



**Sant Gadge Baba Amravati University, Amravati**

**Faculty : Inter-Disciplinary Studies**

## **SYLLABUS**

**Three Year Six Semester Programme : Bachelor of Arts**

**With Major and Minor: Yogashastra (673)**

**Year- Second Semester-III & IV (NEP)**

**Academic Year : 2025-26**



# **Sant Gadge Baba Amravati University, Amravati**

## **Faculty of Inter-disciplinary Studies**

### **List of the Members of the Ad-hoc Committee in Yogashastra**

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**Sant Gadge Baba Amravati University, Amravati**  
**Faculty : Inter-Disciplinary Studies**  
**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major & Minor: Yogashastra (673) (NEP)**

**Programme Outcomes (POs) :-**

- **Holistic Understanding of Yogashastra** – Develop a comprehensive knowledge of Yogic philosophy, practices, and their applications in daily life.
- **Scientific Approach to Yoga** – Learn the scientific basis of yoga, including anatomy, physiology, and its impact on physical and mental health.
- **Skill Development** – Gain practical proficiency in Asanas, Pranayama, Meditation, and other yogic techniques.
- **Interdisciplinary Perspective** – Understand yoga in relation to psychology, philosophy, and modern healthcare systems.
- **Therapeutic Applications** – Learn the therapeutic benefits of yoga for lifestyle disorders, mental health, and overall well-being.
- **Ethical and Spiritual Growth** – Foster moral values, ethical behavior, and a spiritual outlook through Yogic teachings.
- **Research and Innovation** – Develop research skills to explore the historical, philosophical, and scientific dimensions of Yogashastra.
- **Professional Readiness** – Prepare for careers as Yoga instructors, therapists, researchers, or wellness coaches in various sectors.
- **Community Service and Social Impact** – Use yogic knowledge to contribute to society by promoting health and wellness.
- **Global Perspective** – Understand yoga's global relevance and its role in fostering international well-being and cultural harmony.

**Programme Specific Outcomes (PSOs):-**

- **Mastery of Yogic Philosophy & Scriptures** - Develop an in-depth understanding of ancient Yogic texts such as Patanjali Yoga Sutras, Bhagavad Gita, Hatha Yoga Pradipika, and Upanishads.
- **Practical Proficiency in Yogic Techniques** - Attain expertise in Asanas, Pranayama, Bandhas, Mudras, Kriyas, and Meditation techniques with correct alignment and benefits.
- **Scientific & Therapeutic Applications of Yoga** - Understand the impact of yoga on human anatomy, physiology, psychology, and modern health sciences. Learn Yoga Therapy for physical and mental disorders like stress, anxiety, diabetes, hypertension, and lifestyle diseases.
- **Interdisciplinary Approach** - Explore Yoga's connection with Ayurveda, Naturopathy, Psychology, and Neuroscience for holistic well-being.
- **Research & Innovation in Yoga Studies** - Develop research skills to analyze and contribute to the scientific and philosophical evolution of Yogashastra.
- **Professional Skill Development** - Train to become certified yoga instructors, therapists, researchers, or wellness coaches in the fitness, healthcare, and education sectors.
- **Ethical & Spiritual Development** - Cultivate ethical values, mindfulness, and self-discipline in personal and professional life through Yogic principles.
- **Community Engagement & Social Impact** - Apply yoga for social service, mental health awareness, and lifestyle transformation in different communities.
- **Global Perspective & Career Readiness** - Gain knowledge of global trends in Yoga, international yoga certification standards, and career opportunities in wellness tourism, research, and education.

**Employability Potential of the Programme:-**

After completion of this programme students would be able to provide service in many fields.

- **Career Opportunities in Yoga & Wellness**
  - Yoga Instructor/Trainer – Work in yoga studios, fitness centers, corporate wellness programs, and government yoga initiatives.
  - Yoga Therapist – Specialize in therapeutic yoga for chronic diseases, mental health issues, and rehabilitation.
  - Wellness Coach – Guide individuals in holistic health, stress management, and lifestyle modifications.
- **Career in Education & Research**
  - Yoga Teacher in Schools/Colleges – With proper certifications, teach yoga in educational institutions under NEP guidelines.
  - Researcher in Yogic Sciences – Contribute to scientific research on yoga's benefits in collaboration with universities, hospitals, and wellness centers.
  - Content Creator/Author – Write books, blogs, and articles on yoga philosophy, practice, and well-being.
- **Government & Corporate Sector Opportunities**
  - Government Yoga Programs – Employment in AYUSH Ministry, Yoga Certification Boards, and National Yoga Missions.
  - Corporate Wellness Consultant – Design workplace wellness programs for MNCs, hospitals, and startups.
  - Yoga & Mental Health Counselor – Work in rehabilitation centers, mental health programs, and stress management workshops.
- **Self-Employment & Entrepreneurship**
  - Start a Yoga Studio/Retreat Center – Open a yoga school, online yoga platform, or wellness retreat.
  - Online Yoga Instructor – Conduct virtual yoga classes, courses, and personal coaching.
  - Yoga Tourism & Retreat Organizer – Organize yoga retreats in India and abroad for wellness tourism.

- **International Career Scope**
  - Global Yoga Certification (YCB, RYT-200/500, etc.) – Certification allows work in the USA, Europe, Australia, and other international locations.
  - Teaching Yoga Abroad – Work in universities, resorts, and international wellness centers.

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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Major (Theory)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	III	673216	Patanjali Yoga Sutras – General Introduction	3	45	3 Hrs	Total : 100 Int. : 40 Ext. : 60
<b>Course Objectives :</b>		<ul style="list-style-type: none"> <li>To introduce the philosophical foundation of Patanjali Yoga Sutras.</li> <li>To analyze the structure and classification of the Yoga Sutras.</li> <li>To understand the role of the Eightfold Path (Ashtanga Yoga) in personal and spiritual development.</li> <li>To explore the psychological and therapeutic aspects of Yoga Sutras.</li> <li>To integrate the teachings of Patanjali Yoga Sutras into daily life and modern well-being.</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>Remember – Define key concepts and terminologies in Patanjali Yoga Sutras.</li> <li>Understand – Explain the philosophical and psychological aspects of Yoga.</li> <li>Apply – Implement Ashtanga Yoga in personal and professional life.</li> <li>Analyze – Differentiate between various approaches within the Yoga Sutras.</li> <li>Evaluate – Critically assess the relevance of Yoga Sutras in contemporary life.</li> <li>Create – Develop practical applications of Patanjali’s teachings for holistic well-being.</li> </ul>					
<b>Unit System</b>		<b>Contents</b>					<b>Learning Hours</b>
<b>Unit I</b>		<b>Introduction to Patanjali Yoga Sutras</b> <ul style="list-style-type: none"> <li>Life and Contributions of Maharishi Patanjali</li> <li>Structure and Organization of Yoga Sutras (Four Padas)</li> <li>Meaning of ‘Sutra’ and its Importance in Yogic Philosophy</li> <li>Relationship Between Samkhya and Yoga Philosophy</li> </ul>					<b>7 Hours</b>
<b>Unit II</b>		<b>Samadhi Pada</b> <ul style="list-style-type: none"> <li>Definition and Meaning of Yoga (योगश्चित्तवृत्ती निरोधः)</li> <li>Concept of Chitta and Chitta-Vrittis (Fluctuations of the Mind)</li> <li>Abhyasa (Practice) and Vairagya (Detachment) – Key to Yogic Discipline</li> <li>Different Types of Samadhi – Savikalpa and Nirvikalpa</li> </ul>					<b>7 Hours</b>
<b>Unit III</b>		<b>Sadhana Pada</b> <ul style="list-style-type: none"> <li>Kriya Yoga – Tapas, Svadhyaya, Ishvarapranidhana</li> <li>Concept of Kleshas (Afflictions) – Avidya, Asmita, Raga, Dvesha, Abhinivesha</li> <li>Ashtanga Yoga – The Eightfold Path</li> <li>Ethical Foundation of Yoga – Yama and Niyama</li> </ul>					<b>8 Hours</b>
<b>Unit IV</b>		<b>Vibhuti Pada</b> <ul style="list-style-type: none"> <li>Dharana (Concentration), Dhyana (Meditation), and Samadhi (Absorption)</li> <li>Concept of Samyama – The Path to Higher Awareness</li> <li>Siddhis (Supernatural Powers) and Their Role in Yogic Practice</li> <li>The Philosophical Significance of Spiritual Attainments</li> </ul>					<b>8 Hours</b>
<b>Unit V</b>		<b>Kaivalya Pada</b> <ul style="list-style-type: none"> <li>The Concept of Liberation (Kaivalya) in Yoga Sutras</li> <li>Role of Karma and its Impact on Liberation</li> <li>The Nature of Purusha and Prakriti in the Path of Enlightenment</li> <li>Practical Application of Kaivalya in Daily Life</li> </ul>					<b>8 Hours</b>
<b>Unit VI</b>		<b>Contemporary Relevance of Patanjali Yoga Sutras</b> <ul style="list-style-type: none"> <li>Yoga for Mental Health and Emotional Stability</li> <li>Application of Patanjali’s Teachings in Stress Management</li> <li>Scientific Perspectives on Patanjali Yoga Sutras</li> <li>Integration of Patanjali Yoga in Modern Wellness and Therapy</li> </ul>					<b>7 Hours</b>
<b>References:</b>		<b>Reference Books :</b> <ol style="list-style-type: none"> <li>Feuerstein, G. (2001). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press.</li> <li>Maharishi Patanjali. (2012). The Yoga Sutras of Patanjali (Swami Satchidananda, Trans.). Integral Yoga Publications.</li> <li>Saraswati, S. (2008). Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali. Bihar School of Yoga.</li> </ol>					

