



# GUJARAT UNIVERSITY

## BCA I SYLLABUS

<b>COURSE TITLE</b>	<b>Yoga and Meditation</b>
<b>COURSE CODE</b>	<b>EC-101</b>
<b>COURSE CREDIT</b>	<b>2</b>
<b>Session Per Week</b>	<b>2</b>
<b>Total Teaching Hours</b>	<b>40 HOURS</b>

### AIM

The students would be able to ..

1. To know yoga, and their types.
2. To know different asans for different types of diseases.
3. To perform asans, mudras and dhyana.

### LEARNING OUTCOMES

The aim of the course is to make student how to get introduced to Yoga and Meditation.

### DETAIL SYLLABUS

UNIT	TOPIC / SUB TOPIC	TEACHING HOURS
1	<b>(Yoga Theory)</b>	
	1. Yogic Prayer 2. Yoga ( Meaning , Introduction, all the eight limbs) 3. Types of Yoga ( Astanga, Gyan, Karma, Bhakti, Hatha, Nada, laya, Mantra) 4. Taking note of individual health problems of participants. 5. Distractions in the path of Yoga and its immeasurable benefits, if one keeps moving along the journey of Yoga. 6. Yoga Ahara (Yogic food) and nutrition. 7. Prana : Five major ones and their importance. 8. Human Body and its healthy functioning, with reference to the Yogic Science.	
2	<b>(Yoga Theory)</b>	
	a. Yoga Therapy (disease wise) : General weakness b. Diabetes c. Blood Pressure (High & Low) d. Heart Problems e. Eyes f. Asthma g. Obesity h. Thyroid i. Arthritis j. Backache k. Cancer	

2	<p>l. Constipation m. Dysentery n. Fever o. Hernia p. Irritable Bowel Syndrome / indigestion</p> <p>• Life Management Tips : ( Diet, Sleep and other Aspects of life) like Temperance, Dress, Ethics, Dincharya, Ratricharya, Ritucharya, Jeevan Darshan (Life's Philosophy), Duties and Debts.</p> <p>• Spiritual Healing .</p> <p>• Shadripu (The Six Enemies), PanchKleshas, PanchKosh.</p> <p>• Concept of God in Shrimad Bhagavad-Gita and PatanjaliYogDarshan,</p> <p>• Astanga Yoga in PatanjaliDarshan.</p> <p>• Yoga in Bhagvad Gita ..... Special Reference to ( Chapters 6, 12, 2: 47 to 59, 16: 1 to 5, 17: 8 to 10, 9: 34, 18: 65)</p>	
3	<p><b>(Yoga Practical)</b></p> <p>1. Introduction to the entire Pawanmuktasana series.</p> <p>2. Shatkarma (The Six Yogic Cleansing Methods) :</p> <p>1. Kapalbhatas ( Vatkrama, Vyutkrama, and Sheetkrama)</p> <p>2. Tratakas</p> <p>3. Netis (Jal, Cathetar, Ghrit)</p> <p>4. Dhautis (Kunjil, Agnisar, LaghooSankhaPrakshalana)</p> <p>3. Surya and Chandra Namaskara.</p> <p><b>ASANAS:</b></p> <p>1. .Inverted Bhumipadmastakasana, Vipareetkarni, Sarvangasana, PadmaSarvangasana ,Halasana</p> <p>2.Backward Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kandharasana, Setuasana, Grivasana , lying Chakrasana, Pristhasana.</p> <p>3.Forward Saithalyasana, Paschimottanasana, ArdhaPadmaPaschimottanasana, Garbhasana, Meruakarshanasana, Koormasana, Ekapadasirasana, EkapadaPadmottanasana.</p> <p>4.Spinal Twist MeruVakrasana, Bhunamanasana, ArdhaMatsyendrasana, Markatasana, UtthitapadaprasarVakrasana .</p> <p>5.Balancing EkapadaPranamasana and its variations, EkaPadasana, Natarajasana, Garudasana, Bakasana, Brahmacharyasana, PadmaParvatasana, Merudandasana and its variations, Padangusthasana, Bakadhyanasana.</p> <p>6.Pre-Meditative Ananda Madirasana, Padadirasana.</p> <p>7.Relaxation</p>	

3	<p>Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana, Makrasana, Saithilyasana, Sasankasana, Vrishabhasana.</p> <p>8. Other Useful Asanas</p> <p>Vajrasana, Singhasana, Tadasana, Tanasana, Mandookasana, Utkatasana, Kagasana.</p> <p><b>Pranayamas:</b></p> <ol style="list-style-type: none"> <li>1. Yogic Breathing</li> <li>2. Naadi Shodhan and its stages</li> <li>3. Sheetali</li> <li>4. Sheetakari</li> <li>5. Bhramari</li> <li>6. Ujjai</li> <li>7. Bhastrika</li> <li>8. Kapalbhathi</li> <li>9. Surya Bheda</li> <li>10. Bahyavritti</li> </ol>	
4	<p><b>(Yoga Practical)</b></p> <ol style="list-style-type: none"> <li>1. Kriyas for eyes (All Rotations, Massage, Palming).</li> <li>2. Pratyahara (Withdrawal of the Indriyas, for their healthy functioning).</li> <li>3. MUDRAS : Vipareetkarani Mudra, Kaki Mudra.</li> <li>4. BANDHAS: Mool, Uddiyana, Jalandhar, Tribandha.</li> <li>5. Brahmacharya - its meaning , benefits and practice methods.</li> <li>6. Asanas helpful for Pratyahara and Brahmacharya: Siddhasana, Padmasana, Moolbandhasana, Vipareetkarni Asana, koormasana, Padangusthasana, Bhadrasana, Brahmacharyasana.</li> <li>7. Meditation and its types : Ishta Dhyana , also called Sthool Dhyana , Jyoti Dhyana, Sookshma Dhyana</li> </ol>	
<p><b>REFERENCE BOOKS:</b></p> <ul style="list-style-type: none"> <li>• Asana, Pranayama, Mudra, Bandha : By Swami Satyanand Saraswati.</li> <li>• Patanjali Yoga Darshan – Geeta Press</li> <li>• Hatha Yoga (Bihar School of Yoga)</li> <li>• Gherand Samhita (Bihar School of Yoga)</li> <li>• Shrimad Bhagavad-Gita – Gita Press</li> <li>• Natural Health and Yoga – Dr. Brij Bhushan Goel</li> <li>• Shiv Samhita</li> </ul>		