

**SYLLABUS**  
**V Semester B.A. Programme**  
**Sanskrit (Special) Vedanta**  
**Open Course- YOGA THEORY & PRACTICE**

Credit 4  
Contact Hours 90

**Aim of the Course**

This course aims at the overall development of man in his approach towards the social cultural, physical as well as spiritual realms of life.

The practical version of Yoga is much beneficial to attain restraint over the mind, body and senses.

**Objectives of the Course**

1. To make the students aware of the true structure of Yoga.
2. To teach the students about the discrimination between the propagated and the actual concepts of Yoga.

**Course Outline**

Module I - Preliminary aspects of Yoga. (First 30 suthras of yogasutra of Patanjali)

Module II - Yoga-Physical and Mental training.  
Suthras 31 to 40 of yogasutra of Patanjali

Module III - Padmasana, Shrisasana, Sarvangasana, Matsyasana, Bhujangasana, Paschimottasana, JihvaBandha, Gomukhasana, Chakrasana, Janusirasana, Vrishchikasana & Langulasna

Module IV - (a) Food and Fasting in Yoga culture  
(b) Emotional background of health and yogic culture.

**Essential Reading**

1. Patanjala Yogadarsanam (*Bhojavrttisahitam*) published by Chawkhamba Amruthabharathy Prakasan, Varanasi.
2. Yogic exercises for the fit and the ailing by S. Muzumdar published by orient Longmans Ltd.

**Book of Reference**

1. "The science of Yoga" by I.K. TAIMNI published by the Theosophical publishing House, Adyar, Chennai.