

Vocational Course/Skill Development Course : **YOGA & FITNESS**

Subject : Vocational Course/Skill Development Course

Course Title : YOGA & FITNESS

Course Code: I010019T

Credits:03 (1+2) MM=100 (40 Theory+60 Practical)

Course Outcomes: At the end of the course student will be able to

- CO1.** Understand the foundation & background of Yoga.
- CO2.** Know stages Students will & importance of practicing yoga.
- CO3.** Understand the benefits & effects of Kriyas, Bandhas, Pranayama.
- CO4.** Understand relation of yoga, health & mental health.
- CO5.** Know the researches in yoga and its contributions

Unit -I Introduction:

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara , Dharana, Dhyana, Samadhi

Unit -II Asanas and Pranayama:

Loosening Exercise: Technique and benefits. Asanas: Types-technique and benefits. Pranayama: Types-technique and benefits.

Unit -III Surya Namaskar:

Surya Namaskar: methods and benefits. Effect of Yoga on Physiological system: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory system.

Unit -IV Physical Fitness:

Meaning and Definition of Physical fitness. Physical fitness concept and techniques. Principles of Physical fitness. Physiological principles involved in human movement. Components of Physical fitness, components total health, fitness and relationship between physical activity and lifelong wellness.

Reference Books:

1. Iyenger, B.K.S (2000), Light on Yoga, New Delhi: Harper Collins Publishers.
2. Karbelkar, N.V. (1993), Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal.
3. Kuvalyananada Swami & S. L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods, New Delhi: Govt. of India, Central Health Education and Bureau.
4. Swami Satyanand Saraswati (1989), asana Pranayama Mudra Bandh, Munger: Bihar school of Yoga.
5. Swami Satyanand Saraswati (1984), Kundalini and Tantra, Bihar: Yoga Publication Trust.
6. Swami Sivananda (1971), The Science of Pranayama, Chennai: A divine life Society publication, Thirumalai.
7. Kumar S. & Indira S., (2011), Yoga in your Life, Chennai: The Parkar Publication.
8. Tiwari O.P. (1998), Asanas-Why and How, Lonavala: Kaivalyadham Ronghe Prafulla.
9. Mishra Rambhushan (2022), Yoga & Fitness.

1. This course can be opted as an elective by the students of All subjects: Open for all

2. Evaluation Methods: (Internal Evaluation)

- **Practical (Training) = 60 Marks**
- **Theoretical Exam = 40 Marks**
- **Minimum Passing Marks = 40%**

3. Suggested equivalent online courses:

IGNOU & Other centrally/state operated Universities / MOOC platforms such as “SWAYAM” in India and Abroad.