



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Paramedical Science
Choice-Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2023 – 24)

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teacher's Assessment	End Sem University Exam	Teachers Assessment				
GUPMS101	GE	Yoga for Holistic Health	50	30	00	15	05	3	0	2	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit;
***Teacher Assessment** shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will:

CEO1: To understand the importance of Yoga for Overall Health.

CEO2: To know about limbs of yoga their techniques, benefits, and precaution according to ancient yoga texts.

Course Outcomes (COs): Students should be able to:

CO1: Understand the concept of yoga and health.

CO2: Understand the concept of Yogic Ahara and its role in healthy living.

CO3: Understand the application of Yoga in day-to-day life.

CO4: Demonstrate each practice skillfully.

CO5: Learn different yoga practice methods, precautions, benefits, and limitations.

Unit-1

General Introduction of Yoga

- Brief introduction of Yoga in Veda, Upanishad and Yogic text, Meaning and Definition of Yoga, Aim and Objective of Yoga, Importance and benefits of Yoga and Tradition of Yoga

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Unit-2

Place, Time, Diet for Yoga

- Place for Yoga, Timing for Yoga, Mitahar, Pathya Ahar, Apathya Ahar

Unit-3

Basics of Shatkarma

- Dhauti, Vasti, Neti, Nauli, Tratak and Kapalbhata

Unit-4

Essence of Yoga

- Yama, Niyama, Asanas, Pranayama, Pratyahara, Mudra, Bandha, Dharna, Dhyana and Samadhi

Unit-5

Yoga for Overall Health

Yoga for Physical, Mental, Social and Spiritual Health.

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Practical Syllabus

Shatkarma

- Jal Neti, Sutra Neti, Tratak, Kapalbhata and Kunjal.

Prayer

- Gaytri Mantra, Guru Mantra and Yoga Stuti

Asanas

- Sukshma Vyaya, Suryanamaskar, Standing, Supine, Pron, balancing and Seating Asanas.

Pranayama

- Bhastrika, Shitali, Sitkari Pranayama, Surya Bhedana, Bhramari & Ujjayi Pranayama

Mudras

- Gyan Mudra, Dhyana Mudra, Pranav Mudra, Sambhavi Mudra and Shanmukhi Mudra.

Bandhas

- Jalandhar Bandh, Uddiyan Bandh, Moolbandh and Maha bandh.

Relaxation Techniques

- Savasana and Yoga Nidra

Dhyana/Meditation

- Mindfulness Meditation, and Omkar Dhyana

Suggested Books:

- Saraswati, S. N. (2012). *Gheranda Samhita*. Yoga Publication Trust, Munger, Bihar, India.
- Rawat A (2021). *Yoga and Yogi*. Satyam Publishing House, India.

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3. Iyengar, B. K. S. (2007). *BKS Iyengar yoga: The path to holistic health*. penguin.
4. Vivekananda S. (2021) *Patanjali Yoga Sutras*. Srishti Publishers & Distributors.
5. Muktibodhananda, Swami. (2004). *Hatha Yoga Pradipika*. Yoga Publication Trust, India
6. Satyananda S. (1996). *Asana pranayama mudra bandha* (3rd rev.). Yoga Publications Trust.

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