



॥ अंतरी पेटवू ज्ञानज्योत ॥

कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ, जळगाव.

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
School of Interdisciplinary Studies

Department of Yoga



NEP 2020 च्या आधारावर UGC मार्गदर्शक तत्वांनुसार योग शास्त्रामध्ये पदव्युत्तर पदवी प्राप्त करण्यासाठी सुवर्णसंधी

पूर्ण अभ्यासक्रम दररोज सकाळच्या
सत्रात तसेच शनिवारी, रविवारी व
सुट्टीच्या दिवशी

प्रवेश सुरु
2023-24

एम. ए. (योगशास्त्र)



अभ्यासक्रम कालावधी : २ वर्षे (४ सत्र)
माध्यम : मराठी / हिंदी / इंग्रजी
अभ्यासक्रम शुल्क : ८७६५/-
पात्रता : मान्यता प्राप्त विद्यापीठातून
कोणत्याही शाखेतील पदवी

रोजगाराच्या संधी

शाळा व कॉलेज मध्ये योगशिक्षक तथा प्राध्यापक म्हणून संधी
परदेशातही योग प्रशिक्षक म्हणून संधी
स्वतःचे योग वर्ग घेऊन समाजामध्ये अधिकृत योगशिक्षक म्हणून
योगाचा प्रचार-प्रसार करू शकतात
जिम, स्पा किंवा मोठ्या हॉस्पिटल किंवा हेल्थ सेंटर मध्ये योग
प्रशिक्षक म्हणून संधी
स्वतः बरोबरच कुटुंबाचेही शारीरिक व मानसिक स्वास्थ्य संपादन
करण्यासाठी उपयुक्त



त्वरा करा प्रवेश मर्यादित

योग मार्गदर्शन केंद्रांतर्गत सर्वांसाठी -

विविध योगायुर्वेद थेरेपि उदा. स्टीम बाथ, बॉडी मसाज, शिरोधारा,
नस्य, बस्ती, वमन चिकित्सा तसेच विविध योग वर्ग अत्यंत अल्प
दरात उपलब्ध.

योग मार्गदर्शन केंद्र

कवयित्री बहिणाबाई चौधरी
उत्तर महाराष्ट्र विद्यापीठ, जळगाव.

(०२५७) २२५७१८०

ygckbcnm@gmail.com

डॉ. लीना चौधरी

सहा. प्राध्यापक
(योगथेरेपि)

९४२२२२३१२२

इंजि. राजेश पाटील

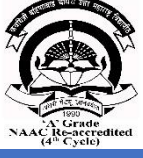
प्रमुख

योग मार्गदर्शन केंद्र

तथा

विद्यापीठ उप अभियंता

युवा पिढीसहीत गृहिणी, शिक्षक, प्राध्यापक, वकील, डॉक्टर्स, नोकरदार तसेच अन्य व्यावसायिक व्यक्ती सुद्धा
या अभ्यासक्रमास प्रवेश घेऊ शकतात.



अंतरी पेठवू ज्ञानज्योत

Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
School of Interdisciplinary Studies
Department of Yoga



According to UGC guidelines & on the basis of Multiple Entry Multiple Exit as per the NEP - 2020

Admissions Open: 2023-24

M.A.(Yogashastra)

All Theory, Practical
will be in the morning
session and mainly on
Saturdays, Sundays
and holidays

Hostel Fees – 3000/-
only per Year

Duration : 2 Years (4 Semester)
Medium : Marathi/Hindi/English
Admission Fees : 8765/-
Eligibility : Any Bachelor Degree
from Recognized
University



Opportunities –

To become a Yoga Teacher & Asst Professor
To conduct own Yoga Classes
To become a Yoga Instructor in Jim, Spa and
Health Centers
To become a Yoga Consultant
To become Yoga Advisor/ Consultant/ Yoga
Therapist in Foreign Countries
Useful for maintaining Physical & Mental
Health

Yoga Guidance Centre –

Yogayurved therapies like Body Massage, Steam
Bath, Vaman, Virechan, Nasya, Basti &
Shirodhara are available in reasonable rates

Department of Yoga
Kavayitri Bahinabai Chaudhari
North Maharashtra University,
Jalgaon
(0257) 2257180
ygckbcnm@gmail.com

Dr. Leena Chaudhary
Asst. Professor
(Yoga Therapy)
Mob. No. 9422223122

Er. Rajesh Patil
Head
Yoga Guidance Centre &
University Dy. Engineer
K. B. C.N. M. U., Jalgaon.

Along with the Young generation, Housewives, Teachers, Professors, Lawyers, Doctors, Employees and other Professional Persons can take admission in this course to maintain their health.



