

YOGA FOR HEALTH AND WELL BEING

DEPARTMENT: BACHELOR OF PHYSICAL EDUCATION

NAME OF COURSE: YOGA FOR HEALTH AND WELL BEING

COURSE CODE: CCPC01-BPE

TOTAL HOURS: 50

UNIT-I (10 HOURS)

- (i) 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.

UNIT- II (5 HOURS)

- i) Classification of Yoga/Types of Yoga
- ii) Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.
- iii) Asthang Yoga.

UNIT -III (10 HOURS)

- i) Principles of Yogic Practices.
- ii) Meaning of Asana, its types and principles.
- iii) Meaning of Pranayama, its types and principles.
- iv) Meaning of Kriya its types and principles.

UNIT -IV (10 HOURS)

- i) Yogic therapies and modern concept of Yoga
Effect of Asanas on various Systems
- ii) Difference between Asana and Exercise.
- iii) Difference between Pranayama and deep breathing.
- iv) Yogic Diet.

UNIT V (15 HOURS)- PRACTICALS

YOGA FOR HEALTH AND WELL BEING

DEPARTMENT: BACHELOR OF PHYSICAL EDUCATION

PRANAYAMA

Anulome-vilome, Ujjai, Bhastrika

ASANA

Shirsh Asana, Vipratarani Hal Asana, Bhujang Asana, Ardh-Shalbh Asana, Paschimottan Asana, Vajra Asana, Yoga Mudra, Nauka Asana, Mayur Asana, Ustra Asana, Vriksh Asana, Padma Asana, Trikon Asana, Sarvang Asana, Manduk Asana, Pavan Muket Asana, Chakra Asana ,Pad-hast Asana, Katichakra Asana., Surya Namaskar

MODE OF EXAM

Theory exam (50 marks)

Practical exam (50 marks)