



# बिरसा मुंडा ट्रायबल युनिवर्सिटी

## Birsa Munda Tribal University

राजपिपला, जि. नर्मदा Rajpipla, Dist. Narmada

Established by Tribal Development Department, Govt. of Gujarat

**School of Commerce**

**B.Com. Programme**

**Subject Code & Name: - BC01SECC03: 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.Com            |
| Semester                         | 1                |
| Course Code                      | BC01SECC03       |
| Course Title                     | Yoga in Practice |
| Course Content Type<br>(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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## School of Commerce B.Com. 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             |

**Reference Books**

1. Dasgupta, S. The Study of Patanjali. Calcutta: University of Calcutta Press, 1920.
2. Patanjali's Yog Pradeep- Swami Omanand Saraswati, Gita Press, Gorakhpur, 2013
3. Udayveer Shastri Granthavali 4, Patanjali- Yoga Darshanam, Udayveer Shastri, govindram Hasanand, Delhi 6
4. Yog, Dr Puja Kotak, Bharti Print & Publishing House, Ahemdabad, 2014
5. Shree Patanjalyogdarshan with Rahsyadipika- Pujoyamaharaj 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

