

# Yoga and Meditation

Programme(s) in which it is offered: UG & PG Programmes

<b>Course Category:</b> Self - immersion	<b>Schedule of Offering:</b> Even
<b>Course Credit Structure:</b> 0	<b>Course Code:</b> VK109
<b>Total Number of Hours:</b> 75	<b>Contact Hours Per Week:</b> 5
<b>Lecture:</b> 0	<b>Tutorial:</b> 00
<b>Practical:</b> 5	<b>Medium of Instruction:</b> Sanskrit & English
<b>Date of Revision:</b>	<b>Skill Focus:</b> Life Skill
<b>Short Name of the Course:</b> YM	<b>Course Stream (Only for Minor Courses):</b>
<b>Grading Method:</b> Regular	<b>Repeatable:</b> Credit/Audit/Non Repeatable
<b>Course Level:</b> Beginner	

## Course Description

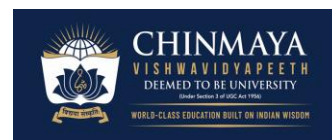
Present era is very challenging with regard to the maintenance of good health. Today every human being is too busy in materialistic interests that he/she cares very less about the health. On one side there is busyness, on the other hand pure food and pure environment is also becoming rare which are very important to stay healthy in present conditions. Although many methods of staying healthy have been discovered all over the world but the medical system that gives us healthy and long life without any side effects is beneficial. Yoga is a very successful and effective medical method among these therapies for last several thousands of years. It not only benefits the physically but also leads on the beautiful path of mental stability and spirituality. With this aim this course is offered for the benefits of all the students of the university.

## Course Introduction

Yoga is a wide field. Rājayoga, Layayoga, Mantra yoga and Haṭhayoga. Rājayoga has been considered as the main among these four types of Yoga. Aṣṭāṅgayōga the part of Rājayoga will be mainly focused in this course. The course also includes other useful āsanās and Kriyās which are derived from the texts called Haṭhayōgapradīpikā and Ghēraṇḍasamhitā. Some philosophical principles of Yōgadarśana are also included in this course which will be learned along with Prāṇāyāma & āsanās.

Version No:

Approval Date:



## Course Objective

- To make self-reliant for achieving good health.
- The promotion of universal human values through yoga.
- To know the ways to achieve all round physical development and mental stability easily.
- To get an introduction to spirituality and traditional-psychology through yoga.

## Course Outcome

After this course student will -

1. Get full health benefits from the practical study of this course.
2. Learn to climb the initial steps of spirituality along with the control over the body and the mind control.
3. Get the knowledge of Indian traditional psychological principles through the basic Yoga Darshan.
4. Get the eligibility to undergo the a diploma / degree in the subject of Yoga from any institution in future.

## PO-CO Mapping

PO-CO Mapping Matrix

CO/PO Mapping	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1								
CO2								
CO3								
CO4								

## Prerequisites and other constraints

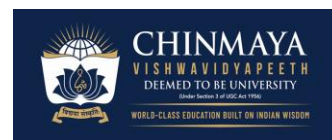
There is no specific prerequisite in this course. Understanding knowledge of English or Sanskrit will be beneficial.

## Pedagogy

Teaching is done in this class through practical method.

Version No:

Approval Date:



### Suggested Reading:

Pātañjala Yōga Darśana, Srīmadbhagavadgītā, Haṭhayōhapradīpikā & Ghēraṇḍasaṃhitā.

### Evaluation Pattern

This course is based on regular attendance.

#### Evaluation Matrix

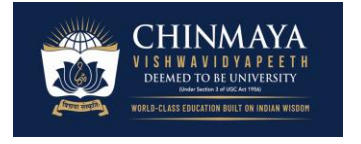
	Component Type	Weightage Percentage	Total Marks	Tentative Dates	Course Outcome Mapping
Continuous Internal Assessment (CIA) Components*	Class Participation	25% Of CIA Marks	0		
	Assignments	33% Of CIA Marks	0		
	Mid Sem	42% Of CIA Marks	0		
	CIA Marks	100 % (To be converted to 60%)	0		
ESE		40%	0	End of the semester	

\* The assignments involved in CIA will be subject to plagiarism checks. A submission with unexplained similarities exceeding 30% for Undergraduate courses, 20% for Postgraduate courses and 10% for PhD courses will be reverted for resubmission. The final submission is subject to score penalization as defined by the course instructor at the start of the course, with a clear communication of the same to all the registered candidates.

Note:

1. Course Outcome mapping of this matrix should match with the PO-CO Matrix.
2. The component type is based on the course and the instructor.
3. The Weightage Percentage for the internal components should be calculated based on the total CIA marks.

