



# 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. (English) Programme

Subject Code & Name: - BA01SEENG2: Yoga in Practice

### Teaching and Evaluation Scheme:

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

Programme Name	B.A.
Semester	1
Course Code	BA01SEENG2
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.

### Prerequisites (if any)

N/A

### 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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#### B.A. (English) Programme

Detailed Contents		
UNIT	TOPIC/SUB-TOPIC	TEACHING HOURS
I	<b>❖ Yoga: Asana, Pranayama and dhyana</b> <ul style="list-style-type: none"><li>➤ Yoga-Meaning and History</li><li>➤ Understanding Asana and Pranayama</li><li>➤ Asana: the basics</li><li>➤ Significance of Asana</li><li>➤ Surya Namaskara</li><li>➤ Nadi shodhan Pranayama</li><li>➤ Effect of Pranayama</li><li>➤ Importance of Dhyana</li></ul>	15
II	<b>❖ Pantanjali' Yogasutra and Chakra</b> <ul style="list-style-type: none"><li>➤ Introduction of Patanjali</li><li>➤ The Eight-Fold Yoga (Astanga Yoga)<ul style="list-style-type: none"><li>i) Yama ii) Niyama iii) Asana iv) Pranayama v) Pratyahara</li><li>vi) Dharana vii) Dhyana viii) Samadhi</li></ul></li><li>➤ Pantanjali' Yogasutra: a summary</li><li>➤ Chakras:- Muladhara, Swadhisthana, Manipura, Anahata, Vishuddha, Ajna, Sahasrara</li></ul>	15
<b>Reference Books</b>		
<ol style="list-style-type: none"><li>1. Dasgupta, S. The Study of Patanjali. Calcutta: University of Calcutta Press, 1920.</li><li>2. Patanjali's Yog Pradeep- Swami Omanand Saraswati, Gita Press, Gorakhpur, 2013</li><li>3. Udayveer Shastri Granthavali 4, Patanjali- Yoga Darshanam, Udayveer Shastri, Govindram Hasanand, Delhi 6</li><li>4. Yog, Dr Puja Kotak, Bharti Print &amp; Publishing House, Ahmedabad, 2014</li><li>5. Shree Patanjalyogdarshan with Rahsyadipika- Pujyamaharaj Nathu Publisher Shree Harjivan Shah 1999.</li></ol>		

**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

