

**B.A. (H) SEM-III VAC-2025 Paper- Yoga : Philosophy and Praticice**

|   |                                                            |              |                      |                                                                                                                                                                                                                                                                                               |
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| 2 | Unit I & 2<br><br>Yoga, Aasana,<br>Pranayama<br>and Dhyana | 01 credit    | August-<br>September | History of Yoga ,Significance of Asana,<br>effect of pranayam, importance of dhyana<br>-Patanjali is yoga sutra and chakra<br>-Yog sutra -summary<br>- Ist Sutra<br>-2 <sup>nd</sup> sutra<br>-Chakra (Psychic centres)                                                                       |
|   | Unit 3 & 4<br>Understanding<br>asana and<br>pranayam       | 01<br>Credit | October-<br>November | Asana : The Basics<br>- Suryanamaskar<br>- Nadishodhan pranayam<br>Practical Components :<br>- Suryanamaskar<br>- –Slected Asanas<br>- Pranayam<br>- Relexation exercises for the Eyes<br>(Seven steps) Neck (Four steps)<br>- Concentration on Bhramadhya<br>- Project work on Concentration |