

Syllabus (CBCS) For FYBA YOGA

W.e. from June 2022

Name of the Programme:- B.A. YOGA

Programme Code: - UAYO

Class: FYBA

Semester:- I

Course Name: Yogvidya General –I

Course Code: UAYO111

No of lectures: 48

A) Learning Objectives:

1. The course will provide deeper insight into the curriculum of Yogic Sciences along with the practical applications of Yoga.
2. To create interest in students for the practice of yogasanas and meditations;
3. To introduce Yoga therapy, its principles and practices of Yoga.
4. To Promote Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.
5. To develop physical mental and spiritual health through yogic practice

B) Learning Outcome:

After completion of this course the students will be able:

1. Understand and apply practical applications of Yoga.
 2. Practicing yogasanas and meditations.
 3. Promoting Positive Health in the Student through Yoga and enabling and imparting skill in them to practice.
 4. Able to develop his or her own physical mental and spiritual health
 5. Able to understand inner peace
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Theory: FYBA Semester I, Number of Teaching Clock Hours -24

UNIT-I Misconception of Yoga.	(04)
UNIT -II Historical background of Yoga	(06)
UNIT-III Types of yoga	(08)
1. Hatha Yoga	
2. Patanjali Yoga	
3. Bhakti Yoga.	
4. karma Yoga	
5. Dnyan Yoga	
UNIT-IV Importance of Yoga in daily life.	(06)

Practical- FYBA, Semester I, Number of Teaching Clock Hours -24

1. Prayer

2. Asanas

A. Meditative Asana -Swastikasana Padmasana Vajrasana

B. Cultural Asana-

Sitting Postures- Parvatasana, Ushtrasana, Yogmudra in Vajrasana

Supine Postures- Halasana, Viparitkarni, Sarvangasana

Prone Posture- Ardhashlbasana, Bhujangasana

Standing Postures- Tadasana, Vrikshasana, Chakrasana, Padhasana, Utkatasana

C. Relaxative Postures- Shavasana. Makarasana

3. Kriya- Kapalbhata

4. Bandha

5. Pranayam- Breathing Awareness, Anuloma Viloma

6. Mudra- Sinha

7. Omkar Chanting

References:

Gharote, M. L., (1990). *Yogik Prakriyanche Margdarshan*. The Lonavala Yoga Institute, Lonavala.

Waman, R.R., (2006). *Yog ani arogya*. Tilak maharashtra university Pune.

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Anand Rishi, (2001). *Patnjali Yogsutra Ek Abhayas*. Rajhans Prakashan Pune.

Gharote, M. L., (1985). *Yogic Techniques* Yoga Institute Kaivalyadhama Lonavala.

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