

Guru Jambheshwar University of Science & Technology, Hisar

Scheme for Theory + Practical Based Subjects

Guidelines for Scheme of Examination for

B.A. (Pass Course) Yoga Philosophy

The Scheme of Examination of undergraduate (UG) Courses (**Theory-70 marks + Practical-30 marks Based Subjects**) under Faculty of Humanities & Social Sciences run by affiliated degree colleges will be under (50+20) + 30 (External + Internal + Practical) for practical based courses. Pass percentage will be

For the UG courses under Faculty of Humanities & Social Sciences, the guidelines regarding scheme and paper setting will be followed as:

For the end semester examinations regarding practical subjects, nine questions are to be set by the examiner. The candidates shall attempt five questions in all. First question will be compulsory of 10 marks based on the entire syllabus. It will comprise of ten short answer type questions of one mark each. Students are required to attempt any four questions out of remaining eight questions, selecting one question from each unit. All remaining questions shall carry equal marks.

Scheme: (50+20) + 30 (External + Internal + Practical)

1 st question=10 marks (10 short answer type questions of one marks each)
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Rest four questions: 10 marks each i.e. 4 x 10=40

Total = (10+40+20) + 30 = 100 marks

Components of Internal Assessment (Breakdown of 20 marks)	
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(a)	Class Test: 5 marks
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(b)	Assignment: 5 marks
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(c)	Participation in Class Discussions: 3 marks
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(d)	Term Paper/written test/2 nd assignment: 5 marks
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(e)	Attendance: 2 marks*
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*Weightage of 2 marks for **Attendance** component out of 20 marks for Internal Assessment shall be available only to those students who attend **75% and more** of classroom lectures and practical. The break-up of marks for **attendance component** for theory + practical papers shall be as under:

(a) 75% and above up to 85%: 01 mark

(b) Above 85%: 02 mark

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

1st to 6th Semester

Scheme of Examination

(w.e.f. the academic session 2019-20)

1st Year 1st Semester

Paper No.	Paper Code	Nomenclature of Paper	Periods per Week	External Marks	Internal Marks	Practical	Total Marks	Time
Paper A (Theory)	BAYP 101	Basic Concept of Yoga	4	50	20	-	70	3 hrs
Paper B (Practical)	BAYP (P) 102	Practical	6	-	-	30	30	3 hrs

1st Year 2nd Semester

Paper No.	Paper Code	Nomenclature of Paper	Periods per Week	External Marks	Internal Marks	Practical	Total Marks	Time
Paper A (Theory)	BAYP 103	Hatha Yoga	4	50	20	-	70	3 hrs
Paper B (Practical)	BAYP (P) 104	Practical	6	-	-	30	30	3 hrs

2nd Year 3rd Semester

Paper No.	Paper Code	Nomenclature of Paper	Periods per Week	External Marks	Internal Marks	Practical	Total Marks	Time
Paper A (Theory)	BAYP 201	Sahaj Yoga	4	50	20	-	70	3 hrs
Paper B (Practical)	BAYP (P) 202	Practical	6	-	-	30	30	3 hrs

2nd Year 4th Semester

Paper No.	Paper Code	Nomenclature of Paper	Periods per Week	External Marks	Internal Marks	Practical	Total Marks	Time
Paper A (Theory)	BAYP 203	Yoga & Health	4	50	20	-	70	3 hrs
Paper B (Practical)	BAYP (P) 204	Practical	6	-	-	30	30	3 hrs

3rd Year 5th Semester

Paper No.	Paper Code	Nomenclature of Paper	Periods per Week	External Marks	Internal Marks	Practical	Total Marks	Time
Paper A (Theory)	BAYP 301	Indian Philosophy	4	50	20	-	70	3 hrs
Paper B (Practical)	BAYP (P) 302	Practical	6	-	-	30	30	3 hrs

3rd Year 6th Semester

Paper No.	Paper Code	Nomenclature of Paper	Periods per Week	External Marks	Internal Marks	Practical	Total Marks	Time
Paper A (Theory)	BAYP 303	Shrimadbhagwadgita	4	50	20	-	70	3 hrs
Paper B (Practical)	BAYP (P) 304	Practical	6	-	-	30	30	3 hrs

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 1st Year 1st Semester

PAPER-A (THEORY)

BAYP 101 : Basic Concept of Yoga

(w.e.f. the academic session 2019-20)

Maximum Marks : 70

External Marks : 50

Internal Marks: 20

Time: 3 hours

Note:

1. The question paper will consist of *nine* questions. The candidate shall attempt *five* questions in all. The Question No. 1 will be *compulsory*. The Candidate shall attempt *four* more questions selecting at least *one* from each Unit. The paper will carry 70 marks out of which 20 marks will be earmarked for internal assessment.
2. The **Compulsory Question No.1** will be short answer type questions containing *ten* questions of equal marks (i.e., 1 marks each) spread over the whole syllabus. Other questions will carry the 10 marks each.

