

Course Code	Course Name	Teaching Scheme (Hrs/week)			Credits Assigned			
		L	T	P	L	T	P	Total
LA1	Yoga-Vidya	1	-	-	Non-Credits			
		Examination Scheme						
		ISE1		ISE2		Attendance		Total
		20		20		10		50

Student will be evaluated after six sessions for 20 Marks (ISE1) and at the end of last session for 20 Marks (ISE2). Grade equivalent to 'D' (50%-59.99% Marks) or above is considered as 'Satisfactory'. If any of the tasks given is not completed/submitted/shown/evaluated then the corresponding lower grade will be given. Although the grades are given they will not mentioned in final grade card but they are necessary to declare the successful completion of the Non-Credit course.

<b>Pre-requisite Course Codes</b>		-
At end of successful completion of this course, student will be able to		
<b>Course Outcomes</b>	CO1	Perform various techniques of Yoga
	CO2	Follow healthy habits to improve immune system
	CO3	Describe the importance of Yoga in one's life
	CO4	Make resolution to practice techniques of Yoga

**Through this course, students will get an all round experience of how Yoga can benefit their body, breath, emotions along with relaxation techniques to maintain a calm and balanced state of mind.**

Day No.	Topics	Hrs.
1	What is Yoga, why Yoga? Techniques: warm up stretches for hands, legs, neck; Sukhasana, Padmasana	1
2	Introduction to Ashtanga Yoga Techniques: Talasana, Utkatasana, Konasana 2	1
3	Asana classification and importance of different types of Asanas Techniques: Sthita-prarthanasana, Ekpadasana, Garudasana	1
4	Yogendra rhythm- breathing pattern Techniques: Parvatasana, Yashtikasana	1
5	Forward bending and abdominal compression Techniques: Konasana 3, Yogamudra	1
6	Shuddhi Kriyas- Prevention of diseases by improving immune system Techniques: Jalaneti, Kapalabhati	1
7	Yogic Aahar Techniques: Vajrasana, Pavanmuktasana	1
8	Relaxation and it's importance Techniques: Shavasana	1
9	Spine and it's importance in Yoga Techniques: Bhujangasana, Makarasana, Vakrasana	1
10	Pranayama Techniques: Basic techniques	1

<b>11</b>	Attitude training Techniques: connecting techniques to concepts.	1
<b>12</b>	Pranayama Techniques: Traditional Pranayama	1
<b>13</b>	Yogachara- The Yoga way of living Techniques: Games	1
<b>14</b>	Revision	1

**References:**

- [1] Sadashiv Nimbalkar, “Yoga for Health & Practices”, Yoga Vidya Niketan, Mumbai.
- [2] Swami Satyananda Saraswati, “Asana Pranayama Mudra Bandha”, Yoga Publications Trust, Munger, Bihar, 2008
- [3] Dr.H.R.Nagendra, Dr.R.Nagarathna, “New Perspectives in Stress Management”, Vivekananda Yoga Research Foundation, Bangaluru
- [4] Books from The Yoga Institute, Santacruz:
- a) Yoga Cyclopedia Vol 11
  - b) Yoga of caring
  - c) Insights through Yoga
  - d) Growing with Yoga