

Shri Govind Guru University
BSC Semester - 1 Value Added Course (NEP-2020)
BSC23VA107 Yoga Education

Unit – 1 Yoga: Asana, Pranayama and Dhyana

- History of Yoga
- Significance of Asana
- Effect of Pranayama
- Importance of Dhyana

Unit – 2 Patanjali's Yoga sutra and Chakra

- Patanjali's Yoga sutra: a summary
- First sutra
- Second sutra
- Chakras (psychic centers)

Unit – 3 Understanding Asana and Pranayama

- Asana: the basics
- Surya Namaskara
- Nadi shodhana Pranayama

Essential Readings

- Asanas, Pranayama and Mudra Bandh, Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India, 2004.
- Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga