



Savitribai Phule Pune University

(formerly University of Pune)

S.Y.B.A. YOGAVIDYA

Syllabus

(Semester & Choice Based Credit System)

(To be implemented from the Academic Year 2020-2021)

S.Y.B.A.
General Paper II
Yoga Vidya – III and Yoga Vidya – IV (semester III & IV)
(Choice Based Credit system)

100 Marks

1. Course Objectives of B.A. Yoga Vidya

- A. To motivate the students for higher education in yoga vidya
- B. To acquire subject knowledge of Yoga Vidya.
- C. To acquire skills required for studying yoga vidya
- D. To achieve professional career in the field of yoga vidya

2. Structure of Marks semester III & IV

I. Total - 70 marks (Total University Marks 70%)

- A. Theory - 50 Marks
- B. Practical - 20 Marks

II. Total - 30 Marks (Internal Marks 30%)

- A. Mid Term Test - 20 Marks
- B. Project - 10 Marks

3. Evaluation of Semester III & IV

Yoga Vidya – III and Yoga Vidya IV (in respective semester)

I. External Total - 70 marks

A. Structure of Theory paper of university examination.

- Q.No.1 = 5 Marks X 01 Question = 05 Marks
- Q.No.2 = 5 Marks X 02 Question = 10 Marks
- Q.No.3 = 10 Marks X 02 Question = 20 Marks
- Q.No.4 = 15 Marks X 01 Question = 15 Marks

Total = 50 Marks

B. Structure of question paper of practical examination.

- a) Compulsory Asanas = 03 X 02 = 06 Marks
- b) Optional Asanas = 03 X 02 = 06 Marks
- c) Kriya = 03 X 01 = 03 Marks
- d) Pranayama = 03 X 01 = 03 Marks
- e) Prayer and Meditation = 02 X 01 = 02 Marks

Total = 20 Marks

II. Internal Total - 30 Marks

A. Structure of Theory examination = 15 Marks

- a. Q.No.1 = 5 Marks 02 Question = 10 Marks
- b. Q.No.2 = 10 Marks 01 Question = 10 Marks

Total = 20 Marks

B. Project Work and Viva = 10 Marks

Total = 10 Marks

S.Y.B.A.

**General Paper II
Yoga Vidya - III (SEMISTER – 3)
Total Credit 03**

Unit No. 1 Theory, Total Credit = 01

1. Causes and effects of frustration and yoga Vidya
2. Social health and yoga Vidya

Unit No. 2 Theory, Total Credit = 01

1. Mental health and yoga Vidya
2. Educational Process & yoga Vidya

Unit No. 3 Practical - Total Credit = 01

1. Prayer

2. Asanas

A. Meditative Asanas

Padmasana

Vajrasana

B. Cultural Asanas

Sitting Postures

Ushtrasana

Yoga Mudra

Vakrasana

C. Supine Postures

Halasana

Viparitkarni

Sarvangasana

D. Prone Postures

Shalabhasana

Dhanurasana

Sarpasana

E. Standing Postures

Vrikshana

Garudasana

Trikonasana

F. Relaxative Postures

Shavasana

Makrasana

3. Kriya

kapalbhati

Trataka

4. Pranayama

Suryabhedan

Ujjai

5. Omkarchanting

6. Meditation

References :-

1. M.L.Gharote - Yogik Prakriya Margadarshan
2. P.D.Sharma - Yogasana - Navneet Prakashan
3. Swami Kuvalyananda - Yogasana - kaivalyadhama
4. M.L.Gharote - Yogik Prakriya
5. M.L.Gharote – Pranayama – Swasache shastra
6. B.K.S. Iyengar – Light on Yoga

S.Y.B.A.
General Paper II
Yoga Vidya – IV (SEMISTER – 4)
Total Credit 03

Unit No. 1 Theory, Total Credit = 01

1. Physical health and yoga Vidya
2. Abstract of any Yoga granth

Unit No. 2 Theory, Total Credit = 01

1. Personality and fundamental principles
2. Importance and fundamentals principles of kriya

Unit No. 3 Practical Total Credit -01

1. Prayer

2. Asanas

A. Meditative Asanas

Padmasana

Vajrasana

B. Sitting Postures

Gomukhasana

Pashchimottanasana

Vakrasana

C. Supine Postures

Halasana

Viparikarni

Sarvangasana

D. Prone Postures

Shalabhasana

Dhanurasana

Sarpasana

E. Standing Postures

Utkatasana

Padhastasana

Chakrasana

F. Relaxative Postures

Shavasana

Makrasana

3. Kriya

Jalneti

Suttraneti

4. Pranayama

Anuloma viloma

Suryabhedan

5. Omakarchanting

6. Meditation

References :-

1. M.L.Gharote - Yogik Prakriya Margadarshan
2. P.D.Sharma - Yogasana - Navneet Prakashan
3. Swami Kuvalyananda - Yogasana - kaivalyadhama
4. M.L.Gharote - Yogik Prakriya
5. M.L.Gharote – Pranayama – Swasache shastra
6. B.K.S. Iyengar – Light on Yoga