	<p>4. Vivekananda, S. (2011). Raja Yoga. Ramakrishna Mission.</p> <p>5. Iyengar, B.K.S. (1996). Light on the Yoga Sutras of Patanjali. HarperCollins.</p> <p><b>Textbooks :</b></p> <p>1. Swami Sivananda. (2000). The Science of Yoga. The Divine Life Society.</p> <p>2. Gharote, M.L. (2005). Applied Yoga. Kaivalyadhama Yoga Institute.</p> <p>3. Ranganathananda, S. (2006). Universal Message of the Bhagavad Gita. Advaita Ashrama.</p> <p>4. Aurobindo, S. (1997). The Synthesis of Yoga. Sri Aurobindo Ashram.</p> <p><b>Research Articles &amp; Digital Resources:</b></p> <p>1. International Journal of Yoga (IJOY) – <a href="https://www.ijoy.org.in/">https://www.ijoy.org.in/</a></p> <p>2. Yoga Alliance Research Library – <a href="https://www.yogaalliance.org/">https://www.yogaalliance.org/</a></p> <p>3. Bihar School of Yoga Digital Archives – <a href="https://www.biharyoga.net/">https://www.biharyoga.net/</a></p> <p>4. National Institute of Mental Health and Neurosciences (NIMHANS) – <a href="https://nimhans.ac.in/">https://nimhans.ac.in/</a></p> <p>5. Swami Krishnananda’s Online Library – <a href="https://www.swami-krishnananda.org/">https://www.swami-krishnananda.org/</a></p>
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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Major (Practical)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	III	673217	Practical of Patanjali Yoga Sutras – General Introduction	1	15	1 Hrs	Total : 50 Int. : 25 Ext. : 25
Course Objectives:		<ul style="list-style-type: none"><li>To provide practical exposure to the philosophical and psychological aspects of the Patanjali Yoga Sutras.</li><li>To enable students to apply the principles of the Yoga Sutras in daily life.</li><li>To develop meditative and mindfulness techniques based on Patanjali’s teachings.</li><li>To explore the practical application of Yamas, Niyamas, and other limbs of Ashtanga Yoga.</li><li>To enhance self-discipline, concentration, and emotional balance through Yogic practices.</li></ul>					
Course Outcomes:		<ul style="list-style-type: none"><li>Remember – Recall the key concepts and sutras from Patanjali’s Yoga philosophy.</li><li>Understand – Explain the practical significance of Yamas, Niyamas, and Dhyana.</li><li>Apply – Demonstrate asanas, pranayama, and meditation techniques in alignment with the Yoga Sutras.</li><li>Analyze – Differentiate between various meditative practices and their psychological impact.</li><li>Evaluate – Assess the effectiveness of Yogic techniques in personal and professional life.</li></ul>					
Sr. No.		Contents					Learning Hours
I		<b>Introduction to Practical Aspects of Patanjali Yoga Sutras</b> <ul style="list-style-type: none"><li>Overview of Patanjali Yoga Sutras and their importance.</li><li>Concept of Chitta (Mind) and its modifications (Chitta Vrittis).</li><li>Practical application of Abhyasa (practice) and Vairagya (detachment).</li><li>Daily life integration of Yoga Sutras principles.</li></ul>					2 Hours
II		<b>Practical Aspects of Yama and Niyama</b> <ul style="list-style-type: none"><li>Application of Yamas (ethical restraints) in daily life: Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha.</li><li>Niyamas (self-discipline) and their relevance: Shaucha, Santosha, Tapas, Swadhyaya, Ishvarapranidhana.</li><li>Journaling and reflection exercises on ethical living.</li><li>Discussion on real-life case studies of Yama and Niyama in action.</li></ul>					2 Hours
III		<b>Asana and Pranayama Based on Yoga Sutras</b> <ul style="list-style-type: none"><li>Role of asana in mental and physical stability (Sthira Sukham Asanam).</li><li>Practice of selected asanas for meditative stability.</li><li>Pranayama techniques for Chitta Vritti Nirodha (mental stillness).</li><li>Observing the impact of breath on mental clarity.</li></ul>					2 Hours
IV		<b>Meditation and Mindfulness in Patanjali Yoga Sutras</b> <ul style="list-style-type: none"><li>Dharana (concentration) techniques for mind control.</li><li>Dhyana (meditation) practice for inner stillness.</li><li>Role of Samadhi in spiritual development.</li><li>Guided meditation sessions based on Yoga Sutras.</li></ul>					3 Hours
V		<b>Practical Application of Kriya Yoga and Ishvarapranidhana</b> <ul style="list-style-type: none"><li>Practice of self-discipline through Tapas (austerity).</li><li>Self-study (Swadhyaya) and its impact on self-awareness.</li><li>Developing faith and surrender (Ishvarapranidhana) in daily practice.</li><li>Reflection exercises and self-improvement tracking.</li></ul>					3 Hours
VI		<b>Integrating Yoga Sutras into Daily Life</b> <ul style="list-style-type: none"><li>Developing a personalized Yogic routine.</li></ul>					