Kavayitri Bahinabai Chaudhari

North Maharashtra University, Jalgaon

Umavi Nagar, P. O. Box No, 80, Jalgaon-425001, Maharashtra State

Website: <https://www.nmu.ac.in/>

INFORMATION BROCHURE

A.Y. 2023-24

School of Interdisciplinary Studies

Department of Yoga



M.A. (Yogashastra)

With

Multiple Entry and Multiple Exit Options

Online Application Process @ <https://www.nmu.ac.in>



**Kavayitri Bahinabai Chaudhari
North Maharashtra University, Jalgaon**

**Information Brochure
for Admission to**

- ✓ M.A. (Yogashastra)
- ✓ CPY (Certificate Programme in Yoga)

2023-24

Contact No: 0257-2257180

Email: ygckbcnm@gmail.com

Online Application Process @

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Kavayitri Bahinabai Chaudhari North Maharashtra University (KBCNMU), Jalgaon

The Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon (Formerly known as North Maharashtra University, Jalgaon) established on 15th August, 1990 under the Maharashtra Universities Act, XXIX of 1989, started its academic and administrative functioning from the academic year 1991-92. Within the span of 3 years, the University is recognized under section 2 (f) in 1991 and 12 (B) in 1994 under the University Grants Commission (UGC) Act, 1956. The jurisdiction of the University is extended over three districts i.e. Jalgaon, Dhule and Nandurbar, a pre-dominantly tribal and rural area of Khandesh region. The University has opened its doors of higher education to mostly “first generation learners” of this area. Access, equity and academic excellence are the thrust areas of the University’s educational endeavour. Presently, Prof. V. L. Maheshwari is the Vice-Chancellor. The University was awarded with FOUR STAR grade in the year 2001, B grade with 2.88 CGPA in the year 2009 and A Grade with 3.11 CGPA in 3rd Cycle re-accreditation in year 2015 and again ‘A’ grade in 4th cycle re-accreditation in the year 2022 by National Assessment and Accreditation Council (NAAC), Bangalore. The main campus of the University is located about 8 km away from Jalgaon and 1.5 km away from the Asia Highway No. 46 and is spread over an area of 660 acres on a hilly terrain (above mean sea level 810 ft.), which is conducive to teaching, learning, research and extension of know-how. The campus has been beautified with a massive plantation drive of more than 2 lac trees which earned it the recognition of ‘Vanshree Award – 2000’ by Government of Maharashtra and ‘Indira Priyadarshini Vrikshmitra Award-2002’ by Ministry of Environment and Forest, Government of India, New Delhi. There are 220 affiliated colleges and 04 University recognized Research Institutes/Centres under the jurisdiction of the university. The University has successfully adopted the ‘School Concept’ with academic flexibility for the optimal use of infrastructure and resources. There are 13 Schools and 01 Institute imparting education in 11-UG, 62-PG and 37-Ph.D. Programmes. The University has implemented Cumulative Grade Point Average System from the academic year 2009-10 and Choice Based Credit System from the academic year 2014-15 to all the P.G. courses on the campus.

Mission of KBCNMU:

To impart relevant quality higher education to the students, to groom them to be conscious, researchers, technologists, professionals and citizens, bearing the torch for disseminating knowledge in masses for suitable socio-economic development of the society."

Department of Yoga:

Yoga Guidance Centre was established in the academic year 2017. Academic programs were started from the academic year of 2022. At present the Department of Yoga has more experienced faculties. Department has committed to work in conformance with the objectives of the university and by strengthening its teaching- learning processes. Faculties of the Department are continuously working to keep the students abreast of the current knowledge to

keep pace with recent trends of subject domain. The Department of Yoga inculcates in students the inquisitiveness in education, research and extension.

Program at a Glance of Department of Yoga	
Name of the program (Degree)	M. A. (Yogashastra)
Faculty	Interdisciplinary.
Duration of the Program	Two years (four semesters) & one Year
Medium of Instruction and Examination	English, Marathi, Hindi
Admission Process	Online Mode

List of Programmes offered in Department of Yoga.

Department of yoga The Department of yoga was established in academic year 2023 under the auspices of School of Interdisciplinary Studies, Kavayitri Bahinabai Chaudhari North Maharashtra University (NMU), Jalgaon (Maharashtra)

Program at a Glance

Name of the program (Degree) : M. A. (Yogashastra)
Faculty : Interdisciplinary
Duration of the Program : Two years (four semesters)
Medium of Instruction and Examination : Marathi, Hindi, English

Examination Pattern:

There would be continuous internal assessment (CIA) and an end of term examination (ETE) for each course. The pattern of the Examination is 60:40

Internal Examination:

Concern teacher in consultation with head of the department may conduct 2 tests of 20 marks for internal examination of all theory courses. The department will declare detailed time-table well in advance.

