



# VIDYASAGAR UNIVERSITY

## Office of the Secretary, Council for Undergraduate Studies

Midnapore – 721102, Paschim Medinipur, West Bengal.

Ref. No. VU/UG/54(i)/2024

Dated: 09.09.2024

To  
The Principal/TIC/OIC(s)  
All the affiliated Colleges under  
Vidyasagar University

### Reg.- Amendment in syllabus of VAC-02 'Yoga and Wellness' under CCFUP (NEP)

Sir / Madam,

This for information of all concerned that some **amendments in syllabus of Value Added Course (VAC)-02 'Yoga and Wellness' under CCFUP (NEP)** have been incorporated with immediate effect. The amended syllabus of *Yoga and Wellness* is enclosed herewith. The amended syllabus shall also be uploaded to the University website.

Thanking you with regards,

Sd/-

Secretary  
UG Council

### Copy forwarded to:

1. The Chairperson, UG BOS in Physical Education
2. The Controller of Examinations
3. The Inspector of Colleges

Secretary  
UG Council

Secretary  
U. G. Council  
VIDYASAGAR UNIVERSITY

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### Amended syllabus of YOGA AND WELLNESS (VAC-02)

Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL
VAC02	Yoga and Wellness	4	2-0-2	10	40	50

#### VAC-02T: Yoga and Wellness (Theory)

Credits-02 (Marks-20)

#### Course contents:

#### Unit-I: Health and Health Problems in India:

(Marks-10)

- 1.1 Health: Meaning, Definition, Dimensions and Factors
- 1.2 Health Education: Meaning, Definition, Aim, Objectives and Principles. Personal Hygiene: Care of Eyes, Ear, Nose, Skin, Mouth, Teeth and Feet
- 1.3 Aim, Objectives and Functions of Health Agencies: World Health Organization (WHO), United Nations Educational Scientific & Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF)
- 1.4 Life Style Diseases (Hypokinetic): obesity and Diabetes. Life Style Diseases (Hyperkinetic): Hypertension and Psychological Disorder-Stress

#### Unit-II: Wellness and Wellness Programme:

(Marks-10)

- 2.1 Wellness-Concept, Definition, Components, Factors affecting Wellness Significance with reference to Positive Lifestyle
- 2.2 Concepts of Quality of Life and Body Image
- 2.3 Significance with reference to Positive Lifestyle
- 2.4 Wellness Programme in Reference to Physical Activities & Yoga

#### VAC-02P: Yoga Practical

Credits-02 (Marks-20)

1. **Suryanamaskar:** (As per AIU Guide Line) - Compulsory

3 Marks

#### 2. Asanas :

(01 Asana from each group to be selected by the external examiner):

5X3=15 Marks

Standing Posture	Sitting Posture	Supine Posture	Prone Posture	Inverted Posture
1.Ardhachandrasana	4.Ardhakurmasana	7.Setubandhasana	10.Bhujangasana	13.Sarvangasana
2.Brikshasana	5.Paschimottanasana	8.Halasana	11.Salvasana	14.Shirsasana
3.Padahasthasana	6.Gomukhasana	9.Matsyasana	12.Dhanurasana	15.Bhagrasana

#### 3. Pranayama & Kriya:

(01 Pranayama/Kriya to be selected by the external examiner):

2 Marks

- 3.1. Anulam Vilom
- 3.2. Bhramri
- 3.3. Kapalbhati

**N.B.:** Nomenclature and benefits of all Yoga to be demonstrated during the practical classes.

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## Suggested Readings:

1. Corbin, C. B. G. J. Welk. W. R Corbin, K. A. Welk (2006) Concepts of Physical Fitness: for Wellness. McGraw Hill, New York, USA.
2. Kamlesh, M. L. & Singh, M. K. (2006) Physical Education (Naveen Publications).
3. Kansal, D.K. (2008) Textbook of Applied Measurement, Evaluation & Sports Selection. Sports & Spiritual Science Publications, New Delhi.
4. Uppal, A.K. (2004), Fitness and Health 5th ed. (U.K., Human Kinetics).
5. Sharma Jai Prakash And Sehgal Madhu(2006). Yog-Shiksha. Friends Publication. Delhi. 6. Mukerji, A.P. (2010). The Doctorine and Practice of Yoga, General Books, LLC, New Delhi.
7. Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra.
8. Text Book Patanjali Yoga Sutra.
9. Kayal, R. Yoga Sikha. Clasique Books. Kolkata.

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