

For students of all Branches

Course Title: Yoga health Technology for self management

Course Objectives:

1. Maintaining Physical health & hygiene
2. Mental relaxation & concentration
3. Emotional discipline & control
4. Sensual attentiveness, awareness & inwardness

Course Outcomes:

The student/participant will be able to

1. Maintain health
2. Manage stress

Eligibility : Student of F.Y. to final year B. Tech, M.Tech, Phd

Methodology: Highly interactive and experiential Learning.

Course Contents:

Module	Details	Hrs.
1.	Asana : Meditative asanas , Curative asanas, Therapeutic, dynamic, static, rhythmic asanas, Asanas for Upper & Lower extremities (Standing, Sitting & Lying down) , Asanas for Intra-Abdominal Compression (Standing, Sitting & Lying down), Asanas for Spine (Standing, Sitting & Lying down), Asanas for head low poses , Asanas for Relaxation	06
2.	Breathing Technology : Control, Conserve and Regulate of Bio Energy through Yogic Pranayamas, Purificatory Processes of Yogic Shatkarmas, Techniques of Yogic Mudras & Bandhas	06
3.	Ideology Of Yoga : Purpose Of Life (Four Motivation), Five norms of social living Yogic Yamas, Five norms of Personal living a) Eight fold path of Yoga b) Food is god- Balance Diet	06
4.	Philosophy Of Yoga : a) Component Of Chitta b) Control Of Vritti c) Different stages of Samadhi	06
5.	Pratyahar (Sense Management) : Concentration, Contemplation introspection	06
Evaluation	The student will be continuously evaluated through participation practical performance.	

Reference Books:-

- 1) Yogacharya Dr. Hansraj Yadav “ **Yoga course for all** ” Bhartiya Vidya Bhavan
- 2) Yogacharya Dr. Hansraj Yadav “ **Yoga course for student** ” Bhartiya Vidya Bhavan
- 3) Yogacharya Dr. Hansraj Yadav “ **Glimpses of greatness** ” Bhartiya Vidya Bhavan

