

Open Elective 1

Level	Sem	Course Code	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673211	Introduction of Yoga	30	2 Hours	50

Course Objectives:	1. To make students aware about Aims and Objectives of Yoga To introduce students to Ashtanga Yoga 2. To make students aware about Shatkarma 3. To make students aware about Pranayama		
Course Outcomes:	1. Primary goal of yoga is to gain balance and control in one's life. 2. The practice of Yoga exercises aims at overcoming the limitations of the body 3. Acquaint students with the basic introduction and concepts of yoga 4. Uunderstand the development of yoga from Veda, Upanishat, purana period. 5. Study the different Paramparas and their contribution towards yoga		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	<ul style="list-style-type: none"> • Meaning, definition and concept of Yoga, • Aims, Objectives of Yoga 	8 Hrs	8 Marks
Unit- II	<ul style="list-style-type: none"> • Misconceptions about Yoga • Concept of Asana(As per Patanjali & Hatha yoga) 	7 Hrs	7 Marks
Unit- III	<ul style="list-style-type: none"> • Concept of Pranayama • Types of Pranayama 	8 Hrs	8 Marks
Unit- IV	<ul style="list-style-type: none"> • Concept of Shatkarma • Types of Shatkarma (Neti, Dhauti, Basti, Trataka, Nauli, Kapalbhathi) 	7 Hrs	7 Marks
References	1. योग महाविज्ञान (हिंदी) : डॉ. कामाख्या कुमार 2. शरीरशास्त्र और योगाभ्यास : (इंग्लिश और हिंदी)डॉ. एम एम गोरे 3. योग प्रवेश (मराठी) :डॉ. विश्वास मंडित 4. योग परिचय (मराठी) : डॉ. विश्वास मंडित 5. योग स्वास्थ्य कुंजी (हिंदी) : डॉ. अरुण खोडसकर		

	6. योगशास्त्र	: यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापीठ, नाशिक
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Distribution of Marks

Distribution of Marks	Theory Exam -	30 Marks
	Internal -	20 Marks
	Total	50 Marks
Theory Exam	Q.1 Students will have to answer one long answer questions out of two of 7 marks each on unit-I	$7 \times 1 = 07$ Marks
	Q.2 Students will have to answer one long answer questions out of two of 7 marks each on unit-II	$7 \times 1 = 07$ Marks
	Q.3 Students will have to answer two short answer questions out of four of 8 marks each on unit-III	$4 \times 2 = 08$ Marks
	Q.4 Students will have to answer two short answer questions out of four of 8 marks each on unit-IV	$4 \times 2 = 08$ Marks
Internal (Theory)	Personal Interview	10 Marks
	Assignment-	10 Marks
	Total Theory Marks	50 Marks

Open Elective 2

Level	Sem	Course Code	Credit	Teaching Hours	Exam Duration	Max Marks
4.5	I	673224	Introduction of Ashtanga Yoga	30	2 Hours	50

Course Objectives:	<ol style="list-style-type: none"> 1. To make students aware about Aims and Objectives of Yoga 2. To introduce students to Ashtanga Yoga 3. To study the different Paramparas and their contribution towards yoga. 		
Course Outcomes:	<ol style="list-style-type: none"> 1. Have an understanding about the concept of Yama and Niyama 2. Understand the relationship between Antaranga Yoga and Bahiranga Yoga 3. Study the different Paramparas and their contribution towards yoga. 		
Unit	Content	Workload Allotted	Marks Allotted
Unit- I	<ul style="list-style-type: none"> • Yama (Ahimsa, Satya, Asteya, Bramachariya, Aparigraha) • Niyama (Shaucha, Santosh, Tapa, Swadhaya, Ishwarapranidhana) 	8 Hrs	8 Marks
Unit- II	<ul style="list-style-type: none"> • Concept of Asana (As per Patanjali) • Concept of Pranayama (As per Patanjali's Yoga-sutra) 	7 Hrs	7 Marks
Unit- III	<ul style="list-style-type: none"> • Concept of Pratyahara • Concept of Dharana 	8 Hrs	8 Marks
Unit- IV	<ul style="list-style-type: none"> • Concept of Dhyana • Concept of Samadhi (Samadhi) 	7 Hrs	7 Marks
References	<ol style="list-style-type: none"> 1. Swami Digambara Ji and others: Glossary of the Samkhakarika, Kaivalyadhama, Lonavala, 2012 2. Swami Virupaksananda: Samkhyakarika of I svarakrisna (with tattva Kamudia of Vachapati Mishra), Sri Ram Krishana Matha Madras, 1995 3. James R. Ballantyne: The Sankhya Aphorisms of Kapila, Parimal Publications, New Delhi, 2004 		

	<p>4. V.V. Sovani: A critical study of the Sankhya System, Chukhambha Sanskrit Pratisthan, New Delhi, 2005</p> <p>5. M.R. Yardi: The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Poona, India, 1970</p> <p>6. K.D. Prithvipaul: The Yogasurta of Patanjali M.L.B.D. New Delhi</p> <p>7. Gaspar M. Koelmenn, S.J: Patanjali Yoga, Papal Athenaeum, Poona, 1970</p> <p>8. Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II</p>
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Distribution of Marks

Distribution of Marks	Theory Exam -	30 Marks
	Internal -	20 Marks
	Total	50 Marks
Theory Exam	Q.1 Students will have to answer one long answer questions out of two of 7 marks each on unit-I	7x1 = 07 Marks
	Q.2 Students will have to answer one long answer questions out of two of 7 marks each on unit-II	7x1 = 07 Marks
	Q.3 Students will have to answer two short answer questions out of four of 8 marks each on unit-III	4x2 = 08 Marks
	Q.4 Students will have to answer two short answer questions out of four of 8 marks each on unit-IV	4x2 = 08 Marks
Internal (Theory)	Personal Interview	10 Marks
	Assignment-	10 Marks
	Total Theory Marks	50 Marks