

Interdisciplinary Course in Yoga and Meditation for SEM IV

Study of *Hathayogapradipika*

Unit I: *Asanas* (Marks 15)

Unit II: *Pranayama* (Marks 15)

Unit II: *Mudras* (Marks 15)

Unit IV: *Samadhi* (Marks 15)

Assignment: Assignment of *Yogasanas* and its impact on practical life

Paper Pattern:

Unit I: Write critical paragraphs on (any two) (Marks 15)

Unit II: Write critical paragraphs on (any two) (Marks 15)

Unit III: Write critical paragraphs on (any two) (Marks 15)

Unit IV: Essay type question (any one) (Marks 15)

Bibliography:

1. Rama Prasad, Patanjali's Yogasutras –, Cosmo Publications, New Delhi, 2008
2. Michael Beloved, Kundalini Hatha Yoga Pradipika
3. Swami Svatmarama, Hatha Yoga Pradipika, YogaVidya.com, 2002
4. Daniel and Raveh, Exploring The Yogasutra –Philosophy and translation, Continnum, 2012
5. Swami Muktabodhananda, Hath Yoga Pradipika, Bihar School of Yoga, 1993
6. Pancham Singh, Hatha Yoga Pradipika
7. Yogi Svatmarama, Vishnu Devananda, Hatya Yoga Pradipika, MLBD, Delhi, Sivananada Yoga Vedanta Centre