

AN IQAC AND YOGA CELL INITIATIVE

In association with Assam Yoga Association and Department of English

SYLLABUS FOR YOGA FOR HEALTH

Name of the Programme: YOGA FOR HEALTH

Duration of the Course: 45 classes of one hour each or at least 45 hours.

Qualification: H.S. Passed.

Intake Capacity: 30

Collaborative Agency: Assam Yoga Association

Syllabus: The value added life skill programme 'Yoga for Health' is a modest attempt initiated by the Yoga cell in association with Assam Yoga Association, IQAC and Department of English, Dr. B.K.B. College with a view to reorienting our students towards Yoga and to encourage them to practice Yoga for ensuring their better health. The duration of the programme is of three months or 45 classes or at least 30 hours. The Department of English in consultation with Yoga cell, IQAC, Guest faculty from Assam Yoga Association, Monitor Miss Ponchi Bora prepares the syllabus for the said course. The syllabus is divided into two parts – Theory and Practical. The approach is purely practical and the teacher is only a guide or a facilitator. The classes are of interactive nature and based on practice providing target group ample opportunity to acquire the skills associated with. In the process of training there has always been scope for self-assessment through home assignment, classroom activities, practices, individual performance, group performance etc. There is no place for formal examination. Only a Course Completion Certificate is provided to the aspiring students who are found regular in the classes held and show some sort of proficiency in the said field. The syllabus for the said course approval of the Academic Committee, Dr. B.K.B. College is as follows:

Part I: Theory

1. Introduction:

- 1.1: Meaning and Definition of Yoga
- 1.2: Importance of Yoga in life
- 1.3: Misconceptions about Yoga.
- 1.4: Evolution of Yoga.

2. Schools of Yoga:

2.1: Introduction of Hatha Yoga, Mantra Yoga, Laya Yoga and Raja Yoga.

2.2: Karma Yoga, Bhakti Yoga, Gyan Yoga

2.3: Shiva Yoga and Sadhana Swar Yoga

2.4: Tantra Yoga (Shaiva, Shakta and Vaishnava)

3. General Human Anatomy and Physiology:

3.1: Introduction of Human Anatomy and Physiology.

3.2: Importance of Anatomy and Physiology in the field of Yoga.

4. Introduction of Nature Cure:

4.1: Meaning and Definition of Naturopathy

4.2: Fundamental principles of Naturopathy

4.3: Philosophy of Nature Cure.

Part II: Practical

1. Surya Namaskar

2. Pawan Muktasana variations

3. Meditative Asanas: Padmasana, Siddhasana, Swastikasana, Bhadrasana, Vajrasana.

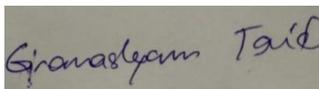
4. Relaxation Asanas: Shavasana, Makarasana, Balasana.

5. Supine Asanas: Ardha Halasana, Matsyasana, Uttanasana, Setubandhasana.

6. Prone Lying Asanas: Sarpasana, Bhujangasana, Naukasana.

7. Sitting Asanas: Paschimottanasana, Ardha Matsyendrasana, Ardha Chandrasana, Ushtrasana, Parighasana, Simhasana, Akarna Dhanurasana, Supta Vajrasana.

8. Standing Asanas: Tadasana, Natarajasana, Garudasana, Utkatasana, Parivritta Utkatasana, Ekapadasana.



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