

PHYSICAL FITNESS AND YOGA ADD ON COURSE

(THIRD YEAR)

Vision

We aim at producing skillful and talented individuals who will be of use towards building a strong and powerful nation by, serving as leaders for our future generations.

Mission

- To bring about physical and mental wellbeing among individuals.
- To manage the stress and anxiety and bring about a sense of calmness.
- To develop flexibility and muscle strength.
- To boost up energy levels and improve vitality.
- To promote lifelong learning by, recognizing the value of personal development in physical and cognitive domains.
- To produce respectable, responsible and productive members of society.

Objectives

- To promote good health among individuals.
- To practice mental cleansing.
- To possess emotional stability.
- To imbibe moral values.
- To attain higher level of consciousness.
- To promote and improve physical fitness.
- To develop sportsmanship.
- To improve social skills.

Syllabus

(Physical fitness and yoga) (Theory -60 marks)

UNIT -I

- Introduction of physical fitness, Definitions of physical fitness, Benefits of physical fitness.
- Components of physical fitness.
- Warm up and types of warm up.
- Cooling down.

UNIT-II

- Introduction of yoga, Aim of yoga and Importance of yoga.
- **Asanas**
(Padamasana, Vajrasna, sukhasana, Savasana, Halasana, Bhujanga , Sarvangasana, Dhanurasana, Chakrasana, Makarasana)
- Meaning of pranayama and objective of pranayama
- Types of pranayama
(Kapalabhaati Pranayama, Sheetali Pranayama , Sheetkari Pranayama, Anuloma-Viloma Pranayama)

Practical (30marks & viva10 marks)

- Physical fitness test
- **Yogic practice Asanas** ((Padamasana, Vajrasna, sukhasana, Savasana, Halasana, Bhujanga , Sarvangasana, Dhanurasana, Chakrasana, Makarasana).
- **Pranayama** ((Kapalabhaati Pranayama, Sheetali Pranayama , Sheetkari Pranayama, Anuloma- Viloma Pranayama)
- Viva voice

Reference

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Wilmore, J.H. and Costell, D.L.(1999)Physiology of sports and Exercise.

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Sharma, P.D. Yoga Yogasana and pranayama for Health. Nanvneet Publication (I) Limited , Ahmedabad, 1984.

Pratap, Vijayendra; A Teacher's Guide for Beginning Yoga. Akash Prakesh, Preet Vihar, Vikas Marg, New Delhi,1993.