



# মহাপুরুষ শ্রীমন্ত শঙ্করদেৱ বিশ্ববিদ্যালয় MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA

[Recognised Under Section 2(f) of UGC Act, 1956]  
Srimanta Sankaradeva Sangha Complex, Haladhar Bhuyan Path,  
Kalongpar, Nagaon, PIN-782001, Assam, India

## DEPARTMENT OF YOGIC SCIENCE AND NATUROPATHY

### SYLLABUS FOR GENERIC ELECTIVE

**Course Code: PYS-002**

**Course Title: Yogic Practices for Healthy and Happy Life**

**Credit: 04**

**Semester: III**

**Programme: MA/MSW (Other than the students of the Dept of Yogic Science and Naturopathy)**

#### **Course Objectives:**

This course will provide basic knowledge of Yogic Practices and its applications for healthy and happy life.

#### **Teaching Learning Process:**

Mixed methods of learning including lecture, practical, group discussion, assignments, presentation etc.

#### **Learning Outcome:**

- By completing the course, students will be familiarized with the common Yogic practices.
- Also, students will know the benefits of Yogic practices for maintaining health.
- In addition to this, students will understand the effect of different Yogic practices on mind and body.

#### **Course Evaluation:**

- i) Semester end examination: 60 marks
- ii) Internal Assessment: 40 marks (Sessional Examinations: 20 marks; Assignment: 05 marks, Presentation & Viva: 10 marks, Attendance: 05 marks)

#### **Course Outline:**

##### **Unit I: Shatkarma – Its technique, benefits and precautions:**

Neti – Jala Neti, Dhauti – Vaman dhauti, Trataka, Kapalbhathi – Vatakrama

##### **Unit II: Sukshma Vyayama and Surya Namaskar- Its technique, benefits and precautions:**

Buddhi-tatha Dhriti-vikasaka, Smarana Shakti-vikasaka, Medha-shakti-vikasaka, Netra-shakti-vikasaka, Kapola Shakti vikasaka, Karna shakti vikasaka, Griva shakti vikasaka  
Surya-Namaskara

##### **Unit III: Asanas- Its technique, benefits and precautions:**

Meditative Asanas- Padmasana, Vajrasana, Sukhasana and Gomukhasana

Relaxative Asanas: Makarasana, Shavasana, Matsyakridasana

Cultural Asanas:

Standing- Ardhakati Chakrasana, Tadasana, Trikonasana, Vrikshasana

Sitting- Paschimottanasana, Ushtrasana, Ardhamatsyendrasana, Janusirsasana

Prone- Bhujangasana, Shalabhasana, Dhanurasana, Naukasana,

Supine- Sarvangasana, Halasana, Pavanamuktasana

##### **Unit IV: Pranayamas : Its techniques, benefits and precaution:**

Nadi-Shodhan Pranayama, Ujjayi Pranayama, Sitali Pranayama, Bhramari Pranayama

##### **Unit V: Meditation- Technique, benefits and precaution:**

Jyoti dhyana, So-ham Japa, Savita dhyana, Yoga Nidra



# মহাপুরুষ শ্রীমন্ত শঙ্কৰদেৱ বিশ্ববিদ্যালয় MAHAPURUSHA SRIMANTA SANKARADEVA VISWAVIDYALAYA

[Recognised Under Section 2(f) of UGC Act, 1956]  
Srimanta Sankaradeva Sangha Complex, Haladhar Bhuyan Path,  
Kalongpar, Nagaon, PIN-782001, Assam, India

## Teaching and Learning Plan:

Unit	Unit Name	Content	Workload	Weightage
I	<b>Shatkarma – Its technique, benefits and precautions</b>	Neti – Jala Neti, Dhauti – Vaman dhauti, Trataka, Kapalbhathi – Vatakruma	10	10
II	<b>Sukshma Vyayama &amp; Surya Namaskar- Its technique, benefits and precautions</b>	Buddhi-tatha Dhriti-vikasaka, Smarana Shakti-vikasaka, Medha-shakti-vikasaka, Netra-shakti-vikasaka, Kapola Shakti vikasaka, Karna shakti vikasaka, Griva shakti vikasaka Surya-Namaskara	12	11
III	<b>Asanas- Its technique, benefits and precautions</b>	Meditative Asanas- Padmasana, Vajrasana, Sukhasana and Gomukhasana Relaxative Asanas: Makarasana, Shavasana, Matsyakridasana Cultural Asanas: <u>Standing</u> - Ardhakati Chakrasana, Tadasana, Trikonasana, Vrikshasana <u>Sitting</u> - Paschimottanasana, Ushtrasana, Ardhamatsyendrasana, Janusirsasana <u>Prone</u> - Bhujangasana, Shalabhasana, Dhanurasana, Naukasana, <u>Supine</u> - Sarvangasana, Halasana, Pavanamuktasana	18	17
IV	<b>Pranayamas : Its techniques, benefits &amp; precaution</b>	Nadi-Shodhan Pranayama, Ujjayi Pranayama, Shitali Pranayama, Bhramari Pranayama	12	11
V	<b>Meditation- Technique, benefits &amp; precaution</b>	Jyoti dhyana, So-ham Japa, Savita dhyana, Yoga Nidra	12	11
Total			64	60

## Reference Books-

1. Kumar, K. (2012). *Yoga Education* (1<sup>st</sup> Ed.). Shipra Publication, New Delhi
2. Saraswati, N. (2012). *Gheranda Samhita* (1<sup>st</sup> Ed.). Yoga Publication Trust, Munger, Bihar
3. Muktibodhananda, S. (1985). *Hatha Yoga Pradipika*. (1<sup>st</sup> Ed.). Yoga Publication Trust, Munger, Bihar.
4. Basavaraddi, I.V. (2011). *Yogic Sukshma and Sthula Vyayama*, MDNIY, New Delhi
5. Saraswati, S.S. (2002). *Asana Pranayama Mudra Bandha*, Yoga Publications Trust, Munger