UNIT I : The nature of Yoga Vidhya: Source and Importance of Yoga. Various definitions of Yoga Vidhya.. Supportive And obstructive facts of Yoga practice.

UNIT II : The format of different Parts of Yoga in Vedas, Description of Yoga in various Texts of Vedas and forms of Yoga in Upanishadas.

UNIT III : Various Types of Yoga – Astang Yoga, Gyan Yoga, Bhakti Yoga and Karma Yoga.

UNIT IV : Importance of main Yogis for human kind – Maharshi Patanjali, Yogi Gorakhnath, Shri, Maharshi Dayanand Saraswati, Arvind Ghosh, Swami Yoganand, Swami Vivekanand, Their instructions and importance of their morals.

REFERENECE BOOKS :

1. Modern Yoga : Dr. K.L. Anand
2. The Yoga System of Patanjali : James Haughton Woods
3. Live Better Yoga : Tara Fraser
4. Yog : Earnest Wood
5. The six systems of Indian Philosophy : Maxmuller
6. PatanjaliYogaurShriArvindYog : Dr. Tirlok Chand
7. KalyanYogatatvak : Geeta Press Gorakhpur
8. SantJeewanCharitar : Swami Shivanand
9. SanyasYog in Upnishads : Dr. IshwarBhardwaj
10. AAdharbhutTatv of Yogas : Dr. JagwantiDeshwal : Vikas
Publisher
11. PatanjaliBhashya
12. Yog Sutras
13. ShrimadbhagvadGeetaTeeka
14. BhartiyaDarshan : Dr. Radhakrishnan, Dr. DayaKishan
15. Bhartiya and PashchatayDarshan : Dr. SatpalArya
16. Swami Yoganand :Ek Yogi kiAatam Katha.

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 1st Year 1st Semester

PAPER-A (PRACTICAL)

BAYP (P)102

(w.e.f. the academic session 2019-20)

Maximum Marks: 30

Time: 3 hours

Practical Demonstarion of Aasan, Pranayam&ShudhiKirya : 20 Marks

Practical Note Book : 05 Marks

Viva Voice : 05 Marks

A- Pranayam :

1. Anulome –Vilom
2. Bhramri
3. Surya Bhedan
4. Sheetkari

B- Aasans :

- | | |
|---|-----------------------|
| 1. Surya Namaskar,
With Mantra | 7. Bhungasan |
| 2. Pawan Muktsan :
1,2,3, Serial wise. | 8. Katichrasan |
| 3. Utanpadasan | 9. Naukasan |
| 4. Tadasan | 10. Opposite Naukasan |
| 5. Vajraasan | 11. Dhnurasan |
| 6. Vakraasan | 12. Pashichmtanasan |

Note :

1. Each student has to prepare a practical note-book containing five Assan, Two Pranayam in detail with diagram.
2. The external examiner will Viva-voice out of this whole syllabus.

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 1st Year 2nd Semester

PAPER-A (THEORY)

BAYP 103 : Hatha Yoga

(w.e.f. the academic session 2019-20)

Maximum Marks : 70

External Marks : 50

Internal Marks: 20

Time: 3 hours

Note:

1. The question paper will consist of *nine* questions. The candidate shall attempt *five* questions in all. The Question No. 1 will be *compulsory*. The Candidate shall attempt *four* more questions selecting at least *one* from each Unit. The paper will carry 70 marks out of which 20 marks will be earmarked for internal assessment.
2. The **Compulsory Question No.1** will be short answer type questions containing *ten* questions of equal marks (i.e., 1 marks each) spread over the whole syllabus. Other questions will carry the 10 marks each.

Unit I : Defination of 'Hatha Yoga', proper place for practice of Hatha Yoga,season and Sadhak and BadhakTatav, symptoms of Hatha Siddhi and uses of 'Hathyoga'.

