

B. Tech. II, Sem 4

Subject Name: Yoga & Zumba for fitness

Subject Code:

Type of course: ToE: Transdisciplinary open Electives

Teaching and Examination Scheme:

TEACHING SCHEME				Theory Marks			Practical Marks		Total
L	T	P	C	TEE	CA1	CA2	TEP	CA3	
2	0	0	0	60	25	15	-	-	100

Content:

Sr.	Content	Total Hrs																		
1	<p>Fundamentals of Yoga:</p> <ul style="list-style-type: none"> • What is yoga, What is Ashtang yoga, objectives, benefits and importance of Yoga, History of yoga, Yogic texts, Yogic life style – dincharya and rutucharya, Rules and regulations to be followed by yoga practitioner, Yogic upvas • Brief introduction to human body 	3																		
2	<p>Sharir Shuddhi in Yoga: Introduction to Shatkarma</p> <ul style="list-style-type: none"> • Neti • Dhauti • Basti • Tratak • Nauli • Kapalbhathi 	3																		
3	<p>First 2 limbs of Ashtang yoga: Yama & Niyama:</p> <ul style="list-style-type: none"> • Theory of karma • 5 elements of Yama • 5 elements of Niyama 	2																		
4	<p>3rd Limb of Ashtang Yoga: Asanas</p> <ul style="list-style-type: none"> • Sukshma Vyayama • Suryanamaskar • Standing Asanas: <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td>1. Tadasana</td> <td>2. Tiryak tadasana</td> <td>3. Trikonasana</td> </tr> <tr> <td>4. Virbhadrāsana I</td> <td>5. Virbhadrāsana II</td> <td>6. Virbhadrāsana III</td> </tr> <tr> <td>7. Parsvottnāsana</td> <td>8. Padhastāsana</td> <td>9. Squats</td> </tr> <tr> <td>10. Utkatāsana</td> <td>11. Kati chakrasana</td> <td>12. Ardha Chakrasana</td> </tr> <tr> <td>13. Ardha chandrasana</td> <td>14. Natrajasana</td> <td>15. Vrikshasana</td> </tr> <tr> <td>16. Malāsana</td> <td>17. Garudāsana</td> <td>18. Vatayanasana</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • Sitting Asanas 	1. Tadasana	2. Tiryak tadasana	3. Trikonasana	4. Virbhadrāsana I	5. Virbhadrāsana II	6. Virbhadrāsana III	7. Parsvottnāsana	8. Padhastāsana	9. Squats	10. Utkatāsana	11. Kati chakrasana	12. Ardha Chakrasana	13. Ardha chandrasana	14. Natrajasana	15. Vrikshasana	16. Malāsana	17. Garudāsana	18. Vatayanasana	10
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5	4th limb of Ashtang Yoga: Pranayama : <ul style="list-style-type: none"> Introduction to Pranayama, Types of Pranayamas, 3 bandhas, importance of bandhas in Pranayama Panch tatvas, Panch pranas, Panch koshas, what is aura 7 chakras, 3 Nadis and kundalini Shakti 	5																																													
6	5th and 6th limb of Ashtang Yoga - Pratyahara and Dharna: <ul style="list-style-type: none"> Practice of Pratyahara Practice of Dharna Science of mudras, various mudras 	2																																													
7	Last two limbs of Ashtang Yoga: Dhyana and Samadhi: <ul style="list-style-type: none"> What is Dhyana, Types of dhyanas, practice of dhyana, Yoga nidra, what is samadhi Introduction to healing, types of healing- Pranic healing, Reiki 	2																																													
8	Applied Yoga: <ol style="list-style-type: none"> Yoga for obesity Yoga to improve memory and concentration Yoga for digestion Yoga for eyes and hair Yoga for cold Yoga for flexibility 	3																																													

Suggested Specification table with Marks (Theory):

% Distribution of Theory Marks					
R Level	U Level	A Level	AN Level	E Level	C Level
25%	25%	25%	12%	13%	0%

Legends: R: Remembrance; U: Understanding; A: Application, N: Analyze and E: Evaluate C: Create and above Levels (Revised Bloom's Taxonomy)

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Reference Books:

Sr no	Title of book /article	Author(s)	Publisher and details like ISBN	Year of publication	Publication Edition
1	Hath Yoga Pradipika	Muktibodhananda Swami	Bihar School of Yoga – ISBN- 978-9385282362	1 September 1998	Reprint
2	Gherand Samhita	Swami Nirjanand Saraswati	Bihar School of Yoga–ISBN- 978-9381620199	1st August, 2012	1st Edition
3	Light on Ashtang Yog	B.K.S Iyengar	Allied Publishers Pvt. Ltd. - ISBN-9788194290384	2019	
4	Pranayama- A Classical and Traditional Approach	Prashant S. Iyengar	New Age Books ISBN- 9788178224824	2017	
5	Asana, Pranayama, Mudra Bandh	Swami Satyanand Saraswati	Yoga Publication Trust ISBN- 9788186336144	2013	
6	Meditation and its method	Swami Vivekanand	Om Saitech Books ISBN-13- 978-9392642593	30-03-2022	
7	Yogic Management of Common Diseases	Karmanand S.	Yoga Publication Trust ISBN-13- 978-8185787244	01-01-2001	

Course Outcomes:

After completion of this course, students will be able to

Sr. No.	CO statement	Marks % weightage

CO-1	increase flexibility, muscle strength and muscle tone, improve respiration, energy and vitality, balance metabolism and obtain deep relaxation by practising Asanas and Pranayama.	30%
CO-2	improve cognitive skills, such as learning, memory and concentration, reduce stress level, relieve depression and anxiety, increase mental clarity and calmness by practising Dharna and Dhyana.	25%
CO-3	develop self-awareness, boost self-confidence, improve behaviour, improve mindfulness, compassion and gratitude leading to greater happiness by practising Yama, Niyama and Pratyahara,	25%
CO-4	strengthen various organs of the body and keep away diseases life long through sharir shuddhi and applied yoga.	20

Mapping with POs:

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PO 11	PO 12	PSO 1	PSO 2	PSO 3
CO-1	0	0	0	0	0	3	0	1	0	0	0	2	0	0	3
CO-2	0	0	0	0	0	3	0	2	0	0	0	3	0	0	3
CO-3	0	0	0	0	0	3	0	3	0	0	0	3	0	0	3
CO-4	0	0	0	0	0	3	0	3	0	0	0	3	0	0	3

Major Equipment Needed: Yoga mat, Neti Pot, Sutra for Sutra Neti, Yoga Stick