

| <p style="text-align: center;"><b>UG Curriculum for NEP, Dibrugarh University</b><br/> <b>Name of the Course: Yoga</b><br/> <b>Nature of Course: Value Added Course</b><br/> <b>Total Credit: 2 (Theory 1+ Practical 1) (L=15; P=30)</b><br/> <b>Distribution of Marks: 40 (End-Sem) + 10 (In-Sem) = 50</b></p>   |   |                      |              |
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| <b>Learning Objectives:</b>   |   |                      |              |
| <ul style="list-style-type: none"> <li>• To increase the knowledge of the students about Yoga and to make students aware about the holistic development through Yoga.</li> <li>• To provide a practical knowledge on different yogic practices.</li> <li>• To give a glimpse of ancient Yoga Philosophy.</li> <li>• To impart some knowledge about the healing power of Yoga.</li> <li>• To increase the professional efficiency in the field of Yoga.</li> </ul> |   |                      |              |
| <b>Learning Outcomes:</b>   |   |                      |              |
| <ul style="list-style-type: none"> <li>• Students gain good knowledge on the concept of yoga.</li> <li>• Students know about the scientific benefits of various yogic practices</li> <li>• Students can perform practical skills proficiently</li> <li>• Students gain an awareness about the value of health &amp; wellness through yoga</li> <li>• Makes the students more enthusiastic about further study/research in the field of yoga</li> </ul>            |   |                      |              |
| <b>Theory</b><br><b>1 Credit (15 hours)</b>   |   |                      |              |
| <b>Unit</b>   | <b>Topic</b>  | <b>Contact Hours</b> | <b>Marks</b> |
| <b>I</b>  | <b>Introduction to Yoga:</b><br>i. Meaning and definitions of Yoga<br>ii. History of Yoga<br>iii. Importance of Yoga as art, science and philosophy   | 3                    | 6            |
| <b>II</b>   | <b>Philosophical Perspective of Yoga:</b><br>i. Yoga in Bhagavad Gita: Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga<br>ii. The 'Yoga Sutras' in general; its significance in life.<br>iii. Limbs/parts of yoga (Astanga Yoga) according to the 'Yoga Sutras'<br>iv. Concept of Ishwara; Ishwara in Yoga Philosophy | 5                    | 8            |
| <b>III</b>  | <b>Yogic Practices for Health &amp; Wellness:</b><br>i. Asana, its classification and effects<br>ii. Pranayama, its types and effects<br>iii. Kriya, Mudra and Bhandha: Procedure and Effects<br>iv. Dhyana and its significance in human life  | 4                    | 7            |
| <b>IV</b>   | <b>Allied Knowledge on Yoga:</b><br>i. Yoga Vs Physical Exercise<br>ii. Yogic Diet<br>ii. Yoga Education institutes in India and abroad   | 3                    | 4            |

|  | <b>Practical<br/>1 Credit (30 hours)</b>   | 30 | 15 |
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|  | <p><b>i. Suryanamskara – (12 counts)</b></p> <p><b>ii. Asana</b></p> <p><b>a) Standing:</b> -Tadasana, Ardhakatichakrasana, Ardhashakrasana, Trikonasana, Utkatasana, Padahasthasana, Vrikshasana</p> <p><b>b) Sitting:</b> - Vajrasana, Padmasana, Bhadrasana, Siddhasana, Goumukhasana, Paschimottanasana, Shashankasana, Ardhamatsyendrasana, Simhasana, Ustrasana</p> <p><b>c) Lying Supine Position:</b> - Shavasana, Setubandhasana, Chakrasana, Sarvangasana, Halasana, Karnapidasana, ViparitNaukasana, Matsyasana</p> <p><b>d) Lying Prone Position</b> - Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana</p> <p><b>iii. Pranayama</b><br/>Nadishodhana, Suryabhedana, Chandrabhedana, Ujjai, Shitali, Sitkari, Bhastrika, Bhramari</p> <p><b>iv. Bandh &amp; Mudra</b><br/>Jalndharabandha, Uddiyanbandha, Moolabandha, Yogamudra, Viparitkarnimudra, Shambhavimudra, Yonimudra, Mahavedhamudra</p> <p><b>v. Dhyana and its forms</b></p> |    |    |
|  | <p><b>Modes of Assessment (In -Semester):</b></p> <p>a) Unit Test</p> <p>b) Class seminar presentation/Group discussion</p> <p>c) Seasonal Examination (Theory and Practical)</p> <p>d) Attendance and regularity</p> <p>e) Observation record during practical</p>  |    |    |
| <p><b>Reference Books:</b></p> <ul style="list-style-type: none"> <li>• Holistic Approach of Yoga- G. Shankar: Aditya Publishers</li> <li>• Patanjali's Yoga Sutra – Translation and Commentary-Dr.P.V. Karambelkar: Lonavla</li> <li>• Guidelines to Yogic Practices – M.L.Gharote: Lonavla</li> <li>• Yoga and Indian Philosophy – Karel Werner: Motilal Banarsidass</li> <li>• Yoga: The Path to Holistic Health- B.K.S. Iyenger: Dorling Kindersley Limited</li> </ul> |  |    |    |