

SARDAR PATEL UNIVERSITY

Programme: B.Sc (Home Science)

Semester: II

Syllabus with effect from: November/December-2011

Paper Code: UH02EYOG05	Total Credit: 2
Title Of Paper: Yoga	

Unit	Description in detail	Weighting (%)
I	Introduction of yoga History of yoga Yoga meaning & Relevance Ashtang Yoga	20%
II	Sun salutation & Asana for health Sun Salutation Asana Points to remember before Asana Rules for Female Benefits of Asana	25%
III	Breathing & Meditation Introduction Some Important Guidelines for Pranayama Meditation – Importance in Modern life Pranayama and Meditation useful for Stress	25%
IV	Impact of Yoga on the life of People Holistic Development of Personality Control of Negative Thought wave in the mind Creation of Positive Attitude Decision based on deep thinking Understanding the purpose of life Food & yoga	20%
V	Asana for Diseases Blood Pressure Diabetes Stomach Ailments Back Pain Obesity	10%

Note: The course includes theory demonstration and practice of important Asanas.

