

PROGRAMME OUTCOMES:

The word “Yoga” means “to join or yoke together”. It brings the body and mind together to become a harmonious experiences Man is a physical, mental and spiritual being , Yoga helps promote a balanced development of all the three. Yoga is a method of learning that aim at balancing Mind, Body and Spirit. Yogic Exercises recharge the body with cosmic energy and facilitates. They have little to do with the development of the spiritual for astral body. Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum, making it a valuable addition to any educational program. Additionally, adding yoga to a schools and colleges curriculum will help provide a quality physical education program as modification of traditional physical education yoga in sports as important as other think. It helps us in different ways and different levels in a sports man life. Yoga can play a key role in cultivating mind control and concentration which help a sports person to perform at their games. it offer students and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. However curriculum specialists, teachers, trainers and students should know and analyze seriously the real challenges of yoga education in class room setting and real life as well.

TYPE OF COURSE : PROGRESSIVE NATURE

SEMESTER –I	TOPICS
UNIT - I	<ul style="list-style-type: none"> ❖ Introduction about Yoga ❖ Concept of yoga and Misconception about Yoga ❖ Historical aspects of Yoga. ❖ Aim and objectives of Yoga. ❖ Types of Yoga ❖ Importance of Yoga in Modern Society.
UNIT - II	<ul style="list-style-type: none"> ❖ Concept of Surya Namaskar ❖ Asthng Yoga (Steps of Yoga) ❖ Meaning and Defination of Asanas. ❖ Types of Asanas. ❖ Classification of Asnas. ❖ Hints/ Rules of Asanas. ❖ Curative Aspect of Asanas (Diseases Care)
Unit-III	<ul style="list-style-type: none"> ❖ Surya Namaskar Position ❖ Meditative Asanas ❖ Standing Asanas.

	<ul style="list-style-type: none"> ❖ Sitting Asanas ❖ Proline Asanas ❖ Supine Asanas ❖ Kneeling Asanas ❖ Backward Asanas. ❖ Head Stand Asanas ❖ Competative Asanas.
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SEMESTER –II	TOPICS
UNIT –I	<ul style="list-style-type: none"> ❖ Meaning and Defination of Pranyama ❖ Objectives of Pranyama ❖ Types of Pranyama. ❖ Hints/Rules of Pranayama ❖ Importance of Pranayama ❖ Curative Aspect of Pranayana (Diseases Care)
UNIT -II	<ul style="list-style-type: none"> ❖ Physiological aspect of Pranayama ❖ Effect of Pranayama on Body System ❖ Steps of Pranayama ❖ Meaning and Defination of Bandhas ❖ Tecniques of Bandhas
UNIT-III	<ul style="list-style-type: none"> ❖ Anlom- Viloma Pranayam ❖ Surya Bhedhan Pranayam ❖ Bhastrika Pranayam ❖ Ujjayi Pranayam ❖ Bhramri Prayanam

	<ul style="list-style-type: none"> ❖ Shitali Pranayam ❖ Shitakri Pranayam ❖ Pallawini Pranayam
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SEMESTER –III	TOPICS
UNIT-I	<ul style="list-style-type: none"> ❖ Meaning and Concept of Shudhi Kriya (Shat Kriyas) ❖ Objective of Shudhi Kriya ❖ Types of Shudhi Kriya ❖ Physiological aspect of Shudhi Kriya ❖ Importance of Shudhi Kriya
UNIT-II	<ul style="list-style-type: none"> ❖ Concept of Triguna and Tridosha ❖ Concept of Chakras ❖ Concept of Trataka. ❖ Yogic Diet. ❖ Yoga relation with mental health.
UNIT-III	<ul style="list-style-type: none"> ❖ Practicing Kapal Bhati Kriya ❖ Neti Kriya ❖ Dhoti Kriya ❖ Vaman Kriya ❖ Nauli Kriya ❖ Vasti Kriya

SEMESTER –IV	TOPICS
UNIT –I	<ul style="list-style-type: none"> ❖ Meaning and Definition of Mediation ❖ Meaning and Definition of Concentration ❖ Meaning and Definition of Samadhi ❖ Types of Samadhi ❖ Importance of Meditation
UNIT-II	<ul style="list-style-type: none"> ❖ Therapeutics aspect of Yoga ❖ Mental Health Healing ❖ Meaning and Definition of stress ❖ Stress Management ❖ Yog Nindra
UNIT-III	<ul style="list-style-type: none"> ❖ Meditational Technique ❖ Concentration Technique ❖ Practicing of self realization (Samadhai). ❖ Practicing Yog Nindra (Relaxation Technique) ❖ Music Therapy.

