



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 of the Course	02	Hours per Week	02

Course Objectives:	To create awareness about Yoga, to cultivate importance of Yoga practices, to improve individual and social health through Yoga.
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Course Content		
Unit	Description	Weightage* (%)
1.	Unit-1 Mudrana Prakar, Mahatv, Upyogita Sharirama aavela Chakro ane Nadiono Parichay Kundlini	25
2.	Unit-2 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%