Unit II : Procedures and Benefits of various Asans described in 'Hatha Yoga

Predeepika. Defination, Procedure And benefits of Pranayam. Uses of

Pranayam.Description of "Shatkarma".Procedure and benefits of Dhoti, Basti,

Neti, Nouli,Tratak&Methods of KapalBhati and its importance.

Unit III: Bandh- Description of Mudra, Mahamudra- MahabandhMahavedh, Khechari,

UddiyaanBandh, Jaalndhrbandh, Mulbandh, Vipritkarni, Shaktichalini.

Unit IV:Description of "Samadhi, Nadanusandhan, Nature of Kundalini, Methods of

KundiliniJagaran.

REFERENCE BOOKS :

1. The Yoga System of Patanjali : James Havg
2. The Synthesis of Yoga : Sh. Arvind
3. Base of Yoga : Sh. Arvind
4. Easy Steps of Yoga : Shivanand
5. HathyogPrdeepika – Gorakshnath
6. Yoga Darshana – Ishwari Prasad Prem
7. HathyogPrdipika – Swami Swatmaram – ParkashakKevalydhm, Lonawala.
8. GherandSahita – Dherand Muni – ParkashakKevalydhm, Lonawala
9. GorakshakSanhita – Yogi GorakashakNath - ParkashakKevalydhm, Lonawala
10. Bhakti Sagar – Swami Charandass - ParkashakKevalydhm, Lonawala
11. HathyogKeSidhant– Dr. JagwantiDeshwal, Vikas Publisher.

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 1st Year 2nd Semester

PAPER-A (PRACTICAL)

BAYP(P) 104

(w.e.f. the academic session 2019-20)

Maximum Marks : 30

Time: 3 hours

Practical Demonstration of Aasan, Pranayam&ShudhiKirya : 20 Marks

Practical Note Book : 05 Marks

Viva Voice : 05 Marks

A. Shatkarma

1. Kapalbahati (Vaatkarma, Sheetkarm)
2. Vasatr Dhoti
3. Jalnati
4. Sutrnati

B. Pranayam

1. BahayVritti
2. Bhastrika
3. Bhramri
4. Sheetli

C. Aasan

1. Sidhasan
2. Swastikasan
3. Padmasan
4. Kapotasan
5. AardhVadhPadmotanasan
6. AardhShalbhasan
7. Paasharvchkarasan
8. GaumokhAasan
9. Paadmasan
10. Medukasan
11. Vataynasan
12. Ushtrasan
13. Dandasas
14. Varkshasan
15. Trikonasan
16. Singh Aasan

D. Bandh&Mudraye :

1. Mhamudra
2. Mhavedh Mudra
3. Mhabandh
4. Mulbandh

Note :

1. Each student has to prepare a practical note book containing five Assan, Two Pranayam in detail with diagram.
2. The external examiner will Viva-Voice out of this whole syllabus.

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 2nd Year 3rd Semester

PAPER-A (THEORY)

BAYP 201 : Sahaj Yoga

(w.e.f. the academic session 2019-20)

Maximum Marks : 70

External Marks : 50

Internal Marks: 20

Time: 3 hours

Note:

1. The question paper will consist of *nine* questions. The candidate shall attempt *five* questions in all. The Question No. 1 will be *compulsory*. The Candidate shall attempt *four* more questions selecting at least *one* from each Unit. The paper will carry 70 marks out of which 20 marks will be earmarked for internal assessment.
2. The **Compulsory Question No.1** will be short answer type questions containing *ten* questions of equal marks (i.e., 1 marks each) spread over the whole syllabus. Other questions will carry the 10 marks each.

Unit I : Yogdarshana – Introduction and Defination,“Chitta’, VariousGrounds of Chitta, Methods of chittavritti,Methods of ChiitaVritiNirodha.

Unit II : Yoga, Antaraya,, Solutions for mind incitement (Chita Prasadana), Kirya
Yoga : Five Blossoms (PanchKalesha)&Pramana

Unit III : External Yoga (Yama – Niyam) Their nature and results of them,
Defination of Asanand their importance. Pranayam – Defination, Kinds &
importance of Pranayam, Nature of Pratyahar.

Unit IV : Internal Yoga – Nature &Importance of Dharna, Nature of Meditation,
(Dhyan& its importance, Nature of Smadhi& its various Types.

