



**Sant Gadge Baba Amravati University, Amravati**

**Faculty : Inter-Disciplinary Studies**

**SYLLABUS**  
**(Syllabus Prescribed under NEP-2020)**

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

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

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

**GENERIC/OPEN ELECTIVE (OE)**

**Academic Year : 2025-26**

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

**Generic/Open Elective (OE)-5 (Theory)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	III	673222	Yoga and Physical Health	2	30	2 Hrs	50 Internal : 20 External : 30
<b>Course Objectives:</b>		<ul style="list-style-type: none"> <li>To define and recall the fundamental concepts of yoga and understand its effects on physical health.</li> <li>To explain the role of yoga in enhancing the functioning of various physiological systems.</li> <li>To demonstrate the practical application of yogic techniques for maintaining physical well-being.</li> <li>To examine the impact of yoga practices in the prevention and management of diseases.</li> <li>To critically assess scientific research and case studies related to yoga and its effects on physical health.</li> <li>To develop a personalized yogic routine aimed at improving overall physical health and fitness.</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>Remember - Define key concepts of yoga and its effects on different bodily systems.</li> <li>Understand - Describe the physiological benefits of yoga and its connection to physical health.</li> <li>Apply - Perform various asanas, pranayama, and meditation techniques to improve physical fitness.</li> <li>Analyze - Compare and contrast the effects of different yogic practices on specific health conditions.</li> <li>Evaluate - Assess scientific research on yoga's role in managing chronic diseases.</li> <li>Create – Design a yoga-based fitness regimen for personalized health improvement.</li> </ul>					
<b>Unit System</b>		<b>Contents</b>					<b>Learning Hours</b>
<b>Unit I</b>		<b>Introduction to Yoga and Physical Health</b> <ul style="list-style-type: none"> <li>Definition of Yoga and its Importance for Physical Well-being</li> <li>Effects of Yoga on Bodily Systems (Skeletal, Muscular, Nervous, Respiratory, Circulatory, Digestive)</li> <li>Role of Yoga in Enhancing Immunity</li> <li>Principles of Yogic Lifestyle for Physical Balance</li> </ul>					<b>7 Hours</b>
<b>Unit II</b>		<b>Yogic Practices for Enhancing Physical Fitness</b> <ul style="list-style-type: none"> <li>Yoga for Flexibility, Strength, and Endurance</li> <li>Types and Benefits of Asanas (Standing, Sitting, Supine, Prone, Balancing Asanas)</li> <li>Effects of Different Pranayama Techniques (Anulom-Vilom, Bhastrika, Ujjayi)</li> <li>Role of Meditation and Mindfulness in Physical Fitness</li> </ul>					<b>7 Hours</b>
<b>Unit III</b>		<b>Yoga for Disease Prevention and Management</b> <ul style="list-style-type: none"> <li>Impact of Yoga on Chronic Illnesses (Diabetes, Hypertension, Cardiovascular Diseases, Arthritis, Respiratory Disorders)</li> <li>Yoga for Weight Management and Obesity Control</li> <li>Yogic Practices for Digestive Health</li> <li>Yoga and Hormonal Balance (Endocrine System and Yoga)</li> </ul>					<b>8 Hours</b>
<b>Unit IV</b>		<b>Scientific Approach and Integration of Yoga with Modern Health Sciences</b> <ul style="list-style-type: none"> <li>Scientific Research on Yoga and Physical Health</li> <li>Role of Yoga in Sports Science and Athletic Performance</li> <li>Integration of Modern Medical Science with Yogic Therapy</li> <li>Designing a Personalized Yogic Routine for Physical Well-being</li> </ul>					<b>8 Hours</b>
<b>References:</b>		<b>Reference Books :</b> <ol style="list-style-type: none"> <li>Iyengar, B. K. S. (2005). The Path to Holistic Health: The Definitive Step-by-Step Guide. DK Publishing.</li> <li>Saraswati, S. (2013). Asana Pranayama Mudra Bandha. Yoga Publications Trust.</li> <li>Telles, S., &amp; Singh, N. (2013). Science of Yoga: The Risks and the Rewards. Hachette UK.</li> <li>Bhavanani, A. B. (2011). Yoga and Health. Divyananda Creations.</li> <li>Feuerstein, G. (2003). The Deeper Dimension of Yoga: Theory and Practice. Shambhala Publications.</li> </ol> <b>Textbooks :</b> <ol style="list-style-type: none"> <li>Satyananda, S. (2008). Yoga Nidra. Yoga Publications Trust.</li> </ol>					

