

Yoga - A Wellness Programme

Programme: B-Tech

Semester: Odd

Course: Extra Curricular Yoga

Credits: 02

Hours: 30

Course outcomes (COs):

On completion of this course, the students will have the ability to:
CO1: Know the basics of Traditional Yoga.
CO2: Understand relationship between Yoga and mental health
CO3: practical understating of Anatomy and Physiology of Yogic Practices
CO4: understand Yoga and Physical Education

Course Topics:

Topics	Lecture Hours	
	Theory Hours	Practical Hours
UNIT - I Topic: Introduction		
1.1 Introduction and definition of yoga according to patanjali, Geeta, Hath radi ika, Gherand sanhita etc		
1.2 yoga sutra as given in astang yoga of Chakra.		
1.3 Sanyam, Yama, Niyama, Asana, Pranayam and type of Kumbhaks, Pratyahara, Dharna, Dhyana, Samadhi.		
1.4 Satkarma, Mudra and Bandh.		
UNIT - II Topic: Yoga and Mental Health		
3.1 Health, Mental Health, Hygiene, Metal hygiene, Yogic and Medical perspectives; Concept of normality: Psychological and yogic approaches.		
UNIT - III Topic: Anatom and Ph siolo of Yo ic Practices		
3.1 Introduction of human body and systems in brief with special reference to stress on respiratory, digestive, muscular and nervous system		

<p>3.2 Postural Physiology with reference to Asana; Asana-Definition and classification. Similarities and dissimilarities, between Asana and exercise</p>	
<p>3.3 Pranayam – Definition and classification</p>	
<p>3.4 Difference between Pranayam and deep breathing importance of Rechka, Kumbhaka, Purraka, introduction to Kriyas, Mudras and Bandas in brief.</p>	
<p>UNIT - IV Topic: Yoga and Physical Education</p>	<p>Unit-IV 1 Hrs. Theory Class</p>
<p>4.1 Concepts of Yoga and Physical Education; Aims and Objectives of Yoga and Physical Education</p>	
<p>4.2 Problems of integration of personality tackled in Yoga. Application of Yoga in Physical Education; Utility of Yoga techniques in Physical Education</p>	

Practical Classes:- (26 Hours)

1. **Breathing Exercise and losing Exercise**
2. **Surya Namaskar - Benefit and Limitation**
3. **Parnayam** - Kapal Bhati, Bhastrika, Bhaiye Parnayam, Anulom-Viloma, Nadi Shodhan Parnayam, Surya Bedhi, Chandra Bedhi, Chandra Anulom-Viloma, Surya Anulom-Viloma, Seethli and Seh-Danta Parnayam, Bharmari and Udgeeth Pranayam
4. **Standing Asana** - Tadasan, Pada-Hastasan, Trikonasan, Parshav Trikonasan,
5. **Seating Asana** - Vadhrasana, Ushtrasana, Padmasana, Khagasana, pashchimottasana, Ardh-Matsyendrasana, Janu-Shirasana,
6. **Spinal Base Asana** - Utand Padasan, Pawan Mukt Asana, Sharvangasana, Halasana, Karnpeedasan, Garbhasana,
7. **Abdomen Base Asana** - Makarasana, Shlabhasana, Bujhangasana, Nokasana, Dhanurasana, Tulasana,
8. **Meditation** - Cycling Meditation
9. **Relaxation Technique of Yoga** - IRT, QRT, DRT
10. **Mudra and Kriya** - Gyan Mudra, Vayu Mudra, Kapalbhathi, Agnisar.
11. **Mantra Yoga**

References:

1. Gore M.M., Anatomy and Physiology of Yogic Practice (2 nd revised Edition), Kanchan Prakashan, Pune, 1991. P. 159.
2. Gokhale, Yoga: its Philosophy and Science, DL. Trust, Pune, 1995.

3. Dr. H.R Yoga ka adhar aur uske prayog. Basic Set of Yogasana Kriya and Pranayama
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