

Syllabus for 'Add on Course'

On

'Yoga' for health

Department of Education

Full marks: 30

Practical: 15

Theory: 15

(Multiple choice questions)

Unit-wise Syllabus

<u>Unit</u>	<u>Course Content</u>	<u>Lecture/Practical</u>	<u>Marks</u>
Unit-I	<ul style="list-style-type: none">• Concept of Yoga• Need and importance of Yoga• Need of Yoga for physical and mental health• Yogic principals for healthy living• Yoga for stress management.	5	5
Unit II:	<ul style="list-style-type: none">• Pranayama and meditation for mental health• Concept of Pranayama• Pranayama and mental health• Types of pranayama (Bhastrika, Anulom-Vilom, Bhramari, Cooling Breath, Surya Bhedan, Kopal Bhati, Ujjayi, Yogic Breathing.etc)• Concept of Meditation• Advantages of Meditation• Meditation and Mental Health	5	5
Unit III:	<ul style="list-style-type: none">• Classification of Yoga• Karma Yoga• Gyana Yoga• Bhakti Yoga• Raja Yoga• Hatha Yoga• Need of yoga for healing Disease	5	5
Unit IV:	Practical/ Yoga Practice <ul style="list-style-type: none">• Different Types of Yoga Practice	15	10
Unit V:	Viva (On the basis of practical and Theory)	=	5