

## CURRICULAM PLANNER

<b>PROGRAMME NAME</b>	<b>B.A. (HONS) I YEAR SEM-1</b>
<b>COURSE NAME</b>	<b>YOGA AND STRESS MANAGEMENT(GE)</b>
<b>SEMESTER DURATION</b>	<b>JULY- NOVEMEBER</b>

<b>Week</b>	<b>Topic</b>	<b>Teaching Methodology</b>	<b>Continuous Evaluation</b>
<b>Weeks 1-3</b>	<b>Unit - I : Introduction</b> <ul style="list-style-type: none"> <li>➤ Meaning, Definition and Importance of Yoga</li> <li>➤ Origin and Historical development of Yoga</li> <li>➤ Asthanga Yoga (Maharishi Patanjali) : Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana, Samadhi and their importance</li> </ul>	Using: Lectures; PPTs; Audio-visual	Practice Tests
<b>Weeks 4-6</b>	<b>Unit - II : Yoga-Asanas, Pranayamas and Sat Karmas</b> <ul style="list-style-type: none"> <li>➤ Meaning, Procedure, Precautions and Benefits of the following Asanas : (Vajarasana, Padmasana, Swastikasana, Sukhasana); Spine Position Asanas (Ardh-Halāsana, Sarvangasana, Chakarasana Pawanmuktasana); Prone Position Asanas(Bhujangasana, Salabhasana, Dhanuasana);Sitting Asana (Ardh-Matsyendrasana, Paschimotanasana, Supta Vajrasana, Yoga Mudra);Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana)</li> <li>➤ Meaning, Procedure, Precautions and Benefits of the following Pranayamas : Anulom-Vilom, Suryabheden, Ujjai, Bharmari, Sheetalī, Sheetkari Pranayamas</li> <li>➤ Meaning, Procedure, Precautions and Benefits of the following Shatkarmas : Kapalbha Trataka, Neti and Vaman Dhauti.</li> </ul>	Using: Lectures; PPTs; Audio-visual; Group Discussions;	MCQs; Q&A Sessions
<b>Weeks 7-8</b>	<b>Unit – III : Stress Management</b> <ul style="list-style-type: none"> <li>➤ Concept, Causes and Effects of Stress</li> <li>➤ Non-Communicable Diseases (due to stress), Stress prevention and good health</li> <li>➤ Stress Management through relaxation techniques</li> </ul>	Using: Lectures; PPTs; Audio-visual; Group Discussions	Q&A Sessions; MCQs

	(autogenic training and progressive relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities as coping strategies.		
<b>Weeks 9-10</b>	<b>PART B: PRACTICAL</b> ➤ Suryanamaskar and any five Asanas	Using: Group Discussions; Brainstorming	Practice Tests; Written Assignments
<b>SEMESTER BREAK</b>			
<b>Weeks 11-13</b>	<b>PART B: PRACTICAL</b> ➤ Pranayams (any two) and Shat-Karmas / Kriyas (any one) ➤ Practical Meditation for 10-15 minutes.	Lectures; PPTs; Group Discussions; Brainstorming	Practice Tests; Written Assignments
<b>Week 14-15</b>	Presentation by Student	Remedial Classes	Class Test