

**Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce,
Baramati**

Autonomous status

Department of Yoga

S.Y.B.A. General Paper II Yoga Vidya Semester III & IV Syllabus 2020-2021

Semester III		
YOG 1301	G-2	Yoga Vidya I
Semester IV		
YOG 1401	G-2	Yoga Vidya II

1. Course Objectives of Yoga Vidya.

- A. To motivate the students for higher education in yoga vidya.
- B. To acquire subject knowledge of Yoga Vidya.
- C. To acquire skills required for studying yoga vidya.
- D. To achieve professional career in the field of yoga vidya.

2. Work load of yoga Vidya for SYBA

- A. Theory - Not more than 120 Students in a class
- B. Practical's - 20 Students per batch, each batch of practical's shall not be more than 20 students
- C. Four Periods per week should be allotted to teach this subject. Two (02) for theory and two (02) for practical's.

Class : S.Y. B. A. (Semester- III)
Paper Code : YOG 1301
Paper : G-2 Title of Paper: YogVidya I
Credit : 3 No. of lectures: 48

Unit 1 Theory

1. Causes and effects of frustration and YogVidya.
2. Social health and YogVidya.
3. Mental health and YogVidya.
4. Educational Process and YogVidya.

Unit No. 2 Practical

1. Prayer
2. Asanas
 - A. Meditative Asanas
Padmasana
Vajrasana
 - B. Cultural Asanas
Sitting Postures
Ushtrasana
Yoga Mudra
Vakrasana
 - C. Supine Postures
Halasana
Viparitkarni
Sarvangasana
 - D. Prone Postures
Shalabhasana
Dhanurasana
Sarpasana
 - E. Standing Postures
Vrikshasana
Garudasana
Trikonasana
 - F. Relaxative Postures

Shavasana

Makrasana

3. Kriya

Kapalbhati

Trataka

4. Pranayama

Suryabhedan

Ujjai

5. Omkarchanting

6. Medltation

References:-

1. M.L.Gharote - YogikPrakriyaMargadarshan
2. P.D, Sharma - Yogasana - NavneetPrakashan
3. 3wami Kuvalyananda - Yogasana -kaiValyadhama
4. M.L.Gharote - YogikPrakriya
5. M.L.Gharote— Pranayama — Swasachshastra
6. B.K.S. tyengar— Light onYoga

Class : S.Y. B. A. (Semester- IV)
Paper Code: YOG 1401
Paper : G-2 Title of Paper: Yog Vidya II
Credit : 3 No. of lectures: 48

Unit No. 1 Theory

1. Physical health and yoga Vidya.
2. Abstract of any Yogagranth.
3. Personality and fundamental principles.
4. Importance and fundamentals principles of Kriya.

Unit No. 2 Practical

1. Prayer
2. Asanas
 - A. Meditative Asanas
Padmasana
Vajrasana
 - B. Sitting Postures
Gomukhasana
Pashchimottanasana
Vakrasana
 - C. Supine Postures
Halasana
Viparikarni
Sarvangasana
 - D. Prone Postures
Shalbhasana
Dhanurasana
Sarpasana
 - E. Standing Postures
Utkatasana
Padhastanasana
Chakrasana
 - F. Relaxative Postures
Shavasana

Makrasana

3. Kriya

Jalneti

Suttraneti

4. Pranayama

Anulomaviloma

Suryabhedan

5. Omakarchanting

6. Meditation

References:-

1. M.L.Gharote - YogikPrakriyaMargadarshan
2. P D.Sharma - Yogasana - NavneetPrakashan
3. Swami Kuvalyananda - Yogasana -kaivalyadhama
4. M.L.Gharote - YogikPrakriya
5. M.L.Gharote - Pranayama — Swasachshastra
6. B.K.S. Iyengar— Light onYoga