

VALUE ADDED COURSE IN YOGA EDUCATION
DAV COLLEGE HOSHIARPUR
(2022-23)



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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Theory(Yoga Education)

Unit-1

- Meaning, Definition ,types, aim and objectives of Yoga
- Importance of Yoga in Education and other fields of Life.
- Historical development of Yoga from ancient to modern times.

Unit-II

- Asanas:- their meaning,Types of Asanas, preparation and techniques of different asanas and their effects on the body.
- Pranayama:- their meaning,Types of Pranayama, preparation and techniques of different Pranayama and their effects on the body.
- Bandhas:- meaning,Types of Bandhas, techniques and their benefits on the body.(Jalandhar, Uddyana, mool and Maha Bandha.)

Unit-III

- Meaning, types ,principle of Ashtang Yoga.
- Meaning, techniques , and their benefits on the body.
- Meaning, techniques of relaxation to reduce physical and mental stress.

Practical:-

1. Asanas(Yogic Exercises)
 - Surya Namaskar(with Mantras)
 - Standing Asanas:- Tadasan, Trikonasan,
 - Supine Pose:-Sarvang, Hal,Shav asan
 - Prone asanas:- Sarp,Dhanur,Halasan
 - Sitting Poses:- Vajarasan, Padam
2. Pranayams(Breathing Exercises)
 - Anulom-vilom,
 - Sheeti,
 - Bharamari,
 - Suryabhadan
3. Bandhas(Locks)
 - Jalandhar bandha,
 - Uddyana,
 - Mool bandhas
4. Meditation

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DAV College Hoshiarpur is committed to create an environment where students feel empowered to improve upon their learning behavior as well as for academic inputs. With this purpose the Institution conducts a value added course in Yoga program for students in view with making them conscious of the importance of physical and mental well-being. It provides capacity building by motivating them to train their inner self, through emotional management, Self-understanding and positive thinking. Yoga training can help students to strengthen their potentials.

Objectives:

- To enhance the capacities of students for physical and mental well-being through self-help
- To develop healthy habits for better health.
- To empower students and teachers to create a harmonious environment.

This training program including practical and theory is administered to check the learning outcomes in terms of knowledge and awareness about Yoga. It is a complete package of 30 hours training program. It includes developing understanding of the concept of Yoga with theoretical and practical bases for the Yogasans and Pranayama, Bandhas and Meditation.

The sessions will be conducted by the trained yoga teachers Dr. Rahul Kalia (Assistant Professor, Department of Physical Education and Sports). The students will be awarded with the course completion certificates.

Value added course in Yoga Education

1.	Introduction to Yoga Meaning, Historical Development, Objectives and Importance of Yoga Education. Why to Practice?	2 Hours
2.	Practical Demonstration of Asanas	3 Hours
3.	Practising Asanas	5 Hours
4.	Practical Demonstration of Pranayama and Bandhas	5 Hours
5.	Practicing Pranayama and Bandhas	5 Hours
6.	Practicing Demonstration of Meditation	3 Hours
7.	Practicing of Meditation	5 Hours
8.	Assessment	2 Hours
	Total	30 Hours