

॥ अंतरी पेटवू ज्ञानम्योते ॥



**KAVAYITRI BAHINABAI CHAUDHARI
NORTH MAHARASHTRA UNIVERSITY, JALGAON**

YOGA

AC-601 (B): Non-Credit Elective Audit Course

With effect from Academic year: 2020-21

Name of the Paper : YOGA

Paper Code : AC-601(B)

Class : **UG (T.Y.B.A., T.Y.B.Com, T.Y.B.Sc)**

Year : **2020-21**

Credit Structure : **Non Credit Elective Audit Course**

No of Lectures : 30 Teaching Hours

Total Marks : **100 (Activity Based)**

No of Hrs. per week: **2 Hours/week (Clock hours)**

YOGA PAPER SYLLABUS

SEMESTER: VI

Theory / Practical / Project Work : 100

No of Lectures: 30 Teaching Hours

Credit: No credits

Objectives:

To enable the students:

1. To provide the necessary knowledge of the theory and practice of yoga so that the students learn to practice.
2. To give them a basic understanding of Yoga and its nature, scope

Learning Outcomes:

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

1. The student can understand the knowledge about the theory and practice of Yoga and its nature,scope, etc
2. The student can understand the knowledge of human anatomy & physiology Of Cell structure.

Unit: I Introduction to Yoga:

- Definition, nature and scope of yoga.
- Elements of Yoga in Vedic and Upanashadic literature.
- Development of yoga through the ages.
- Schools of yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga, Hatha yoga, Raja yoga and Mantra Yoga.

Unit: II Basic Yoga Texts :

Principal Upanishads, Bhagavad Gita, Yoga Vasishtha
Patanjali Yoga Sutra and Hatha Yoga Texts
Introduction to Hatha Yoga Pradipika and Gheranda Samhitha
Chakra theory and kundalini yoga

Unit: III Therapeutic Yoga

Allied Sciences : Anatomy and Physiology, Diet and Nutrition, General
Psychology and Counseling
Yoga and Health
Therapeutic Yoga – Disease Wise and Evidence based
Applications of Yoga

Assignments / Practical work / Field Work: (Any One of the following)

A) **Assignments:** Students will prepare as Assignment on any one of the following.

1. Prepare your diet plan
2. Prepare your daily exercise chart

B) Practical work:

Practical Yoga: Asana, Pranayama, Dharana Dhyana, Bandha, Mudra, Shat Kriya

C) Field work:

1. Visit to hill station
2. Visit to yoga center

References:

Georg Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.

Hiriyana, M (1932/2000). Outlines of Indian Philosophy. Delhi, Motilal Banarasidas