



Branch Name:	Electrical Engineering
Program Code:	ET109
Course Name:	Yoga, Meditation and Critical Thinking
CourseCode:	1ET1000191
Pre-requisiteCourse:	Basic knowledge of yoga

Course Objective:

Student will learn about and demonstrate and understanding of the benefits of a regular yogapractice andtoarticulateaphilosophythatyogacanbebeneficialthehealth andwell-beingof individuals.

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

CourseContents				
Sr. No	Topic	Total Hours	Weight (%)	
1	Historyand Introductionofyoga	2	05	
2	Yogasan	4	15	
3	Pranayam	4	15	
4	SunSalutation	2	15	
5	Asana	4	15	
6	Meditation	2	15	
7	Mudras	4	10	
8	CriticalThinking	2	10	

CourseOutcome:

Afterlearningthecoursethestudentsshouldbeableto

- 1.Studentwilldemonstrateknowledgeofsubjectandreflection/criticalthinkingfromthe pranayama,sunsalutation,mudras,yogasan,andasana.

ListofReferences:

1. SabdaManjari
2. DhatuManjari
3. Panchtantra
4. Charakasamhita
5. AstangaHridaya
6. HistoryandPhilosyofNatureCure by SJSingh
7. MyNature curebyshriM.K.Gandhi