

**SARDAR PATEL UNIVERSITY**  
**B.A. (Sanskrit) Semester-II Skill Enhancement**  
**UA02SSAN21 Yoga Part – II**

<b>Objective of Course</b>	To create awareness about Yoga, to cultivate importance of Yoga practices, to improve individual and social health through Yoga.		
			<b>Unit-1</b> Bandha ane Mudrana Prakar, Mahatv, Upyogita Sharirama aavela Chakro ane Nadiono Parichay Kundlini
			<b>Unit-2</b> Mansik Rog utppann thavana kaarano Yoga dvara mansika Rogani Sarvara Yoga ane Ayurveda Surya Namashkar Nu Mahattva, Labh
			<b>Unit-3</b> Aaharni Vyakhya Svasth Sharira mate aaharnu Mahtav Aaharmanthi prapt thata Ghatakonu Mahatv Mitahara Nu Mahatva Prarthana Mahatva Ane Upayogita.
			<b>Unit-4</b> Practical

**Reference Books:**

1. ShreePatanjalyogdarshan with Rhashyadipikati-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.