

7. Yoga and Health - [CC107] :

Objective : This course will help students to understand importance of Yoga in daily life, in reducing stress, building strengths of a person. It will familiarise students to various types of asanas and its benefits.

Content :

Meaning-need-importance and historical background of yoga, types of yoga - Bhakti yoga, karma yoga, Ashtang yoga. Asan, Pranayam, Shatkriya, Bandhs and Suryanamaskar. Effects of yoga on different system of human body, impact of yoga on daily life & good health, Yogaupchar - use of yoga in various diseases, Yoga and dietary principles.

Students will learn various types of pranayam and asans.

Pranayam: Unulom – Vilom, Surya Bhedan, Chandra Bhedan, Shitali, Bhastrika, Bhramari, Aum & Ram

Shatkarma: Neti (Jalneti), Dhauti (Vaman), Kapalbhati, Tratak.

Suryanamaskar

Bandh: Mool, Oddiyan, Jalandhar, Tribandh.

Asan:

A Group	Padangushatasa n	Vakshapadasan	Dhrvasan	Shvetagarutasan
B Group	Kukutasan	Bakasan	Lolasan	Chakrasan
C Group	Pashchimottanas an	Sarvangasan	Halasan	Ashvarohasan
D Group	Dhanurasan	Matsyasan	Sarpasan	Bhujangasan
E Group	Matsyendrasan	Prustha- baddhasan	Vakrasan	Prasritasan

The Internal Examination (50%) and final university examination (50%) will consist of theory and practicals. The theory examination will have weightage of 20% and will be of 60 minutes. The practical examination will have weightage of 30%. The student will perform suryanamaskar, one pranayam form the given list, one asan from each of the above mentioned group in the practical examination.