	<ul style="list-style-type: none"> <li>Maintaining a Yoga journal for self-reflection.</li> <li>Application of Yoga Sutras in professional and social life.</li> <li>Case studies and group discussions on real-life application.</li> </ul>	<b>3 Hours</b>
<b>References:</b>	<p>Reference Books</p> <ol style="list-style-type: none"> <li>Swami Satchidananda. (2012). The Yoga Sutras of Patanjali: Commentary on Raja Yoga. Integral Yoga Publications.</li> <li>Bryant, E. (2009). The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary. North Point Press.</li> <li>Saraswati, S. (2008). Four Chapters on Freedom: Commentary on Yoga Sutras of Patanjali. Bihar School of Yoga.</li> <li>Vivekananda, S. (1896). Raja Yoga. Ramakrishna-Vivekananda Center.</li> <li>Desikachar, T. K. V. (1999). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.</li> </ol> <p><b>Research Articles &amp; Digital Resources:</b></p> <ol style="list-style-type: none"> <li>International Journal of Yoga (IJOY) – <a href="https://www.ijoy.org.in/">https://www.ijoy.org.in/</a></li> <li>The Yoga Sutras Project – <a href="https://www.yogasutras.com/">https://www.yogasutras.com/</a></li> <li>Patanjali Yoga Sutras Online Course – <a href="https://www.svyasa.edu.in/">https://www.svyasa.edu.in/</a></li> <li>Harvard Medical School: Meditation and Yoga – <a href="https://www.health.harvard.edu/">https://www.health.harvard.edu/</a></li> <li>Yoga Alliance Research Database – <a href="https://www.yogaalliance.org/">https://www.yogaalliance.org/</a></li> </ol>	

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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major : Yogashastra (673) and Minor : Yogashastra (673) (NEP**  
**Minor (Theory)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	III	673218	Ashtanga Yoga	3	45	3 Hrs	Total : 100 Int. : 40 Ext. : 60
<b>Course Objectives:</b>		<ul style="list-style-type: none"> <li>To provide an in-depth understanding of Ashtanga Yoga as described in the Patanjali Yoga Sutras.</li> <li>To explore the philosophical, psychological, and practical aspects of the eight limbs of yoga.</li> <li>To analyze the role of Ashtanga Yoga in holistic well-being and spiritual development.</li> <li>To examine the relevance of Ashtanga Yoga in modern lifestyle and stress management.</li> <li>To integrate the principles of Ashtanga Yoga into daily life and teaching practices.</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>Remember – Define the eight limbs of Ashtanga Yoga and their significance.</li> <li>Understand – Explain the philosophical and practical aspects of each limb.</li> <li>Apply – Demonstrate techniques related to Yama, Niyama, Asana, Pranayama, and Meditation.</li> <li>Analyze – Differentiate between the different stages of Ashtanga Yoga and their interconnectedness.</li> <li>Evaluate – Assess the role of Ashtanga Yoga in self-discipline, health, and mental stability.</li> <li>Create – Develop a structured Ashtanga Yoga practice for personal and professional use.</li> </ul>					
<b>Unit System</b>		<b>Contents</b>					<b>Learning Hours</b>
<b>Unit I</b>		<b>Introduction to Ashtanga Yoga</b> <ul style="list-style-type: none"> <li>Definition and Origin of Ashtanga Yoga</li> <li>Relevance of Ashtanga Yoga in Patanjali Yoga Sutras</li> <li>The Eight Limbs (Ashta Angas) – An Overview</li> <li>Importance of Ashtanga Yoga in Self-Realization</li> </ul>					<b>7 Hours</b>
<b>Unit II</b>		<b>Yama and Niyama – The Ethical Foundations</b> <ul style="list-style-type: none"> <li>Definition and Importance of Yama (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha)</li> <li>Definition and Importance of Niyama (Shaucha, Santosha, Tapas, Swadhyaya, Ishwar Pranidhana)</li> <li>Practical Applications of Yama and Niyama in Daily Life</li> <li>Psychological and Spiritual Benefits of Yama and Niyama</li> </ul>					<b>7 Hours</b>
<b>Unit III</b>		<b>Asana and Pranayama – Physical and Energy Practices</b> <ul style="list-style-type: none"> <li>Definition and Role of Asana in Physical and Mental Health</li> <li>Important Asanas in Ashtanga Yoga and Their Benefits</li> <li>Concept of Prana and Different Types of Pranayama</li> <li>Physiological and Psychological Impact of Pranayama</li> </ul>					<b>8 Hours</b>
<b>Unit IV</b>		<b>Pratyahara and Dharana – Sense Withdrawal and Concentration</b> <ul style="list-style-type: none"> <li>Definition and Significance of Pratyahara (Withdrawal of Senses)</li> <li>Techniques for Practicing Pratyahara in Modern Life</li> <li>Definition and Importance of Dharana (Concentration)</li> <li>Role of Dharana in Enhancing Mental Clarity and Focus</li> </ul>					<b>8 Hours</b>
<b>Unit V</b>		<b>Dhyana and Samadhi – Meditation and Liberation</b> <ul style="list-style-type: none"> <li>Meaning and Stages of Dhyana (Meditation)</li> <li>Techniques and Benefits of Dhyana in Stress Management</li> </ul>					<b>8 Hours</b>

	<ul style="list-style-type: none"> <li>• Concept of Samadhi (Savikalpa and Nirvikalpa Samadhi)</li> <li>• The Ultimate Goal of Yoga – Self-Realization and Liberation</li> </ul>	
<b>Unit VI</b>	<b>Practical Application of Ashtanga Yoga in Modern Life</b> <ul style="list-style-type: none"> <li>• Role of Ashtanga Yoga in Stress Management and Emotional Well-being</li> <li>• Scientific Studies on the Benefits of Ashtanga Yoga</li> <li>• Adaptation of Ashtanga Yoga for Different Age Groups</li> <li>• Designing a Personalized Ashtanga Yoga Routine</li> </ul>	<b>7 Hours</b>
<b>References :</b>	<b>Reference Books :</b> <ol style="list-style-type: none"> <li>1. Swami Vivekananda. (2003). Raja Yoga. Advaita Ashrama.</li> <li>2. Bryant, E. (2009). The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary. North Point Press.</li> <li>3. Iyengar, B.K.S. (2002). Light on the Yoga Sutras of Patanjali. HarperCollins.</li> <li>4. Saraswati, S. (2013). Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali. Bihar School of Yoga.</li> <li>5. Taimni, I.K. (2001). The Science of Yoga. The Theosophical Publishing House.</li> </ol> <b>Textbooks :</b> <ol style="list-style-type: none"> <li>1. Patanjali. (2020). The Yoga Sutras of Patanjali (Swami Satchidananda, Trans.). Integral Yoga Publications.</li> <li>2. Swami Sivananda. (2010). The Practice of Yoga. Divine Life Society.</li> <li>3. Jois, S.K. (2010). Yoga Mala. North Point Press.</li> <li>4. Feuerstein, G. (2001). The Yoga Tradition: Its History, Literature, Philosophy and Practice. Shambhala Publications.</li> </ol> <b>Research Articles &amp; Digital Resources:</b> <ol style="list-style-type: none"> <li>1. International Journal of Yoga (IJOY) – <a href="https://www.ijoy.org.in/">https://www.ijoy.org.in/</a></li> <li>2. Kaivalyadhama Yoga Research Institute – <a href="https://kdham.com/">https://kdham.com/</a></li> <li>3. Bihar School of Yoga Digital Library – <a href="https://www.biharyoga.net/">https://www.biharyoga.net/</a></li> <li>4. The Yoga Journal – <a href="https://www.yogajournal.com/">https://www.yogajournal.com/</a></li> </ol>	

