

D.A.V.P.G COLLEGE, AZAMGARH, 276001

Affiliated to VBS Purvanchal University, Jaunpur

National Education Policy-2020

Vocational /Skill Development Course

Course Title: Yoga : A way of Life

Name	Designation	Institute
Steering Committee		
Prof. (Dr.) Prem Chand Yadav	Principal	D.A.V.P.G COLLEGE AZAMGARH
Shri Vipin Chandra asthana	Lecturer Dept. of Physical Education	D.A.V.P.G COLLEGE AZAMGARH
Dr. Shilpa Tripathi	Asso.Prof., Dept. of Political Science	D.A.V.P.G COLLEGE AZAMGARH

Syllabus Developed by:

Name	Designation	Department	College/ University
Shri Vipin Chandra asthana	Lecturer	Physical Education	D.A.V.P.G COLLEGE AZAMGARH
Dr. Shilpa Tripathi	Associate Professor	Dept. of Political Science	D.A.V.P.G COLLEGE AZAMGARH

Syllabus: Yoga : A way of Life

Programme: Certificate/Diploma

Vocational /Skill Development CourseCourse Title: *Yoga : A way of Life*

Course outcomes:

- To enable student to become competent and committed professionals willing to perform as gym instructor.
- To make student to use competencies and skills needed for becoming an effective gym instructor
- To enable student to understand principles of fitness training
- To acquaint student with the practical knowledge of giving fitness instructions
- To enable student to understand duties and responsibilities as gym instructor
- To enable student to prepare the Fitness programme
- To enable students to understand and explain the effect of Exercise on the body.
- To enable students to understand human posture

Total Credits 3 Min. Credit
03(1+2)
As per VBS Guideline 2021
1 Credit = 15 hours(Theory),
1 Credit = 30 hours(Skill,
Trg. Internship)

Duration
Semester Wise,
06 months

Max. Marks: 25+75

Min. Passing Marks:33

Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 1-0-3

Unit	Topics	No. of Lectures Total=15 Practical =60
I	<p>1-YOG PARICHAYA</p> <ul style="list-style-type: none"> • Origin of Yoga & its brief development. • ii) Meaning of Yoga & its importance • iii) Yoga as a Science of Art (Yoga Philosophy). • iv) Meaning of meditation and its types and principles. • Classification of Yoga/Types of Yoga • Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga. • Asthang Yoga. • Principles of Yogic Practices. • Meaning of Asana, its types and principles. • Meaning of Pranayama, its types and principles. • Meaning of Kriya its types and principles. • Yogic therapies and modern concept of Yoga • Naturopathy, Hydrotherapy, Electrotherapy, Messotherapy, • Acupressure, acupuncture. • Meaning and importance of prayer. • Psychology of mantras. • Different mudras during prayers <p>Practical work out</p>	<p>3 Lecture = 03 hours</p> <p>Practical 12 hours</p>
II	<p>2. ANATOMY PHYSIOLOGY FOR YOGIC PRACTICES</p> <ul style="list-style-type: none"> • Introduction of human body and its systems. • Definition of Anatomy and Physiology and importance in Yogic Practices • Respiratory System • Digestive System • Endocrine System • Classification of Asanas and its Mechanism. • Cultural Asana(standing, sitting, supinline, praline position & topsy-turvy) • Meditative Asana and Relaxative Asana • Nervous System • Circulatory System • Introduction of Kriya, Bandha and Mudra. • Importance of Kriya and its scientific approach. • Importance of BANDHA and its scientific approach. • Importance of MUDRA and its scientific approach. • Effect of Asanas on various Systems • Difference between Asana and Exercise. • Difference between Pranayama and deep breathing. • Yogic Diet. <p>Practical work out</p>	<p>3 Lecture = 03 hours</p> <p>Practical 12 hours</p>

III	<p>3- TEACHING METHODOLOGY OF YOGIC PRACTICE</p> <ul style="list-style-type: none"> • Meaning and types of methods. • Factors affecting teaching. • Principles of teaching. • Need and importance of teaching practice. • Maxims of teaching • Presentation technique • Technical preparation. • Personal preparation. • Modern concept and teaching Aids class management and its meaning and need • Steps of class management • Meaning of tournaments and competition and its importance. • Eligibility rules of Inter –University of Yoga. • Organisation and administration of Yog competition. • Audio visual Aids. • Meaning of lesson plan and its importance. • Principles of lesson plan • Demonstration in Yoga and its types • Importance of demonstration. <p>Practical work out</p>	<p>3 Lecture = 03 hours</p> <p>Practical 12 hours</p>
IV	<p>4- TRADITIONAL YOGA</p> <p>I.Patanjali Yog Sutra</p> <ul style="list-style-type: none"> • Definition and meaning of yoga. • Types of vritties. • Different ways to achieve Raj Yog. • Disturbance in Yogic Practices. <p>II.Swatmaram Hatha Pradipika.</p> <ul style="list-style-type: none"> • Asanas. • Pranayama • Kriyas. • Nadanusandhan <p>III.Great Philosophy of Indian Yoga Culture</p> <ul style="list-style-type: none"> • ii) Charwak. • ii) Budha. • iii) Mahavir. • iv) Swami Vivekanand • Panchikaran Prakriya. • Panch Kosh Theory. • Nandha Bhakti • Kundalini. • Astha Sidhi <p>Practical work out</p>	<p>4 Lecture = 04 hours</p> <p>Practical 03 hours</p>

V	5- Practical Demonstration of Asana, Pranayam and Shudhikriyas			4 Lecture = 04 hours
	ASANA 1. Shirsh Asana 2. Vipratarani 3. Hal Asana 4. Bhujang Asana 5. Ardh-Shalbh Asana 6. Vakra Asana 7. Ardha Matasyaendrasana 8. Paschimottan Asana 9. Vajra Asana 10. Supta Vajra Asana 11. Yoga Mudra 12. Nauka Asana 13. Bak Asana 14. Mayur Asana 15. Ustra Asana 16. Vriksh Asana 17. Padma Asana 18. Trikon Asana 19. Sarvang Asana 20. Manduk Asana 21. Pavan Muket 22. Chakra Asana 23. Pad-hast Asana 24. Katichakra Asana. 25. Surya Namaskar	PRANAYAMA 1. Anulome-vilome 2. Ujjai 3. Bhastrika 4. Shitali 5. Sitkari 6. Suryabhedan 7. Bhramri	KRIYA 1. Neti 2. Dhauthi 3. Tratak 4. Nauli 5. Kapalbhatai	Practical 03 hours

Astha
Vipin chanda Asthana
Head,dept. of Physical Education

Shilpa
Dr. Shilpa Tripathi
Head Dept. of Political Science

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