



GOVERNMENT COLLEGE BARAN (RAJASTHAN)

VALUE ADDED COURSE

COURSE CODE-GCB/VAC/ YAM

CONTACT HOURS- 30

YOGA AND MEDITATION

COURSE OUTCOME- This course aims to acquaint participants with yoga practice as a powerful tool for handling stress, improving their day-to-day life, enhance physical fitness and skills, thereby increasing physical, mental, and emotional health

EVALUATION- Classroom demonstration/presentation and Viva.

CREDIT – 0

DISCIPLINE- OPEN TO ALL

COURSE CONTENTS:

MODULE-I

Introduction to Yoga.

Introduction of participants, Trainer, Faculty members, Sharing perspectives, Significance of everyday routine and disciplined lifestyle, awareness of lifestyle diseases.

MODULE-II

History, Fundamental of Yoga and Meditation. Impact and benefits. Discussion about importance of Yoga and Meditation in day-to-day life. Types of Asans and Pranayama.

MODULE-III

Significance and Importance of Meditation, Practical demonstration of Pranayama, Practicing Pranayama.

MODULE- IV

Practical demonstration of all Asanas and Meditation techniques.

MODULE- V

Practicing Asanas and Meditation