

**Swami Ramananand Teerth
Marathwada University, Nanded.**

Dayanand College of Arts, Latur

**Syllabus (Philosophy)
Sem –III Paper SEC-I**



Yoga and Human Life

1. The Concept of Yoga :

- **Definition and Essence of Yoga**
- **Importance of Yoga**

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2. Yoga according to Bhagvad Gita :

- **Jnana Yoga**
- **Bhakti Yoga**
- **Karma Yoga**

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3. Health and Yoga :

- **Mental stress and Yoga**
- **Pranayama-Types of Pranayama**