



Savitribai Phule Pune University

(formerly University of Pune)

T.Y.B.A. YOGAVIDYA

Syllabus

(Semester & Choice Based Credit System)

(To be implemented from the Academic Year 2021-2022)

T.Y.B.A.
General Paper III
Yoga Vidya – V and Yoga Vidya – VI (semester V & VI)
(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. Student's total health will be increased after completing this course.
- C. Students will acquire skills required for studying Yoga vidya.
- D. To achieve professional career in the field of Yoga vidya.

2. Structure of Marks semester V & VI

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 V & VI

Yoga Vidya – V and Yoga Vidya - VI (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

T.Y.B.A.
General Paper III
Yoga Vidya - V (SEMISTER – 5)
Total Credit 03

Unit No. 1 Theory, Total Credit = 01

1. Difference between Professional Yoga and Traditional Yoga
2. Physical Health and Yoga

Unit No. 2 Theory, Total Credit = 01

1. Mental Health and Yoga
2. Importance of Yoga in the field of sports

Unit No. 3 Practical - Total Credit = 01

1. Prayer
2. Asanas
 - A. Meditative Asanas
 - Padmasana
 - Vajrasana
 - B. Cultural Asanas
 - Sitting Postures
 - Ushtrasana
 - Vakrasana
 - Akrandhanurasana
 - C. Supine Postures
 - Halasana
 - Viparitkarni
 - Sarvangasana
 - Supptavajrasana
 - D. Prone Postures
 - Shalabhasana
 - Dhanurasana
 - Sarpasana
 - E. Standing Postures
 - Utkatasana
 - Hastapadasana
 - F. Balancing Postures
 - Shirshana
 - Mayurasana
 - G. Relaxative Postures
 - Shavasana
 - Makrasana
3. Kriya
 - Vaman, Nauli, Vasttradhuti
4. Pranayama
 - Bhastrika
 - Brhamari
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. Mohamadmaharaj - Yogsangram – Shrigonda
5. B.K.S. Iyengar- Light on Yoga

T.Y.B.A.
General Paper III
Yoga Vidya - VI (SEMISTER – 6)
Total Credit 03

Unit No. 1 Theory, Total Credit = 01

1. Scope of Yoga in professional field.
2. Old age and Yoga

Unit No. 2 Theory, Total Credit = 01

1. Personal efficiency and yoga
2. Spiritual Health & Yogasangram though

Unit No. 3 Practical Total Credit -01

1. Prayer
2. Asanas
 - A. Meditative Asanas
 - Padmasana
 - Vajrasana
 - A. Sitting Postures
 - Gomukhasana
 - Pashchimottanasana
 - Vakrasana
 - B. Suppine Postures
 - Halasana
 - Karnapidasana
 - C. Prone Postures
 - shalbhasana
 - Dhanurasana
 - Sarpasana
 - D. Standing Postures
 - Utkatasana
 - Hastapadasana
 - Chakrasana
 - E. Relaxative Postures
 - Shavasana
 - Yognidra
3. Kriya
 - Nauli chalan
 - Vasttradhuti
 - Danda dhuti
4. Pranayama
 - Shitali
 - Shitkari
 - Bhastrika
 - Brhamari

} With Kumbhaka 1:4:2
5. Omakarchanting- 11 time
6. Meditation – 30 minutes

References :-

1. M.L.Gharote - Yogik Prakriya Margadarshan
2. P.D.Sharma - Yogasana - Navneet Prakashan
3. Swami Kuvalyananda - Yogasana - kaivalyadhama
4. Mohamadmaharaj - Yogsangram - Shrigonda