

Semester	I / II /III/IV	Course Code	24PEUV0003
Course Title	Hatha Yoga Education		
No. of Credits	0+1	No.of Contact hours per week	1
New Course / Revised Course	Revised Course	Percentage of Revision effected	25
Category	Non-credit course		
Scope of the Course	Value-Added Courses imparting transferable and life skills		
Cognitive Levels addressed by the Course	K-1 & K-2		
Course Objectives	The Course aims to gain the practical knowledge about Hatha Yogic Practices		
Unit	Content		No of Hours
I	Introduction and Scope of Yoga: Astanga Yoga - Yoga as an ideal system of physical culture – Schools of Yoga - Difference between practice of Asanas and Physical Exercise.		1
II	Preparation and Relaxation: Loosening Exercises in yoga – Makarasana – Savasana - Sithila Dandasana - Sithila Tadasana – Introduction to Instant Relaxation Technique (IRT)		2
III	Asana & Practice (Standing and Sitting Posture): Meditative Asana: Sukhasana – Padmasana –Vajrasana – Standing Asana: Tadasana –Trikonasana – Vrikshasana – Sitting Asana: Baddha konasana – Paschimottanasana – Ustrasana – Vakrasana – Gomukhasana - Suryanamaskar.		4
IV	Reclining Posture: Prone Asana: – Bhujangasana – Shalabhasana – Dhanurasana - Supine Asana: Pavanamuktasana – Sethubandasana – Navasana – Corrective Asana for spinal anomalies.		4
V	Practices of Pranayama, Bandhas, Mudras and Kriya: Sectional Breathing - Bhastrika - Nadisuddhi – Bhramari – Introduction to Bandhas – Mudras – Dharana (Trataka) – Dhyana – Kapalabhati - Introduction to Jalaneti – Pranayama practices for post pandemic (Covid-19) – Mindfulness.		5
References	Text Books: <ol style="list-style-type: none"> 1. Chandrasekaran K, (1999). Sound Health Through Yoga. Prem Kalyan Publications, Sedapatti. 2. Iyengar B.K.S, (2000). Light on Yoga. Harpine Collins Publication, New Delhi. 3. Jithendra Kumar Thakur, (2016). Yoga for Wellness. Khel Sahitya Kendra, Delhi. 4. Nagarathnam H R. & Dr.H R Nagendra, (2015). Promotion of positive health. swami vivekanandha yoga prakashana, Bangalore. 5. Shri Krishna, (1996). Essence of Pranayama. Kaivalyadhama Ashram, Lonavla, India. 		

	6. Swami Kuvalayananda, (2000). Pranayama. Kaivalyadhama Lonavla, India. 7. Swami Satyananda Saraswati, (2008). Asana Pranayama Mudra, Bandha (IV Revised Edition): Bihar School of Yoga. Munger, India. 8. Yoga an Instruction Booklet, (2018). Vivekanda Kendra Prakashan Trust, Chennai.
	References Books: 1. Chandara Shekar K., (2003). Yoga for Health. Khel Sahitya Kendra, Theni. 2. Indira Devi, (2002). Yoga for You. Jaico Publishing House, Chennai. 3. Maharishi Patanjali, (2003). Yoga for All. Sahni Publications. 4. Pandit.M.P.(1987). Yoga for the Modern Man. Sterling Publishers Private Limited, New Delhi. 5. Swami Kuvalayananda, (1993). Asanas. Kaivalayadhama, Lonavla. 6. Vivekananda Kendra Prakashan, (2009). Yoga. Chennai. 7. Yoga for Health, (2003). Institute of Naturopathy & Yogic Sciences. Bangalore.
	Web Resources: 1. https://kdham.com/ 2. http://www.biharyoga.net/ 3. http://www.yogamdniy.nic.in/files/pdf/CYP-2023-English.pdf 4. https://youtu.be/SpOJqDZbbbw 5. https://www.mindful.org/mindfulness-how-to-do-it/
Course Outcomes	Students should be able to 1. Understand concept of yoga and assess the difference between the asanas and physical exercises. 2. Learn the relaxation asana. 3. Demonstrate the suryanamaskar and various asanas. 4. Perform Reclining asana. 5. Realize the benefits of mudras and bandhas.

Pattern

First CFA	Second CFA		Total Marks 50
	25 Marks		
25 marks	Test	Assignment	
	20marks	5 marks	