REFERENCE BOOKS :

1. Father Lignton Yoga - Sh. Arvind
2. PatanjaliYogDarshanam - JaibirShastri
3. YogSutar (Tatvvaishardi) - Vachspati Mishra
4. YogSutar (YogVaartik) - VigyanBhikshu
5. YogSutar (BhasvatiTika) - HarihranandArnay
6. YogSutar (Rajamatrand) - Bhojraj
7. PaatnjaliYogVimarsh - VijaypalShastri
8. YogDarshan - RajbirShastri
9. PatanjaliYogdarshan - Dr. JagwantiDeshwal, Vikas Publisher.
10. Pranayama - B.K.S.Ayengar
11. Zen Yoga - B.J. Saher
12. Yogic Pranayama - K.S. Joshi
13. Yoga Self - TaugntAndre AanLysebeth
14. Science of Yoga - Swami VigyananandSarwati
15. PranChikitsya - Swami Prgyanand

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 2nd Year 3rd Semester

PAPER-A (PRACTICAL)

BAYP (P) 202

(w.e.f. the academic session 2019-20)

Maximum Marks : 30

Time: 3 hours

Practical Demonstration of Aasan, Pranayam & Shudhi Kirya : 20 Marks

Practical Note Book : 05 Marks

Viva Voice : 05 Marks

A. Pranayam

1. Bahayvrati
2. Abhyantrvarti
3. Satmbhvarti
4. Bahayabhyntrvishykshapi

B. Aasan

1. Bdhrasan
2. Swastikasan
3. Padmasan
4. Dandasana
5. Sopashray
6. Hastinishandan
7. Ushtranishadan
8. Kronchinishadan

Note :

1. Each student has to prepare a practical note book containing five Assan, Two Pranayam in detail with diagram.
2. The external examiner will Viva-Voice out of this whole syllabus.

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 2nd Year 4th Semester

PAPER-A (THEORY)

BAYP 203 : Yoga & Health

(w.e.f. the academic session 2019-20)

Maximum Marks : 70

External Marks : 50

Internal Marks: 20

Time: 3 hours

Note:

1. The question paper will consist of *nine* questions. The candidate shall attempt *five* questions in all. The Question No. 1 will be *compulsory*. The Candidate shall attempt *four* more questions selecting at least *one* from each Unit. The paper will carry 70 marks out of which 20 marks will be earmarked for internal assessment.
2. The **Compulsory Question No.1** will be short answer type questions containing *ten* questions of equal marks (i.e., 1 marks each) spread over the whole syllabus. Other questions will carry the 10 marks each.

Unit I : Defination of Health, its uses and responsible facts. Swasthyvrstha – Daily routine, Awakeningin early

Morning, Mouth washing, Eye Washing, Sleep, Celibery (Brahamcharya) and Season Drill (RituCharya).

Exercise – its types and Defination, Importance and comparative difference in Yogic and Ayogic Exercises.

Unit II : Diet Defination Aims and balance diet, Balanced diet according to age dietary- Contents of Diet, its primary

Introduction, Deficiency diseases and their dietary sources.Knowledge about intoxicants, losses due to Intoxicants.

Unit III : The concent of diseases, Yogic treatment – Concept Theory and Limitations, Causes, Symptoms andYogic treatment of – acidity, constipation, Common Cold, Hypertension and Hypotension.

Unit IV : Physiology – Brief Introduction, Causes, Symptoms and Yogic treatment for obesity, diabetes, Backache,Neckache, Stress, Hypertension.

Reference Books :

1. Anatomy & Physiology
 2. Swasthvritm -
 3. Aahar and Swasthay
 4. Yog& Yogic Chikitsa
 5. Yog Se Aarogay
 6. Yogic Chikitsa
 7. Yog and Rog
 8. SharirKiryaVigyan and Yoga abhyas
 9. Yog and Swasthay
 10. CharakSahinta
 11. SushrutuSahinta
 12. ArthvedSahinta
 13. YujarvedSahinta
 14. Yog and Yogic Chikitsa
 15. Ayurved – Darshan
- Dr. Sharad Chandra Bhalekar
Shiv Kumar Gaur
Dr. HeeraLal
Prof. Ram Harsh
Indian Yog Society
Swami Kewalanand
Swami SatyanandSaraswati
Dr. M.M. Gore
Dr. JagwantiDeshwal, VikasPulisher
- Prof. Ram Harsh Singh
Aacharya Raj Kumar Jain

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 2nd Year 4th Semester

PAPER-A (PRACTICAL)

BAYP (P) 204

(w.e.f. the academic session 2019-20)

