

SEMESTER –I		
Programme/Class – Vocational (B.A./ B.Sc./ B.Com.)		Year: First
Subject: Yoga & Fitness		
Course Code: I140101V		Course Title: Fundamentals of Yoga and Ashtanga Yoga
Course outcomes: Demonstrate basic skills associated with yoga activities including strength, flexibility, balance and coordination. Demonstrate the ability to perform yoga movements in various combination and forms. Understand and apply the knowledge of basic sequencing and effective group management. To make students skilled to work as a yoga trainer.		
Credits: 1+2=3		Core / Elective
Max. Marks: 40(Theory) 60 (Practical)		Min. Passing Marks: 45
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 1-0-2		
Theory	1. Yoga Introduction Meaning and Definition of yoga, Aim or purpose of yoga, Importance of yoga 2. History of yoga Origin of yoga, History of yoga in different religions and religious books 3. Different Communities of yoga Raja yoga, Hatha yoga, Karma yoga, Bhakti yoga, Gyan yoga, Nada yoga, Mantra yoga 4. Principles of Ashtanga yoga Introduction of Ashtanga yoga, Overview of 8 principles of Ashtanga yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi)	
Practical Activities /Project/ Assignment	1. Yoga Introduction Introduction of yoga, Aim and Importance of yoga 2. History of Yoga Origin and History of yoga in different religions and religious books 3. Different Communities of Yoga Raja yoga, Hatha yoga, Karma yoga, Bhakti yoga, Gyan yoga – Self interview technique, Nada yoga – Meditation with music, Mantra yoga – Om chanting 4. Principles of Ashtang yoga Introduction of Ashtanga yoga, Overview of 8 principles of Ashtang yoga, Yama and Niyama – Self improvement techniques, Asana – Sukhasana, Padmasana, Vajrasana, Siddhasana and Swastikasana Pranayama – Anulom-Vilom, Bhashtrika and Bhramari pranayama, Pratyahara and Dharana, Dhyana – Om meditation, Samadhi	
Suggested Readings:		
1. Dr. Surendra Singh, Dr. P. D. Mishra, Dr. Beena Mishra, “Yog – Ek Parichay”, Sulabh Prakashan, 17 Ashok Marg Lucknow, Uttar Pradesh 2. Dr. P. D. Mishra, Dr. Beena Mishra “Praktik Chikitsa – Siddhant Evam Wyavhaar”, Uttar Pradesh Hindi Sansthan Lucknow, Uttar Pradesh, 9 th Edition, 2020.		
Suggestive Digital Platforms/ Web Links:		
This course can be opted as an elective by the students of following subjects: Open for All		
Continuous Internal Evaluation shall be based on Project/Assignment and Internal class Test. The marks shall be as follows:-		
S.No.	Assessment Type	Max. Marks
1.	Practical Activities /Project/ Assignment	60 Marks
2.	Theory External Examination	40 Marks
Total		100 Marks
Course Prerequisites: 12 th Pass in Any Stream		
Suggested equivalent online courses: Diploma in Yoga, visit at https://www.techsatyam.co.in/		
Further Suggestions: Workshops and Seminars should be conducted to students		
Any remarks/ suggestions:		

SEMESTER –II		
Programme/Class – Vocational (B.A./ B.Sc./ B.Com.)		Year: First
		Semester: Second
Subject: Yoga & Fitness		
Course Code: I140201V	Course Title: Introduction of Asana, Pranayama and Bandha	
Course outcomes: Demonstrate basic skills associated with yoga activities including strength, flexibility, balance and coordination. Demonstrate the ability to perform yoga movements in various combination and forms. Understand and apply the knowledge of basic sequencing and effective group management. To make students skilled to work as a yoga trainer.		