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**Three Years Six Semesters Programme : Bachelor of Arts**  
**with Major : Yogashastra (673) and Minor : Yogashastra (673) (NEP)**  
**Minor (Practical)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	III	673219	Practical of Ashtanga Yoga	1	15	1 Hrs	50 Internal : 25 External : 25
<b>Course Objectives :</b>		<ul style="list-style-type: none"> <li>• To provide practical training in the eight limbs of Ashtanga Yoga.</li> <li>• To develop physical, mental, and spiritual discipline through Ashtanga Yoga practices.</li> <li>• To apply Ashtanga Yoga techniques for holistic health and well-being.</li> <li>• To cultivate self-awareness, concentration, and mindfulness through Yogic practices.</li> <li>• To integrate Ashtanga Yoga into daily life for personal growth and stress management.</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>• Remember – Recall the basic principles and techniques of Ashtanga Yoga.</li> <li>• Understand – Explain the benefits and significance of each limb of Ashtanga Yoga.</li> <li>• Apply – Demonstrate Asanas, Pranayama, and Meditation practices effectively.</li> <li>• Analyze – Compare different techniques of Ashtanga Yoga and their impact on health.</li> <li>• Evaluate – Assess the effectiveness of Ashtanga Yoga practices in personal and professional life.</li> <li>• Create – Design a personalized daily routine incorporating Ashtanga Yoga.</li> </ul>					
<b>Sr. No.</b>		<b>Contents</b>					<b>Learning Hours</b>
<b>I</b>		<b>Introduction and Warm-up Exercises</b> <ul style="list-style-type: none"> <li>• Basic Sukshma Vyayama (Subtle Exercises) for body preparation.</li> <li>• Surya Namaskar (Sun Salutation) and its variations.</li> <li>• Understanding alignment and posture correction.</li> <li>• Importance of breath control in Ashtanga Yoga practice.</li> </ul>					<b>2 Hours</b>
<b>II</b>		<b>Practical Training in Asana (Physical Postures)</b> <ul style="list-style-type: none"> <li>• Practice of basic and advanced Asanas in the Ashtanga series.</li> <li>• Focus on standing, sitting, supine, prone, and inverted postures.</li> <li>• Balancing and flexibility-enhancing Asanas.</li> <li>• Correct use of props and modifications in Asana practice.</li> </ul>					<b>2 Hours</b>
<b>III</b>		<b>Practical Training in Pranayama (Breathing Techniques)</b> <ul style="list-style-type: none"> <li>• Practice of Anulom-Vilom, Bhastrika, Bhramari, Ujjayi.</li> <li>• Benefits of breath retention (Kumbhaka) in Pranayama.</li> <li>• Role of Pranayama in emotional and mental well-being.</li> <li>• Techniques to enhance lung capacity and energy flow.</li> </ul>					<b>2 Hours</b>



<b>IV</b>	<b>Practical Training in Pratyahara and Dharana</b> <ul style="list-style-type: none"> <li>• Methods of withdrawal of senses (Pratyahara) for inner focus.</li> <li>• Trataka (Candle Gazing) and Breath Awareness for Dharana.</li> <li>• Developing concentration and mindfulness through practical exercises.</li> <li>• Understanding the importance of silence (Mauna) in Yoga practice.</li> </ul>	<b>3 Hours</b>
<b>V</b>	<b>Practical Training in Dhyana (Meditation) and Relaxation</b> <ul style="list-style-type: none"> <li>• Practice of guided and self-meditation techniques.</li> <li>• Introduction to Yoga Nidra for deep relaxation.</li> <li>• Developing self-discipline and inner peace through regular meditation.</li> <li>• Application of meditative techniques for stress relief.</li> </ul>	<b>3 Hours</b>
<b>VI</b>	<b>Integration and Practical Application of Ashtanga Yoga</b> <ul style="list-style-type: none"> <li>• Designing a personalized daily practice routine.</li> <li>• Practical assessment of progress in flexibility, strength, and concentration.</li> <li>• Integration of Ashtanga Yoga in modern lifestyle.</li> <li>• Case studies on Ashtanga Yoga’s impact on health and well-being.</li> </ul>	<b>3 Hours</b>
<b>References :</b>	<b>Reference Books :</b> <ol style="list-style-type: none"> <li>1. Jois, K. Pattabhi (2002). Yoga Mala. North Point Press.</li> <li>2. Iyengar, B. K. S. (2005). Light on Yoga. HarperCollins.</li> <li>3. Swami Satyananda Saraswati (2009). Asana Pranayama Mudra Bandha. Yoga Publications Trust.</li> <li>4. Swami Sivananda (2000). The Science of Pranayama. Divine Life Society.</li> <li>5. Swami Vivekananda (2012). Raja Yoga. Ramakrishna Mission.</li> </ol> <b>Research Articles &amp; Digital Resources:</b> <ol style="list-style-type: none"> <li>1. International Journal of Yoga (IJOY) – <a href="https://www.ijoy.org.in/">https://www.ijoy.org.in/</a></li> <li>2. Yoga Journal – <a href="https://www.yogajournal.com/">https://www.yogajournal.com/</a></li> <li>3. Online Yoga Sutra Study – <a href="https://www.svyasa.edu.in/">https://www.svyasa.edu.in/</a></li> <li>4. Bhagavad Gita &amp; Yoga Research – <a href="https://www.bhagavad-gita.org/">https://www.bhagavad-gita.org/</a></li> </ol>	

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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Major (Theory)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673222	Hatha Yoga and Its Principles	3	45	3 Hrs	100 Internal : 40 External : 60
<b>Course Objectives:</b>		<ul style="list-style-type: none"> <li>• To understand the philosophical and historical foundations of Hatha Yoga.</li> <li>• To explore the principles and practices outlined in classical Hatha Yoga texts.</li> <li>• To examine the role of Hatha Yoga in physical, mental, and spiritual well-being.</li> <li>• To analyze the physiological and psychological effects of Hatha Yoga.</li> <li>• To integrate Hatha Yoga principles into daily life and holistic health practices..</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>• Remember – Define the core principles and concepts of Hatha Yoga.</li> <li>• Understand – Explain the significance of various Hatha Yoga practices.</li> <li>• Apply – Demonstrate the application of Hatha Yoga techniques in daily life.</li> <li>• Analyze – Differentiate between Hatha Yoga and other yoga traditions.</li> <li>• Evaluate – Assess the effectiveness of Hatha Yoga practices for physical and mental well-being.</li> <li>• Create – Develop a personalized Hatha Yoga routine for self-improvement and teaching.</li> </ul>					
<b>Unit System</b>		<b>Contents</b>					<b>Learning Hours</b>
<b>Unit I</b>		<b>Introduction to Hatha Yoga</b> <ul style="list-style-type: none"> <li>• Definition and Meaning of Hatha Yoga</li> <li>• Historical Development of Hatha Yoga</li> <li>• Major Texts of Hatha Yoga (Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita)</li> <li>• Importance of Hatha Yoga in Spiritual and Physical Development</li> </ul>					<b>7 Hours</b>
<b>Unit II</b>		<b>Foundations and Principles of Hatha Yoga</b> <ul style="list-style-type: none"> <li>• Concept of Ha (Sun) and Tha (Moon) in Hatha Yoga</li> <li>• Role of Discipline (Yama and Niyama) in Hatha Yoga</li> <li>• Importance of Balance between Prana (Vital Energy) and Mind</li> <li>• Guru-Disciple Tradition in Hatha Yoga</li> </ul>					<b>7 Hours</b>
<b>Unit III</b>		<b>Shatkarma – Yogic Cleansing Techniques</b> <ul style="list-style-type: none"> <li>• Importance of Shatkarma for Detoxification</li> </ul>					



