YOGA

I ST - सेमेस्टर

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

I ST - SEMESTER

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 Course	
	Course Title: ***Yoga : A way of Life***

Course outcomes:

To enable student to become competent and committed professionals willing to perform as gym instructor.

2. To make student to use competencies and skills needed for becoming an effective gym instructor
3. To enable student to understand principles of fitness training
4. To acquaint student with the practical knowledge of giving fitness instructions
5. To enable student to understand duties and responsibilities as gym instructor
6. To enable student to prepare the Fitness programme
7. To enable students to understand and explain the effect of Exercise on the body.
8. To enable students to understand human posture

I	Total Credits 3 Min.Credit 03(1+2) As per VBS Guideline 2021 I Credit = 15 hours(Theory), I 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	1-YOG PARICHAYA • 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 **Practical work out**	3 Lecture = 03 hours Practical 12 hours
II	2. **ANATOMY PHYSIOLOGY FOR YOGIC PRACTICEs** • 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. **Practical work out**	3 Lecture = 03 hours Practical 12 hours

III	**3- TEACHING METHODOLOGY OF YOGIC PRACTICE** • 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. **Practical work out**	3 Lecture = 03 hours Practical 12 hours
IV	**4- TRADITIONAL YOGA** **I.Patanjali Yog Sutra** • Definition and meaning of yoga. • Types of vritties. • Different ways to achieve Raj Yog. • Disturbance inYogic Practices. **II.Swatmaram Hatha Pradipika.** • Asanas. • Pranayama • Kriyas. • Nadanusandhan **III.Great Philosophy of Indian Yoga Culture** • ii) Charwak. • ii) Budha. • iii) Mahavir. • iv) Swami Vivekanand • Panchikaran Prakriya. • Panch Kosh Theory. • Nandha Bhakti • Kundalani. • Astha Sidhi **Practical work out**	4 Lecture = 04 hours Practical 03 hours

II nd सेमेस्टर

D. A.VP. G COLLEGE AZAMGARH

Titleofthecourse:YAGAII SEMESTER

CourseDevelopedby:

Name	Designation	Department	Colleg
Vipin Chandra Asthana	Associate Professor	Physical Education	D. A.V P.G COLLEGE, AZAMGARH
Prof Prem Chandra Yadav	Professor	Political Science	D. A.V P.G COLLEGE, AZAMGARH

BroadAreas / Sectors: Physical Education

Nature of course: Individual

Expected fee for the course – Free

Number of seats.....

Credits- 03 (1Theory, 1 Practical)

Maxmarks: 100 Minimum marks:

Name of the proposed skill partner-Prof Prem Chandra Yadav

Jobprospects-

- Yoga Technical
- Yoga Therapist

CourseOverview

In the view of todays global problems, the course of Yoga iscompulsory as mental and physical Stressis in creasing every where, students will benefit from this course. Just as the word yogaMeanstoconnect;joiningthe student's willalsohaveloyaltyandengagementtowardstheirduty Toward society andoursocietywillmovetowardsapositivethinking.

WHOhasalsoemphasizedtheroleofYogainprevention therapy? Forthisreason,thepopularity OfYogawillincreaseglobally.Yogaisanewtopicfortheinternationalcommunity, whichiswhy Theworldistryingtounderstand Yogamore.Forthisreason, Yoga hasverygoodopportunities Internationally

Objectives of the course:

- ❖ Toenablethestudenttohavegoodhealth
- ❖ Topracticementalhygiene.
- ❖ Topossessemotionalstability.
- ❖ Tointegratemoralvalues.
- ❖ Toattainhigherlevelofconscious.

SYLLABUS

Unit	Topics	Theory/Practical	No.of Theory hour	No.of Skill hour
01	Describe standing Asana A. Vrikshasana B. Trikonasana C. Padahastasana D. Parsvottanasana E. Chakrasana	4Theory/4 Practical	4	16
02	Describe sitting Asana A. Padmasana, B. Vajrasana, C. Dhanurasana, D. Paschimottanasana, E. Sirshasana	4Theory /4 Practical	4	16
03	A. Deep Breathing B. Anulom- Vilom, C. Meditation	4Theory /4 Practical	4	16
04	A. Benefits of Asana in Human Life B. Differences between Asana and Physical Exercise C. Role of Yoga in Physical	4Theory /4 Practical	4	16

	Education			

SUGGESTED READINGS:

[1] Anjali Joglekar (1999), "A Study of the Effect of Yogic Exercises for the promotion of Physical Fitness and Badminton skill s of College Girls of Age between 18 to 20 Years." Masters' Dissertation in Physical Education, BPCA's College of Physical Education, University of Mumbai, pp.1- 138.

[2] B K Acharya, et. al. (2010), "Effect of Pranayama (voluntary regulated breathing) and Yogasana (yoga postures) on lipid profile in normal healthy junior footballersInternational Journal of Yoga, 3(2): P 70.

[3] B. Donohue, et.al. (2006), "Effects of brief yoga exercises and motivational preparatory interventions in distance runners: results of a controlled trial" British Journal of Sports Medicine.January; 40(1): Pp 60–63.

[4] The Illustrated Lighton Yoga by B.K.S.I yengar, Horpor Collins, New Delhi.

