

Gujarat University
Semester- II
Course on Yog Studies
Course Code: 127 - D
For all Undergraduate Programs
(Value Added Course)
(w.e.f 2023-2024)

Objective Of the Course

Yog is a way of life that can be applied to one's own life irrespective of age, gender, occupation, society, circumstances, problems and sufferings. It can be part of any human effort-personal, educational, social, family and spiritual. Since it comes under both science and an art, there are theoretical and practical aspects of Yog which are taught in the course. The Course in Yog is built for beginners who wish to develop a career in Yog. Course has covered all pragmatic aspects of Yog.

Outcome of the Course (CO)

Learner will be able to....

- The emphasis in the course is on having the right perspective through the first-hand experience and learning the science and the practice of Yog.
- It helps the student to understand the types of Yog and imparts the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama.
- This course focuses on Sutra Yoga and the philosophy mentioned in those sutras. The role of Satvika Ahara is also based alongside Asanas.
- The end goal is the implementation of the philosophy of Yoga in everyday life.

Prerequisite: 12th Pass

Corequisite: Learner can join other online certificate and diploma courses for knowledge enhancement.

Evaluation Pattern

Internal	Total Marks
	25
External	25

Semester: 2

Course Credit: 2

Course Duration: 40 Hrs.

Unit	Topic
1	Basic Introduction of Yog Studies Shuddhi Kriyas - Dhauti: Vaman Dhauti; Agnisaar, Neti: Jal Neti, Tratak, Kapalbhathi, Theoretical, nowledge as regards Basti & Nauli 6 Mudras, Chin / Jnana Mudra, Padma Mudra, Agochari Mudra (Nasikagra Drishthi), Shambhavi (Bruhmadhya Drishthi), Viparitakarani, Mahamudra, Suryanamaskar (Traditional with 12 Poses) (Can be School- Specific) Pranayama, Sectional Breathing, Yogic Breathing, Nadishodhana, Kumbhakas without Bandhas, Suryabhedana, Ujjayi, Shitkari, Shitali, Bhramari.
2	Asanas- Three Meditative Asanas, Padmasana, Vajrasana, Svastikasana, Four Standing Asanas, Tadasana, Ekpadasana, Trikonasana, Padahasthasana, Three Kneeling Asanas, Ushtrasana, Marjarasana, Shashankhasana, Six Sitting Asanas, Bhadrasana, Simhasana, Gaumukhasana, Vakrasana, Parvatasana, Paschimottanasana, Five Prone Asanas, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana, Makarasana, Six Supine Asanas, Pavanmuktasana, Setubandhasana, Matsyasana, Uthitapadahasthasana, Halasana, Shavasana, One Inverted Asanas, Sarvangasana, Suryanamaskar.

Reference Books

- The Yoga Sutra of Patanjali M.R.Yardi Bhandarkar Oriental Research Institute, Pune, 1979
- Outlines of Indian Philosophy Hiriyanna Motilal Banarsidass Publisher, 2014
- Indian Philosophy Dr S. Radhakrishnan Oxford University Press 1923
- Hatha Yoga Pradipika Yogi Swatmarama Yogavidya.com, 2002
- Yoga Sutras of Patanjali Sadhana Pada with Exposition of Vyasa Motilal Banarsidass, 2002
- Introduction to Indian Philosophy Dutta & Chatterji Rupa & Co, 2015
- Light of Yoga (on Yama – Niyama) B.K.S. Iyenger Thorsons, 2006
- The Yoga system of Patanjali James, Houghton, wood. Forgotten Books, 2018
- Science of Yoga I.K.Taimni Theosophical Publishing House, 2007