

## YOGA IN PRACTICE

### Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Yoga in Practice	2			2	0	Class XII Pass

**Total Credits: 02**

### Learning Objectives:

Students will be able to discern real significance of yogic operations from original sources and will be prone to practicing in their day to day life.

### Learning Outcomes:

- (i) Student will form an understanding of the concept of yoga.
- (ii) Students will learn various aspects of the science of yoga.
- (iii) Theoretical and practical knowledge of Asanas and pranayams to lead a balanced life.

## SYLLABUS OF YOGA IN PRACTICE

### Unit: I

**Credit: 01**

- (i) Definition and types of yoga:  
Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra yoga,  
Kundalini yoga. (योग एवं स्वास्थ्य – अध्याय -१ )
- (ii) Ashtanga Yoga:  
Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigraha.  
Niyam- Saucha, Santosha, Tapa, Swadhyaya, Ishwarpranidhana  
Asana, Pranayama- (the types of Pranayama: Puraka, rechak & Kumbhaka), Pratyahara,

Dharana, Dhyana & Samadhi etc.

(iii) Shat Chakra,s:

Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara-  
(Sahasradhara chakra). ( योग एवं स्वास्थ्य - अध्याय – २-३ )

## Unit: II

Credit: 01

Asana,s and their advantages:-

(i) Asana in standing position:

Surya Namaskara,Tadasana, Padahastana, Garudasana, Natarajasana, Cakrasana.

(ii) Asana in sitting position:

Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana,  
Mandukasana, Kukkutasana.

(iii) Asana in stomach side position:

Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.

(iv) Asana in backbone side position:

Uttanapadasana, Naukasana,Sarvangasana, Sheershasana, Savasana etc.

(v) Practice of pranayama- Purak, Rechak and Kumbhaka. ( योग एवं स्वास्थ्य - अध्याय – ३ -४,६ )

## [D] References:

1. योग दर्शन – महर्षि पतंजलि, टीकाकार-हरिकृष्णदास गोयन्दका, गीता प्रेस,  
गोरखपुर, उत्तर प्रदेश, ४० वां पुनर्मुद्रण ।
2. योग एवं स्वास्थ्य – डॉ० विजय कुमार, चौखम्भा विश्वभारती, वाराणसी, उत्तर प्रदेश,  
प्र० संस्करण – २०२१ ।
3. प्राणायाम रहस्य –( वैज्ञानिक तथ्यों के साथ )– स्वामी रामदेव, दिव्य प्रकाशन, दिव्य  
योग मन्दिर ट्रस्ट, पतंजलि योगपीठ ,  
कनखल, हरिद्वार ।
4. योग साधना एवं योग चिकित्सा रहस्य- स्वामी रामदेव, दिव्य प्रकाशन, दिव्य योग  
मन्दिर ट्रस्ट, पतंजलि योगपीठ ,  
कनखल, हरिद्वार ।
5. शतयुर्वै पुरुषः – स्वामी रामेश्वरानानन्द सरस्वती, आर्ष प्रकाशन, कुंडेवालान, दिल्ली-  
सं० २०६२ । ( ई- वैदिक पुस्तकालय, मुम्बई )

## Additional Resources:

1. योग थिरपी – स्वामी अद्वैतानन्द सरस्वती, गुरुकुल वृन्दावन स्नातक शोध संस्थान, आसफ अली रोड, नई दिल्ली  
-२००६ ।
2. व्यायाम का महत्त्व – स्वामी ओमानन्द सरस्वती, हरयाणा साहित्य संस्थान, गुरुकुल झज्जर, हरयाणा -२००६ ।

3. आयुर्वेदीय पञ्चकर्म चिकित्सा- आचार्य विद्याधर शुक्ल, भारतीय केन्द्रीय चिकित्सा परिषद्, नई दिल्ली।
4. रोग और योग- स्वामी कर्मानन्द सरस्वती, योग पब्लिकेशन, मुंगेर, बिहार, संस्करण- २०१३।
5. सम्पूर्ण योग विद्या - राजीव जैन त्रिलोक, मंजुल पब्लिशिंग हाउस, भोपाल, मध्य प्रदेश, संस्करण -२००५।

**[E] Weekly plan:**

- Week 1 – Unit 1
- Week 2 – Unit 1
- Week 3 – Unit 2
- Week 4 – Unit 2
- Week 5 – Unit 2
- Week 6 – Unit 2
- Week 7 – Unit 2
- Week 8 – Unit 2
- Week 9 – Unit 2
- Week 10 – Unit 2
- Week 11 – Unit 2
- Week 12 – Unit 2

**[F] Teaching Learning proses:**

Reading, translation and explaining all Sutras/ Slokas with various examples.  
Power point Presentations, Quizzes etc.

**[G] Assessment Methods:**

<b>I</b>	<b>Final Examination</b>		<b>38</b>
	<b>Basic Structure of Question Paper &amp; Division of Marks</b>		
	(i) Long Questions- 2 (from unit-1 to 2)	02 x 10 = 20	
	(ii) Short Questions-2 (from unit-2 to 2)	02 x 05 = 10	
	(iii) Short Notes-2 (Unit 2 to 2)	02 x 04 = 08	
<b>II</b>	<b>Internal Assessment (Project/Discussion/Assignment/ paper presentation/ Periodic tests etc.)</b>		<b>12</b>
	<b>Total Marks : (I+II)</b>		<b>(38+12) = 50</b>

**[H] Keywords:**

- (i) Yoga
- (ii) Aasana
- (iii) Pranayama
- (iv) Kshatchakara
- (v) Samadhi