

SYLLABUS UNDER NEP 2020
VALUE ADDED COURSE
1ST Semester
YOGA EDUCATION AND HEALTH & WELLNESS
Nature of Course: VAC I AND VAC II
CREDIT 2+2=4
TOTAL MARKS (40+10) + (40+10) =100

Course Objectives:

This course is designed:

- 1. To promote an optimal state of physical, emotional, intellectual, social spiritual and environmental wellbeing of a person.**
 - a. To organise sports and fitness activities outside the regular institutional working hours.**
 - b. Yoga education focusing on preparing the students physically and mentally for the integration of their physical, mental, and spiritual faculties, to maintain self-discipline, self-control,**
- 2. To learn to handle oneself well in all life situations.**
 - a. The focus of sports and fitness components of the courses will be on the improvement of physical fitness including the improvement of various components of physical and skills related fitness like strength, speed, coordination, endurance and flexibility;**
 - b. Acquisition of sports skills relevant to a particular sport; improvement of tactical abilities; and improvement of mental abilities.**

Course Learning Outcomes:

On successful completion of this course the student should be able to:

1. Think like a healthy citizen thoughtfully, spiritually. Physically fit citizen.

2. A person of sound health and calm mind ready to bear challenges of career and life.

Course Content:

Introduction of Yoga

Unit I:

Definition of Yoga, Interpretation of Yoga, Importance of Yoga, personality and Dresses of Yogi

Unit II :

Kinds of Yoga, Knowledge of Yoga, Bhaktiyog, Introduction of Satkarma.

Unit III :

Definition of Asana, Kinds os Asana, Physical and mental benefits of Asana.

Unit IV :

Definition of Pranayam, Kinds of Pranayam, Physical and Mental Benefits of Pranayam, definition of dhyana.

Yoga Practical :

योग प्रायोगिक अभ्यास

आसन

1. पवनमुक्तासन

क) गठिया निरोधक अभ्यास :- पैरों की अंगुलियों और टखने के अभ्यास घुटने एवं मेरुदण्ड के अभ्यास,

अर्ध व पूर्ण तितली, कौआ चाल, हाथों की अंगुलियाँ, कलाई केहुनियाँ, गर्दन व कंधों के अभ्यास ।

- ख) वायु (बात) निरोधक अभ्यास :- पैर घुमाना, साइकिल चालन, नौकासन ।
- ग) शक्तिबन्ध के आसन :- नौका-संचालन, चक्की चालन, रस्सी खींचना, लकड़ी काटना, उदराकर्षणासन ।
- घ) शिथिलीकरण के आसन :- शशासन, मकरासन, मत्स्य-क्रीड़ासन ।
2. वज्रासन समूह के अभ्यास :- वज्रासन, सिंहासन, भद्रासन, उष्ट्रसन, सुप्त वज्रासन, शशाकं आसन ।
3. खड़े होकर किये जाने वाले आसन :- हस्त उत्थासन, पादहस्तासन, कटि चक्रासन, ताडासन, त्रियंक ताडासन, त्रिकोणासन ।
4. संतुलन के आसन :- वृक्षासन, बकासन, गरुडासन, नटराज आसन ।
5. आगे की ओर झुकने के आसन :- पश्चिमोत्तनासन, जानु शिरासन ।
6. पीछे की ओर झुकने के आसन :- भुजंगासन, शशलभासन, धनुरासन, गामेखासन, चक्रासन ।
- 6 अ - सूर्य नमस्कार ।
7. प्राणायाम :- कपालभाति भस्त्रिका भ्रामरी अनुलोम-विलोम, नाडीशोधन प्राणायाम ।
8. मुद्रा :- ज्ञान मुद्रा, चिन्ह मुद्रा ।
9. षट्कर्म :- कुंजन, जल नेति ।
10. ध्यान :- अजपा-जप ।

B. SPORTS Theory:

Unit -1:

Introduction to Health and Wellness

1. Meaning and definition of Health and Health education.

2. Objectives and Importance of Health education.

3. Stretching exercises

4. Warming up and Limbering down

a) General warm up exercises

b) Specific warm up exercises

Unit-2:

Health and Wellness through Physical Exercise

1. Components of Physical Fitness and Wellness

2. Means of fitness development

3. advantages of wellness

4. Rules & Regulations of the games:

a) Football,

b) Volleyball,

c) Basketball,

d) Badminton,

e) Table Tennis (T.T.),

f) Hockey,

g) Archery

SPORTS PRACTICAL Practical:

1. Exercises for Health and Wellness

a) Warming up

b) Stretching Exercises

c) Strengthening Exercises

d) Cardiovascular Exercises

e) Flexibility and Agility Exercises

f) Relaxation Techniques

2. Rules & Regulations of the games (choose any one)

(Football, Volleyball, Basketball, Badminton, T.T, Hockey, Archery)

3. Basic Techniques and Tactics of the game. (In any one game mentioned above).

Recommended Books:

- **S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002.**
- **PraveshHanda: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006.**
- **S.J.Singh: My Nature Cure or Practical Naturopathy.**
- **R.K.Garde: Ayurvedic for Health and Long life Harry Benjamin. : Everybody"s Guide to Nature Cure.**
- **M.K.Gandhi: My Nature Cure**
- **Practice of Nature Cure-Swami SivanandaSaraswati, A Divine Life Society Publication,Rishikesh,Uttarakhand.**
- **Home Remedies- Swami SivanandaSaraswati,A Divine Life Society Publication,Rishikesh,Uttarakhand.**
- **Health & Hygiene- Swami SivanandaSaraswati,A Divine Life Society Publication,Rishikesh,Uttarakhand**