2. Swami Vivekananda. (2001). Raja Yoga. Ramakrishna Mission.
3. Desikachar, T. K. V. (1999). The Heart of Yoga: Developing a Personal Practice. Inner Traditions.
4. Krishnamacharya, T. (2016). The Yoga of the Yogi. North Point Press.
5. Gharote, M. L. (2004). Applied Yoga. Kaivalyadhama.

**Research Articles :**

1. Cramer, H., Langhorst, J., Dobos, G., & Paul, A. (2016). Yoga for lower back pain: A systematic review. *Clinical Journal of Pain*, 32(5), 424-430.
2. Goyal, M., Singh, S., Sibinga, E. M., et al. (2014). Meditation programs for psychological stress and well-being: A systematic review. *JAMA Internal Medicine*, 174(3), 357-368.
3. Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. *Journal of Alternative and Complementary Medicine*, 16(1), 3-12.

**Digital Resources :**

1. Web Links:

Yoga Journal: <https://www.yogajournal.com>

National Center for Complementary and Integrative Health: <https://nccih.nih.gov>

International Journal of Yoga: <https://www.ijoy.org.in>

2. E-Contents & Educational Software:

Coursera: Online Yoga and Health Courses

Udemy: Yoga for Health and Wellness

Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) – Online Yoga Courses

3. Databases:

PubMed (Yoga and Health Research)

ScienceDirect (Yoga and Physical Fitness Studies)

Google Scholar (Peer-reviewed Yoga Studies)

**Sant Gadge Baba Amravati University, Amravati**  
**Faculty: Inter-Disciplinary Studies**  
**Three Years Six Semesters Programme: Bachelor of Arts**  
**with Major: Yogashastra (673) and Minor: Yogashastra (673) (NEP)**  
**Generic/Open Elective (OE)-6 (Theory)**