Credits: 1+2=3	Core / Elective	
Max. Marks: 40(Theory) 60 (Practical)	Min. Passing Marks: 45	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 1-0-2		
Theory	<p>1. Asana Definition of Asana, Types of Asana, Precautions of Asana, Benefits of Asana</p> <p>2. Pranayama Definition of Pranayama, Types of Pranayama, Parts of Pranayama, Precautions of Pranayama, Benefits of Pranayama</p> <p>3. Bandha Definition of Bandha, Types of Bandha, Precautions of Bandha, Benefits of Bandha</p> <p>4. Surya Namaskar – Sun Salutation Definition of Sun Salutation, Poses of Sun Salutation, Method and Benefits of Sun Salutation</p>	
Practical Activities /Project/ Assignment	<p>1. Asana Introduction of Asana, Types of Asana – Sukhasana, Padmasana, Vajrasana, Tadasana, Vrikshasana, Natrajasana, Mandukasana, Makrasana, Balasana, Trikonasana, Tulasana, Ushtrasana, Virabhadrasana, Halasana, Bhujangasana, Dhanurasana, Sarvangasana, Paschimottanasana, Sirsasana And Shavasana etc., Precautions and Benefits of Asana</p> <p>2. Pranayama Introduction of Pranayama, Types of Pranayama – Anulom Vilom, Nadi Shodhan, Bhastrika, Bhramari, Ujjayi, Sheetkari and Sheetal Pranayama, Parts of Pranayama, Precautions and Benefits of Pranayama</p> <p>3. Bandha Introduction of Bandha, Types of Bandha – Mula, Jalandhara, Uddiyana and Maha Bandhas, Precautions and Benefits of Bandha</p> <p>4. Surya Namaskar – Sun Salutation Introduction of Sun Salutation, Poses, Method and Benefits of Sun Salutation</p>	
Suggested Readings:		
1. Dr. Surendra Singh, Dr. P. D. Mishra, Dr. Beena Mishra, “Yog – Ek Parichay”, Sulabh Prakashan, 17 Ashok Marg Lucknow, Uttar Pradesh		
2. Dr. P. D. Mishra, Dr. Beena Mishra “Praktik Chikitsa – Siddhant Evam Wyavhaar”, Uttar Pradesh Hindi Sansthan Lucknow, Uttar Pradesh, 9 th Edition, 2020.		
Suggestive Digital Platforms/ Web Links:		
This course can be opted as an elective by the students of following subjects: Open for All		
Continuous Internal Evaluation shall be based on Project/Assignment and Internal class Test. The marks shall be as follows:-		
S.No.	Assessment Type	Max. Marks
1.	Practical Activities /Project/ Assignment	60 Marks
2.	Theory External Examination	40 Marks
Total		100 Marks
Course Prerequisites: 12 th Pass in Any Stream		
Suggested equivalent online courses: Diploma in Yoga, visit at https://www.techsatyam.co.in/		
Further Suggestions: Workshops and Seminars should be conducted to students		
Any remarks/ suggestions:		

SEMESTER –III		
Programme/Class – Vocational (B.A./ B.Sc./ B.Com.)		Year: Second
Semester: Third		
Subject: Yoga & Fitness		
Course Code: I140301V	Course Title: Basics of Shatkarma, Chakra, Mudra and Health	
Course outcomes: Demonstrate basic skills associated with yoga activities including strength, flexibility, balance and coordination. Demonstrate the ability to perform yoga movements in various combination and forms. Understand and apply the knowledge of basic sequencing and effective group management. To make students skilled to work as a yoga trainer.		
Credits: 1+2=3	Core / Elective	
Max. Marks: 40(Theory) 60 (Practical)	Min. Passing Marks: 45	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 1-0-2		
Theory	1. Shatkarma Definition of Shatkarma, Types of Shatkarma, Precautions and Benefits of Shatkarma 2. Chakra Definition of Chakra, Types of Chakra, Precautions and Benefits of Chakra 3. Mudra Definition of Mudra, Types of Mudra, Benefits of Mudra 4. Health Definition of Health, Types of Health, Core principles of Health	
Practical Activities /Project/ Assignment	1. Shatkarma Introduction of Shatkarma, Types of Shatkarma – Neti, Dhauti, Basti, Nauli, Tratak and Kapalbhathi , Precautions and Benefits of Shatkarma 2. Chakra Introduction of Chakra, Types of Chakra – Muladhara, Swadhisthana, Manipura, Anahata, Visuddha chakra etc., Precautions and Benefits of Chakra 3. Mudra Introduction of Mudra, Types of Mudra – Gyan mudra, Dhyan mudra, Surya mudra, Chin mudra, Kaki mudra etc., Benefits of Mudra 4. Health Introduction of Health, Types of Health, Core principles of Health	
Suggested Readings: 1. Dr. Surendra Singh, Dr. P. D. Mishra, Dr. Beena Mishra, “Yog – Ek Parichay”, Sulabh Prakashan, 17 Ashok Marg Lucknow, Uttar Pradesh 2. Dr. P. D. Mishra, Dr. Beena Mishra “Praktik Chikitsa – Siddhant Evam Wyavhaar”, Uttar Pradesh Hindi Sansthan Lucknow, Uttar Pradesh, 9 th Edition, 2020.		
