



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Paramedical Science
Choice-Based Credit System (CBCS) in Light of NEP-2020
Vocational Course, IV SEM

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	Teacher's Assessment				
VUPMS402	Vocational Course	Yoga and Fitness	00	00	00	60	00	2	0	4	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:

CEOs 1: To understand the importance of Yoga for Fitness.

CEOs 2: To know about limbs of yoga their techniques, benefits, and precautions according to yoga texts.

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

COs 1: Understand the concept of Yoga and Fitness.

COs 2: Understand the concept of Yogic Physiology.

COs 3: Understand the yogic exercises and series.

COs 4: Compare and improve your own fitness

COs 5: Learn how to increase fitness with yoga.

Syllabus

Unit-1

General Introduction to Yoga

- Brief introduction of Yoga, Meaning and Definition of Yoga, Aim and Objective of Yoga, Importance and Benefits of Yoga.

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Unit-2

Basic Physiology of Yoga Practices

- Shat Karma, Aasnas, Pranayama, Mudra, Bandhas, Dharana and Dhyana.

Unit-3

Series of Yoga

- Pawanmuktasana Part-1&2, Surya namaskar, Chandra namaskar, Pragya yoga vyayam and Ashtanga vinyasa yoga.

Unit-4

Fitness

- Meaning of fitness, Principles of Physical Fitness, Body Mass Index (BMI), components of total health, fitness and the relationship between physical activity and lifelong wellness.

Unit-5

Yoga for Fitness

- Asanas: Standing asanas, forward bending asanas, back bending asanas, balancing asanas and Meditative asanas, Pranayama: Anuloma viloma, bhramari, sheetali, sheetkari, and surya bhedana pranayama. Mudra: Jnana, pranav and shanmukhi mudras. Three bandhas, Dharna and Dhyana.

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Suggested Books:

1. Saraswati, S. N. (2012). *Gheranda Samhita*. Yoga Publication Trust, Munger, Bihar, India.
2. Rawat, Anuja (2021). *Yoga and Yogi*. Satyam Publishing House, India.
3. Iyengar, B. K. S. (2007). *BKS Iyengar yoga: The Path to Holistic Health*. Penguin.
4. Muktibodhananda, Swami (2004). *Hatha Yoga Pradipika*. Yoga Publication Trust, India
5. Satyananda Swami (1996). *Asana Pranayama Mudra Bandha* (3rd rev.). Yoga Publications Trust, Munger, Bihar, India.
6. Swami Sivananda (1971), *The Science of Pranayama*, Chennai: A divine life Society publication, Thirumalai.
7. Kumar S. & Indira S., (2011), *Yoga in your Life*, Chennai: The Parkar Publication.
8. Tiwari O.P. (1998), *Asanas-Why and How*, Lonavala: Kaivalyadham Ronghe Prafulla.
9. Sinha Ankan (2013), *Yoga and Fitness*, LAP Lambert Academic Publishing, India.
10. Gore, M. M. (2008). *Anatomy and physiology of yogic practices*. Motilal Banarsidass, India.

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