

Dr. Babasaheb Ambedkar Open University
School of Commerce and Management
BBA SEM 2
Yoga and Wellness

UNIT	CONTENT	Writer Contact Number
1.	A Brief Introduction to Yoga <ul style="list-style-type: none"> - Introduction - Objectives - Meaning - Origin of Yoga - Importance of Yoga in modern age - Summary - Answers to check your progress: Exercise 	
2.	Myths of Yoga and their Refutation <ul style="list-style-type: none"> - Introduction - Objectives - Yoga is not for householders - Yoga means miracle - Yoga is a practice that enhances beauty - Yoga is a method of medicine - Yoga is a religion - Yoga means exercise - Summary - Answers to check your progress: Exercise 	
3.	The True Form of Yoga <ul style="list-style-type: none"> - Introduction - Objectives - Yoga according to Shrimad Bhagavad Gita - Yoga according to Maharishi Patanjali - Other definitions of yoga - Summary - Terminology - Answers to check your progress 	
4.	Introduction to Traditional Books of Yoga <ul style="list-style-type: none"> - Introduction - Objective - Hatha Yoga Pradipika - Patanjali Yoga Sutra - Summary - Answers to check your progress: Exercise 	
5.	Study of Yoga Sutras <ul style="list-style-type: none"> - Introduction - Objectives - Yoga Sutra – Samadhipada - Yogasutra – Sadhanapada - Summary - Answers to check your progress: Exercise 	
6.	Types of Yoga -I <ul style="list-style-type: none"> - Introduction - Objectives - Bhakti Yoga - Knowledge Yoga - Karma Yoga - Synthesis of Karma-Bhakti-Jnanyoga - Summary - Answers to check your progress 	

7.	Types of Yoga – 2 <ul style="list-style-type: none">- Introduction- Objectives- Hatha yoga- Sankhyadarshan - Anashakti Yoga- Yoga of Kundli- Summary- Answers to check your progress	
8.	Ashtanga Yoga – Yama and Niyama <ul style="list-style-type: none">- Introduction- Objectives- Yama- Rule- Importance of Yama-Niyama- Summary- Answers to check your progress	