	<ul style="list-style-type: none"> <li>Six Cleansing Techniques – Neti, Dhauti, Nauli, Basti, Kapalabhati, Trataka</li> <li>Physiological and Psychological Benefits of Shatkarma</li> <li>Precautions and Contraindications of Shatkarma</li> </ul>	<b>8 Hours</b>
<b>Unit IV</b>	<b>Asana and Its Significance in Hatha Yoga</b> <ul style="list-style-type: none"> <li>Definition and Classification of Asanas</li> <li>Role of Asana in Balancing the Body and Mind</li> <li>Important Hatha Yoga Asanas and Their Benefits</li> <li>Therapeutic Aspects of Asanas</li> </ul>	<b>8 Hours</b>
<b>Unit V</b>	<b>Pranayama, Bandhas, and Mudras</b> <ul style="list-style-type: none"> <li>Concept and Importance of Pranayama in Hatha Yoga</li> <li>Types of Pranayama and Their Benefits</li> <li>Role of Bandhas in Energy Regulation</li> <li>Mudras and Their Psychological Effects</li> </ul>	<b>8 Hours</b>
<b>Unit VI</b>	<b>Meditation and Higher Practices of Hatha Yoga</b> <ul style="list-style-type: none"> <li>Meditation in Hatha Yoga – Techniques and Benefits</li> <li>Relationship Between Hatha Yoga and Raja Yoga</li> <li>Awakening of Kundalini Through Hatha Yoga</li> <li>Hatha Yoga and Its Modern Relevance in Health and Wellness</li> </ul>	<b>7 Hours</b>
<b>References :</b>	<b>Reference Books :</b> <ol style="list-style-type: none"> <li>Swami Muktibodhananda. (1998). Hatha Yoga Pradipika: Commentary. Bihar School of Yoga.</li> <li>Swami Sivananda. (2002). The Science of Pranayama. The Divine Life Society.</li> <li>Swami Satyananda Saraswati. (2013). Asana, Pranayama, Mudra, Bandha. Yoga Publications Trust.</li> <li>Gharote, M.L. (2006). Applied Yoga. Kaivalyadhama Yoga Institute.</li> <li>Saraswati, S. (2009). Gheranda Samhita: Commentary. Bihar School of Yoga.</li> </ol> <b>Textbooks :</b> <ol style="list-style-type: none"> <li>Iyengar, B.K.S. (2001). Light on Yoga. HarperCollins.</li> <li>Swami Vishnudevananda. (2011). The Complete Illustrated Book of Yoga. Harmony Books.</li> <li>Mallinson, J., &amp; Singleton, M. (2017). Roots of Yoga. Penguin Classics.</li> <li>Joshi, K.S. (2009). Yoga and Body Science. New Age Books.</li> </ol> <b>Research Articles &amp; Digital Resources:</b> <ol style="list-style-type: none"> <li>International Journal of Yoga (IJOY) – <a href="https://www.ijoy.org.in/">https://www.ijoy.org.in/</a></li> <li>Bihar School of Yoga Digital Archives – <a href="https://www.biharyoga.net/">https://www.biharyoga.net/</a></li> <li>Kaivalyadhama Research Institute – <a href="https://kdham.com/">https://kdham.com/</a></li> <li>Swami Krishnananda's Online Library – <a href="https://www.swami-krishnananda.org/">https://www.swami-krishnananda.org/</a></li> </ol>	

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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Major (Practical)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673223	Practical of Hatha Yoga and Its Principles	1	15	1 Hrs	50 Internal : 25 External : 25
<b>Course Objectives:</b>		<ul style="list-style-type: none"> <li>To develop practical skills in performing Shatkarma (Yogic Cleansing Techniques) for internal purification.</li> <li>To practice and perfect the Asanas, Pranayama, Mudras, and Bandhas from the Hatha Yoga tradition.</li> <li>To understand the physiological and psychological effects of Hatha Yoga practices.</li> <li>To apply Hatha Yoga techniques for improving health, relaxation, and overall well-being.</li> <li>To cultivate discipline and awareness through daily yogic practices.</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>Remember – Identify and recall different Hatha Yoga techniques (Shatkarma, Asanas, Pranayama, Mudras, Bandhas).</li> <li>Understand – Explain the significance and benefits of each practical technique in relation to health and wellness.</li> <li>Apply – Perform Shatkarma, Asanas, Pranayama, Mudras, and Bandhas with proper technique and breathing coordination.</li> <li>Analyze – Differentiate between various Hatha Yoga practices and their specific effects on the body and mind.</li> <li>Evaluate – Assess the impact of daily practice on personal physical, mental, and emotional well-being.</li> <li>Create – Develop a customized Hatha Yoga practice routine for individual or group sessions.</li> </ul>					
<b>Sr. No.</b>		<b>Contents</b>					<b>Learning Hours</b>
<b>I</b>		<b>Shatkarma – Yogic Cleansing Techniques</b> <ul style="list-style-type: none"> <li>Jala Neti – Nasal cleansing with water.</li> <li>Sutra Neti – Nasal cleansing using a thread.</li> <li>Trataka – Concentration technique for eye purification.</li> <li>Kapalabhati – Skull-shining breath for detoxification.</li> </ul>					<b>2 Hours</b>

II	<b>Hatha Yoga Asanas – Postures for Strength and Flexibility</b> <ul style="list-style-type: none"> <li>• Meditative Asanas: Padmasana, Siddhasana, Sukhasana.</li> <li>• Cultural Asanas: Bhujangasana, Paschimottanasana, Dhanurasana, Matsyasana.</li> <li>• Balancing Asanas: Vrikshasana, Garudasana, Natarajasana.</li> <li>• Inverted Asanas: Sarvangasana, Sirsasana, Viparita Karani.</li> </ul>	2 Hours
III	<b>Pranayama – Breath Control Practices</b> <ul style="list-style-type: none"> <li>• Basic Pranayama: Nadi Shodhana, Ujjayi, Bhramari.</li> <li>• Cooling Pranayama: Sheetali, Sheetkari.</li> <li>• Vitalizing Pranayama: Bhastrika</li> </ul>	2 Hours
IV	<b>Mudras – Gestures for Energy Flow</b> <ul style="list-style-type: none"> <li>• Jnana Mudra – Gesture of wisdom.</li> <li>• Chin Mudra – Gesture of consciousness.</li> <li>• Yoni Mudra – Gesture of the womb for concentration.</li> <li>• Khechari Mudra – Tongue lock for internalization of energy.</li> </ul>	3 Hours
V	<b>Bandhas – Energy Locks for Inner Balance</b> <ul style="list-style-type: none"> <li>• Mula Bandha – Root lock.</li> <li>• Uddiyana Bandha – Abdominal lock.</li> <li>• Jalandhara Bandha – Throat lock.</li> </ul>	3 Hours
VI	<b>Integration and Teaching Practice</b> <ul style="list-style-type: none"> <li>• Designing a personal Hatha Yoga routine based on individual needs.</li> <li>• Observing and correcting postures in group practice.</li> <li>• Guided meditation and relaxation techniques after Hatha Yoga sessions.</li> <li>• Assessing physical and mental changes after continuous Hatha Yoga practice.</li> </ul>	3 Hours
References:	<b>Reference Books:</b> <ol style="list-style-type: none"> <li>1. Swami Svatmarama. (2002). Hatha Yoga Pradipika (Translation by Swami Muktibodhananda). Bihar School of Yoga.</li> <li>2. Saraswati, S. (2008). Asana, Pranayama, Mudra, Bandha. Bihar School of Yoga.</li> <li>3. Iyengar, B.K.S. (2005). Light on Yoga. HarperCollins.</li> <li>4. Swami Satyananda Saraswati. (1996). A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya. Bihar School of Yoga.</li> <li>5. Gheranda. (2017). Gheranda Samhita (Translated by James Mallinson). YogaVidya.</li> </ol> <b>Textbooks:</b> <ol style="list-style-type: none"> <li>1. Swami Niranjanananda Saraswati. (2012). Hatha Yoga: Theory and Practice. Yoga Publications Trust.</li> <li>2. Vishnudevananda, S. (2011). The Complete Illustrated Book of Yoga. Three Rivers Press.</li> <li>3. Desikachar, T.K.V. (1999). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.</li> <li>4. Swami Rama. (1999). Path of Fire and Light: Advanced Practices of Yoga. Himalayan Institute Press.</li> </ol> <b>Research Articles &amp; Digital Resources</b> <ol style="list-style-type: none"> <li>1. International Journal of Yoga (IJOY) – <a href="https://www.ijoy.org.in/">https://www.ijoy.org.in/</a></li> <li>2. Yoga Journal – <a href="https://www.yogajournal.com/">https://www.yogajournal.com/</a></li> <li>3. Hatha Yoga Pradipika Online Study – <a href="https://www.svyasa.edu.in/">https://www.svyasa.edu.in/</a></li> <li>4. Digital Library on Traditional Yoga Texts – <a href="https://www.yogaindailylife.org/">https://www.yogaindailylife.org/</a></li> </ol>	

