

SYLLABUS
For UG COURSE (III / IV Semester) UNDER NEP-2020

AMDSC-2: Basic Yoga Practices
Course Details

Objective of Course

The subject entitled Basic Yoga Practices has the following objectives:

- Students of the UG course will have an understanding about origin, history, meaning and types of Yoga.
- They will have an idea about the Asana, Pranayama and Meditation.
- Students will experience the benefits of Asana, Pranayama and Meditation by self-practice.

Total Number of Hours: 30	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	2
SCHEME OF EXAMINATION			
Total Marks:			
Theory: 1		Practical: Nil	
Final Exam (SEE)	Internal Assessment (CT+TA)	Final Exam (SEE)	Internal Assessment (CT+TA/PR)

Syllabus

Unit-1: Fundamentals of Yoga

History and Development of Yoga, Meaning and Definition of Yoga, Aim and Objectives of Yoga, Misconceptions of Yoga; Brief knowledge about Streams of Yoga; Importance of Yoga.

Unit-2: Sookshma Vyayama and Soorya Namaskar

Padanguli Naman & Goolf Naman, Goolf Chakra, Janu Naman, Poorna Titali Asana, Manibandha Naman, Kehuni Naman, Skandha Chakra, Greeva Sanchalana, Soorya Namaskar.

Unit-3: Asana

Tadasana, Vrikshasana, Utkatasana, ArdhChakrasana, Pashchimuttasana, Goumukhasana, Vakrasana, Vajrasana, Uttanpadasana, Nokasna, Halasana, Shavasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana.

Unit-4: Pranayama and Meditation

Nadishodhan, Bhastrika, Seetali, Bhramari, Ujjayi, Soham & Pranav Meditation, Yoga-Nidra.

TEXT BOOKS

1. Singh S. P: History of Yoga, PHISPC, Centre for Studies in Civilization Ist, 2010

2. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010
3. Saraswati, Swami Satyananda: Surya Namaskar, Yoga Publication Trust, Munger, 2004
4. Swami Satyananda Saraswati: Asana Pranayama Mudra-Bandha, Bihar School of Yoga, Munger, 2005.
5. Digambar, Swami (2012) Hathpradipika (Swatmaramkrit), Kaivalyadham Lonavala, Pune.
6. Swami, Niranjananand Saraswati (2013) Gherand Samhita, Bihar School of Yoga, Munger.

पाठ्यक्रम

यूनिट -1: योग के मूल सिद्धांत- योग का इतिहास और विकास, योग का अर्थ और परिभाषा, योग का अभिप्राय और उद्देश्य, योग की भांतियां; योग की धाराओं के बारे में संक्षिप्त जानकारी; योग का महत्व।

यूनिट -2: सूक्ष्म व्यायाम और सूर्य नमस्कार- पदंगुली नमन और गूल्फ नमन, गुल्फ चक्र, जानू नमन, पूर्ण तितली आसन, मणिबंध नमन, केहुनी नमन, स्कंध चक्र, ग्रीवा संचालन, सूर्य नमस्कार।

यूनिट -3: आसन- ताड़ासन, वृक्षासन, उत्कटासन, अर्धचक्रासन, पश्चिममुत्तासन, गौमुखासन, वक्रासन, वज्रासन, उत्तानपादासन, नोकासन, हलासन, शवासन भुजंगासन, शलभासन, धनुरासन, मकरासन।

यूनिट-4: प्राणायाम एंड मैडिटेशन- नाडीशोधन, भस्त्रिका, सीतलि, भ्रामरी, उज्जायी, सोऽहं& प्रणव मैडिटेशन, योग-निद्रा.