Suggestive Digital Platforms/ Web Links:		
This course can be opted as an elective by the students of following subjects: Open for All		
Continuous Internal Evaluation shall be based on Project/Assignment and Internal class Test. The marks shall be as follows:-		
S.No.	Assessment Type	Max. Marks
1.	Practical Activities /Project/ Assignment	60 Marks
2.	Theory External Examination	40 Marks
Total		100 Marks
Course Prerequisites: 12 th Pass in Any Stream		
Suggested equivalent online courses: Diploma in Yoga, visit at https://www.techsatyam.co.in/		
Further Suggestions: Workshops and Seminars should be conducted to students		
Any remarks/ suggestions:		

SEMESTER –IV		
Programme/Class – Vocational (B.A./ B.Sc./ B.Com.)		Year: Second
Semester: Fourth		
Subject: Yoga & Fitness		
Course Code: I140401V	Course Title: Introduction of Disease and Yogic Treatment	
Course outcomes: Demonstrate basic skills associated with yoga activities including strength, flexibility, balance and coordination. Demonstrate the ability to perform yoga movements in various combination and forms. Understand and apply the knowledge of basic sequencing and effective group management. To make students skilled to work as a yoga trainer.		
Credits: 1+2=3	Core / Elective	
Max. Marks: 40(Theory) 60 (Practical)	Min. Passing Marks: 45	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 1-0-2		
Theory	1. Introduction of Disease Definition of disease, Types of disease, General causes of disease 2. Yoga for Common Disease Constipation, Thyroid, Diabetes, Hypertension, Depression, Asthma, Headache/Migraine, Back Pain and Other General Diseases 3. Yoga for Fitness and Personality Development Warm up, Asanas, Pranayama, Surya Namaskar (Sun Salutation), Mudras , Bandhas and Dhyana (Meditation) 4. Project (Practice of advance yoga training and therapy techniques)	
Practical Activities /Project/ Assignment	1. Introduction of Disease Introduction of disease, Types of disease, General causes of disease 2. Yoga for Common Disease Constipation, Thyroid, Diabetes, Hypertension, Depression, Asthma, Headache/Migraine, Back Pain and Other General Diseases 3. Yoga for Fitness and Personality Development Warm up, Asanas, Pranayama, Surya Namaskar (Sun Salutation), Mudras , Bandhas and Dhyana (Meditation) 4. Project (Practice of advance yoga training and therapy techniques)	
Suggested Readings: <ol style="list-style-type: none"> Dr. Surendra Singh, Dr. P. D. Mishra, Dr. Beena Mishra, “Yog – Ek Parichay”, Sulabh Prakashan, 17 Ashok Marg Lucknow, Uttar Pradesh Dr. P. D. Mishra, Dr. Beena Mishra “Praktik Chikitsa – Siddhant Evam Wyavhaar”, Uttar Pradesh Hindi Sansthan Lucknow, Uttar Pradesh, 9th Edition, 2020. 		
Suggestive Digital Platforms/ Web Links:		
This course can be opted as an elective by the students of following subjects: Open for All		
Continuous Internal Evaluation shall be based on Project/Assignment and Internal class Test. The marks shall be as follows:-		
S.No.	Assessment Type	Max. Marks
1.	Practical Activities /Project/ Assignment	60 Marks
2.	Theory External Examination	40 Marks
Total		100 Marks
Course Prerequisites: 12 th Pass in Any Stream		
Suggested equivalent online courses: Diploma in Yoga, visit at https://www.techsatyam.co.in/		
Further Suggestions: Workshops and Seminars should be conducted to students		
Any remarks/ suggestions:		