

DEPARTMENT OF PHYSICAL EDUCATION
GURU GHASIDAS VISHWAVIDYALAYA BILASPUR (C.G.)



SYLLABUS
VALUE ADDED COURSE
YOGA AND MENTAL HEALTH-PEBAVATI

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SYLLABUS OF VALUE ADDED COURSE
YOGA AND MENTAL HEALTH PEBAVATI (02 Credits)
Marks:100 marks

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.
- Relate Yogic 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, Bhamari

ASSESSMENT –

	THEORY	PRACTICAL	TOTAL
INTERNAL	15	15	30
EXTERNAL	35	35	70
TOTAL	50	50	100

References:

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