

4th Semester Subject: Health & Physical Education
(According to NEP2020 implemented from Session 2024 – 25(IHS from session 2024-25)

Vocational - 2

Part A – Introduction			
Subject:	Health & Physical Education		
Semester	4 th Semester		
Name of the Course	Training in Yoga Asanas		
Course Code	24UN-PED-VOC401		
Course Type:	Vocational – 2		
Level of the Course	100 – 199		
Pre-requisite (if any)	It is open for all		
Course Learning Outcomes (CLOs):	After completing this course, the learner will be able to: 1. Describe the aims, objectives and philosophy of yoga. 2. Explain the philosophy behind various schools of yoga 3. Explain the various types of yoga, pranayama, Shatkarmas, Bandhas and Mudras. 4. Demonstrate various simple and advance asanas. 5. Able to perform Rubber and Jal Neti 6. Able to perform various types of Paranayamas		
Credits	Theory	Practical	Total
	2	2	4
Contact Hours	2 hours per week	4 hours per week (Size of practical group = 20 students)	6
Max. Marks: 100 Part I - Theory = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks) Part II - Practical = 50 (Internal Assessment - 15 Marks + End Term Exam – 35 Marks)			Time: 3 Hours For End Term Exam
Part B- Content of the Course			
<u>Instructions for Paper- Setter:</u> The question paper will consist of five Units I, II, III and IV. Units I, II & III will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V th will consist of 5 short answer type questions, which will cover the entire syllabus and will carry 1 mark for each question.			
Unit	Topics		Contact Hours
I	Introduction of Yoga • Meaning and Definitions of Yoga • Philosophical aspect of Yoga, • Aim and Objectives of Yoga. • Principles of Yoga, Misconceptions and clarifications of Yoga • Relationship of yoga with Education and Sports		10

II	Schools of Yoga and its brief Introduction. • Meaning of Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga and Yantra Yoga, • Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, • Contributions to yoga by Swami Ramakrishna, Swami Vivekananda,	10
----	--	----

	, Maharishi Mahesh yogi, Swami Dayanand Saraswathi and B.K.S Iyengar.	
III	Parts of Yoga: • Asana: Meaning, types and Principles. • Pranayama: Meaning, types and principles. • Shatkarmas: Meaning, types and principles. • Bandh & Mudra: Meaning, types and principles.	10

Suggested Evaluation Methods:

Maximum Marks: 50 (Internal Assessment - 15 Marks + End Term Exam - 35 Marks)

Internal Assessment: Continuous Comprehensive Evaluation (CCE): 15 Marks Seminar/ Assignment/Quiz/class test, etc. = 5 Mid Term Test = 10	End Term Exam: 50 Marks Time = 3 hrs One question of 10 marks from each Units I to III = 30 Marks. Five Questions short answer from entire syllabus = 5 × 1 Marks = 5 Marks.
---	---

Part II – Practical
(Internal Assessment - 15 Marks + End Term Exam - 35 Marks)

Unit	Topics	Marks distribution	Contact Hours
I	Basic Asanas = At least 15 Advance asanas = 5	10 +5 Marks	20
II	Rubber Nati , Jal Neti	10 Marks	20
III	Pranayamas: Anulom-vilom , Bhramari, Ujjayi , Kapalbhathi and Bhastrika	10 Marks	20
	Internal Assessment: 15 Marks Evaluation through Skill Test/ Assignments/ Quiz/ Viva Voce/ Practical Record File (5 Marks for Each)	End Term Exam: 35 Marks Evaluation through performance in Skill Test/ Demonstration/ Viva Voce/ Practical Record File (10 Marks for Each)	

Part C-Learning Resources

- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra • -
- Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga & Married Life. Rishikesh Sadhana Mandir Trust
- Swami Swatma Ram: Patanjali Yoga Sutra
- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust



