

Course Title:	Yoga and Spirituality
Course Code:	2ET1000116P
Pre-requisite Course:	Basic knowledge of yoga

Course Objectives:

- Students will learn about and demonstrate and understanding of the benefits of a regular yoga practice and to articulate a philosophy that yoga can be beneficial the health and well-being of individuals.

Teaching and Examination Scheme:

Credit	Teaching Scheme Hours per week				Evaluation Scheme (Marks)									
					Theory (Marks)				Practical (Marks)				Total (Marks)	
	L	T	P	Total	SEE		CCA		SEE		CCA			
					Min.	Max.	Min.	Max.	Min.	Max.	Min.	Max.		
-	-	-	02	02	-	-	-	-	-	-	-	-	-	-

Course Contents:

Unit No	Topic
1	History and Introduction of yoga
2	Yogasan
3	Pranayam
4	Sun Salutation
5	Asana
6	Meditation
7	Mudras

Course Outcome: After learning the course

Student will demonstrate knowledge of subject and reflection/critical thinking from the pranayama, sun salutation, mudras, yogasan, and asana.

List of References:

- Sabda Manjari
- Dhatu Manjari
- Panchtantra
- Charakasamhita
- Astanga Hridaya
- History and Philosity of Nature Cure by S J Singh
- My Nature cure by shri M. K. Gandhi