

NIRMA UNIVERSITY

Institute	All Institutes
Name of Programme	All Under Graduate programmes
Semester	I / II
Course Code	0FT001
Course Title	Yoga
Course Type	Value Added course (non-credit)
Year of Introduction	2023 – 24

L	T	Practical component				C
		LPW	PW	W	S	
0	0	2	-	-	-	-

Course Learning Outcomes (CLOs):

At the end of the course, students will be able to:

1. relate to the importance of Yoga in health and well-being and perform (BL3)
different Asanas properly
2. practice pranayama and meditation in their life (BL3)

Syllabus:

Teaching Hours: 30 (Lab)

UNIT I	Health and Wellness through Yoga	04 hours
	Introduction to Yoga - Nature of Yoga science, Definition of yoga, Characteristics of a Yogi, Importance of balanced diet.	
UNIT II	Asanas	18 hours
	Benefits and limitations of the Asanas, Performance of Asanas: Sarvangasan, Uttanapadasan, Halasan, Naukasan, Vajrasan, Shashakasan, Mandukasan, Paschimotasan, Gomukhasan, Janusirasan, Ardhkaticikhrasan, Tadasan, Vrikshasan, Trikonasan, Bhujangasan, Shalbhasan.	
UNIT III	Pranayama and Meditation	08 hours
	Different types of Pranayama, meditations, and Bandhas, the advantages and the limitations of all these practices.	

Laboratory Work:

This shall consist of at least 10 practicals based on the above syllabus.

Handwritten signature

Handwritten signature

Suggested Reading:

1. Yogi Svatmarama, The Hatha Yoga Pradipika, Motilal Banarsidass publishers
2. Swami Ramdev, Yog Its Philosophy and Practice, Divya Prakashan
3. Swami Ramdev, Pranayama Rahasya, Divya Prakashan

**Suggested List of Exercises (not restricted to the following):
(only for information)**

1. To introduce the Yoga system and its impact on the human body and mind
2. To prepare the body for the performance of the Asanas through sukshma vyayam and loosening exercises
3. To introduce and perform the standing position Asanas
4. To explain and perform the sitting position Asanas
5. To explain and perform the supine position Asanas
6. To describe and perform the prone position Asanas
7. To learn and perform relaxation practices
8. To explain and practice the pranayama
9. To introduce and practice Bandhas
10. To explain and practice the Jyoti Tratak and Meditation

L – Lecture, T – Tutorial, P – Practical, C – Credit

w.e.f. the academic year 2023 - 24 and onwards