

VAC004. Yogic Practices, Physical fitness and Wellness

Course title: Certificate course in Yogic Practices, Physical fitness and Wellness
Learning Outcomes: Course is intended <ul style="list-style-type: none">• Students will be able to understand the foundational principles of yoga and its significance for physical, mental and emotional well-being• Students will be able to develop breath awareness skills to cultivate mindfulness, emotional regulation and increase energy levels• Students will be able to practice a variety of yoga asanas to improve strength, flexibility and overall physical fitness• Students will be able to develop mindfulness meditation skills among students• Students will be able to explore yogic diet and nutrition for optimal physical health
Duration: 30 hours
Teaching Scheme <ul style="list-style-type: none">• Theory: 10hours• Practical: 20 hours• Tutorial
Examination scheme <ul style="list-style-type: none">• Assignments• Mid semester examination• End semester examination• Project
Marks <ul style="list-style-type: none">• Theory: 25• Practicals: 75
Mode of transaction <p>Lecture cum discussion, seminars, group presentations, projects, assignments, ICT tools</p>
Module 1: Introduction to Yoga and Its Benefits– 2 hours <ul style="list-style-type: none">1.1 Overview of yoga philosophy and its relevance to physical fitness and wellness1.2 Understanding the holistic benefits of yoga for the body, mind, and spirit1.3 Introduction to basic yoga poses (asanas) and their effects on physical health
Module 2: Pranayama and Breath Awareness– 2 hours <ul style="list-style-type: none">2.1 Exploration of pranayama (breathing exercises) for enhancing respiratory health and overall well-being2.2 Practice of different pranayama techniques for stress reduction and relaxation2.3 Understanding the connection between breath awareness and emotional regulation

Module 3: Yoga Asanas for Strength and Flexibility– 2 hours

- 3.1 Learning and practicing a variety of yoga asanas to improve strength, flexibility, and balance
- 3.2 Modification of asanas for different fitness levels and body types
- 3.3 Incorporating yoga sequences for specific fitness goals (e.g., core strength, back health)

Module 4: Yoga for Stress Management and Mental Health– 2 hours

- 4.1 Understanding the role of yoga in stress reduction and managing mental health challenges
- 4.2 Exploring mindfulness techniques and meditation practices for cultivating inner peace and resilience
- 4.3 Incorporating yoga nidra (deep relaxation) for promoting restorative sleep and overall well-being

Module 5: Yoga Lifestyle and Self-Care Practices– 2 hours

- 5.1 Integrating yoga principles into daily life for sustainable health and wellness
- 5.2 Exploring yogic diet and nutrition for optimal physical and mental health
- 5.3 Cultivating self-care practices, such as self-massage, journaling, and gratitude, to enhance overall well-being

PRACTICAL WORKS

1. Guided meditation sessions to introduce students to the principles of mindfulness and relaxation.
2. Group activities to explore the effects of different pranayama techniques on mood and energy levels.
3. Partner or group activities to explore modifications and variations of yoga poses based on individual needs and abilities.
4. Guided self-assessment sessions to help students identify areas for improvement in their yoga practice.
5. Mindfulness meditation sessions focusing on cultivating present-moment awareness and emotional regulation.
6. Group discussions on the physiological and psychological effects of stress and the role of yoga in stress management.
7. Group activities to create personalized self-care routines incorporating yoga, meditation, and other holistic practices.
8. Guided nature walks or outdoor excursions to foster connection with the natural world and promote overall well-being.

REFERENCES

- "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
- "The Science of Pranayama" by Sri Swami Sivananda
- "Prana and Pranayama" by Swami NiranjananandaSaraswati
- "Yoga Anatomy" by Leslie Kaminoff and Amy Matthews
- "The Key Poses of Yoga: Scientific Keys, Volume II" by Ray Long
- "The Women's Health Big Book of Yoga" by Kathryn Budig
- "Yoga for Emotional Balance" by Bo Forbes
- "The Relaxation Response" by Herbert Benson
- "Yoga for Anxiety" by Mary NurrieStearns and Rick NurrieStearns
- "The Yamas&Niyamas: Exploring Yoga's Ethical Practice" by Deborah Adele
- "The Ayurvedic Self-Care Handbook: Holistic Healing Rituals for Every Day and Season" by Sarah Kucera
- "The Little Book of Self-Care: 200 Ways to Refresh, Restore, and Rejuvenate" by Adams Media