

Programme Name	
Course Code	
Course Title	
Semester	

Course Outcomes:

After completion of the Course, the student should be able to –

CO1: Demonstrate correct practice of basic yoga postures (asanas), breathing techniques (pranayama), and relaxation methods for overall wellness.

CO2: Apply yogic practices to improve concentration, stress management, physical fitness, and emotional balance in daily life.

CO3: Exhibit self-discipline, mindfulness, healthy lifestyle habits, and holistic personal development through consistent yoga practice.

Course Contents

Module 1: Basic Yoga Practices for Overall Wellness (12 hr)

- Introduction to yoga: meaning, purpose, principles of safe practice, and the mind–body connection.
- Preparatory and loosening practices: gentle joint movements, neck, shoulder, trunk, knee and ankle movements.
- Basic standing and sitting asanas: Tadasana, Urdhva Hastottanasana, Katichakrasana, Trikonasana, Bhadrasana and Vakrasana.
- Basic prone and supine asanas: Bhujangasana, Makarasana, Pavanamuktasana and Shavasana.
- Breathing awareness and introductory pranayama: Anuloma Viloma/Nadishodhana, Ujjayi and Bhramari; emphasis on slow, steady and comfortable breathing.
- Relaxation practice and guided experiential sessions integrating asana, breathing and relaxation.

Module 2: Yoga for Concentration, Stress Management and Emotional Balance (12hr)

- Principles of breath awareness, attention and concentration during yoga practice.
- Progressive practice of selected asanas for flexibility, strength, balance and postural awareness.
- Pranayama practice for calmness and concentration: Nadi Shodhana, Ujjayi and Bhramari, with appropriate beginner-level practice.
- Relaxation and mindfulness practices for managing everyday academic stress and mental fatigue.
- Introduction to Dhyana (meditation) and present-moment awareness.
- Experiential practice: short yoga routines for study breaks, emotional regulation and daily stress management.

Module 3: Mindfulness, Self-Discipline and Holistic Lifestyle (12 hr)

- Mind–body awareness, mindfulness and observation of physical and mental states during practice.
- Developing self-discipline through regular practice, consistency, breath awareness and mindful movement.
- Integrated practice sequence combining loosening exercises, selected asanas, pranayama, meditation and relaxation.
- Healthy lifestyle principles: sleep, physical activity, balanced routine, recovery and responsible self-care.
- Applying yoga in daily life: personal practice planning, time management and maintaining sustainable habits.
- Practical demonstration, reflective practice and preparation of an individual 20–30 minute wellness routine.

Recommended Reading:

1. AICTE, *Model Curriculum for Mandatory Courses & Activities*.
2. NCCIH/NIH, *Meditation and Mindfulness: Effectiveness and Safety*.
3. NCCIH/NIH, *Stress: Meditation and Mindfulness Practices*.
4. NCERT/CIET, *Effect of Meditation on Attention Regulation and Academic Performance*.

Evaluation Scheme:

Evaluation Component	Assignment / Activity	Marks
Attendance and participation	Regular attendance and active participation in scheduled Sessions, workshops, competition and club activities	10
Assignments & continuous activities	Mandatory assignments, experiential activities, presentations, and activities demonstrating independent thoughts. Total 3 Assignments and 2 quiz to be conducted. (Assignments will be based on the modules of syllabus and the COs)	50
Final exam	One paper will be conducted or the demonstration of all concepts (yoga asanas) learned in class will be asked to perform for evaluation.	40
Total		100

Faculty Advisor:

Dr. Sreyashrao S. Surapreddi