

# **Yoga syllabus for Colleges/Universities**

Scheme – NEP 2020

## **Yoga and Holistic Living**

### **Theory Paper – I Semester**

Total Marks: 100

No. Teaching Hours: 56

#### **Section I – Introduction to Yoga and its Streams**

Unit – 1	Concept of Yoga	8 Hrs
	1.0 What is Yoga? 1.1 Definitions from scriptures 1.2 Summary	
Unit – 2	Why Yoga?	8Hrs
	2.0 Benefits of Yoga 2.1 All-round Personality Development 2.2 Benefits as mentioned various texts 2.3 Yoga – A way of life style and Society 2.4 Summary	
Unit – 3	Basis of Yoga	8 Hrs
	3.0 Quest for Happiness 3.1 Is happiness a mirage? 3.2 Where is the Real Happiness? 3.3 Secret of Happiness 3.4 Happiness is Silencing the Mind 3.5 Summary	
Unit – 4	Patanjali Yoga Sutras	16 Hrs
	1.0 Concept of Yoga 1.1 Obstacles and Solutions 1.2 Astanga Yoga 1.3 Summary	

## **Section II – Yoga and Its Applications**

Unit – 1	Four Streams of Yoga	8 Hrs
	1.0 Integral Yoga	
	1.1 Karma Yoga	
	1.2 Jnana Yoga	
	1.3 Bhakti Yoga	
	1.4 Raja Yoga	
	1.5 Summary	
Unit – 2	Yoga and Its Applications	8Hrs
	2.0 Applications of Yoga	
	2.1 Yoga and Education	
	2.2 Yoga and Health	
	2.3 Yoga and Psychology	
	2.4 Summary	

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### **Practical Paper – I Semester**

Total Marks: 50

No. Teaching Hours: 52

Unit – 1	Preparatory Practice	7 Hrs
	1.0 Sitalikarana Vayama	
	1.1 Loosening Practices	
	1.2 Warm Up Practices	
	1.3 Surya Namaskara	
Unit – 2	Yoga Postures	30 Hrs
	2.0 Cultural, Relaxative and Meditative	
	2.1 Standing Postures	
	2.2 Sitting Postures	
	2.3 Prone Postures	
	2.4 Supine Postures	
Unit – 3	Pranayama & Kriyas	15 Hrs
	1.1 Breathing Practices	
	1.2 Preparatory Practices	
	1.3 Pranayama and Nadanusndhana	
	1.4 Kriyas - Cleansing Techniques	

Formative Assessment	
Theory	Theory – 60 Marks Internal – 40 Marks
Practical's	Practical – 30 Marks Internal – 20 Marks
Total	150 Marks

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## **Yoga and Holistic Living**

Theory Paper – II Semester

Total Marks: 100

No. Teaching Hours: 56

Section I – Promotion of Positive Health 20 Hrs

1. Concept of Health and Disease
2. Pancha Kosha Viveka
3. Concept of Yoga Therapy Techniques
4. Integrated Approach of Yoga Therapy

Section II - Yoga Therapy for Psychosomatic Disorders 36 Hrs

### **Unit I**

Concept of Yoga Therapy techniques, Integrated approach of yoga therapy.

### **Unit II**

- Operations at Annamaya kosa.
- Operations at Pranamaya kosa
- Operations at Manomaya kosa
- Operations at Vijnanamaya kosa
- Operations at Anandamaya kosa

### **Unit III**

Yoga Therapy for different ailments-I

- A. Respiratory Disorders
- B. Cardiovascular Disorders
- C. Muscular Disorders

## **Unit IV**

### Yoga Therapy for different ailments-II

- A. Digestive Disorders
- B. Excretory Disorders
- C. Reproductive Disorders

## **Unit V**

### Yoga Therapy for different ailments-III

- A. Neurological Disorders
- B. Psychiatric Disorders
- C. Disorders of Special senses
- D. Immune Disorders

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### **Practical Paper – II Semester**

Total Marks: 50

No. Teaching Hours: 52

Integrated Approach of Yoga Therapy Practices for  
Psychosomatic ailments

52 Hrs

1. Asthma & Nasal Allergy
2. Hypertension & IHD
3. Diabetes Mellitus
4. Back Pain & Headache
5. Anxiety Depression
6. Knee Pain
7. Arthritis
8. Obesity
9. Gastro-intestinal Disorders
10. Menstrual Disorders

Formative Assessment	
Theory	Theory – 60 Marks Internal – 40 Marks
Practical's	Practical – 30 Marks Internal – 20 Marks
Total	150 Marks