Maximum Marks : 30

Time: 3 hours

Practical Demonstration of Aasan, Pranayam & Shudhi Kirya : 20 Marks

Practical Note Book : 05 Marks

Viva Voice : 05 Marks

A. Shatkarma

- | | |
|----------------------------|------------------|
| 1. Vastara Dhoti | 4. Ujjai |
| 2. KapalBhati - Vyutikarma | 5. Sheeitkari |
| 3. Pranayam | 6. ChanderBhedhi |

B. Aasan

- | | |
|--------------------------|--------------------------|
| 1. Tadasan | 10. Natrajasan |
| 2. Guradasan | 11. Chakarasan |
| 3. Shalbhasan | 12. PuransupatVajrasan |
| 4. Shisharpadangusthasan | 13. Ushtrasan |
| 5. Karan Peedasan | 14. SatuBandhSarvangasan |
| 6. Kurmasan | 15. Shvasan |
| 7. Shirsan | 16. Dhanurasan |
| 8. TitibhAasan | 17. Supatvajrasan |
| 9. UnkarAasan | |

C. Bandh&Mudraiye

- | | |
|----------------------|------------------|
| 1. Vipritkarni Mudra | 3. UddiyaanBandh |
| 2. Yogmudra | 4. Mulbandh |

Note :

- 1. Each student has to prepare a practical note book containing five Assan, Two Pranayam in detail with diagram.**
- 2. The external examiner will Viva-Voice out of this whole syllabus.**

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 3rd Year 5th Semester

PAPER-A (THEORY)

BAYP 301 : Indian Philosophy

(w.e.f. the academic session 2019-20)

Maximum Marks : 70

External Marks : 50

Internal Marks: 20

Time: 3 hours

Note:

1. The question paper will consist of *nine* questions. The candidate shall attempt *five* questions in all. The Question No. 1 will be *compulsory*. The Candidate shall attempt *four* more questions selecting at least *one* from each Unit. The paper will carry 70 marks out of which 20 marks will be earmarked for internal assessment.
2. The **Compulsory Question No.1** will be short answer type questions containing *ten* questions of equal marks (i.e., 1 marks each) spread over the whole syllabus. Other questions will carry the 10 marks each.

Unit I : NastikDarshan, Theory of Knowledge of 'Charvak',AstangMarg of BouddhaDarshana, Tri Ratna of Jain Philosophy, Theory of Jiva (Atama) of Jaina Philosophy.

Unit II : Nyaya and VasheshikPhilosophy– theory of Knowledge of NyayaPhilosophy, Proofs for existence of God,MaterialisticThoughts of VaisheshikaDarshan.

Unit III : Sankhay&YogDarshan.Sankarcharya Philosophy.Prakriti&Purush (Aatma) Satkaryvad and vikasvada, AstangYog of Yoga Philosophy.

Unit IV : VedantDershan – Monism ofShankaracharya, Theory of Maya &Nirguna Brahma, Vishishtadavaitwada of Ramanuj- Denial of Mayavad of Shankar by Ramanuj and Sagun Brahma (Ramanuj).

Reference Books :

1. BhartiyaDarshan - Dr. BeldevArya
2. BhartiyaDarshan - Dr. HariHranand
3. BhartiyaDarshan - Datta&Chatarjee
4. BhartiyaDarshanki Rup Rekha - Dr. HarenderParsadSinha
5. BartiyaDarshan - Dr. Ram Murti Sharma
6. BhartiyaDarshanki Rup Rekha - Hirianna
7. BhartiyaDarshan - S.N. Dass Gupta
8. BhartiyaDarshan - Dr. Radhakrishnan

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 3rd Year 5th Semester

PAPER-A (PRACTICAL)

BAYP (P) 302

(w.e.f. the academic session 2019-20)

Maximum Marks : 30

Time: 3 hours

Practical Demonstration of Aasan, Pranayam & Shudhi Kirya : 20 Marks

Practical Note Book : 05 Marks

Viva Voice : 05 Marks

A. Shatkarma

1. Nyolli
2. KapalBhati
3. Tratak

B. Prayanam

1. Bhastrika
2. Bhamri
3. ChanderBhedhi
4. Ujjai

C. Aasan

1. Gurudasan
2. Verkshasan
3. Trikoniasan
4. Shirshapadgusthaasan
5. Vitaynasaan
6. Vakrasaan
7. AakaranDhanurasaan
8. Pashichmotnasaan
9. Naukasaan
10. Matyaasaan
11. Karnapeedasaan
12. Dhanurasaan
13. Myurasaan
14. Padambakasaan
15. Bandh&Mudraiyan
16. Mehabandh
17. UddiyaanBandh
18. Kaki Mudra
19. Shambhi Mudra

Note :

1. Each student has to prepare a practical note book containing five Assan, Two Pranayam in detail with diagram.
2. The external examiner will Viva-Voice out of this whole syllabus.

