



SNDT Women's University, Mumbai

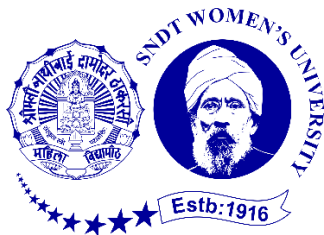
Department of Sports and Physical Education

Yoga Education

as per NEP-2020

Syllabus

(w.e.f. 2024-25)



SNDT Women's University, Mumbai

Under Graduate

Co-curricular Course

Course Title: Yoga Education

Course Credit: 02

Duration: 45 hours

Marks: 50

Mode: Offline / Online

Course Title	Yoga Education
Course Credits	2
Course Outcome	1. Students will develop a comprehensive understanding of Yoga Philosophy and Anatomy.
	2. Students will develop an understanding of how Asanas, Pranayamas and meditation affect various systems of the body.
Module 1: Theory Part (15 hours)	
Learning Outcomes	After learning the module, learners will be able to
	1. The learner will understand the meaning and concept of Yoga and its physiological effect on our body and mind.
Content Outline	<ul style="list-style-type: none"> • Meaning and Definition of Yoga, various theories, and History of Yoga. • Anatomy of the Respiratory system, Circulatory System and Endocrine glands • Physiological aspects of Yoga • How Yoga contributes to a healthy lifestyle in modern times. • Ashtanga Yoga, Yama –Niyama • Effect of meditation practice on the various system.
Module 2: Practical part (30 hours)	
Learning Outcomes	After learning the module, learners will be able to
	1.The learner will able to perform correct form of Suryanamaskar with mantra.

	2. They can perform various asanas with correct techniques.
	3. The learner will be able to perform omkar chanting and prayer. Comprehend the correct techniques of breathing and pranayama.
Content Outline	<ul style="list-style-type: none"> • Surya Namaskar and Mantras • Micro movement before Assans • Preparation before Assans • Demonstration of Basic Assans Standing, Sitting, Lying • Omkar Chanting • Breathing Techniques • Pranayama • Importance of Prayer

EVALUATION:

1. Theory exam – 25m and Practical exam – 25m

2. Assessment Criteria:

- **10m = MCQ Exam**
- **10m = Assignment/ Presentation**
- **15m = Asana Practical Exam**
- **15m = Pranayama Practical Exam**

***Note:**

Students who have represented SNTD Women's University in the West Zone, South West Zone, All India Inter University Championships and Khelo India University Games will be directly awarded 2 Credits for each semester.

REFERENCES:

- ❖ Iyengar, B. K. S., Evans, J. J., & Abrams, D. (2005). Light on life: The yoga journey to wholeness, inner peace, and ultimate freedom. Rodale Press.
- ❖ Satyananda Swami (1969) Asan, Pranayam, Mudra, Bandh
- ❖ Swami Ananda Rishi & Ms. Ananda Varsha (2021) Patanjalyogadarsana- A Comparative Study
- ❖ Dr. Ram Mahun Mojumdar (2017) Anatomy and Physiology
- ❖ Sadashiv Nimbalkar (2018) Soorya Namaskar: Health promoting exercise and & SunWorship for all.

- ❖ M.M. Gore (2020) Anatomy and Physiology of Yogic Practices: Understanding of theyogic concepts and physiological mechanism of the yogic practices
- ❖
- ❖ S.P. Nimbalkar (2017) Pranayama: An effective means to mental health