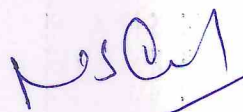
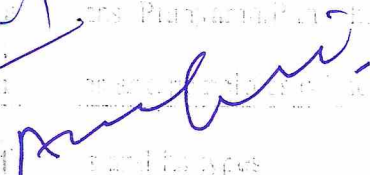



**POOL OF VALUE ADDED COURSE FOR
B.A./B.COM., B.Sc. (HONOURS WITHOUT RESEARCH)**

	YOGA AND MEDITATION Paper Code- PHE-VAC-102
VALUE ADDED COURSE	SEMESTER - III
Course Objective	<ol style="list-style-type: none"> 1. To understand the Foundation of Yoga. 2. To highlight the importance of Yoga and Meditation. 3. To provide a general understanding of Asanas, Kriya, Pranayama
Course Outcome	<ol style="list-style-type: none"> 1. Students will be able to understand the Foundation of Yoga. 2. Students will learn the importance of Yoga and Meditation. 3. Students will learn Asanas, Kriya, Pranayama.
Outline Syllabus	YOGA AND MEDITATION
Credits	2 (Theory: 1, practical;1)
Marks	50 (Theory: 35, Practical: 15) Internal Assessment: <ul style="list-style-type: none"> • Performance in mid -semester test: 6 • Assignment/Project/Seminar: 6 • Attendance: 3
Contact Hrs	45 Hours (Theory: 15 hours, Practical: 30 hours) 15 hours theory= 1 Credit, 30 Hours practical = 1 credit)
	THEORY (50 Marks)
UNITS	TOPICS
Unit 1	<ol style="list-style-type: none"> 1. Introduction and Foundation of Yoga 2. Meaning of yoga and its importance 3. Ashtanga Yoga- Yama, Niyama, Asanas, Pranyama, Partyahara, Dharana, Dhyana and Samadhi. 4. Meditation; meaning, definition, types and principles of meditation.
Unit 2	<ol style="list-style-type: none"> 1. Principles of yogic practices 2. Asanas; meaning, definition of asanas and its types. 3. Pranayama; meaning, definition of pranayama and its types. 4. Kriya; meaning, definition of Kriya and its types.
Practical (15 Marks)	SYLLABUS

	<ol style="list-style-type: none"> 1. Suryanaskar 2. Standing Asanas– vrikshasana, Tadasana 3. Sitting asanas – Padmasana, vrikshasana, Paschimuttanasana 4. Lying asanas- (supine position)– Halasana, Sarvangasana. Naukasana 5. Prone position asanas – Bhujangasana, Dhanurasna, Navasana 6. Practice of pranayama- bhasrika, kapalbhati, anulom vilom
SUGGESTED READINGS:	<ol style="list-style-type: none"> 1. Brown, F. Y.,(2000). <i>How to use yoga</i>. Delhi: Sports Publication 2. Debnath, M. (2006). <i>Basic Core Fitness through Yoga and Naturopathy</i>. New Delhi: Sports Publication, 3. Gharote, M. L. & Ganguly, H.(1988). <i>Teaching methods for yogic practices</i>. Lonawala: Kaixydamoe. 4. Harvey, P. (2001). <i>Yoga for Everybody</i>, New York: Readers Digest 5. Rajjan, S. M. (1985). <i>Yoga strengthening of relaxation for sports man</i>. New Delhi: Allied Publishers. 6. Shankar, G. (1998).<i>Holistic approach of yoga</i>. New Delhi: Aditya Publishers. 7. Sharma, L. (1991). <i>All You Wanted to Know About Yoga</i>, Greater Noida: Sterling Publisher Pvt. Ltd. 8. Shekar, K. C., (2003).<i>Yoga for health</i>. Delhi: Khel Sahitya Kendra.