External Examination:

University will conduct external examinations at the end of each semester. Each course will have examination of 60 marks. The department will declare detailed time table for external examinations well in advance.

Standard of Passing:

To pass any course, the candidate has to secure at least 40% marks in the internal as well as in the external examinations. The student failed in internal or external or in both examinations shall have to appear for subsequent internal or external or both examinations

respectively for that course. The student having the backlog of any course(s) from first year of M.A. can be admitted to second year of M.A.

Award of class/Grade: As per the University's Award of class/Grade: on rules of CGPA system.

Declaration of results: The University Examination Section, K.B.C.N.M.U., Jalgaon.

Total Credits of the program: 88 (54 core credits including 14 credits of Project/Practical, 16 elective credits and 04 OJT/Int credits)

Note:

School/ Program	Eligibility Criteria
Department of Yoga	
M.A. (Yogashstra)	Eligibility Criteria-a) Applicant need to have a bachelor degree in any discipline with minimum 40% marks or equivalent grade from a recognize university
Total Intake	30
Duration	02 years (Four Semester)

Program Objectives for M.A. Program:

1. To understand history, human behaviour and social interactions, translating into many different career paths down the road.
2. To relate roles and impact of information policies, practices, and information itself on diverse populations, including under-served groups, in a rapidly changing technological and global information society
3. To evaluate Communication and networking for personal and professional growth, leadership, collaboration, policy development, and change management.
4. To develop Teaching, research, and service, including interdisciplinary activities that contribute to the advancement of the field.
5. To express the philosophy, principles, and legal and ethical responsibilities of the field.

Program Outcomes (PO) for M.A. Program:

After successful completion of the M.A. program, student will be able to:

PO No.	Program Outcomes	Cognitive Level
PO1	Student will be understood history, human behavior and social interactions, translating into many different career paths down the road.	2

PO2	Student will able to relate roles and impact of information policies, practices, and information itself on diverse populations, including under-served groups, in a rapidly changing technological and global information society	2
PO3	Student will able to evaluate Communication and networking for personal and professional growth, leadership, collaboration, policy development, and change management.	4
PO4	Student will be developed Teaching, research, and service, including interdisciplinary activities that contribute to the advancement of the field.	6
PO5	Student will able to express the philosophy, principles, and legal and ethical responsibilities of the field	2

Program Specific Objectives (PSOs): M.A. (Yogashastra)

- To introduce pure yoga texts, its principles and practices of yoga for prevention of various lifestyles.
- To prepare them for giving talks and offer techniques to promote healthy yogic life style.
- To create yoga professional of high calibre who know the concepts, techniques and can handle lifestyle disease under the guidance of a super specialist doctor to select safe specific practices for different diseases.
- To establish holistic health, social harmony and world peace by training them to be great citizens who can offer yogic way of life as examples of right living.
- To aware the students about research methodology in the field of Yogashastra

Program Specific Outcomes for M.A. (Yogashastra):

Program Specific Outcome (PSO) No.	Program Specific Outcome	Cognitive Level
PSO1	Students will understand the exact face of yoga and will not mislead the society by gaining correct knowledge about origin of yoga.	2
PSO2	Student would be able to know the journey of yoga and how it varied with time by gaining the knowledge about lineages of Yoga.	1
PSO3	The biographies of yogic would motivate the student to apply yoga in his / her own life and through this they would improve their quality of life.	3
PSO4	Students would be able to understand the ancient concept of the yoga and he would become able to compare it with modern time yoga	4

PSO5	Students would be able to know different thoughts on yoga and their importance in one's life.	1
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Examination Assessment and Evolutions:

The purpose of assessment and evolution in to the school departments are to promote and facilitate continues learning with excremental understanding there would be continuous internal assessment (CIA) and an end of term examination (ETE) for each course. The pattern of the Exam is 60:40

Internal Examination:

Concern teacher in consultation with head of the department may conduct 2 tests of 20 marks for internal examination of all theory courses. Head of the department will declare detailed time-table well in advance.

External Examination:

University will conduct external examinations at the end of each semester. Each course will have examination of 60 marks. Head of the department will declare detailed time table for external examinations well in advance.

Standard of Passing:

To pass any course, the candidate has to secure at least 40% marks in the internal as well as in the external examinations. The student failed in internal or external or in both examinations shall have to appear for subsequent internal or external or both examinations respectively for that course. The student having the backlog of any course(s) from first year of M.A. can be admitted to second year of M.A.

