Agrawal, Chaukhambha Orientalia, Varanasi, 2018.
2. Selected portions from *AṣṭāṅgaHṛdaya*
3. *Yoga and Holistic Health* – Kaivalyadhama publications

MAY2-IV-03

DSCC - 30

Practical – IV: Yoga Āsana, Dhyāna&Prāṇāyāma

Level: 600–699

Credits: 4 | **Hours:** 60

Course Objectives

1. To integrate āsana, prāṇāyāma, and meditation practices.
2. To cultivate mental discipline and inner awareness.

Learning Outcomes

After successful completion of this course, students will be able to:

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1. Perform integrated Yogic practices correctly.
2. Demonstrate meditative awareness and breath control.

Course Code – Credit Framework

Course Code	Course Title	Lecture	Tutorial	Practical	Credits
MAY2-IV-03	Practical – IV: Yoga Āsana, Dhyāna&Prāṇāyāma	00	00	04	04

Course Content (Details of the Course)**Unit I – Advanced Āsana Practice**

- Alignment and sequencing

Unit II – Prāṇāyāma Techniques

- Nāḍī-śuddhi
- Breath regulation

Unit III – Dhyāna Practices

- Omkāra meditation
- Concentration techniques

Unit IV – Integrated Yogic Discipline

- Coordination of Āsana, Prāṇāyāma, and Dhyāna
- Meditative awareness

Examination Scheme and Mode

Same as previous practical courses.

12. Conclusion

The proposed M.A. in Yoga–Vedānta is academically rigorous, socially relevant, and fully aligned with UGC Regulations and NEP 2020. The programme integrates traditional Vedāntic wisdom, Yogic practice, Sanskrit textual study, and interdisciplinary research within a contemporary academic framework.

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PoornaprajnaSamshodhanaMandiram (PPSM), with its established scholarly expertise, research tradition, manuscript resources, and institutional infrastructure, is well-equipped for the successful implementation of this programme. The proposed curriculum shall contribute significantly to higher education in Indian Knowledge Systems, Yoga Studies, and Sanskrit learning while preparing students for academic, professional, and research-oriented careers.

Curriculum Designed and Compiled By**Approved / Forwarded By**

Dr. Vinaya Kumara

Director

Poornaprajna Samshodhana Mandiram,Poornaprajna Samshodhana Mandiram,

Snehal
07-07-2026