



Guru Teg Bahadur Khalsa College of Education, Dasuya

Permanently Affiliated to Panjab University Chandigarh

❖ Recognized by N.C.T.E. ❖ Recognized under 2(f) and 12 (B) of U.G.C. Act (1956) ❖ Accredited by NAAC Grade-B

LIFE IN YOGA

(A Value Added Course offered by
the Yoga, Health and Physical Education)

Total Duration of course: 30 hours

Value Added courses aim to provide additional learner centric graded skill oriented technical training, with the primary objective of improving the employability skill of students. Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It's is an art and science of healthy living. It brings together physical and mental disciplines to achieve a peaceful body and mind. It helps in managing stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle and body tone. Yoga asana build strength flexibility and confidence. The term yoga is derived from the Sanskrit root "yuj" meaning of join or to yoke or unite the union of individual consciousness with that of the universal conscious.

Specific Objectives

- + To enable the students of physical development
- + To enable the student in social development
- + To enable the student in emotional development
- + To enable the student in mental development

Course Objectives

- + To enable the student to have good health
- + To possess emotional stability
- + To practice mental hygiene
- + To integrate moral values
- + To attain higher level of consciousness
- + Yoga techniques provide improved attention in studies, better stamina and co ordination for social activity

Course Content

- + Yoga Basic (Definitions, Streams of Yoga) - Karam Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga
- + Posture (Postural Defects and Remedial Exercise) - Introduction, Kyphosis, Lordosis, Bow Legs, Flat Foot, Knock Knee
- + Component of Physical Fitness - Strength, Endurance, Agility, Speed and Flexibility
- + Benefits of Asana - Padam asana, Tad asana, Vajra asana, Shava asana and Bhujang asana
- + Health Diet and Nutrition - Introduction, Function of Food, Food habits
- + Games - Badminton, Handball and Volleyball
- + Meditation and Concentration - Benefits of meditation, Concentration meditation focus point

Offered to : All students of B.Ed. (Odd semester)

Course Planner : Asst. Prof. Navjot Kaur