

**SYLLABUS UNDER NEP 2020**  
**VALUE ADDED COURSE**  
**1ST Semester**  
**YOGA EDUCATION AND HEALTH & WELLNESS**  
**Nature of Course: VAC I AND VAC II**  
**CREDIT 2+2=4**  
**TOTAL MARKS (40+10) + (40+10) =100**

**Course Objectives:**

**This course is designed:**

- 1. To promote an optimal state of physical, emotional, intellectual, social spiritual and environmental wellbeing of a person.**
  - a. To organise sports and fitness activities outside the regular institutional working hours.**
  - b. Yoga education focusing on preparing the students physically and mentally for the integration of their physical, mental, and spiritual faculties, to maintain self-discipline, self-control,**
- 2. To learn to handle oneself well in all life situations.**
  - a. The focus of sports and fitness components of the courses will be on the improvement of physical fitness including the improvement of various components of physical and skills related fitness like strength, speed, coordination, endurance and flexibility;**
  - b. Acquisition of sports skills relevant to a particular sport; improvement of tactical abilities; and improvement of mental abilities.**

## **Course Learning Outcomes:**

**On successful completion of this course the student should be able to:**

- 1. Think like a healthy citizen thoughtfully, spiritually. Physically fit citizen.**
- 2. A person of sound health and calm mind ready to bear challenges of career and life.**

## **Course Content:**

### **Introduction of Yoga**

#### **Unit I:**

**Definition of Yoga, Interpretation of Yoga, Importance of Yoga, personality and Dresses of Yogi**

#### **Unit II :**

**Kinds of Yoga, Knowledge of Yoga, Bhaktiyog, Introduction of Satkarma.**

#### **Unit III :**

**Definition of Asana, Kinds os Asana, Physical and mental benefits of Asana.**

#### **Unit IV :**

**Definition of Pranayam, Kinds of Pranayam, Physical and Mental Benefits of Pranayam, definition of dhyana.**

#### **Yoga Practical :**

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## **B. SPORTS Theory:**

### **Unit -1:**

#### **Introduction to Health and Wellness**

- 1. Meaning and definition of Health and Health education.**
- 2. Objectives and Importance of Health education.**
- 3. Stretching exercises**
- 4. Warming up and Limbering down**
  - a) General warm up exercises**
  - b) Specific warm up exercises**

### **Unit-2:**

#### **Health and Wellness through Physical Exercise**

- 1. Components of Physical Fitness and Wellness**
- 2. Means of fitness development**
- 3. advantages of wellness**
- 4. Rules & Regulations of the games:**
  - a) Football,**
  - b) Volleyball,**
  - c) Basketball,**
  - d) Badminton,**
  - e) Table Tennis (T.T.),**
  - f) Hockey,**
  - g) Archery**

## **SPORTS PRACTICAL Practical:**

### **1. Exercises for Health and Wellness**

**a) Warming up**

**b) Stretching Exercises**

**c) Strengthening Exercises**

**d) Cardiovascular Exercises**

**e) Flexibility and Agility Exercises**

**f) Relaxation Techniques**

### **2. Rules & Regulations of the games (choose any one)**

**(Football, Volleyball, Basketball, Badminton, T.T, Hockey, Archery)**

### **3. Basic Techniques and Tactics of the game. (In any one game mentioned above).**