YOGA Phase-II			
Course Code	1BYOG409	Scheme	2025
Type of Course	NCMC	Semester	IV
Teaching Hours/Week (L:T:P)	: 30 :30	CIE Marks	100
Total Hours of Pedagogy per semester L /T/P/SL&TW:	00:00 : 30 : 30	SEE Marks	00
Credits	00	Total Marks	100
Examination type (SEE)	Only CIE	Exam Hours	02

Course Objective

The objectives of this course are to:

1. Introduce students to the origin, history, philosophy, and fundamental concepts of Yoga.
2. Familiarize students with the different schools of Yoga, its aims, objectives, and the importance of prayer in Yogic practice.
3. Develop awareness of the rules, regulations, and safety precautions to be followed during Yogic practices.
4. Enable students to learn and practice Suryanamaskara and selected Yogasanas with proper techniques for improving physical and mental well-being.
5. Promote a healthy lifestyle by encouraging regular Yogic practice, correcting misconceptions about Yoga, and fostering positive health, self-discipline, and overall wellness.

For IV semester

Patanjali's Ashtanga Yoga: Patanjali's Ashtanga Yoga, its need and importance. Yama :Ahimsa, satya, asteya, brahmacarya, aparigraha, Niyama :shoucha, santosh, tapa, svaadhyaya, Eshvarapranidhan, Suryanamaskar12 count 4 rounds. Different types of Asanas: Sitting 1. Sukhasana, 2. Paschimottanasana, Standing 1. Ardhakati Chakrasana, 2. Parshva Chakrasana, Prone line 1. Dhanurasana Supine line 1. Halasana, 2. Karna Peedasana

Kapalabhati: Meaning, importance and benefits of Kapalabhati. 40 strokes/min 3 rounds

Pranayama – 1. Suryanuloma –Viloma, 2. Chandranuloma-Viloma, 3-Suryabhedana, 4-Chandra Bhedana, 2. Nadishodhana, 3- Bhramari Pranayama, Meaning, Need, importance of Pranayama. Different types. Meaning by name, technique, precautionary measures and benefits of each Pranayama Total 24-28 hrs / 2 hrs / week

Course Outcomes:

Upon successful completion of this course, the student will be able to:

1. Explain the origin, history, philosophy, objectives, and different schools of Yoga, along with its role in promoting holistic health and well-being.
2. Understand and apply the rules, regulations, and ethical practices associated with Yogic exercises, including the significance of prayer and Suryanamaskara.
3. Demonstrate the correct techniques of selected Yogasanas, such as sitting, standing, prone, and supine postures, while observing appropriate precautions.
4. Analyze the physical, mental, and therapeutic benefits of Yogic practices and distinguish between authentic Yogic practices and common misconceptions about Yoga.
5. Adopt Yoga as a regular lifestyle practice to enhance physical fitness, mental wellness, discipline, and overall quality of life.

Suggested Learning Resources: (Text Book/ Reference Book/ Manuals):

Text books:

1. George Feuerstein : the yoga Tradition (its history, literature, philosophy and practice)
2. Sri Ananda: The complete Book of yoga Harmony of Body and Mind (Orient paper Backs: Vision Books Pvt.Ltd..1982.
3. B.K.S lyenkar: Light on the Yoga sutras of Patanjali (Haper Collins Publications India Pvt.Ltd.New Delhi.)
4. Science of Divinity and Realization of Self Vethathiri Publication, (6-11) WCSC, Erode

Reference books / Manuals:

1. Principles and Practice of Yoga in Health Care, Publisher: Handspring Publishing Limited. ISBN:9781909141209, 978190914209
2. Basavaraddi I V: Yoga in School Health, MDNIY New Delhi. 2009
3. Dr. HR. Nagendra: Yoga Research and application (Vivekanada Kendra Yoga Prakashana Bengalore)
4. Dr. Shirley Telles: Glimpses of Human Body (Vivekanda Kendra Yoga Prakashana Bengalore).

Web links and Video Lectures (e-Resources):

Search by topics to get the videos

Assessment Structure:

This course is having only **Continuous Internal Assessment** (CIE) marks of 100.

Weightage	**Marks**
Attendance to all the sessions	20 Marks
Practical sessions on Yoga and Its Benefits Practical Sessions	40 Marks
Two Assignments	40 Marks
Total Marks	100

A student shall obtain a minimum of 40% marks or 40 marks out of 100 to qualify in the course.