

National Education Policy - 2020

Vocational/Skill Development Course

B.A/B.Com./B.Sc. Semester-I

Subject Title: Introduction to Yoga

Subject Code: MVP-Y101

Objectives:

- i. To learn the basic concepts of the Yoga.
- ii. To equip the learners with a brief understanding about yoga and its stream.
- iii. To give an overview of Patanjali Yoga.
- iv. To introduce Yogic postures and practices.
- v. To introduce the practices of Surya Namaskar, Asanas and Pranayama.

Programme: Certificate			Year: First	Semester: First
Total Number of Hours: 15+30			Theory	Practical
Credit			1	2
Hours/ Week			1	4
Scheme of Examination				
Theory:40			Practical:60	
	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
Total Number of Hours: 15+30				

Total No. of Lectures- Tutorials- Practical		
Units	Topics	No. of Lectures
I	Introduction to Yoga: Yoga: Historical Background, Origin, Meaning, Aims, Objectives, Types, Importance. Misconceptions about Yoga.	10
II	Streams of Yoga: Brief to Maharshi Patanjali and Patanjali Yoga Sutra, Ashtanga Yoga- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.	05
III	Yogic Jogging. Surya Namaskar.	10
IV	Asanas (Yogic Postures): Standing Postures (<i>Tadasana, Konasana, Trikonasana, Padahastasana</i>), Sitting Postures (<i>Mandukasana, Shashakasana, Vakrasana, Gomukhasana</i>), Supine Postures (<i>Markatasana, Pawanmuktasana, Halasana, Padvrittasana</i>), Prone Postures (<i>Makarasana, Bhujangasana, Shalabhasana</i>) and Balancing Postures (<i>Dhruvasana, Vrikshasana, Garunasana</i>). Yoga Nidra (<i>Shavasana</i>)	10
V	Pranayama Practices: Pranayama: Meaning, Objective and Types. Mudras: Gyana, Vayu, Prithvi, Prana and apana. Sukshma Vyayama.	10

Suggested Readings:

1. Radha krishnan,S: Indian Philosophy, Oxford University UK
2. Singh, SP: History of Yoga, PHISPC, Centre for studies in Civilization.
3. Singh, SP & Yogi, Mukesh: Foundation of Yoga, Standard Publication, New Delhi.
4. स्वामी रामदेव: योग साधना एवं योग चिकित्सा रहस्य, दिव्य प्रकाशन, हरिद्वार
5. उन्नति विश्नोई: योग शिक्षा, आर0 लाल बुक डिपो, मेरठ