

Semester: I/II				
SCIENTIFIC FOUNDATIONS OF HEALTH: YOGA PRACTICE				
Category: Humanities & Social Sciences (Common to all the Programs)				
(Practice)				
Course Code	:	HSS115YL / HSS125YL	CIE	: 50 Marks
Credits: L:T:P	:	0:0:1	SEE	: 50 Marks
Total Hours	:	30	SEE Duration	: 2 Hours

Unit-I	10 Hrs
<b>Introduction to Yoga:</b> Definition and Meaning of Yoga, Aims and Objectives, Historical development of Yoga, Eight stages of Yoga, Relevance of Yoga in modern age and scope. <b>Prayers :</b> Shanthi Mantra and Loka Kalyana Mantra. <b>Starting Practice</b> –Swasa Kriya, Marjalaswasa, Swanaswasa, Urasandhi chalane, Greeva sandhi chalane, Kati chalane, Super Brain yoga. <b>Suryanamaskara/Pragya Yoga:</b> With Mantras & Breathing pattern.	
Unit – II	10 Hrs
<b>Standing Asanas:</b> Trikonasana, Veerabhadrasana, Vrikshasana, Tadasana, Tiryak Tadasana, Sarvangapusthi, Utkatasana. <b>Sitting Asanas:</b> Baddhakonasana, Bharadwajasana, Mandukasana, Ushtrasana, SuptaVeerasana, Vakrasana, Gomukhasana, Janushirasana, Dhanurasana, Shashankasana.	
Unit –III	10 Hrs
<b>Lying Asanas :</b> Pawanamuktasana, Sarvangasana, Naukasana, Halasana, Chakrasana, Bhujangasana, Shalabhasana, Dhanurasana, Yoga Nidra. <b>Relaxative/ Meditative Asanas:</b> Shavasana, Balasana, Makarasana, Sukhasana, Padmasana, Vajrasana. <b>Pranayama:</b> Mantra, Breathing – Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Suryabhedan , Chadrabhedan, Bhastrika, Bhramri, Sheetali, Shitkari and Kapalabhati.	

Course Outcomes: After completing the course, the students will be able to	
CO1	Demonstrate the various postures of Yoga.
CO2	Analyse the impact of Yoga on Health.
CO3	Identify the remedial measures if there are any health issues.
CO4	Develop concentration for better performance.

Reference Books	
1	Light on Yoga, B.K.S. Iyengar, 2017, Harper Collins Publishers, ISBN : 9780008267919.
2	Light on Pranayama, B.K.S. Iyengar, 2013, Harper Collins Publishers, ISBN: 978-8172235413.
3	Asana Pranayama Mudra Bandha, Swami Satyananda Saraswathi, 12 <sup>th</sup> Edition, 2002, Published by Yoga Publications Trust, Bihar School of Yoga, ISBN:9788186336144.
4	Yoga Nidra, Swami Satyananda Saraswathi, 2009, Published by Yoga Publications Trust, ISBN: 9788185787121.



<b>RUBRIC FOR THE CONTINUOUS INTERNAL EVALUATION (PRACTICE)</b>		
#	COMPONENTS	MARKS
1	<b>QUIZZES:</b> Quizzes will be conducted in online/offline mode. <b>TWO QUIZZES</b> will be conducted & Each Quiz will be evaluated for 10 Marks. <b>THE AVERAGE OF TWO QUIZZES WILL BE THE FINAL QUIZ MARKS.</b>	<b>10</b>
2	<b>TESTS:</b> One Demonstration Test will be conducted for 30 Marks	<b>30</b>
3	<b>ACTIVITY BOOK:</b> Students are asked to maintain an Activity Book, <b>THE TOTAL MARKS FOR THE COMPILATION OF THE BOOK (05 Marks) AND STUDENT'S INVOLVEMENT IN THE ACTIVITY (05 Marks) WILL BE THE FINAL MARKS.</b>	<b>10</b>
<b>MAXIMUM MARKS FOR THE CIE THEORY</b>		<b>50</b>

<b>RUBRIC FOR SEMESTER END EXAMINATION (PRACTICE)</b>		
Q. NO.	CONTENTS	MARKS
1	Demonstration of Asanas and Pranayama <b>SEE</b> for 50 marks is executed by means of an examination. The Question paper for the course contains two parts, Part – A and Part – B. Part – A consists of only objective type questions for 40 marks covering the complete syllabus. Part – B consists of essay type questions for 10 marks.	50
<b>MAXIMUM MARKS FOR THE SEE THEORY</b>		<b>50</b>