

YOGA IN PRACTICE

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Yoga in Practice	2	0	0	2	Class XII Pass	NIL

Total Credits: 02

Learning Objectives:

Students will be able to discern real significance of yogic operations from original sources and will be prone to practicing in their day to day life.

Learning Outcomes:

- (i) Student will form an understanding of the concept of yoga.
- (ii) Students will learn various aspects of the science of yoga.
- (iii) Theoretical and practical knowledge of Aasanas and pranayams to lead a balanced life.

SYLLABUS OF YOGA IN PRACTICE

Practical

Unit: I

30 hours

- (i) Definition and types of yoga:

Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra yoga,

Kundalini yoga. (योग एवं ४ांश – अध्याय -१)

- (ii) Ashtanga Yoga:

Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigraha.

Niyam- Saucha, Santosha, Tapa, Swadhyaya, Ishwarpranidhana

Asana, Pranayama- (the types of Pranayama: Puraka, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc.

- (iii) Shat Chakra,s:

Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra). (योग एवं ४ांश – अध्याय – २-३)

Unit: II

30 hours

Asana,s and their advantage:-

(i) Asana in standing position:

Surya Namaskara, Tadasana, Padahasthasana, Garudasana, Natarajasana, Cakrasana.

(ii) Asana in sitting position:

Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana, Mandukasana, Kukkutasana.

(iii) Asana in stomach side position:

Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.

(iv) Asana in backbone side position:

Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc.

(v) Practice of pranayama- Purak, Rechak and Kumbhaka. (योग एवं 4ाव - अाय - ३-४, ६)

Essential Readings:

1. योग दर्शन – महर्षि पतंजलि, टीकाकार-हरकृ ददास गोयका, गीता प्रेस, गोरखपुर, उत्तर प्रदेश,

४० वां पुनर्मुद्रण ।

2. योग एवं 4ाव - डॉ० विजय कुमार, चौखटा विभारती, वाराणसी, उत्तर प्रदेश, प्र० संरण - २०२१ ।

3. प्राणायाम रह4 – (वैयानिक तों के साथ)- 4ामी रामदेव, दिद प्रकाशन, दिद योग मर, पतंजलि योगपीठ ,

कनखल, हरार ।

4. योग साधना एवं योग चिकित्ा रह4- 4ामी रामदेव, दिद प्रकाशन, दिद योग मर, पतंजलि योगपीठ ,

कनखल, हरार ।

5. शतयुव पुष - 4ामी रामेराना सर4ती, आ प्रकाशन, कुं डे वालान, दिद-सं० २०६२ । (ईिदिक पुकालय, मुई)

Suggestive Readings:

1. योग थिरपी - 4ामी अै तान सर4ती, गुकुल वृावन वातक शोध संान, आसफ अली रोड, नई दिदी - २००६ ।

2. ढायाम का मह - 4ामी ओमान सर4ती, हरयाणा साहिवा संान, गुकुल झर, हरयाणा - २००६ ।

3. आयुवदीय पउक चिकित्ा- आचार्य विहाधर शु4, भारतीय केीय चिकित्ा पषद्, नई दिदी

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4. रोग और योग- 4ामी कमन सर4ती, योग पके शन, मुंगेर, बिहार, संरण- २०१३ ।

5. सूर्य योग विहा - राजीव जैन त्रिलोक, मंजुल पशिंग हाउस, भोपाल, म प्रदेश, संरण -

२००५ ।

Examination scheme and mode:

Evaluation scheme and mode will be as per the guidelines notified by the University of Delhi.