# 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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## Office of the Secretary, Council for Undergraduate Studies

Midnapore – 721102, Paschim Medinipur, West Bengal.


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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:**

**Unite-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)**

2.1Wellness-Concept, Definition, Components, Factors affecting Wellness Significance with reference to Positive Lifestyle

2.2 Concepts of Quality of Life arid 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.Sarbangasana |
| 2.Brikshasana | 5.Paschimottanasana | 8.Halasana | 11.Salvasana | 14.Shirsasana |
| 3.Padahastasana | 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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