

## SARDAR PATEL UNIVERSITY Vallabh Vidyanagar, Gujarat (Reaccredited with 'A' Grade by NAAC (CGPA 3.25) Syllabus with effect from the Academic Year 2021-2022

## B.A. Sanskrit -Semester – II

Course Code	UA02SSAN51	3	YOGA - PART - 2
Total Credits	02	Hours per	02
of the Course	02	Week	

Course Objectives:	To create awareness about Yoga, to cultivate importance of Yoga practices, to improve individual and social health through Yoga.

Course Content		
Unit	Description	Weightage* (%)
1.	<b>Unit-1</b> Mudrana Prakar, Mahatv, Upyogita Sharirama aavela Chakro ane Nadiono Parichay Kundlini	25
2.	<b>Unit-2</b> Mansik Rog utppann thavana kaarano Yoga dwara mansikaRogani Sarvara Yoga ane Ayurveda Surya Namashkar Nu Mahattva, Labh	25

Teaching- Learning Methodology			
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage
1.	Internal Written / Practical Examination (As per CBCS R.6.8.3)	-
2.	Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3)	-
3.	University Examination	50%



Course Outcomes: Having completed this course, the learner will be able to	
1.	Students will be able to know about Indian Philosophy.
2.	Particularly about the Yoga Darshan through the selected topics of Yoga Philosophy based on Patanjala Yogasutra.
3.	These topics will be very useful in daily life in present time.

Suggested References:	
Sr. No.	References
1.	ShreePatanjalyogdarshan with Rhashyadipikatia-PujyaamahrajNaththu , (AanandAashramBilkha –Saurashtra ) Publisher Shri Hrajivan Shah, 1999.
2.	PranayamRahashya ,SvamiRamdevaji, DivyaPrakashan , DivyaYogMandor, Haridvar (Uttaranchal).
3.	Yog(VedthiVartmanSudhi), Dr. Puja Kotak, Bharati Print & Publishing House, Ahmedabad, 2014.
4.	Yaugik Bandh AneMudra , Shri Bhandev, GurjarPrakashan , Ahmedabad, 2014.
5.	Sampurna Pranayama, Shree Bhandev, GurjarPrakashan, Ahmedabad, 2014.
6.	PranayamRahashya( VigyanikTathyonkeSath),Svami Ramdev, DivayaPrakashan, Haridvara( Uttarachal), 2008.

On-line resources to be used if available as reference material

On-line Resources

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