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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Minor (Theory)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673224	Applied Yoga	3	45	3 Hrs	100 Internal : 40 External : 60
<b>Course Objectives:</b>		<ul style="list-style-type: none"> <li>• Understand the fundamental concepts and principles of applied yoga.</li> <li>• Explain the scientific basis of yoga and its applications in daily life.</li> <li>• Use yogic techniques for physical, mental, and emotional well-being.</li> <li>• Examine the effects of yoga on different physiological and psychological conditions.</li> <li>• Assess the benefits of yoga in therapeutic and preventive healthcare.</li> <li>• Develop personalized yoga routines for health and wellness.</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>• Define and describe the foundational principles of applied yoga.</li> <li>• Explain the role of yoga in disease prevention and management.</li> <li>• Apply yogic techniques to enhance personal and community well-being.</li> <li>• Analyze case studies on the therapeutic effects of yoga.</li> <li>• Evaluate the effectiveness of different yogic practices in various health conditions.</li> <li>• Design customized yoga programs based on individual and societal needs.</li> </ul>					

Unit System	Contents	Learning Hours
Unit I	<b>Foundations of Applied Yoga</b> <ul style="list-style-type: none"> <li>Meaning, scope, and importance of applied yoga.</li> <li>Historical and philosophical background of yoga applications.</li> <li>Scientific perspectives on yoga and its health benefits.</li> <li>The role of yoga in modern healthcare and lifestyle management.</li> </ul>	7 Hours
Unit II	<b>Yogic Techniques for Physical Health</b> <ul style="list-style-type: none"> <li>Asanas for flexibility, strength, and endurance.</li> <li>Pranayama techniques for respiratory health.</li> <li>Yoga and its impact on the cardiovascular and musculoskeletal systems.</li> <li>Role of kriyas and bandhas in detoxification and internal cleansing.</li> </ul>	7 Hours
Unit III	<b>Yoga for Mental and Emotional Well-being</b> <ul style="list-style-type: none"> <li>Meditation techniques for stress reduction and emotional balance.</li> <li>Yoga Nidra and its impact on relaxation and sleep.</li> <li>Psychological benefits of mindfulness and awareness practices.</li> <li>Yoga as a tool for managing anxiety, depression, and mood disorders.</li> </ul>	8 Hours
Unit IV	<b>Therapeutic Yoga Applications</b> <ul style="list-style-type: none"> <li>Yoga for lifestyle disorders: obesity, diabetes, and hypertension.</li> <li>Yogic interventions for respiratory disorders and digestive health.</li> <li>Role of yoga in pain management and rehabilitation.</li> <li>Creating personalized yoga therapy plans based on individual needs.</li> </ul>	8 Hours
Unit V	<b>Applied Yoga in Professional Fields</b> <ul style="list-style-type: none"> <li>Yoga for sports and athletic performance enhancement.</li> <li>Corporate yoga: stress management and workplace productivity.</li> <li>Yoga for special populations: children, elderly, and differently-abled individuals.</li> <li>Integration of yoga with physiotherapy, psychotherapy, and modern medicine.</li> </ul>	8 Hours
Unit VI	<b>Research and Future Perspectives in Applied Yoga</b> <ul style="list-style-type: none"> <li>Recent research trends in applied yoga.</li> <li>Evidence-based yoga therapy and case studies.</li> <li>Role of digital technology and online platforms in yoga education.</li> <li>Future scope and career opportunities in applied yoga.</li> </ul>	7 Hours
References :	<b>Reference Books :</b> <ol style="list-style-type: none"> <li>Desikachar, T. K. V. (1995). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.</li> <li>Iyengar, B. K. S. (2005). Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom. Rodale.</li> <li>Saraswati, S. S. (2008). Asana Pranayama Mudra Bandha. Yoga Publications Trust.</li> <li>Kaminoff, L., &amp; Matthews, A. (2012). Yoga Anatomy (2nd ed.). Human Kinetics.</li> <li>Swami Rama, B. (2007). The Path of Fire and Light: Advanced Practices of Yoga. Himalayan Institute Press.</li> </ol> <b>Textbooks :</b> <ol style="list-style-type: none"> <li>Gharote, M. L. (2004). Applied Yoga. Kaivalyadhama.</li> <li>Mohan, A. G. (2010). Yoga for Body, Breath, and Mind: A Guide to Personal Reintegration. Shambhala Publications.</li> <li>Krishnamacharya, T. (2016). The Yoga of the Yogi. North Point Press.</li> </ol> <b>Research Articles :</b> <ol style="list-style-type: none"> <li>Cramer, H., et al. (2016). The Effects of Yoga on Physical and Mental Health: A Meta-Analysis. Journal of Alternative and Complementary Medicine, 22(5), 365-374.</li> <li>Telles, S., &amp; Singh, N. (2013). Yoga and the Human Body: A Scientific Perspective. International Journal of Yoga, 6(2), 74-78.</li> </ol> <b>Digital Resources :</b> <ol style="list-style-type: none"> <li>Web Links: Yoga Journal: <a href="https://www.yogajournal.com">https://www.yogajournal.com</a> Harvard Medical School - Yoga &amp; Health: <a href="https://www.health.harvard.edu/topics/yoga">https://www.health.harvard.edu/topics/yoga</a> International Journal of Yoga: <a href="https://www.ijoy.org.in">https://www.ijoy.org.in</a></li> <li>Online Courses: Coursera : Applied Yoga and Well-being Udemy: Therapeutic Applications of Yoga</li> </ol>	

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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Minor (Practical)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673225	Practical of Applied Yoga	1	15	1 Hrs	50 Internal : 25 External : 25

