

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

Dayanand College of Arts, Latur

**Syllabus (Philosophy)
Sem –IV Paper SEC-II**

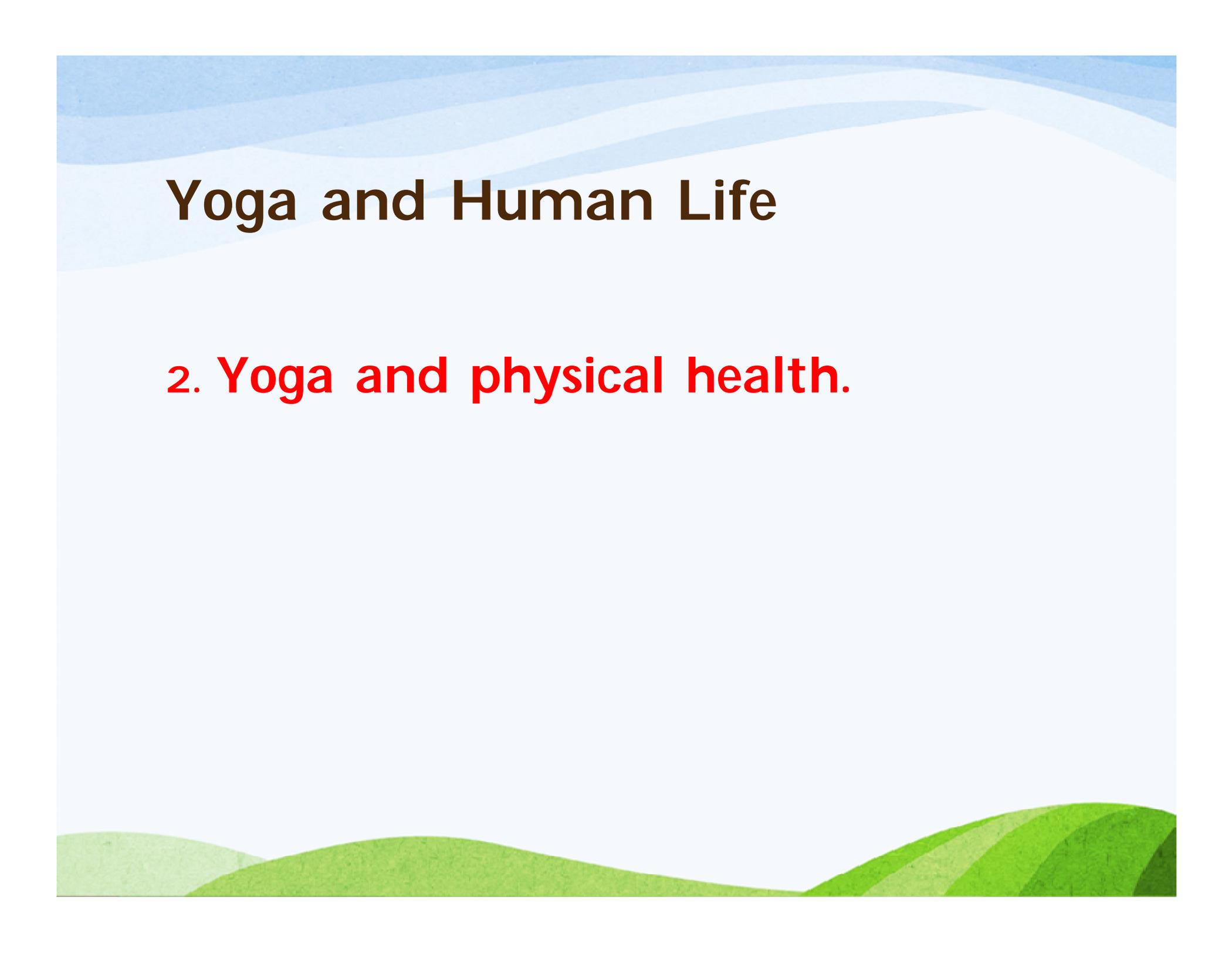


Yoga and Human Life

1. **Yoga** in Jainism

Yoga in Buddhims (Vipassana)

Patanjali's Astangik Yoga



Yoga and Human Life

2. Yoga and physical health.

Yoga and Human Life

3. . Asanas in Yoga and their importance. :

- Types of Asanas