Level	Sem	Course Code	Course Name	Credits	Teaching Hours	Exam Duration	Max Marks
4.5	III	673223	Yoga and Mental Health	2	30	2 Hrs	50 Internal : 20 External : 30
<b>Course Objectives:</b>		<ul style="list-style-type: none"> <li>To introduce students to the relationship between Yoga and mental health, emphasizing its therapeutic benefits.</li> <li>To provide knowledge of Yogic practices that help in stress management, anxiety reduction, and emotional stability.</li> <li>To explore the scientific and philosophical aspects of Yoga concerning psychological well-being.</li> <li>To train students in applying Yogic techniques for mental health improvement in daily life.</li> <li>To integrate traditional Yogic wisdom with modern psychological research for holistic mental well-being.</li> </ul>					
<b>Course Outcomes:</b>		<ul style="list-style-type: none"> <li>Knowledge - Understanding the fundamentals concepts of Yoga and mental health.</li> <li>Application - Applying various Yogic techniques for emotional stability and stress reduction .</li> <li>Evaluation - Evaluating the role of Yoga in managing mental health disorders.</li> <li>Analysis - Analyzing the connection between modern psychology and traditional Yoga practices.</li> <li>Synthesis - Designing a personalized Yoga plan for holistic mental health.</li> </ul>					
<b>Unit System</b>		<b>Contents</b>				<b>Learning Hours</b>	
<b>Unit I</b>		<b>Introduction to Yoga and Mental Health</b> <ul style="list-style-type: none"> <li>Definition and Scope of Mental Health</li> <li>Relationship between Yoga and Mental Health</li> <li>Psychological Benefits of Yoga</li> <li>Role of Yoga in Reducing Stress and Anxiety</li> </ul>				<b>7 Hours</b>	
<b>Unit II</b>		<b>Yogic Practices for Emotional Well-being</b> <ul style="list-style-type: none"> <li>Importance of Pranayama in Mental Health</li> <li>Nadi Shodhana, Bhramari, Ujjayi, Shitali, Shitkari</li> <li>Role of Meditation in Emotional Balance</li> <li>Concept of Mindfulness in Yoga</li> <li>Yoga Nidra for Deep Relaxation and Emotional Healing</li> </ul>				<b>7 Hours</b>	
<b>Unit III</b>		<b>Yogic Therapy for Common Mental Health Disorders</b> <ul style="list-style-type: none"> <li>Depression and Yoga</li> <li>Anxiety and Yoga</li> <li>Insomnia and Yogic Solutions</li> <li>Role of Yoga in Enhancing Cognitive Functions</li> </ul>				<b>8 Hours</b>	
<b>Unit IV</b>		<b>Integration of Yoga with Modern Psychology</b> <ul style="list-style-type: none"> <li>Neuroscience and Yoga</li> <li>Psychological Theories and Their Connection to Yoga</li> <li>Impact of Yoga on Hormonal Balance and Mental Stability</li> <li>Designing a Personalized Yogic Routine for Mental Health</li> </ul>				<b>8 Hours</b>	
<b>References:</b>		<b>Reference Books</b> <ol style="list-style-type: none"> <li>Vivekananda, S. (1896). Raja yoga. Ramakrishna Math.</li> <li>Desikachar, T. K. V. (1995). The heart of yoga: Developing a personal practice. Inner Traditions.</li> <li>Telles, S., &amp; Visweswaraiyah, N. (2008). Scientific basis of yoga. Swami Vivekananda Yoga Prakashana.</li> <li>Kabat-Zinn, J. (2011). Mindfulness for beginners: Reclaiming the present moment—and your life. Sounds True.</li> <li>Sahay, G. S. (2013). Yoga and mental health &amp; beyond. New Age Books.</li> </ol> <b>Text books</b> <ol style="list-style-type: none"> <li>Sivananda, S. (n.d.). The science of pranayama. The Divine Life Society.</li> <li>Iyengar, B. K. S. (1988). The tree of yoga. Shambhala Publications.</li> <li>Satyananda Saraswati, S. (2009). Yoga nidra. Bihar School of Yoga.</li> <li>Patanjali. (Trans. by Bryant, E. F.). (2009). The yoga sutras of Patanjali. North Point Press.</li> <li>Nagendra, H. R. (2012). Yoga for stress management. Swami Vivekananda Yoga Publications.</li> </ol> <b>Research Articles</b> <ol style="list-style-type: none"> <li>Brown &amp; Gerberg (2005) – Sudarshan Kriya Yoga and its Effects on Anxiety and Depression</li> </ol>					

2. Telles et al. (2013) – Effect of Yoga on Emotional Regulation and Mental Well-being
3. Gupta et al. (2018) – Yoga Nidra and Stress Reduction
4. Cahn & Polich (2006) – Meditation States and EEG Studies
5. Field (2011) – Yoga and Its Impact on Mental Health Disorders

**Digital Resources**

1. Websites:

[www.yogajournal.com](http://www.yogajournal.com)

[www.artofliving.org](http://www.artofliving.org)

[www.yogainternational.com](http://www.yogainternational.com)

2. E-Contents & Online Courses:

Coursera: Yoga and the Science of Well-being

Udemy: Yoga for Stress and Anxiety Management

YouTube Channels: Yoga with Adriene, Sadhguru, Patanjali Yoga Peeth

3. Educational Software & Databases:

PubMed: Research articles on Yoga and Mental Health

Google Scholar: Academic papers on Yogic Therapy

NCBI: Neuroscience studies related to Yoga