

SARDAR PATEL UNIVERSITY

**B.A. (Sanskrit) Semester-1 Skill Enhancement
UA01SSAN21 Yoga Part – 1**

Course Type	Course Code	Course Title
Skill Enhancement	UA01SSAN21	YOGA PART - I
Objective of Course	To create awareness about Yoga, to cultivate importance of Yoga practices, to improve individual and social health through Yoga.	
		Unit-1 Darshan Parichay Yoga Darshana Udashav-Vikasa Yogana Prakaro, Patanjali Jivan – Darshan Yoga No Arth, Paribhasha, Mahatv
		Unit-2 Introduction of Patanjali Ashtang Yoga Yam-Niyam, Ashan, Pranayam, Pratyahar Dharana, Dhyana & Samadhi & Labha
		Unit-3 Ashan – Arth – Mahatv – Labha Ashan Prakar, Pranayam Bandh, Shat-kriya.
		Unit-4 Practical

Reference Books:

- 1) ShreePatanjalyogdarshan with Rhashyadipikatia-Pujya amahraj Naththu , (Aanand Aashram Bilkha –Saurashtra) Publisher Shri Hrajivan Shah, 1999.
- 2) Pranayam Rahashya , Svami Ramdevaji, Divya Prakashan , Divya Yog Mandor, Haridvar (Uttaranchal).
- 3) Yog (Vedthi Vartman Sudhi) , Dr. Puja Kotak, Bharati Print & Publishing House, Ahmedabad, 2014.
- 4) Yaugik Bandh Ane Mudra , Shri Bhandev, Gurjar Prakashan , Ahmedabad, 2014.
- 5) Sampurna Pranayama, Shree Bhandev, Gurjar Prakashan , Ahmedabad, 2014.
- 6) Pranayam Rahashya (Vigyanik Tathyon ke Sath), Svami Ramdev, Divaya Prakashan, Haridvara(Uttarachal), 2008.