

SARDAR PATEL UNIVERSITY
Programme: BBA (Information Technology Management)
Semester: VIII
Syllabus with effect from: December-2013
(Batch-2010)

Theory/Practical

Paper Code: UM08SBBI01	Total Credit: 2
Title Of Paper: Yoga & Health	

Unit	Description in detail	Weightage (%)
I	Personal Health Introduction; Hair care; Eye care; Nose care; Ear care; Face care; Nail care; Mouth Teeth and tongue care; Cleanliness of clothes; Diet; Sleep an rest; Daily exercise.	
II	Yoga Sana: Introduction; Need and importance; Types of Yogasana (Padmasana, Badhha Padmasana, Shirsasan, Chakrasan, Paschimotanasan, Sarvangasan, Salbhasan); Rechak; Purak; Kumbhak	
III	First Aid: Introduction; Common rules to prevent injuries; Types of injuries; Ankle twist; Knee injuries; Fracture; Head injury; Wrist injury; Clavicle fracture; Muscle tair; Nail injuries; Eye injuries; Rid injuries.	
IV	Practical Asanas; Suryanamaskar & Yoga	

Basic Text & Reference Books:-

- The Science of Yoga, Theosophical Publishing House, Adyar, Madras
- History & Philosophy of Nature Cure - By S.J. Singh
- Philosophy of-Yoga :Swami Jnanananda, Sri Ramakrishnashrama Publications
- Asana, Paranyama, Mudra, Baddha - Swami Satyananda Saraswati, Bihar School of Yoga, Munger.