Award of class/Grade: As per the University's Award of class/Grade: on rules of CGPA system.

Declaration of results: The University Examination Section, K.B.C.N.M.U., Jalgaon.

Total Credits of the program: 88 (48 core credits including 4 credits of dissertation, 08 skill enhancement credits, 08 subject elective credits and 08 audit credits)

Sr. No.	Category of Reservation of the Students	% of Seats Reserved
1)	Scheduled Castes and Schedule Caste converts to Buddhism (SC)	13.0 %
2)	Schedule Tribes (ST)	7.0%
3)	Vimukta Jati (VJ)/De Notified Tribes (DT) (NT-A)	3.0%
4)	Nomadic Tribes 1 (NT-B)	2.5%
5)	Nomadic Tribes 2 (NT-C)	3.5%
6)	Nomadic Tribes 3 (NT-D)	2.0%
7)	Other Backward Classes (OBC)	19.0%

Fee Structure:

Sr.no	Department Program	I year Fee	II Year Fee	Total Fee
01	M.A. (Yogashastra)	8765/-	7265/-	16,030

Hostel Fees:

Hostel Name	Tentative Fees (Per Year)
Boys Hostel	3000/-
Girls Hostel	3000/-

List of Documents required for admission:

1. S.S.C. Marksheet
2. H.S.C. Marksheet
3. U.G. Marksheet
4. P.G. Marksheet (If applicable)
5. Leaving Certificate/Transfer Certificate
6. Online T.C. (If applicable)
7. Caste Certificate
8. Caste Validity Certificate
9. Non-creamy Layer certificate valid up to 31-03-2024 (If possible)
10. Migration Certificate (If applicable)
11. Gap certificate (If applicable)
12. Aadhar Card
13. Bank Passbook
14. Name Change Certificate (If applicable)
15. EWS Certificate for Current Financial year (F.Y. 2023-24) (If applicable)
16. Two Passport Size recent photo

Online Application Process:

For the detail instructions related with application process please visit the university website <http://nmu.ac.in>

Name of the program: CPY (Certificate Programme in Yoga)

Department of Yoga	
School/ Program	Eligibility Criteria
CPY (Certificate Programme in Yoga)	12 th Pass
Total Intake	30
Duration	6 months
Medium	English / Marathi
Admission	Online
Fees	5500/-

Financial Assistance Schemes

1. Chhatrapati Shivaji Maharaj Research Scholarship sponsored by Chhatrapati Shivaji Maharaj Memorial Rashtriya Samiti, New Delhi
2. Late Karmaveer Patil 'Earn and Learn Scheme'
3. 'Student Research Motivation Scheme'
4. Hon'ble Vice-Chancellor Medical Fund'
5. KBCNMU Students Adoption Scheme'
6. 'Students Group Insurance Scheme'
7. Scholarship Scheme

Hostel Facilities

Kavayitri Bahinabai Chaudhari North Maharashtra University provides good hostel facility for non-localized Male/Female students. Hostels are equipped with necessary facilities to make the stay of students comfortable.

Health Centre:

The health centre offers modern and sophisticated facilities for the health care of the students, employees, and their families at a minimal cost.

Yoga Guidance centre:

YGC offers different types of Yoga classes according to requirements of students and employees of the university. e. g. Yoga for wellness, Yoga for Health (Regular and advanced), Yoga Therapy, Pranayama class, YGC also provide facilities of Yoga Ayurveda unit which is basically work to keep sound body and mind of the client, The unique combination of Panchakarma of Ayurveda and Shatkarma from Yoga are practiced according to requirement of the client. e. g. Vaman, Virechan, Nasya, Basti, Shirodhara, along with full body massage and steam bath etc.

Knowledge Resource Centre: Library provides following services

- Access to online journals under UGC-INFLIBNET program
- Home Lending Services
- Reprography
- Reading room facilities availability
- Internet Searching
- Reference Services
- Inter Library Loan Services
- Current Awareness Services
- Online Public Access Catalogue

More Details Available on <https://www.nmu.ac.in/>

Contact Persons

Please contact only in case of any query after going through this information brochure carefully.

Sr. No.	Name of the person	Contact Details
1	Dr. Leena M. Chaudhary	Mob No. 9422223122 Email: drcleena@gmail.com

Er. Rajesh I. Patil
Head
Yoga Guidance Centre
&
University Dy. Engineer
K.B.C.N.M.U. Jalgaon
Mob No. 9423185081
Email: ripatil@nmu.ac.in