<b>Course Objectives:</b>	<ul style="list-style-type: none"> <li>To introduce fundamental yogic techniques for practical application.</li> <li>To explain the principles behind various yogic practices.</li> <li>To implement yogic techniques in personal practice and teaching.</li> <li>To assess the impact of yogic practices on physical and mental health.</li> <li>To critically evaluate the effectiveness of different yogic interventions.</li> <li>To develop customized yoga modules for different needs.</li> </ul>	
<b>Course Outcomes:</b>	<ul style="list-style-type: none"> <li>Recall and demonstrate various yogic techniques.</li> <li>Explain the physiological and psychological effects of yoga practices.</li> <li>Apply yogic methods in daily life for health and wellness.</li> <li>Analyze the therapeutic applications of yoga through practical experience.</li> <li>Assess the benefits of yoga techniques for different individuals and conditions.</li> <li>Design and conduct yoga sessions tailored to specific needs.</li> </ul>	
<b>Sr. No.</b>	<b>Contents</b>	<b>Learning Hours</b>
<b>I</b>	<b>Preparatory Practices and Sukshma Vyayama</b> <ul style="list-style-type: none"> <li>Joint movements for flexibility and mobility.</li> <li>Basic warm-up exercises.</li> <li>Standing and seated preparatory postures.</li> <li>Relaxation techniques before yoga practice.</li> </ul>	<b>2 Hours</b>
<b>II</b>	<b>Asanas for Health and Well-being</b> <ul style="list-style-type: none"> <li>Standing postures: Tadasana, Trikonasana, Virabhadrasana.</li> <li>Seated postures: Padmasana, Vajrasana, Paschimottanasana.</li> <li>Supine postures: Bhujangasana, Setu Bandhasana, Shavasana.</li> <li>Prone postures: Dhanurasana, Naukasana, Salabhasana.</li> </ul>	<b>2 Hours</b>
<b>III</b>	<b>Pranayama and Breath Control</b> <ul style="list-style-type: none"> <li>Nadi Shodhana (alternate nostril breathing).</li> <li>Bhastrika, Ujjayi</li> <li>Bhramari, Sheetali, and Sheetkari.</li> <li>Observing breath awareness and control.</li> </ul>	<b>2 Hours</b>
<b>IV</b>	<b>Meditation and Mindfulness Techniques</b> <ul style="list-style-type: none"> <li>Breath awareness and mindful breathing.</li> <li>Om chanting and Japa meditation.</li> <li>Dhyana techniques (Focused and Open Awareness).</li> <li>Yoga Nidra for relaxation and mental clarity.</li> </ul>	<b>3 Hours</b>
<b>V</b>	<b>Yoga for Special Conditions</b> <ul style="list-style-type: none"> <li>Therapeutic yoga for back pain, arthritis, and diabetes.</li> <li>Yoga for stress, anxiety, and depression.</li> <li>Pre-natal and post-natal yoga practices.</li> <li>Designing a yoga sequence for individual needs.</li> </ul>	<b>3 Hours</b>
<b>VI</b>	<b>Teaching Methodology and Assessment</b> <ul style="list-style-type: none"> <li>Techniques of yoga instruction and corrections.</li> <li>Practical application of yogic ethics and discipline.</li> <li>Conducting and evaluating a yoga session.</li> <li>Self-practice and feedback for improvement.</li> </ul>	<b>3 Hours</b>
<b>References:</b>	<b>Reference Books :</b> <ol style="list-style-type: none"> <li>Iyengar, B. K. S. (2005). Light on Yoga: The Classic Guide to Yoga Practice. Schocken Books.</li> <li>Saraswati, S. S. (2008). Asana, Pranayama, Mudra, Bandha. Yoga Publications Trust.</li> <li>Telles, S., &amp; Naveen, K. V. (2013). Yoga for Health and Disease Management. Swami Vivekananda Yoga Publications.</li> <li>Swami Rama. (2007). The Path of Fire and Light: Advanced Practices of Yoga. Himalayan Institute Press.</li> <li>Gharote, M. L. (2004). Applied Yoga. Kaivalyadhama.</li> </ol> <b>Textbooks:</b> <ol style="list-style-type: none"> <li>Mohan, A. G. (2010). Yoga for Body, Breath, and Mind: A Guide to Personal Reintegration. Shambhala Publications.</li> <li>Kaminoff, L., &amp; Matthews, A. (2012). Yoga Anatomy (2nd ed.). Human Kinetics.</li> <li>Krishnamacharya, T. (2016). The Yoga of the Yogi. North Point Press.</li> </ol> <b>Research Articles:</b> <ol style="list-style-type: none"> <li>Cramer, H., et al. (2016). The Effects of Yoga on Physical and Mental Health: A Meta-Analysis. Journal of Alternative and Complementary Medicine, 22(5), 365-374.</li> <li>Telles, S., &amp; Singh, N. (2013). Yoga and the Human Body: A Scientific Perspective. International Journal of Yoga, 6(2), 74-78.</li> </ol> <b>Digital Resources:</b> <ol style="list-style-type: none"> <li>Web Links: Yoga Journal: <a href="https://www.yogajournal.com">https://www.yogajournal.com</a> Harvard Medical School - Yoga &amp; Health: <a href="https://www.health.harvard.edu/topics/yoga">https://www.health.harvard.edu/topics/yoga</a> International Journal of Yoga: <a href="https://www.ijoy.org.in">https://www.ijoy.org.in</a></li> <li>Online Courses: Coursera: Practical Yoga and Therapy</li> </ol>	

	Udemy: Advanced Pranayama and Meditation
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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Minor Elective (Theory)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673226	Bhagavad Gita and Paths of Yoga	3	45	3 Hrs	100 Internal : 40 External : 60
<b>Course Objectives:</b>		<ul style="list-style-type: none"> <li>To provide an in-depth understanding of the Bhagavad Gita's philosophical teachings on Yoga.</li> <li>To analyze the different paths of Yoga mentioned in the Bhagavad Gita.</li> <li>To explore the relevance of Gita’s teachings in modern life and personal transformation.</li> <li>To develop critical thinking about the integration of Jnana Yoga, Bhakti Yoga, Karma Yoga, and Dhyana Yoga.</li> <li>To enhance spiritual and ethical understanding through the study of the Bhagavad Gita.</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>Remember – Recall the key teachings of Bhagavad Gita related to Yoga.</li> <li>Understand – Explain the significance of different paths of Yoga as described in the Bhagavad Gita.</li> <li>Apply – Demonstrate the practical application of Gita’s teachings in daily life.</li> <li>Analyze – Differentiate between various Yoga paths and their philosophical foundations.</li> <li>Evaluate – Assess the impact of Bhagavad Gita’s teachings on modern-day ethical and spiritual challenges.</li> <li>Create – Develop a personal practice integrating the principles of Gita-based Yoga philosophy.</li> </ul>					
<b>Unit System</b>		<b>Contents</b>					<b>Learning Hours</b>
<b>Unit I</b>		<b>Introduction to the Bhagavad Gita and Yoga</b> <ul style="list-style-type: none"> <li>Historical Background and Significance of the Bhagavad Gita</li> <li>Concept of Dharma and Its Relevance to Yoga</li> <li>Overview of Different Paths of Yoga in the Gita</li> <li>Role of Krishna’s Teachings in the Development of Yoga</li> </ul>					<b>7 Hours</b>
<b>Unit II</b>		<b>Karma Yoga – The Path of Selfless Action</b> <ul style="list-style-type: none"> <li>Concept of Nishkama Karma (Selfless Action)</li> <li>Importance of Duty (Swadharma) in Spiritual Growth</li> <li>Difference Between Sakama Karma and Nishkama Karma</li> <li>Application of Karma Yoga in Professional and Personal Life</li> </ul>					<b>7 Hours</b>
<b>Unit III</b>		<b>Bhakti Yoga – The Path of Devotion</b> <ul style="list-style-type: none"> <li>Definition and Importance of Bhakti in the Bhagavad Gita</li> <li>Forms of Bhakti and Their Practices</li> <li>Relationship Between Bhakti Yoga and Other Paths of Yoga</li> <li>Bhakti Yoga in Modern Spiritual Practices</li> </ul>					<b>8 Hours</b>
<b>Unit IV</b>		<b>Jnana Yoga – The Path of Knowledge</b> <ul style="list-style-type: none"> <li>Concept of Atman (Self) and Brahman (Ultimate Reality)</li> <li>Difference Between Knowledge (Jnana) and Ignorance (Avidya)</li> <li>The Role of Discrimination (Viveka) and Detachment (Vairagya)</li> <li>Application of Jnana Yoga in Self-Realization and Wisdom</li> </ul>					<b>8 Hours</b>
<b>Unit V</b>		<b>Dhyana Yoga – The Path of Meditation</b> <ul style="list-style-type: none"> <li>Concept of Meditation in the Bhagavad Gita</li> <li>Stages of Dhyana Yoga and Concentration Techniques</li> <li>Role of Mind Control and Detachment in Dhyana Yoga</li> <li>Scientific Studies on Meditation and Mental Well-being</li> </ul>					<b>8 Hours</b>
<b>Unit VI</b>		<b>Integration of Paths of Yoga in Daily Life</b> <ul style="list-style-type: none"> <li>Synthesis of Karma, Bhakti, Jnana, and Dhyana Yoga</li> <li>Ethical and Psychological Benefits of Yoga in Gita</li> <li>Application of Gita’s Teachings in Stress Management and Decision-Making</li> <li>Modern Relevance of Bhagavad Gita in Leadership and Personal Growth</li> </ul>					<b>7 Hours</b>
<b>References:</b>		<b>Reference Books :</b> 1. Swami Sivananda. (2000). Essence of the Bhagavad Gita. Divine Life Society. 2. Swami Ranganathananda. (2005). Universal Message of the Bhagavad Gita: An Exposition of the Gita in the Light of Modern Thought and Modern Needs. Advaita Ashrama. 3. Eknath Easwaran. (2007). The Bhagavad Gita (Translation and Commentary). Nilgiri Press. 4. Radhakrishnan, S. (2000). The Bhagavad Gita with an Introductory Essay, Sanskrit Text, English Translation, and Notes. HarperCollins. 5. Prabhupada, A.C. Bhaktivedanta Swami. (1986). Bhagavad Gita As It Is. Bhaktivedanta Book Trust.					

