



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Paramedical Science
Choice-Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2024 – 25), II SEM

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GUPMS201	GE	Yoga for Spirituality and Well-being	60	20	20	-	-	4	0	0	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; *

Teacher Assessment shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will:

CEOs 1: To understand the importance of Yoga, Health, and Spirituality.

CEOs 2: To know about limbs of yoga their techniques, benefits, and precautions according to ancient yoga texts.

Course Outcomes (COs): Students should be able to:

COs 1: Understand the concept of yoga and spirituality.

COs 2: Understand the concept of wellness and well-being.

COs 3: Understand the application of Yoga in day-to-day life.

COs 4: Demonstrate each practice and sadhana skillfully.

COs 5: Learn different yoga practice methods, precautions, benefits, and limitations.

Unit-1

General Introduction to Yoga

- Brief introduction of Yoga in Yogic texts, Meaning and Definition of Yoga, Aim and Objective of Yoga, and Benefits of Yoga.

Unit-2

Patanjali Yoga Sutra

- Basic of Patanjali yoga Sutras, Chitta and Chitta Vritti, Ashtanga Yoga, Yoga Antara and Kriya Yoga.

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Unit-3

Tradition of Yoga

- Karma Yoga, Jnana Yoga, Raj Yoga, Bakti Yoga and Kundalini Yoga

Unit-4

Yoga for Wellbeing

- Asanas, Pranayama, Mudra, Bandh and Dharna

Unit-5

Dhyana with Spirituality

- Jyoti Dhyana, Sthool Dhyana, Sukshma Dhyana, Omkar Meditation and Chakra Meditation.

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Suggested Books:

1. Saraswati, S. N. (2012). *Gheranda Samhita*. Yoga Publication Trust, Munger, Bihar, India.
2. Satyananda Swami (1996). *Asana Pranayama Mudra Bandha* (3rd rev.). Yoga Publications Trust, Munger, Bihar, India.
3. Vivekananda Swami (2021) *Patanjali Yoga Sutras*. Srishti Publishers & Distributors.
4. Muktibodhananda, Swami (2004). *Hatha Yoga Pradipika*. Yoga Publication Trust, India
5. Rawat, Anuja (2021). *Yoga and Yogi*. Satyam Publishing House, India.
6. Iyengar, B. K. S. (2007). *BKS Iyengar Yoga: The Path to Holistic Health*. Penguin.
7. Chouhan N. (2023). *Yoga Upanishdo me Pranav (<) tattva*. Choukhmba Surbharati Publication, Varanasi.

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