

Subject Code : 1CS2010311	Subject Title: YOGA, MEDITATION AND CRITICAL THINKING (Non credit course)
Pre-requisite :	Basic knowledge of yoga

Course Objective:

Student will learn, demonstrate and understand the benefits of regular yoga practice and to articulate a philosophy that yoga can be beneficial to the health and well-being of individuals.

Teaching Scheme (Hours per week)				Evaluation Scheme (Marks)				
Lecture	Tutorial	Practical	Credit	Theory		Practical		Total
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
-	-	2	-	-	-	-	-	-

Subject Contents			
Sr. No	Topic	Total Hours	Weight (%)
1	History and Introduction of yoga	2	05
2	Yogasan	4	15
3	Pranayam	4	15
4	Sun Salutation	2	15
5	Asana	4	15
6	Meditation	2	15
7	Mudras	4	10
8	Critical Thinking	2	10

Course Outcome:

After learning the course, the students should be able to demonstrate knowledge of subject and reflection/critical thinking from the pranayama, sun salutation, mudras, yogasan, and asana.

List of References:

1. Sabda Manjari
2. Dhatu Manjari
3. Panchtantra
4. Charakasamhita
5. Astanga Hridaya
6. History and Philosity of Nature Cure by S J Singh
7. My Nature cure by shri M. K. Gandhi