

Post Graduate College, Gulaothi, Bulandshahr

Proposed Skill Development Course

Title of Course- Yoga	
Nodal Department of HEI to run course	
Broad Area/ Sector--	Physical Education
Sub-Sector	Beauty & Wellness
Nature of Course - Independent/ Progressive	Alternate Therapy
Name of suggestive Sector Skill Council	Independent
Alienated NSQF level	Beauty & Wellness Sector Skill Council
Expected Fees of the Course Free/Paid	Level 4
Stipend from student expected from industry	Free
Number of seats-	
Course Code-	As per University/NEP 2020 Norms
Max Marks...100..... Minimum Marks	Credits- 03 (1 Theory, 2 Practical)
Name of Proposed Skill Partner (Please specify, Name of industry, company etc for Practical/training/ internship/ OJT	40
	Not available
Job Prospects- Expected Fields of Occupation where student will be able to get job after completing this course in (Please specify name/type of industry, company etc.)	Yoga Services

Syllabus					
Unit	Topics	General/Skill Component	Theory/Practical/OJT/ Internship/ Training	No. Of theory hours (Total- 15 Hours- 1 credit)	No. Of skill hours (Total- 60 Hours = 2 credits)
I	Fundamental concepts: Definition Aim and objectives of Human life according to Indian philosophy, Purusharth, Concept of Pancha Koshas, Chakras, Aura, Nadies & Kundalini	General & Skill	Theory and Practical	04 Hours	16 Hours
II	Introduction to Human Body and systems: In brief with special reference to Respiratory, Digestive, Muscular and Nervous systems. Endocrinal system: -Nature of B.M.R., Fatigue, Immunity, Defence mechanism, Resistance power. Human Bio-chemistry Sugar level, Cholesterol, Fat, Urea their significance and related tests.	General & Skill	Theory and Practical	04 Hours	16 Hours
III	Yoga and Ayurveda: Its relationship, similarities, and differences, Ayurvedic concept of Yoga. Ayurveda concept of Tridoshas, Dhatus and Malas. Yogic Impact on their healthy nature.	General & Skill	Theory and Practical	03 Hours	12 Hours
IV	Yoga and Naturopathy: Its relationship, similarities and differences, Naturopathic concept of foreign matter, un-natural living style and Yoga impact on it.	General & Skill	Theory and Practical	04 Hours	16 Hours

Suggested Readings:

Reyazul Jafar

22/11/2021
 प्राचार्य
 डी.एन.पी.जी कॉलेज
 गुलावठी (बुलन्दशहर)

1. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasi das Publishers.
2. Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.
3. Nagendra, H.R. (1993). Yoga in Education. Banglore, Vivekananda Kendra
4. Villodo, Alberto. (2007). Yoga, Power and Spirit. New Delhi, Hay House Inc.
Suggested Digital Platforms/ web links for readings-
1. Arhanta Yoga Ashrams: Yoga Teacher Training & Certification https://www.arhantayoga.org
2. The Yoga Institute: Yoga Teacher Training & Classes In Mumbai https://theyogainstitute.org
3. YCB Certified Yoga teacher - Under Ayush https://www.aogyayogshala.com
Suggested OJT/ Internship/ Training/ Skill Partner
Suggested Continuous Evaluation Methods:
<ul style="list-style-type: none"> • Internal and External Exams • Practical assignments • MCQ's • Small Field based Projects
Course Pre-requisites: No pre-requisites required Open to all
Suggested equivalent online courses:
Any remarks/ suggestions-
Notes:
<ul style="list-style-type: none"> • Number of unit in Theory/Practical may vary as per need • Total credits/semester- 3 (it can be more credits, but students will get only 3 credits/semester or 6 credits/ year • Credits for Theory = 01 (Teaching Hours = 15) • Credits for Internship/ OJT/ Training/ Practical = 02 (Training Hours = 60)

Course developed by:

Dr. Awadhesh Kumar Singh, Assistant Professor, Department of Physical Education.

Awadhesh Kumar Singh

Tyagi, K. 22/11/2021
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डी.एन.पी.जी कॉलेज
गुनावठी (बुलन्धर)