

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)
SYLLABUS OF VALUE ADDED COURSE
YOGA AND MENTAL HEALTH (VAC)- 02 Credits
Marks:100 marks

Course Objectives:

- To develop the understanding about Concept of Yoga, its classification, and various forms of performing Yoga.
- To learn Yogic practices and therapeutic benefits.
- To Understand about the relation of Yoga with mental health.
- To learn and practice the asanas and pranayam in Yoga practices.

Course Learning Outcomes: After completion of the course the student will be able to-

- Define and describe the introduction and concept of Yoga and its classification.
- Explain the concept yogic practices, its therapeutic benefits, and its application in daily life.
- Relation of Yoga practice with mental health.

Unit 1

- Meaning and Definition of Health and Mental Health.
- Dimensions of Health.
- Concept of Yoga.
- Yoga Sutra of Patanjali or Eight limbs of Yoga: Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhayana, Samadhi.

Unit 2

- Asanas: Types, Techniques and benefits.
- Surya Namaskar: Methods and benefits.
- Pranayama: Types, Methods, and benefits.
- Yoga in its therapeutic benefits and its application in daily life.

Unit 3

Practical: Asanas

Sitting Asanas

- Standing Asanas
- Prone Position Asanas
- Supine Position Asanas

Unit 4

Practical: Pranayama:

- Anulom-Vilom
- Chandrabhedan
- Suryabhedan
- Bhastrika, Ujjaini, Bhramari

ASSESSMENT –Practical and theory: 50 marks each.

References:

- Brown, F. Y.(2000). *How to use yoga. Delhi:Sports Publication.*
- Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices. Lonawala:Kaixydhmoe.*
- Rajjan, S. M. (1985). *Yoga strentheningofrelexation for sports man. NewDelhi:AlliedPublishers.*
- Shankar,G.(1998). *Holistic approach of yoga. New Delhi:Aditya Publishers.*
- Shekar,K. C. (2003). *Yoga for health. Delhi: KhelSahitya Kendra.*