

# National Education Policy - 2020

## Vocational/Skill Development Course

### B.A/B.Com./B.Sc. Semester-II

**Subject Title:** Introduction to Hatha Yoga

**Subject Code:** MVP-Y102

Objectives:

- . By introducing Hatha Yoga and its texts, students shall be able to:
- Have an understanding about pre-requisites of Hatha Yoga.
  - Have an understanding about the concepts of Yoga in Hatha Yoga Texts.
  - Have an understanding about concepts of Hatha Yoga in different Yogic Texts.

<b>Programme: Certificate</b>		<b>Year: First</b>		<b>Semester: Second</b>
Total Number of Hours: 15+30		Theory		Practical
Credit		1		2
Hours/ Week		1		4
<b>Scheme of Examination</b>				
<b>Theory:40</b>			<b>Practical:60</b>	
	Final Examination	Internal Assessment (CT+TA)	Final Examination	Internal Assessment (Assignment and Attendance)
Max. Marks	40	NA	50	10
Min. Passing Marks	20	NA	25	05
<b>Total Number of Hours: 15+30</b>				

<b>Total No. of Lectures- Tutorials- Practical</b>		
<b>Units</b>	<b>Topics</b>	<b>No. of Lectures</b>
<b>I</b>	<b>General Introduction to Hatha Yoga:</b> Hatha Yoga : Origin, Meaning, Definition, Objective & Importance of Hatha Yoga, Concepts of Pathya (Conducive) and Apathya (Non-conducive), Misconceptions about Hatha Yoga, Relevance of Hatha Yoga in present day life.	10
<b>II</b>	<b>Hatha Yoga Texts:</b> Brief: Hatha Yogic Texts : Their nature and Objectives with special reference to Shiva Samhita, Goraksha Samhita, Gheranda Samhita, Hatha Yoga Pradipika, & Hatha Yoga Ratnawali.	05
<b>III</b>	<b>Hatha Yoga and Shatkarma:</b> Hatha Yoga Pradipika: Practices of Asanas and Pranayamas, Shatkarma- Dhauti, Basti, Neti, Nauli, Trataka and Kapalbhathi. Practices of Bandha, Mudra, Nadanusandhan and Kundalini.	10
<b>IV</b>	<b>Hatha Yoga Per Gherund Samhita:</b> Methods, Benefits and precautions of Shatkarma, Pranayamas, Asanas and Mudras.	10
<b>V</b>	Roganusar Asanas and Pranayamas. Chandra Namaskara.	10

### **Suggested Readings:**

1. स्वामी रामदेव: योग साधना एवं योग चिकित्सा रहस्य, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार.
2. अनन्त भारती: हठयोग प्रदीपिका, चौखम्भा ओरियेन्टलिया, दिल्ली।
3. डॉ० कविता भट्ट: घेरण्ड संहिता में षट्कर्म, योगाभ्यास एवं योग, चौखम्भा संस्कृत प्रतिष्ठान, दिल्ली।
4. प्रो० ज्ञान शंकर सहाय: हठरत्नावली, चौखम्भा सुरभारती प्रकाशन, दिल्ली।
5. Shivanand: Health and Hatha Yoga, The Divine Life Society, Rishikesh.