

Curricular Planner : Deptt. Of Sanskrit

PROGRAMME NAME :	VAC	ALL HONS, B.A. (Prog.) & B.COM. (Prog.)
COURSE NAME :		Yoga : Philosophy and Practice
SEM-Ist and IIIrd		
SEMESTER DURATION :		AUGUST to DECEMBER
Week	Topic (s)	Teaching Methodology/Continuous Internal Evaluation
1	History of Yoga	Google class room/ convas/
1	History of Yoga	Group discussion
2	Significance of Yoga	Revision
2	Significance of Yoga	Google class room/ convas/
3	Effect of Pranayama	Practical
3	Effect of Pranayama	Practical
3	Effect of Pranayama	Breathing Exercises yoga
4	Importance of Dhyana	Practical
4	Bhakti Yoga	Group discussion
5	Dhyana Practice	Practical
5	Dhyana Practice	Learning through smart Boards
6	Yoga Sutra Summary	Learning through smart Boards
6	Yoga Sutra Summary	Practical
7	Yoga Sutra Summary	Learning through smart Boards
7	Yoga Sutra Summary	Learning through smart Boards
8	First Sutra of Yoga Darshan	Learning through smart Boards
8	First Sutra of Yoga Darshan	Group discussion
9	Second Sutra of Yoga Darshan	Theoretical and Practical
10	Ashtanga Yoga	Theoretical and Practical
11	Basics of tha Asanas	Demonstration
12	Basics of tha Asanas	Theoretical and Practical
13	Practice of Pranayama	Breathing Exercises
14	Full Syllabas of Test	Test