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 3rd Year 6th Semester

PAPER-A (THEORY)

BAYP 303 : Shrimadbhagwadgita

(w.e.f. the academic session 2019-20)

Maximum Marks : 70

External Marks : 50

Internal Marks: 20

Time: 3 hours

Note:

1. The question paper will consist of *nine* questions. The candidate shall attempt *five* questions in all. The Question No. 1 will be *compulsory*. The Candidate shall attempt *four* more questions selecting at least *one* from each Unit. The paper will carry 70 marks out of which 20 marks will be earmarked for internal assessment.
2. The **Compulsory Question No.1** will be short answer type questions containing *ten* questions of equal marks (i.e., 1 marks each) spread over the whole syllabus. Other questions will carry the 10 marks each.

Unit I : Purushartha- Dharam, Arth, Karma & Moksha, General Introduction of Shrimadbhagwadgeeta,

Types of Yoga in Gita, Definition, nature & uses of Yoga in Geeta.

Unit II : Nature of Aatma (social & moral), Quality of StithPragaya according to Gita, Social and Moral importance of Gita.

Unit III : Karma Theory in Gita, LokSangrah, Karma Yoga, Symptoms of Karma Yogi, Viratnature of God, Vibhutees of God, Bhakti Yoga & Dhayan Yoga.

Unit IV : Nature (Prakarti) & Maya, Description of Trigun, Monism , (Presentation of Research Paper in place of One assignment).

Reference Books :

1. ShrimadbhagwadgitaBhashay - Aacharaya Shankar
2. ShrimadbhagwadgitaBhashay - LokmanayaTilak
3. ShrimadbhagwadgitaBhashay - SatyvarSidhantalankar
4. Shrimadbhagwadgita Yogic Adhyayan - Dr. JagwantiDeshwal,
Vikas Publisher
5. Research General - DarshnikTrimaisik
6. Shrimadbhagwadgeeta - Dr. Akashay Kumar Gaur
7. Bhagwadgeeta - Dr. RadhaKrishanan
8. GeetaRahasaya - BalGangadharTilak
9. Indian Philosophy - Dr. RadhaKrishanan
10. Geeta - Dr. RadhaKrishanan

Guru Jambheshwar University of Science & Technology, Hisar

B.A. (Pass Course) Yoga Philosophy

B.A. 3rd Year 6th Semester

PAPER-A (PRACTICAL)

BAYP (P) 304

(w.e.f. the academic session 2019-20)

Maximum Marks : 30

Time: 3 hours

Practical Demonstration of Aasan, Pranayam & Shudhi Kirya : 20 Marks

Practical Note Book : 05 Marks

Viva Voice : 05 Marks

A. Shatkarm

- | | |
|---------------------|-----------|
| 1. Agnisaar | 3. Nyolli |
| 2. Shankhperkshalan | |

B. Prayaanam

- | | |
|-----------------------------|--------------------|
| 1. NadiShodhan, AnulomVilom | 3. AabhyantarVriti |
| 2. DirghShvasan | 4. Sitkar |

C. Aasan

- | | |
|------------------------|-------------------|
| 1. Tadasan | 10. Ushtrasaan |
| 2. Natrajasan | 11. Padammyurasan |
| 3. Paadhstaasan | 12. Hanumanaasaan |
| 4. Utktaasan | 13. Sarvangaasaan |
| 5. ArdhChakraasan | 14. Halaasaan |
| 6. PaarshvChakraasan | 15. Shalabhaasaan |
| 7. UthitPadmasaan | 16. Dhanurasaan |
| 8. Yogmudra | 17. Shavassaan |
| 9. AardhMatysyadrasaan | 18. Masktasaan |

D. Bandh&Mudrayaan

- | | |
|----------------------|--------------------|
| 1. Ashwani Mudra | 3. JaalandharBandh |
| 2. Vipritkarni Mudra | 4. Mahaabandh |

Note :

- 1. Each student has to prepare a practical note book containing five Assan, Two Pranayam in detail with diagram.**
- 2. The external examiner will Viva-Voice out of this whole syllabus.**