



**Contents of the subject:**

**Unit-I**

1. Introduction to Yoga  
2. History of Yoga  
3. Philosophy of Yoga  
4. Yoga and Health

**Unit-II**

1. Asanas  
2. Pranayama  
3. Meditation  
4. Yoga and Education

**Unit - III**

1. Yoga and Psychology  
2. Yoga and Spirituality  
3. Yoga and Society  
4. Yoga and Environment

**Unit - IV**

1. Yoga and Indian Philosophy  
2. Yoga and Indian Literature  
3. Yoga and Indian Art  
4. Yoga and Indian Music

**ESSENTIAL READINGS**

- 1. *Hath Yoga* by Swami Satyananda Saraswati, 9/8
- 2. *Yoga and Health* by B. K. S. Iyengar, 9/8
- 3. *Yoga Philosophy in Relation to Other System of Indian Thought* by Sri Aurobindo, 9/8
- 4. *Patanjali Yoga Darshan* by Sri Aurobindo, 99



**PRACTICAL PAPER**  
**(PAPER CODE – 102 YM)**

A	p	n	C
n		2	

**Contents for Practical performance:**

- 2\_ A n n p n B n n
- A n n p n p n B B n
- A n n p n B n p
- 4\_ B n n C p n n p n B n
- B n n n B n

**NOTE:** n n n n n p n n

\*\*\*\*\*