



YOGA FOR PHYSICAL WELL-BEING

Name of Course: YOGA FOR PHYSICAL WELL-BEING

Duration: 30 Hrs.

Offered by: Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Eligibility: 10 + 2 Passed & RKSMVV Students

Course Fee: Nil

Course Overview: This course helps the students to integrate spiritual ability, concentration, self control, immune system and productivity in life. Yoga therapy is a method that balances mind and body through movement, meditation, mindfulness, relaxation and breathing exercise that will maintain healthy quality of life. Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual capacities so that the students can become healthier, saner and more integrated members of the society and of the nation.

Course Objectives:

Yoga helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. The objectives are:

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.
- To understand relationship between fitness and wellness.
- To evaluate health related fitness in order to make changes in lifestyle as well as to cure some diseases.
- To know the behaviour changes needed to ensure a good quality of physical and mental health.

Syllabus:

Yoga for Physical Well-Being		
Module	Content	Duration(Hrs.)
1	Changing trends & Career in Physical Education- Meaning & definition of physical education; its aims & objectives; career options.	2
2	Physical Fitness, Wellness & Lifestyle- Meaning & importance of physical fitness, wellness & lifestyle; Components of Physical fitness & wellness.	3
3	Yoga: History and development, traditional school of yoga. Meaning and importance of yoga	3
4	Yogasanas: Standing posture (Palm tree posture, Padahastasana, Ardachakrasana, Trikonasana), Pranayam, Sitting posture: (Padmasana, Bhadrasana,	10

	Dandasana,Vajrasana, Adhrauttarasana,Uttarasana, Sasakasana,Uttaramandukasana,Vakrasana,) Prone posture, (Makarasana, Bhujangasana, Salabhasna, Setubandhanasana, Naukasana, Uttanapadasana, Ardhasalsana, Swasana). Surya pranam, etc	
5	Pranayam and SantiParthna: Kapalbhati, AnulamViloma, Bhramari Pranayama, Kapalbhati, Sitali Pranayama	6
6	Relaxation methods	3
Assessment and Project		3
Total duration		30

Resource Person:

Smt. Tiyasha Paul, PGDY, Visva Bharati University

Learning Outcomes:

The students will be able:

- To identify the basic yoga exercises that will lead them to their well-being.
- To identify the simple and basic yoga asanas.
- To develop some initial knowledge regarding the diseases and their remedies thorough certain yoga practices.
- To describe the major types of Yoga that is adopted in regular life and also explains the processes that should be followed while practising the postures.

Assessment Procedure:

Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.

Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

B: 80%-89%

C: 70%-79%

D: 60% - 69%

F : Below 60%