

Sant Gadge Baba Amravati University, Amravati

संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती



Faculty : Inter-Disciplinary Studies

B. A. (YOGASHASTRA)

Code - 673

Open Elective (OE)

Syllabus

Semester – I & II (NEP - v24)

Session – 2024-25

Sant Gadge Baba Amravati University, Amravati
Faculty : Inter-Disciplinary Studies
Degree of Bachelor of Yogashastra (673) – NEP-v24
(Three Years- Six Semesters Bachelor's Degree Programme)
Semester I
Open Elective (OE- 1)

Level	Sem	Course Code	Credit	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673201	Applications of Yoga -I	2	30	2 Hours	50

Course Objectives:	1. Students will study about health according to WHO 2. Students will study about health according to Ayurveda 3. Students will know about mental health 4. Supporting and Affecting Factors of Health.		
Course Outcomes:	After completing the scores the learners 1. will be aware about the concept of health, body and illness 2. will understand the factor affecting health 3. will understand the importance of yoga for health 4. will understand the importance ahara. 5. Apply knowledge of Health and importance of mithara		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	• Meaning and Definition of Health • Concept of Health According to WHO • Dimensions of Health: Physical, Mental, Social and Spiritual	7 Hrs	7 Marks
Unit- II	• Factor affecting health: Dincharya , ritucharya • Definition of Health according to Ayurveda • Supporting and Affecting Factors of Health.	7 Hrs	7 Marks
Unit- III	• Role of Yoga in maintaining health • Role of Yama and Niyama in maintaining social health	8 Hrs	8 Marks
Unit- IV	• General Introduction of Ahara • Concept of Mitahara (Hathapradipika)	8 Hrs	8 Marks
References	1) पतंजल*योगदशन*-एन.*व.करबेलकर 5) Asanas: Swami Kuvalyan and, Kaiwalyadham, Lonavala 6) Pranayama :Swami Kuvalyan and, Kaiwalyadham, Lonavala 7) Yoga : Key of Health by Dr.A.N.Khodaskar, Shree H.V.P.M. Amravati 8) Yoga therapy :Swami Kuvalyan and & Dr. Vinegar, Lonavala 9) Yogic Techniques by Dr.M.L.Gharote, Lonavala		

Open Elective (OE- 2)

Level	Sem	Course Code	Credit	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673202	Yogic Sukshma Vyayam - I	2	30	2 Hours	50

Course Objectives:	1. To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam 2. The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them 3. Students will study about types of Karna Shakti Vikasaka 4. Students will study exercise of human joints		
Course Outcomes:	1. To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam 2. The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them 3. The students will learn the Yogic Sukshma Vyayam and be able to guide others in practice. 4. The purpose of Yoga practice is to communicate Yogic Sukshma Vyayam mentioned in the syllabus in the traditional way. 5. To have self-experience of each Yoga technique. 6. Demonstrate Yoga in scientific way		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	1) Vishudh Chakra OR Uccharan-sthala Shudhi 2) Prarthana 3) Buddhitatha Dhriti Shakti - Vikasaka 4) Smaran Shakti Vikasaka 5) Medha Shakti – Vikasaka	7 Hrs	7 Marks
Unit- II	6) Kapal - Shakti Vikasaka 7) Netra Shakti Vikasaka 8) Karna Shakti Vikasaka 9) Griva Shakti Vikasaka (1) 10) Griva Shakti Vikasaka (2)	7 Hrs	7 Marks
Unit- III	11) Griva Shakti Vikasaka (3) 12) Skandh&Bahumula Shakti Vikasaka 13) Bhujabandha Shakti Vikasaka 14) Kohni Shakti Vikasaka 15) Bhuja-valli Shakti Vikasaka	8 Hrs	8 Marks
Unit- IV	16) Purnabhuj Shakti Vikasaka 17) Manibandh Shakti Vikasaka 18) Karaprustha Shakti Vikasaka 19) Kara-tala Shakti Vikasaka 20) Anguli Shakti Vikasaka (1)	8 Hrs	8 Marks
References	1. आसन प्राणायाम बंधमुद्रा : - स्वामी सत्यानंद सरस्वती 2. शारीर विज्ञान आणि योगाभ्यास (मराठी/हिन्दी) : - डागोरे .एम .एम . 3. यौगिक स्मृक्ष्म एवं स्थूल व्यायाम : मोरारजी देसाई राष्ट्रीय योग संस्थान 4. यौगिक स्मृक्ष्म एवं स्थूल व्यायाम : स्वामी धिरेन्द्र ब्रम्हचारी 5. IDY CYP Film Hindi : 6. IDY CYP Film English : https://www.youtube.com/watch?v=0XKvBQojxeY https://www.youtube.com/watch?v=9GRKhGyibt		

