

# **GURU GOBIND SINGH COLLEGE FOR WOMEN SECTOR 26, CHANDIGARH**

## **VALUE ADDED COURSE- HEALTH THROUGH YOGA DEPARTMENT OF PHYSICAL EDUCATION**

**Duration:** 30 hours

**Semester offered:** Odd

### **Course description:**

We are all aware of the benefits of yoga and how it builds strength, awareness and harmony in the mind as well as the body. Most yoga sessions include breathing exercises, meditation and yoga postures. These postures or asanas help to stretch and flex various muscle groups. Yoga is a great tool for staying healthy as it increases the body's ability to heal itself. Our course is designed to help athletes as well as non-athletes by bringing about modifications for every pose and level.

### **Objectives of the Course:**

1. To help students understand the role of yoga in holistic health.
2. To understand the foundations of 'Asanas' and practice them correctly.
3. To attain a higher level of consciousness
4. To strengthen the body and avoid injury, especially during sports.

### **Course Content:**

1. History of yoga in India and its influence on the world.
2. Foundation in meditation and breathing (pranayama)
3. Structural alignment of the body, with respect to its anatomy and physiology.
4. Kriyas- theory and practice
5. Hatha yoga- sequencing and timing.
6. Systematic relaxation.
7. Teaching and communicating yoga/ yogic lifestyle.

**Nature of course:** Theoretical and Practical

**Mode of assessment and weightage:**

**Attendance:** 20

**Assignment:** 20

**Practicals:** 30

**Assessment:** 30

**Total:** 100

**Course planner:** Dr. Aman Thour