Title of course:			Yogic Science		
Nodal Department of HEI to run course					
Board Area/Sector-			Physical Education		
Sub Sector-			Yoga		
Nature of Course-Independent and Progressive			Progressive		
Name of Suggestive Sector Skill Council			SPEFL- SC		
Aliened NSQF Level			4		
Expected fee of the Course-Free/Paid					
Stipend to Student expected from industry			No		
Number of Seats.....					
Course Code- PSD YS 101			Credits-03(1 Theory,2 Practical)		
Max Mark....100..... Minimum Marks.....					
Name of proposed skill Partner (Please Specify, Name of industry, company etc. for practical/training/internship/OJT.					
Job prospects- Expected field of Occupation where student will be able to Get job after the completing this course in (Please Specify, Name of industry, company etc.)			In Government and Private Sector, in Yoga Center, in research field, in Management sector, in Consultancy, and in fitness club etc.		
<u>Syllabus:-</u>					
Unit	Topics	General/Skill Component	Theory/Practical /OJT/internship /Training	No. of Theory Hours (Total-15 Hours=1 credit)	No. of skill hours (Total=60 Hours=2 credits)
Semester-1					
3 Credits					
I.	Introduction and Concept of Yoga, Aim and Objectives of Yoga, Historical Aspects of Yoga, Surya Namaskar	General	Theory/Practical	15 Hours	
II.	Asthang Yoga, , Concept of Asanas, Classification of Asanas, Types of Asanas, Steps of Yoga	Skill	Theory/Practical		30 Hours
III.	Practicals	Skill	Practical/internship /Training		30 Hours
Semester-2					
3 Credits					
I.	Meaning and Definition of Pranyams, Types of Pranayam, Importance of Pranayam.	General	Theory/Practical	15 Hours	
II.	Physiological aspects of Pranayam, Steps of Pranayam, Techniques of Bandas.	Skill	Theory/Practical		30 Hours

III.	Practical	Skill	Practical/internship /Training		30 Hours
Semester-3					
3 Credits					
I.	Meaning of Shudi Kriyas/ Shat kriyas, Types of Shudi Kriyas/ Shat kriyas and Its Importance	General	Theory/Practical	15 Hours	
II	Meaning of Trataka, Meaning of Kapal Bhati, Yogic effect on Body System.	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours
Semester-4					
3 Credits					
I.	Meaning and Definition of Meditation, Concept of Concentration, Meaning and concept of Self Realization (Samadhi)	General	Theory/Practical	15 Hours	
II	Therapeutics aspects of Yoga, Yogic concept of health	Skill	Theory/Practical		30 Hours
III.	Practical	Skill	Practical/internship /Training		30 Hours
<p>Suggested Readings: Singh Dr. Ajmer ,Essential of Physical Education, , Kalyani Publisher Foiershtain,G 2001 Encyclopedia of Yoga. Yoga Games for Children: Fun and Fitness of Postures, Movements and Breath. California: Hunter House Finger, A. (2000) Sharma Dr, P.D . Yogasana and Pranayam for Health, Gala Publishers Introduction to Yoga : A beginners guide to health, fitness and relaxation. New York, N Y : Three River Press.</p>					
<p>Suggested Digital platforms/web link for reading- https://blindhypnosis.com/science-of-yoga-understand-the-anatomy-and-physiology-to-perfect-your-practice-pdf.html https://www.researchgate.net/publication/237076043_Understanding_the_Science_of_Yoga https://www.researchgate.net/publication/237076043_Understanding_the_Science_of_Yoga</p>					
Suggested OJT/internship/Training/Skill partner :					
Suggested Continuous Evaluation Methods: https://ugcmoocs.inflibnet.ac.in/quiz/ , N S Q F, N S D C					
<p>Course Pre-requisites:</p> <ul style="list-style-type: none"> • No pre-requisite required, open to all • To study this Course, a student must have the Subject.....in class/12th/certificate/diploma. • If progressive to study this course a student must have passed previous courses of this series. 					
Suggested Equivalent online courses:SWAYAM, U G C, S D C, N S Q F, NISHTHA, IGNOU					
Any remarks/suggestions:					