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Faculty : Inter-Disciplinary Studies

Three Years- Six Semesters Bachelor's Degree Programme – NEP-v24
Programme : B. A. Yogashastra

Semester II
Open Elective (OE- 3)

Level	Sem	Course Code	Course	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673214	Applications of Yoga -II	2	30	2 Hours	50

Course Objectives:	1. To introduce a Yoga Schools with Vedanta Tradition 2. Students will study about Hatha Yoga 3. Students will study about Mantra Yoga 4. Students will study about Bhaktiyoga		
Course Outcomes:	The students would be able to 1. Apply knowledge of Health and importance of Mithara 2. Apply the knowledge of Vedantand Trantric Traditional 3. Apply the knowledge of Bhaktti 4. Apply the knowledge of Mantra		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	Yoga Schools with Vedanta Tradition • Jnanayoga, • Karmayoga	7 Hrs	7 Marks
Unit- II	• Bhaktiyoga (types of Bhakta with exampals) • Navadabhakti	7 Hrs	7 Marks
Unit- III	Types of Tantric Tradition • Hatha Yoga • Mantra Yoga	8 Hrs	8 Marks
Unit- IV	• Applications of Jnana, Bhakti andKarma Yoga in modern times. • Applications of Hatha Yoga and Mantra Yoga in modern times.	8 Hrs	8 Marks
References	Asanas: Swami Kuvalyan and, Kaiwalyadham, Lonavala Pranayama: Swami Kuvalyan and,Kaiwalyadham, Lonavala Yoga:KeyofHealth byDr.A.N.Khodaskar,ShreeH.V.P.M. Amravati Yogatherapy:SwamiKuvalyanand&Dr. Vinegar, Lonavala YogicTechniques byDr.M.L.Gharote,Lonavala		

Open Elective (OE- 4)

Level	Sem	Course Code	Course	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	II	673215	Yogic Sukshma Vyayam - II	2	30	2 Hours	50

Course Objective s:	1. To introduce a regular and rigorous practice (sadhana) of Yogic Sukshma Vyayam 2. The students will learn the procedures of Yogic Sukshma Vyayam and be able to execute them 3. Students will study about types of Udara Shakti Vikasaka 4. Students will study exercise of human joints		
Course Outcome s:	1. The students will learn the Yogic Sukshma Vyayam and be able to guide others in practice. 2. The purpose of Yoga practice is to communicate Yogic Sukshma Vyayam mentioned in the syllabus in the traditional way. 3. To have self-experience of each Yoga technique. 4. Demonstrate Yoga in scientific way.		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	21) Ansuli Shakti Vikasaka (2) 22) Vaksha Shakti Vikasaka(1) 23) Vakshasthala Shakti Vikasaka (2) 24) Udara Shakti Vikasaka(1) 25) Udara Shakti Vikasaka (2)	7 Hrs	7 Marks
Unit- II	26) Udara Shakti Vikasaka (3) 27) Udara Shakti Vikasaka (4) 28) Udara Shakti Vikasaka (5) 29) Udara Shakti Vikasaka (6) 30) Udara Shakti Vikasaka (7)	7 Hrs	7 Marks
Unit- III	31) Udara Shakti Vikasaka (8) 32) Udara Shakti Vikasaka (9) 33) Udara Shakti Vikasaka (Nauli) (10) 34) Kati Shakti Vikasaka (1) 35) Kati Shakti Vikasaka (2)	8 Hrs	8 Marks
Unit- IV	36) Kati Shakti Vikasaka (3) 37) Kati Shakti Vikasaka (4) 38) Kati Shakti Vikasaka (5) 39) Muladhar Chakra Shudhi. 40) UPasteethathaswadhasthan Chakarashuddhi	8 Hrs	8 Marks
Reference s	1. आसन प्राणायाम बंधमुद्रा : - स्वामी सत्यानंद सरस्वती 2. शरीर विज्ञान आणि योगाभ्यास (मराठी/हिन्दी) : - डागोरे .एम .एम . 3. सरल योगासन : - डा ईश्वर भारदाज 4. यौगिक स्मुक्ष्म एवं स्थुल व्यायाम : मोरारजी देसाई राष्ट्रीय योग संस्थान - 5. यौगिक स्मुक्ष्म एवं स्थुल व्यायाम : स्वामी धिरेन्द्र ब्रम्हचारी 6. Common Yoga Protocol (2016) : Morarji Desai National Institute Delhi		