

PANJAB UNIVERSITY, CHANDIGARH-160014  
(INDIA)

(Estd. under the Panjab University Act VII of 1947—enacted by the Govt. of India)

Syllabi

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"ot#ithstandin\$ the inte\$rated nature of the course%the re\$u&ations in force at the  
ti' e a student joins a course sha&hd \$ood on&y for the e(a' inations he&d durin\$

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| 9&'  "       | Na/ " &%<br>\$1" Pa8"#                         | C&(\$'(\$   |
|--------------|--|---|
| BCCYE<br>101 | ; oundation<br>s of 1o\$a                      | <p>Indian Phi&amp;so*hy9 its nature%?haracteristics and ' ain issues% s*ecia&amp;' *hasis on - an0hya.</p> <p>2eanin\$%definition%ty*es%ai' s and objectives of 1o\$a.</p> <p>Aistorica&amp;deve&amp;*' ent of 1o\$a fro' ancient to 2odern ti' es.</p> <p>1o\$a Phi&amp;so*hy #ith s*ecia&amp;' *hasis on Ashtaan\$ yo\$a 8ha\$#at eeta 9" ature of 1o\$a in the eeta%" ature of a 1o\$i and - athit@*ra\$ya%An idea&amp;1o\$i.</p> <p>?ontiribution in 1o\$a by 2ahata' a 8udha% uru " ana0% - #a' i Vive0ananda and - ri Aurobindo.</p>  |
| BCCYE<br>10- | 8asic<br>Bno#&dSe<br>of Au' an<br>8ody         | <p>?e&amp;+issue C Parts and functions.</p> <p>- 0e&amp;ton syste' and joints.</p> <p>2uscua&amp;ar syste'</p> <p>?ircua&amp;tory and Des*iratory syste'</p> <p>: i\$estive and e(cretory syste'</p>  |
| BCCYE<br>10< | A**&d<br>Bno#&dSe<br>of<br>1o\$ic<br>Practices | <p>- hatOriyas C' eanin\$%techni) ue C *revention and benefits (Accordin\$ to Aath yo\$a te(!</p> <p>E(ercises and Asanas 9 1o\$ic and " on@yo\$ic e(ercises and their ' eanin\$%i' *ortance%ty*es%*rinci* &amp;es and effectiveness. Asanas 9' eanin\$%definition%c&amp;assification% *re*arations%ru&amp;ere\$u&amp;ations%*recautions and effectiveness.</p> <p>Pranaya' as and 2editation 9' eanin\$%definition%ty*es% *rinci* &amp;es%techni) ues and effects on body and ' ind.</p> <p>I' *ortance of 1o\$ic Practices in ' aintainin\$ hea&amp;th and fitness9: efinition of Hea&amp;thFPhysica&amp;' enta&amp;and s*iritua&amp; hea&amp;th throu\$h 1o\$a%?once*t of Ao&amp;stic hea&amp;th%1o\$ic conce*t of E ietE</p> <p>1o\$a +hera*y9 its ' eanin\$%nature%*rinci* &amp;es%objectives% &amp;' itations% sco*e. De&amp;ationshi* of 1o\$a thera*y #ith Ayurveda%" aturo*athy and Dei0i.</p> |
| BCCYE<br>104 | 1o\$ic +e(ts<br>5 ?redits<br>75 Ars            | <p>2ain 1o\$ic +e(ts9 Introduction to Patanja&amp; 1o\$a - utra9 Aathyo\$a Pradi*i0a% herand - a' hita.</p> <p>Aathyo\$a 9 Its ' eanin\$%natureGAathyo\$a Pradi*i0a9 detaied study of first cha*ter.</p> <p>Aathyo\$a Pradi*i0a 9 detaied study of second cha*ter.</p> <p>Patanja&amp; 1o\$a - utra 9 study of - a' adhi *aad C ; irst cha*ter.</p> <p>Patanja&amp; 1o\$a - utra 9 study of - adhana *aad%@- econd cha*ter.</p>   |

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| BCCYE<br>106 | 1o\$ic E(ercise<br>and Asana | Pa#an@' u0at@series E(ercise%- urya@na' as0aar%<br>- tandin\$ Poses9+aad C +ri0on C Baticha0ar@0on%+iryan0@<br>taad<br>- u*ine &yin\$ Poses9- hav CUttan*ad C - arvan\$ C<br>Ardh' atsay C Aa&C " aditaan.<br>Prone Pose9 2a0ar C - ar* C Ardhsa&abh C : hanur.<br>- ittin\$ Poses9Vajar%Pada' C Hanushiras C Va0ar C<br>8hadar<br>C - idh C - u0h. |

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