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|---------------------------------|----------------------------------------------------------------|
| <b>Subject Code: 1ET4000202</b> | <b>Subject Title: Yoga, Meditation &amp; Critical Thinking</b> |
| <b>Pre-Requisite</b>            | -                                                              |

#### **RATIONALE:**

A 3,000 year old tradition, Yoga, is now regarded in the western world as a holistic approach to health and is classified by the National Institutes of Health as a form of Complementary and Alternative Medicine (CAM). The word “yoga” comes from a Sanskrit root “yuj” which means union, or yoke, to join, and to direct and concentrate one's attention. Regular practice of yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being. Sustained practice also leads to important outcomes such as changes in life perspective, self-awareness and an improved sense of energy to live life fully and with genuine enjoyment

‘Healthy Body makes Healthy Mind’. Across the globe confirmed the therapeutic effects of yoga. As participation rates in mind-body fitness programs such as yoga and meditation continue to increase, it is important for student to inform about its immense benefits and make them learn and practice yoga and meditation in their regular daily routine.

#### **COURSE OBJECTIVE:**

To enable students to acquire knowledge and learning about Yoga and its benefits. Regular Yoga practice and the basic philosophy behind it can be also beneficial for all students’ physical and mental growth and overall development of healthy and well being individual.

#### **TEACHING AND EVALUATION SCHEME:**

| Teaching Scheme (Hours per week) |          |           |        | Evaluation Scheme (Marks) |                       |                       |                       | Total (Marks) |
|----------------------------------|----------|-----------|--------|---------------------------|-----------------------|-----------------------|-----------------------|---------------|
| Lecture                          | Tutorial | Practical | Credit | Theory                    |                       | Practical             |                       |               |
|                                  |          |           |        | University Assessment     | Continuous Assessment | University Assessment | Continuous assessment |               |
| -                                | -        | 2         | -      | -                         | -                     | -                     | -                     | -             |

#### **DETAILS OF COURSE CONTENTS:**

| <b>SR. NO</b> | <b>TOPIC</b>                   | <b>TOTAL HOURS</b> | <b>WEIGHTAGE</b> |
|---------------|--------------------------------|--------------------|------------------|
| 1             | History & Introduction of Yoga | 2                  | 05               |
| 2             | Yoga Asans                     | 4                  | 15               |
| 3             | Pranayam                       | 4                  | 15               |
| 4             | Sun Salutation                 | 2                  | 15               |
| 5             | Various Asanas                 | 4                  | 15               |
| 6             | Meditation                     | 2                  | 15               |
| 7             | Mudras                         | 4                  | 10               |
| 8             | Critical Thinking              | 2                  | 10               |

**COURSE OUTCOME:**

The students will be able to demonstrate and practice Yoga regularly and able to learn the benefits of various Asanas, Mudra, Sun Salutation and able to develop concentration in their work, study and life in general. It also enable them to focus on critical thinking.

**LIST OF REFERENCES:**

1. Sabda Manjari
2. Dhatu Manjari
3. Panchtantra
4. Charakasamhita
5. Astanga Hridaya
6. History & Philosophy of Nature Cure by S J Singh
7. My Nature Cure by M K Gandhi