**Textbooks :**

1. Swami Vivekananda. (2013). Karma Yoga. Advaita Ashrama.
2. Swami Chinmayananda. (2014). The Art of Man Making: A Modern Commentary on the Bhagavad Gita. Chinmaya Publications.
3. Paramahansa Yogananda. (2008). The Essence of the Bhagavad Gita: Explained by Paramhansa Yogananda. Crystal Clarity Publishers.
4. Aurobindo, S. (1992). Essays on the Gita. Sri Aurobindo Ashram Trust.

**Research Articles & Digital Resources:**

1. International Journal of Yoga (IJOY) – <https://www.ijoy.org.in/>
2. The Bhagavad Gita Study Center – <https://www.bhagavad-gita.org/>
3. The Hindu Spiritual Heritage Archive – <https://www.hinduismtoday.com/>
4. Online Bhagavad Gita Courses – <https://www.holy-bhagavad-gita.org/>

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**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major : Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Minor Elective (Practical)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
5.0	IV	673227	Practical of Bhagavad Gita and Paths of Yoga	1	15	1 Hrs	50 Internal : 25 External : 25
<b>Course Objectives:</b>		<ul style="list-style-type: none"><li>• To apply principles of Karma Yoga, Bhakti Yoga, Jnana Yoga, and Dhyana Yoga through practical exercises.</li><li>• To develop self-discipline, mindfulness, and devotion based on Bhagavad Gita’s teachings.</li><li>• To integrate Yogic lifestyle and ethical values in daily life.</li><li>• To enhance meditative and self-reflective practices inspired by the Bhagavad Gita.</li><li>• To implement stress management techniques through Yogic practices.</li></ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"><li>• Remember – Recall key verses and concepts from the Bhagavad Gita.</li><li>• Understand – Explain the philosophical aspects of different Yoga paths.</li><li>• Apply – Practice Karma Yoga, Bhakti Yoga, Jnana Yoga, and Dhyana Yoga in daily activities.</li><li>• Analyze – Compare how different Yogic practices influence mental, emotional, and spiritual well-being.</li><li>• Evaluate – Assess the personal impact of Bhagavad Gita’s teachings in practical life.</li><li>• Create – Develop individual Yoga routines and meditative practices based on Bhagavad Gita’s principles.</li></ul>					
<b>Sr. No.</b>		<b>Contents</b>					<b>Learning Hours</b>
<b>I</b>		<b>Practical Aspects of Karma Yoga</b> <ul style="list-style-type: none"><li>• Performing selfless service (Seva) without expectations.</li><li>• Engaging in daily activities with mindfulness and detachment.</li><li>• Practicing gratitude and surrender in personal and professional life.</li><li>• Case studies on application of Karma Yoga in leadership and teamwork.</li></ul>					<b>2 Hours</b>
<b>II</b>		<b>Bhakti Yoga – Devotional Practices</b> <ul style="list-style-type: none"><li>• Chanting Bhagavad Gita verses and mantras.</li><li>• Practicing Kirtan and Bhajan to cultivate devotion.</li><li>• Expressing devotion through prayer and rituals.</li><li>• Reflecting on stories of great Bhaktas (devotees) from Indian traditions.</li></ul>					<b>2 Hours</b>
<b>III</b>		<b>Jnana Yoga – Developing Wisdom and Awareness</b> <ul style="list-style-type: none"><li>• Practicing self-inquiry (Atma Vichara) through scriptural study.</li><li>• Engaging in introspective journaling on Bhagavad Gita’s wisdom.</li><li>• Group discussions on the nature of Self and reality.</li><li>• Contemplating Maya (illusion) and Brahman (ultimate reality) through guided reflections.</li></ul>					<b>2 Hours</b>
<b>IV</b>		<b>Dhyana Yoga – Meditation and Mindfulness</b> <ul style="list-style-type: none"><li>• Practicing meditation techniques described in the Bhagavad Gita.</li><li>• Developing concentration and focus (Dharana) through breath awareness.</li><li>• Guided Yoga Nidra based on Bhagavad Gita’s teachings.</li><li>• Techniques for stress reduction and emotional balance.</li></ul>					<b>3 Hours</b>
<b>V</b>		<b>Ethical and Yogic Living Based on Bhagavad Gita</b> <ul style="list-style-type: none"><li>• Implementing Sattvic (pure) lifestyle choices in diet and habits.</li><li>• Following Yogic moral principles (Yama and Niyama) from the Gita’s teachings.</li><li>• Practicing self-discipline (Tapas) and contentment (Santosha) in daily routines.</li><li>• Developing a personalized action plan for integrating Yoga into life.</li></ul>					<b>3 Hours</b>



VI	<b>Reflection and Application of Bhagavad Gita’s Teachings</b> <ul style="list-style-type: none"><li>• Case studies on modern application of Bhagavad Gita in psychology, leadership, and personal development.</li><li>• Analyzing real-life situations through Gita’s perspective.</li><li>• Creating a personal transformation plan using Bhagavad Gita’s teachings.</li><li>• Conducting self-assessment and feedback sessions on Yogic progress.</li></ul>	<b>3 Hours</b>
<b>References:</b>	<b>Reference Books:</b> <ol style="list-style-type: none"><li>1. Eknath Easwaran (2007). The Bhagavad Gita (2nd ed.). Nilgiri Press.</li><li>2. Swami Sivananda (2000). Essence of Bhagavad Gita. Divine Life Society.</li><li>3. A.C. Bhaktivedanta Swami Prabhupada (1972). Bhagavad Gita As It Is. Bhaktivedanta Book Trust.</li><li>4. Swami Vivekananda (2012). Lectures on Bhagavad Gita. Ramakrishna Mission.</li><li>5. Swami Chinmayananda (1992). The Art of Man Making: Teachings from the Bhagavad Gita. Chinmaya Mission.</li></ol> <b>Research Articles &amp; Digital Resources</b> <ol style="list-style-type: none"><li>1. International Journal of Yoga (IJOY) – <a href="https://www.ijoy.org.in/">https://www.ijoy.org.in/</a></li><li>2. Yoga Journal – <a href="https://www.yogajournal.com/">https://www.yogajournal.com/</a></li><li>3. Online Bhagavad Gita Study – <a href="https://www.bhagavad-gita.org/">https://www.bhagavad-gita.org/</a></li><li>4. Digital Library of Traditional Yoga Texts – <a href="https://www.svyasa.edu.in/">https://www.svyasa.edu.in/</a></li></ol>	

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