Version No:  
Approval Date:



## Module Sessions

Module 1 –

15 sessions

Topics –

- **Āsanāni**

Sarvāṅgāsanam, Uttānapādāsanam, Halāsanam, Karṇapīḍāsanam, Naukāsanam, Pavanamuktāsanam, Kandharāsanam, Pādānguṣṭhanāsāsparśāsanam, Dīrghanaukāsanam, Pṛṣṭhatānāsanam, Padmāsanam, Yōgamudrāsanam, Matsyāsanam.

- **Prāṇāyāmaḥ**

Bhasrikāprāṇāyāmaḥ, Kapālabhātī.

- **Mudrāḥ**

Jñānamudrā / Dhyānamudrā, Vāyumudrā, śūnyamudrā, Pṛthvīmudrā.

- **Yamaḥ & Niyamaḥ.**

Module 2 –

15 sessions

Topics –

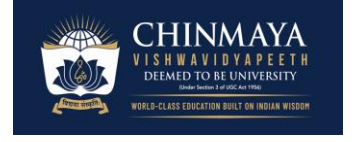
**Āsanāni**

Baddhapadmāsanam, Yōgamudrāsanam, Matsyāsanam, Vajrāsanam, Suptavajrāsanam, śaśakāsanam, Maṇḍūkāsanam, Kūrmāsanam, Paścimōttānāsanam, Vakraśanāsanam, Arddhamatsyēndrāsanam, Pūrṇamatsyēndrāsanam, Gōmukhāsanam

**Prāṇāyāmaḥ**

Bāhyaprāṇāyāmaḥ, Ujjāyī-prāṇāyāmaḥ, Anulōma-vilōmaprāṇāyāmaḥ

Version No:  
Approval Date:



## Mudrāḥ

Prāṇamudrā, Apānamudrā, Apānavāyumudrā, Sūryamudrā

- Pratyāhāraḥ.

## Module 3 –

15 sessions

### Topics –

#### Āsanāni

Paśuviśrāmāsanam, Jānuśirāsanam, Makarāsanam, Bālāsanam, Dvicakrikāsanam, Pādavyṛttāsanam, Arddhahalāsanam, Cakrāsanam, Sētubandhāsanam, Markaṭāsanam, Kaṭyuttānāsanam, Makarāsanam, Bhujāṅgāsanam

#### Prāṇāyāmaḥ

Bhrāmarī-prāṇāyāmaḥ, Udgīthaprāṇāyāmaḥ, Praṇavaprāṇāyāmaḥ

## Mudrāḥ

Varuṇamudrā, Liṅgamudrā, Dhāraṇāśaktimudrā, Bhūcarīmudrā, Khēcarīmudrā

- Dhāraṇā.

## Module 4 –

15 sessions

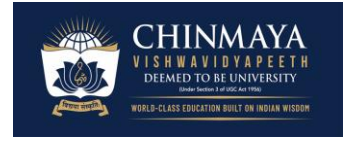
### Topics –

#### Āsanāni

Pūrṇabhujāṅgāsanam, Dhanurāsanam, Pūrṇadhanurāsanam, śalabhāsanam, Viparītanaukāsanam, Uṣṭrāsanam, Ardhaśāstrāsanam, Trikōṇāsanam, Siddhāsanam, Kukkuṭāsanam, Suptagarbhāsanam, Garbhāsanam, Tōlāṅgulāsanam

Version No:

Approval Date:



## Prāṇāyāmaḥ

Agnisāraḥ, Sītkārī-prāṇāyāmaḥ, śitalīprāṇāyāmaḥ, Candrabhēdīprāṇāyāmaḥ

## Mudrāḥ

Aśvinīmudrā, Yōnimudrā, Unmaṇīmudrā, śakticālinīmudrā

- Dhyānam.

Module 5 –

15 sessions

Topics –

## Āsanāni

Mayūrāsanam, Parvatāsanam, Utkaṭāsanam, Simhāsanam, Pādānguṣṭhāsanam, Brahmacharyāsanam, Bakāsanam, Dhruvāsanam, Garuḍāsanam, Tāḍāsanam, ūrdhvatāḍāsanam, Tiryaktāḍāsanam, Kaṭicakrāsanam, Tiryakbhujāṅgāsanam. Sūryanamaskāraḥ

## Prāṇāyāmaḥ

Mūrcchā, Plāvina, Kēvalī, Nāḍīsōdhanam

## Mudrāḥ

Viparītakaraṇīmudrā, Yōgamudrā, Mahāmudrā, Tribandhamudrā, Brahmamudrā

- Samādhiḥ

Note: The number of hours may be decided by the instructors based on the content and importance of the module.