

# Revised Scheme of Examination for Undergraduate Programmes

w.e.f. 2025-26

Centre For Yogic Studies

Scheme & Syllabi of Value Added Course on Yoga for Various Undergraduate Programmes

## Semester – IV Value Added Course

S. N.	Course Code	Title	Credits	Marks	Total
1.	24YOGX04VA01	Wellbeing through Yoga	02	Theory	50 (Formative Assessment)
				50	

Value Added Course on yoga for various UG Programs w.e. f. 2025-26 session

Syllabi of Value-Added Course on Yoga

for Various Undergraduate Programmes

Name of Program		Program Code	
Name of the Course	Wellbeing through Yoga	Course Code	24YOGX04VA01
Hours per week	2	Credits	2
Maximum Marks	50		

**Course Learning Outcomes (CLO):**

After completion of the course the students will be able to :

1. Understand the history, philosophy, and basic principles of yoga.
2. Incorporate yoga practices (Asana, Pranayama & Meditation) into daily life to enhance overall wellbeing.
3. Understand the connection between mind, body, and spirit in achieving holistic health.

**Unit- 1 Introduction to Yoga**

- History and Philosophy of Yoga
- Ashtanga Yoga & Hatha Yoga
- Importance of Yoga

**Unit- 2 Physical Wellbeing through Asanas**

- Basics of human physiology & anatomy.
- Benefits of Asanas in Physical Health
- Practice of some important Asanas (Vrikshasana, Utkatasana, Padahasthasana, Trikonasana, Veerasana,; Baddha Padamasana, Uttitha Padamasana, Pawanmuktasana Mandukasana, Uttanmandukasana, Pashimottanasana, Matsyasana, Naukasana, Uttanpadasana, Sarvangasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana)

### Unit 3: Physical Wellbeing through Pranayama and Bandhas

- Introduction to Pranayama and its Benefits
- Basic Breathing Exercises (Puraka, Rechaka and Kumbhaka, Anulom Vilom, Bhastrika Bhramari, Kapalbhathi)
- Introduction to Bandhas and their practical procedure

### Unit- 4 Mental Wellbeing through Meditation and Mudras

- Connection between Mind, Body, and Spirit
- Benefits of Meditation on Mental Health
- Benefit of Mudras for Meditation
- Introduction to Mudras and their practical procedure
- Guided Meditation Sessions (Mindfulness, Loving-kindness)

### Formative Assessment Evaluation Process

	Marks distribution
Written test (2 X 10)	20
Class assignments / Case study / Mini project (2 X 5)	10
Quiz / seminar / Group discussion / Debate (2 X 7.5)	15
Attendance	05
<b>Total</b>	<b>50</b>

### References:

1. The Heart of Yoga: Developing a Personal Practice, T.K.V. Desikachar
2. Light on Yoga, B.K.S. Iyengar
3. Yoga in daily life, Kiss Josie Orient paper by publication New Delhi
4. History of yoga, S P Singh, PHISPC Centre for studies of civilization
5. Ashtanga Yoga, Swami Devavrata, Arsha Yoga Sansthan, Mirzapur, Faridabad
6. Ashtanga Yoga, Dr. Jagwanti Deswal
7. Yogavidya: Ek Adhyayan, Dr. Surendra Kumar