



**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 – I**

Course Code	<b>UA01SSAN51</b>	Title of the Course	YOGA-PART - I
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.	<b>Unit-1</b> Darshan Parichay ,Yoga Darshana Udabhav-Vikasa Patanjali Jivan – Darshan, Yogano Arth, Paribhasha, Mahatv	25
2.	<b>Unit-2</b> Introduction of Patanjali Ashtang Yoga ,Yam-Niyam, Ashan, Pranayam, Pratyahar,Dharana, Dhyana & Samadhi & Labha Pranayam	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

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| 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.	Shree Patanjalyogdarshan with Rhashyadipikatia-Pujyaamahraj Naththu , (AanandAashramBilkha –Saurashtra ) Publisher Shri Hrajivan Shah, 1999.
2.	PranayamRahashya ,SvamiRamdevaji, DivyaPrakashan , DivyaYogMandor, Haridvar (Uttaranchal).
3.	Yog( Vedthi VartmanSudhi) , Dr. Puja Kotak, Bharati Print & Publishing House, Ahmedabad, 2014.
4.	Yaugik Bandh Ane Mudra , Shri Bhandev, GurjarPrakashan , Ahmedabad, 2014.
5.	Sampurna Pranayama, Shree Bhandev, GurjarPrakashan , Ahmedabad, 2014.
6.	Pranayam Rahashya( 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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