

Maulana Abul Kalam Azad University of Technology, WB
(Formerly known as West Bengal University of Technology)

Course: Yoga		
Course Code: VAC181A		Semester: I
Maximum Marks: 100		
Teaching Scheme		Examination Scheme
Lecture: 0		End semester Exam: 0
Tutorial: 0		Attendance: 0
Practical: 2		Continuous Assessment: 0
Credit: 2		Practical/Seasonal internal continuous evaluation: 0
		Practical/Seasonal external examination: 100
Sl. No.	Course Objective	
1	To impart the students with basic concepts of Yoga for health and wellness.	
2	To familiarise the students with health-related Yoga for Overall growth & development	
3	To create a foundation for the professionals in Yoga.	
4	To impart the basic knowledge and skills to teach Yoga activities.	
	Course Outcomes	Mapped module/Unit
CO 1	To explain the meaning of Yoga, & its importance.	U1
CO 2	To know the classification of Yoga & its values	U1
CO 3	To know the different yogic practices and their significance. To understand the effects of kriyas, pranayam and asanas on our body.	U2
CO 4	To comprehend the concept of health, healing, and disease by the influence of Yoga	U3
CO 5	To know the way of Stress management through Yoga and Yogic dietary considerations.	U3
CO 6	To know the need of Yoga for healthy living & Effects of Meditation on our body.	U3

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Learning Outcome/Skills:

The candidate is able to understand the tenets of the theory of yoga, the forms and the application in the regular life to keep the health fit and fine. The candidate will be able to gain the expertise on the various postures of yoga in the accepted sense of term.

Unit	Total Hours	Bloom's Taxonomy	Remarks, if any
U1	12	1	NA
U2	12	1, 2, 3	NA
U3	8	1, 2	NA
	30		

Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practical	25 Marks
Assignments	25 Marks
Theory Exam	25 Marks
PowerPoint Presentation	25 Marks

Course Code:	VAC181A	
Course:	Yoga	Credits:2.0
Contents		
Chapter	Name of the topic	Hours
Unit-I	Introduction to Yoga Concept & principles, aims and objectives, classifications, Role of Yoga in character building, Therapeutic values of Yoga, Role of Yoga practices in developing concentration, will power and discipline, Difference between Yoga Asana and physical exercises, Importance of Yoga in daily life.	12
Unit-II	Asanas, Kriya & Pranayam Positions of Asanas: Guidelines, importance and limitations. Standing, Sitting, Supine, Proline and Balancing Asanas. (Any three asanas from each)	12

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	Definitions of kriyas, Types, brief ideas of each kriya and importance. Pranayam: Definition, guidelines for the practice of pranayama, importance, limitations	
Unit-III	Yoga and Health Need of Yoga for health, concept of health and healing: yogic perspectives Yogic principles of healthy living and the role of Yoga in stress management and yogic dietary considerations	8
	Total	30

List of Books

Name of Author	Title of the Book	Name of the Publisher
Nagendra, H. R. & Nagarathna, R.	Samagra Yoga Chikitse	Bengaluru: Swami Vivekananda Yoga Prakasana
Kumar, Ajith	Yoga Pravesha	Bengaluru: Rashtrothanna Prakashana
D.M Jyoti	Yoga and Physical Activities	lulu.com3101, Hills borough, NC27609, United State