

Subject Code: 2CM1010232	Subject Title: Yoga and Meditation Course Type: Foundation : Elective
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Course Objective: To provide basic information to students about the yoga and Meditation and its usefulness for human being.

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)		
Lecture	Tutorial	Practical	Credit	University Assessment	Institutional Assessment	Total
2	-	-	2	70	30	100

Subject Contents			
Sr. No	Topic	Total Hours	Weight (%)
1	Introduction to Yoga: Yoga poses / Asana / Yoga positions - About 90 different yoga poses starting with poses for beginners and intermediate level, Breathing Exercise.	7	25%
2	Pranayama – Anatomy of Respiratory System, Deep Breathing, Fast Breathing, Alternate Nostril Breathing (<i>Anuloma Viloma</i>), Surya Bhedan (Right nostril breathing), Bhastrika (Bellow's breath), Bhramari (Humming bee <i>pranayama</i>), Ujjayi (Psychic breath), Shitali, Sitkari (Cooling <i>pranayama</i>).	7	25%
3	Meditation - including Chakra Meditation, <i>Prana</i> Meditation, <i>So Ham</i> Meditation and Revitalizing Meditation.	7	25%
4	Surya Namaskar - Sun Salutations. A dynamic series of Yoga poses to revitalize the body and mind.	7	25%

Reference Books:

1. B.K.A Iyengar, Light on Yoga, Govindram Hasanand Publication New Delhi
2. Swami Krishnananda, A Text Book of Yoga, The Devine Life Society, Uttrakhand