

Course Code	Course Title	L	T	P	C
VLUC6119	Yoga and Physical Fitness	0	0	4	2
Pre-requisite	Nil				
NCrF Level	4.5				
Course Objectives					
- Understand the Philosophy of Yoga: Gain knowledge of the history and philosophical foundations of yoga. - Develop Physical Skills: Learn and practice a variety of yoga postures (asanas) and understand their benefits. - Master Breathing Techniques: Explore and practice different pranayama techniques to enhance breath control and energy management. - Practice Mindfulness and Meditation: Develop skills in meditation and mindfulness to improve mental clarity and relaxation					
Course Outcomes					
- Explain the Historical and Philosophical Context of Yoga: Demonstrate a clear understanding of the origins and evolution of yoga and its philosophical tenets. - Perform a Variety of Yoga Postures: Exhibit proficiency in performing various yoga asanas with correct alignment and technique. - Apply Breathing Techniques: Utilize pranayama techniques to manage stress, enhance focus, and improve overall respiratory health. - Engage in Regular Meditation: Practice mindfulness and meditation techniques to promote mental and emotional well-being.					
Unit 1				5 HOURS	
Introduction to the Yoga					
Evolution of Yoga and Schools of Yoga, Origin of Yoga, History and Development of Yoga; Etymology and Definitions, Misconceptions, Nature and Principles of Yoga.					
Unit 2				5 HOURS	
Guidelines to yoga practice					
Prayer, warmup exercises/ loosening exercises. Yoga Theory: Therapeutic Benefits of Yoga – primitive, preventive and curative aspects of Yoga					
Unit 3				10 HOURS	
Application of Yoga					

Suryanamaskaras, Tadasan, Natarajasan, Vrikshasan, Padahasthasan, Ardhachakrasan, Trikonasan, Bramari pranayama, Yoga for all round fitness, Bhadrasan, Vajrasan, ArdhaUstrasana, Nadishuddhi pranayama, Navasan, Janusirasan, Paschimotthanasan, Shashankasan, Vakrasan, Bhujangasan, Kapalabhati.																
Unit 4											10 HOURS					
Meditative Postures & Yoga Practice																
Sukhasan, Ardha Padmasan, Padmasan and Siddhasan, Meditation Makarasan, Sethubandhasan, Pavanmuktasan, Sarvangasan, Matsyasan, Halasan.																
Text Book and References																
Textbooks:																
- Iyengar, B. K. S. (2015). <i>Light on yoga</i>. HarperCollins Publishers. - Saraswati, S. S. (2013). <i>Asana pranayama mudra bandha</i> (4th ed.). Yoga Publications Trust. - Taimni, I. K. (2012). <i>The science of yoga: The yoga-sutras of Patanjali in Sanskrit with transliteration in Roman, translation in English and commentary</i>. The Theosophical Publishing House.																
References:																
- Swami MuktibodhandaSaraswathi Shay G.S., Hatha yoga Pradipika, Bihar School of yoga publications, Munger, 2000. - Swami Satyananda Saraswathi - Asana, Pranayama, Mudra & Bandha. Bihar School of Yoga, Munger																
Course Articulation Matrix																
	P O 1	PO2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PO 13	PO1 4	PO 15	PO 16
CO1											3	3			3	3
CO2											3	3			3	3
CO3											3	3			3	3
CO4											3	3			3	3