



बिरसा मुंडा ट्रायबल युनिवर्सिटी

Birsa Munda Tribal University

राजपिपला, जि. नर्मदा Rajpipla, Dist. Narmada

Established by Tribal Development Department, Govt. of Gujarat

School of Arts

B.A. (Economics) Programme

Subject Code & Name: - BA01SEECO2: Yoga in Practice

Teaching and Evaluation Scheme:

Teaching Scheme				Examination Scheme			
Credits				Component Weightage			
				CCE		SEE	
L	T	P	Total	TH	PWE	TH	PWE
2	N/A	N/A	2	25	N/A	25	N/A

Programme Name	B.A.
Semester	1
Course Code	BA01SEECO2
Course Title	Yoga in Practice
Course Content Type (Th./Pr.)	Th.
Course Credit	2
Sessions+Lab. Per Week	2
Total Teaching/Lab. Hours	30 Hours
* 2 Laboratory = 1 Session	

Learning Objectives

- Explain the concept of yoga in the contemporary context as well as for personal growth and development.
- Reflect on one's capabilities and ways to enhance them so as to utilize the same in a better way
- Develop physically, mentally, socially, emotionally and spiritually.

Learning Outcomes

On the Completion of this course, students will able to:

- Understanding ways to harmonies the body and mind through Yoga.
- Disciplining the mind through practicing Yoga.
- Particularity about the Yoga Darshan through the selected topics of Yoga Philosophy based on Patanjala Yogasutra.





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Detailed Contents		
UNIT	TOPIC/SUB-TOPIC	TEACHING HOURS
I	❖ Yoga: Asana, Pranayama and dhyana <ul style="list-style-type: none">➤ Yoga-Meaning and History➤ Understanding Asana and Pranayama➤ Asana: the basics➤ Significance of Asana➤ Surya Namaskara➤ Nadi shodhan Pranayama➤ Effect of Pranayama➤ Importance of Dhyana	15
II	❖ Pantanjali' Yogasutra and Chakra <ul style="list-style-type: none">➤ Introduction of Patanjali➤ The Eight-Fold Yoga (Astanga Yoga)<ul style="list-style-type: none">i) Yama ii) Niyama iii) Asana iv) Pranayama v) Pratyaharavi) Dharana vii) Dhyana viii) Samadhi➤ Pantanjali' Yogasutra: a summary➤ Chakras:- Muladhara, Swadhisthana, Manipura, Anahata, Vishuddha, Ajna, Sahasrara	15
Reference Books		
<ol style="list-style-type: none">1. Dasgupta, S. The Study of Patanjali. Calcutta: University of Calcutta Press, 1920.2. Patanjali's Yog Pradeep- Swami Omanand Saraswati, Gita Press, Gorakhpur, 20133. Udayveer Shastri Granthavali 4, Patanjali- Yoga Darshanam, Udayveer Shastri, govindram Hasanand, Delhi 64. Yog, Dr Puja Kotak, Bharti Print & Publishing House, Ahemdabad, 20145. Shree Patanjalyogdarshan with Rahsyadipika- Pujiyamaharaj Nathu Publisher Shree harjivan Shah 1999.		

L:: Lecture, **T::** Tutorial, **P::** Practical

CCE:: Continuous and Comprehensive Evaluation

(CCE Theory includes Mid Semester Examination, Assignment, MCQ quizzes, Seminar, Reflective notes, class participation, case analysis and presentation, slip tests (announced/surprised), attendance etc. or any combination of these)

PWE:: Practical Work Examination

(PWE includes Laboratory practical work; project work, viva simulation exercise work etc.)

SEE:: Semester End Evaluation

