

# **SHRI GURU RAM RAI UNIVERSITY**

**[Est. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 03 of 2017  
& recognized by UGC u/s (2f) of UGC Act 1956]**



**SYLLABUS FOR**

**Value Added Course**

**Health & Fitness Through Yoga**

**School of Humanities and Social Sciences**

**Department of Yogic Science**

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**(W.E.F 2021-2022)**

**Shri Guru Ram Rai University, PathariBagh, Dehradun, Uttarakhand-248001**

**DEPARTMENT OF YOGIC SCIENCE**  
**PATHARI BAG, DEHRADUN-248001, UTTARAKHAND, INDIA**  
**SYLLABUS FOR VALUE ADDED COURSE**

**Value Added Course - Health & Fitness Through Yoga**

**Course Code-VCSHS001**

<b>Name of Coordinator</b>	<b>Office Address</b>	<b>Office Number</b>	<b>Email id</b>
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**Who should study this course ?**

The course is available for all students of SGRRU

**Course Objective**

To turn students towards their real goals

Promoting positive health, prevention of stress related health problems & rehabilitation through Yoga

**Course Outcome**

Increase their confidence & positive self-image

Build concentration

Easily transformation of negative attitude

**Teaching/Learning Methodology**

Introduction to students (background any health issue etc.)

The classes will be mainly interactive with brief description of somatopsychic & psychosomatic

\* A healthy mind leads to healthy body

\* A healthy body leads to healthy mind

The class will be mainly interactive with brief description of various yogic practices its scientific basis & will be taught how to perform yogic practice correctly with adequate practice session

**Examination**

Theory & practical examination concentrating on performing the yogic practice & explanation for the same

**Syllabus**

The course consists of theory & practical teaching on yogic life style

**Unit 1**

Foundation of Yoga, History, School of Yoga, Origin of Yoga, Development of Yoga, Aim & Objective, Yoga in modern time, Essence of Geeta, Difference between Sakama & nishkama karma, Concept of Gunas

**Unit 2**

Definition & Importance of Health According to WHO; Dimensions of health: Physical, Mental, Social and Spiritual; Yogic Concept of Health :Meaning and definitions.

**Unit 3****Practical**

Recitation of hymns & hatha mudra, Recite Bhagwat Geeta sloke.

Shatkarmas - Neti

Asana - Yogic Sukshma Vyayama, Surya Namaskar.

Breathing Practices & Pranayama -

Breathing practices: Hands in and out, Hands stretch, Ankle stretch, Rabbit, Dog.

Pranayama - Nadi Shodhan Pranayama, Bhramari Pranayama

Meditation - Om Chanting

**Text Books**

1. Singh S.P. & Yogi Mukesh : Foundation of Yoga, Standard Publication, New Delhi, 2010.
2. Swami Dharendra Bhramhachari: Yogic Sukshma Vyayama, Dharendra Yoga Publications, New Delhi, 1980

**References Books**

1. Kumar Kamakhya: Super Science of Yoga.
2. Dr. R. Nagarathna and Dr. H.R. Nagendra: Yoga and Health, Swami Vivekananda Yoga Prakashana, 2002
3. Swami Satyananda Saraswati : Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006.