

Curricular Planner : Deptt. Of Sanskrit

PROGRAMME NAME :	Yoga in Practice (SEC.)	ALL HONS PAPERS
COURSE NAME :		Yoga in Practice
SEM-Ist and IIIrd		
SEMESTER DURATION :		AUGUST to DECMBER
Week	Topic (s)	Teaching Methodology/Continuous Internal Evaluation
1	Types of Yoga	Google class room/ convas/
1	Types of Yoga	Group dlscussion
1	Types of Yoga	Revision
2	Karma Yoga	Google class room/ convas/
2	Karma Yoga	Google class room/ convas/
3	Gyan Yoga	Recitation
3	Gyan Yoga	Test
4	Bhakti Yoga	Learning through smart Boards
4	Bhakti Yoga	Introduction
5	Laya Yoga	Learning through smart Boards
5	Laya Yoga	Learning through smart Boards
6	Raja Yoga	Learning through smart Boards
7	Hatha Yoga	Learning through smart Boards
8	Mantra Yoga	Learning through smart Boards
9	Ashtanga Yoga	Theoretical and Practical
10	Ashtanga Yoga	Theoretical and Practical
11	Ashtanga Yoga	Theoretical and Practical
12	Asanas and their Adventeges	Theoretical and Practical
13	Practice of Pranayama	Breathing Exercises
14	Full Syllabas of Test	Test