SUGGESTED CONTINOUS EVALUATIONMETHODS:

- Assignments (10)
- Presentations (10)
- Attendance(5)
- Final Exam(75)

SUGGESTEDEQUIVALENTONLINECOURSES:

Malviya Sadhna Kendra B.H.U Varanasi

Rajarshi Tandon Open University

III Symester

D.A.V P.G COLLEGE AZAMGARH

Title of the course:YAGA AND HEALTH IIISEMESTER

Course Developed by:

Name	Designation	Department	Colleg
Dr Vipin Chandra Asthana	Associate Professor	Physical Education	D.A.V P.G COLLEGE
Prof.P C YADAV	Principal	.....	D.A.V P.G COLLEGE

BroadAreas / Sectors: Physical Education

Nature of course: Individual

Expected fee for the course –

Number of seats.....

Credits- 03 (1Theory, 1 Practical)

Maxmarks: 100 Minimum marks:

Name of the proposed skill partner-Prof.P C YADAV

Jobprospects-

- Yoga Technical
- Yoga Therapist

CourseOverview

In the view of todays global problems, the course of Yoga iscompulsory as mental and physical Stressis in creasing every where, students will benefit from this course. Just as the word yogaMeanstoconnect;joiningthe student's willalsohaveloyaltyandengagementtowardstheirduty Toward society andoursocietywillmovetowardsapositivethinking.

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Objectives of the course:

- To enable the student to have good health
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of conscious.

SYLLABUS

Unit	Topics	Theory/Practical	No.of Theory hour	No.of Skill hour
01	**a.** Meaning of Yogic Therapy **b.** Meaning, Scope, Types and Methods of Meditation **c.** Pranayam and asana with their advantages and effect on human body	4Theory/4 Practical	4	16
02	**a.** Types of Yogic Therapy b. Curing different diseases through Yogic Therapy c. Bandha: Uddiyan Mudra: Viparutakarani, Kriya: Kapalabhati.	4Theory /4 Practical	4	16
03	**a.** Meaning and definitions of Health, Factors that influence Health. **b.** Heredity and Environment. **c.** Immunity. Communicable diseases	4Theory /4 Practical	4	16
04	a. Balanced diet Classification of food and role of various nutrients. b. National Health Program–National Malaria eradication program, T.B. Control C. Program. Filarial Control program. International Health Agency– W.H.O., UNICEF	4Theory /4 Practical	4	16

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[4] The Illustrated Lighton Yoga by B.K.S.I yengar, Horpor Collins, New Delhi.

SUGGESTED CONTINOUS EVALUATIONMETHODS:

- Assignments (10)
- Presentations (10)
- Attendance(5)
- Final Exam(75)

SUGGESTEDEQUIVALENTONLINECOURSES:

Malviya Sadhna Kendra B.H.U Varanasi

Rajarshi Tandon Open University

Physical Education B.H.U Varanasi

IV Symester

D.A.V P.G COLLEGE AZAMGARH

Titleofthecourse:YAGAAND GYM IV SEMESTER

CourseDevelopedby:

Name	Designation	Department	Colleg
Dr Vipin Chandra Asthana	Associate Professor	Physical Education	D.A.V P.G COLLEGE
Prof.P C YADAV	Principal	……..	D.A.V P.G COLLEGE

BroadAreas / Sectors: Physical Education

Nature of course: Individual

Expected fee for the course –

Number of seats……

Credits- 03 (1Theory, 1 Practical)

Maxmarks: 100 Minimum marks:

Name of the proposed skill partner-Prof.P C YADAV

Jobprospects-

- Yoga Technical

Gym

CourseOverview

In the view of todays global problems, the course of Yoga& gym iscompulsory as mental and physical

Stressis in creasing every where, students will benefit from this course. Just as the word Yoga& gymMeanstoconnect;joiningthe student's willalsohaveloyaltyandengagementtowardstheirduty Toward society andoursocietywillmovetowardsapositivethinking.

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- Topossessemotionalstability.
- Tointegratemoralvalues.
- Toattainhigherlevelofconscious.

SYLLABUS

Unit	Topics	Theory/Practical	No.of Theory hour	No.of Skill hour
01	.Asanas:Types,Techniques andBenefits. Surya Namaskar: Methods and benefits. Pranayama:Types,Methodsandbenefits	4Theory/4 Practical	4	16
02	YogicExercises RoleofYogainPsychologicalPreparationofathlete:MentalWellbeing, Anxiety,Depression,Concentration,Self-Actualization. EffectsofYogapracticeondifferentSystemsofbody	4Theory /4 Practical	4	16
03	Meaninganddefinitionsgym Management of Fitness Center Fitness Evaluation.	4Theory /4 Practical	4	16
04	Fitness & Conditioning Toning the lower body with light weights Training and Training Method	4Theory /4 Practical	4	16

SUGGESTED READINGS:

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[3] B. Donohue, et.al. (2006), "Effects of brief yoga exercises and motivational preparatory interventions in distance runners: results of a controlled trial" British Journal of Sports Medicine.January; 40(1): Pp 60–63.

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SUGGESTED CONTINOUS EVALUATIONMETHODS:

- Assignments **(10)**
- Presentations **(10)**
- Attendance**(5)**
- Final Exam**(75)**

SUGGESTEDEQUIVALENTONLINECOURSES:

Malviya Sadhna Kendra B.H.U Varanasi

Rajarshi Tandon Open University

Physical Education B.H.U Varanasi

प्रयोगात्मक

B.A.I B.Sc. B.Com.

V	**5- Practical Demonstration of Asana, Pranayam and Shudhikriyas** **ASANA** 1. Shirsh Asana 2. Vipratakarani 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. Kapalbhati	4 Lecture = 04 hours Practical 03 hours

Vipin chanda Asthana
Head,dept. of Physical Education

Dr. Shilpa Tripathi
Head Dept. of Political Science