

Yoga for a Better Life		Semester	III - VI sem
Course Code	BYOK459	CIE Marks	100/sem
Teaching Hours/Week (L:T:P: S)	3:0:2:0	SEE Marks	000
Total Hours of Pedagogy per semester	24 - 28 hours (Theory + practical)	Total Marks	100/sem
Examination nature (SEE)	Objective type Theory / Practical / Viva-Voce		

Course objectives:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

The Health Benefits of Yoga

The benefits of various yoga techniques have been supposed to improve

- body flexibility,
- performance,
- [stress](#) reduction,
- attainment of inner peace, and
- self-realization.

The system has been advocated as a complementary treatment to aid the healing of several ailments such as

- coronary [heart disease](#),
- [depression](#),
- anxiety disorders,
- [asthma](#), and
- extensive rehabilitation for disorders including musculoskeletal problems and traumatic [brain injury](#).

The system has also been suggested as behavioral therapy for [smoking cessation](#) and substance abuse (including [alcohol abuse](#)).

If you practice yoga, you may receive these physical, mental, and spiritual benefits:

- Physical
 1. Improved body flexibility and balance
 2. Improved cardiovascular endurance (stronger heart)
 3. Improved digestion
 4. Improved abdominal strength
 5. Enhanced overall muscular strength
 6. Relaxation of muscular [strains](#)
 7. Weight control
 8. Increased energy levels
 9. Enhanced immune system
- Mental
 1. Relief of [stress](#) resulting from the control of emotions
 2. Prevention and relief from stress-related disorders
 3. Intellectual enhancement, leading to improved decision-making skills
- Spiritual
 1. Life with meaning, purpose, and direction
 2. Inner peace and tranquility
 3. Contentment

Yoga Syllabus

Semester III

Yoga, its origin, history and development. Yoga, its meaning, definitions.
 Different schools of yoga, Aim and Objectives of yoga, importance of prayer
 Yogic practices for common man to promote positive health
 Rules to be followed during yogic practices by practitioner
 Yoga its misconceptions,
 Difference between yogic and non yogic practices
 Suryanamaskar prayer and its meaning, Need, importance and benefits of Suryanamaskar12
 count, 2 rounds

Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name,
 technique, precautionary measures and benefits of each asana

Different types of Asanas

- a. Sitting 1. Padmasana
2. Vajrasana
- b. Standing 1. Vrikshana
2. Trikonasana
- c. Prone line 1. Bhujangasana
2. Shalabhasana
- d. Supine line 1. Utthitadvipadasana
2. Ardhalasana

Semester IV

Patanjali's Ashtanga Yoga, its need and importance.
 Yama :Ahimsa, satya, asteya, brahmacarya, aparigraha
 Niyama :shoucha, santosh, tapa, svaadhyaya, Eshvarapranidhan

Suryanamaskar12 count- 4 rounds of practice

Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name,
 technique, precautionary measures and benefits of each asana

Different types of Asanas

- a. Sitting 1. Sukhasana
2. Paschimottanasana
- b. Standing 1. Ardhakati Chakrasana
2. Parshva Chakrasana
- c. Prone line 1. Dhanurasana
- d. Supine line 1. Halasana
2. Karna Peedasana

Meaning, importance and benefits of Kapalabhati.

40 strokes/min 3 rounds

Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique,
 precautionary measures and benefits of each Pranayama

Pranayama – 1. Suryanuloma –Viloma 2. Chandranuloma-Viloma 3. Suryabhedana
 4. Chandra Bhedana 5. Nadishodhana

Semester V

Patanjali's Ashtanga Yoga its need and importance.

Ashtanga Yoga

1. Asana
2. Pranayama
3. Pratyahara

Asana its meaning by name, technique, precautionary measures and benefits of each asana

Different types of Asanas

- a. Sitting
 1. Ardha Ushtrasana
 2. Vakrasana
 3. Yogamudra in Padmasana
- b. Standing
 1. Urdhva Hastothanasana
 2. Hastapadasana
 3. Parivritta Trikonasana
 4. Utkatasana
- c. Prone line
 1. Padangushtha Dhanurasana
 2. Poorna Bhujangasana / Rajakapotasana
- d. Supine line
 1. Sarvangasana
 2. Chakraasana
 3. Navasana/Noukasana
 4. Pavanamuktasana

Revision of practice 60 strokes/min 3 rounds

Meaning by name, technique, precautionary measures and benefits of each Pranayama

1. Ujjayi
2. Sheetal
3. Shektari

Semester VI

Ashtanga Yoga 1. Dharana 2. Dhyana (Meditation) 3. Samadhi

Asana by name, technique, precautionary measures and benefits of each asana

Different types of Asanas

- a. Sitting
 1. Bakasana
 2. Hanumanasana
 3. Ekapada Rajakapotasana
 4. Yogamudra in Vajrasana
- b. Standing
 1. Vatayanasana
 2. Garudasana
- c. Balancing
 1. Veerabhadrasana
 2. Sheershasana
- d. Supine line
 1. Sarvangasana
 2. Setubandha Sarvangasana
 3. Shavasanaa
(Relaxation poisture).

Revision of Kapalabhati practice 80 strokes/min - 3 rounds

Different types. Meaning by name, technique, precautionary measures and benefits of each

Pranayama 1. Bhastrika 2. Bhramari

Meaning, Need, importance of Shatkriya. Different types. Meaning by name, technique, precautionary measures and benefits of each Kriya 1. Jalaneti & sutraneti 2. Nouli (only for men) 3. Sheetkarma Kapalabhati

Course outcomes (Course Skill Set):

At the end of the course, the student will be able to:

- Understand the meaning, aim and objectives of Yoga.
- Perform Suryanamaskar and able to Teach its benefits.
- Understand and teach different Asanas by name, its importance, methods and benefits.
- Instruct Kapalabhati and its need and importance.
- Teach different types of Pranayama by its name, precautions, procedure and uses
- Coach different types of Kriyas , method to follow and usefulness.
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Assessment Details (both CIE and SEE)

- Students will be assessed with internal test by a. Multiple choice questions b. Descriptive type questions (Two internal assessment tests with 25 marks/test)
- Final test shall be conducted for whole syllabus for 50 marks.
- Continuous Internal Evaluation shall be for 100 marks (including IA test)

Suggested Learning Resources:**Books:**

1. Yogapravesha in Kannada by Ajitkumar
2. Light on Yoga by BKS Iyengar
3. Teaching Methods for Yogic practices by Dr. M L Gharote & Dr. S K Ganguly
4. Yoga Instructor Course hand book published by SVYASA University, Bengaluru
5. Yoga for Children –step by step – by Yamini Muthanna

Web links and Video Lectures (e-Resources): Refer links

6. <https://youtu.be/KB-TYlgd1wE>
7. <https://youtu.be/aa-TG0Wg1Ls>

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