



MANIPUR UNIVERSITY  
CANCHIPUR: IMPHAL

OFFICE ORDER NO. 1854

Dated, the 28<sup>th</sup> October, 2025

No. MU/MDS/VAC/FYUP/MU/: In anticipation of the approval of the next Academic Council, the Vice-Chancellor, on the recommendation of the UG Syllabus Drafting Committee meeting held on 12<sup>th</sup> September, 2025, is pleased to approve the following courses as the pool of Value-Added Courses (VACs) for the 1<sup>st</sup> semester under FYUP. Students of the 1<sup>st</sup> Semester (FYUP) must take at least one course from either of the two categories mentioned below. Students may also opt for equivalent/similar courses offered through SWAYAM or other UGC-approved MOOCs, subject to the approval by the University and the affiliated colleges concerned, and such credits shall be duly recognized under the Academic Bank of Credits (ABC). The detailed syllabi and course structures are given in ANNEXURE.

**Value-Added Course (VAC) (2 credits)**

Category	Name of the Courses	Courses Code
Environmental Science/Education	1. Environmental Studies-I	VAC45ENV101(T)25
	2. Solid Waste Management	VAC45ENV102(T)25
	3. E-waste Management	VAC45ENV103(T)25
	4. Environmental Ethics	VAC45ENV104(T)25
Health & Wellness, Yoga education, sports and fitness	1. Corrective Rehabilitation	VAC45HYS101(T)25
	2. Body Deformities, Detection and Corrective Methods	VAC45HYS102(T)25
	3. First Aids in Day to Day Life	VAC45HYS103(T)25 VAC45HYS103(P)25
	4. Value of Games and Sports	VAC45HYS104(T)25 VAC45HYS104(P)25
	5. Yoga – Based Stress Management	VAC45HYS105(T)25
	6. Art of Living Yoga Practices	VAC45HYS106(T)25 VAC45HYS106(P)25

( Prof. M. Premjit Singh)  
Registrar

Copy to:-

1. A.R. to the Vice-Chancellor, MU
2. Deans, School of Studies, MU
3. Controller of Examinations, MU
4. Heads of Departments, MU
5. Principals of affiliated colleges, Manipur
6. Office Order Book
7. Relevant File

## DETAILED SYLLABUS

## VAC45ENV101(T)25: ENVIRONMENTAL STUDIES-I

Nature of Course	VAC				
Course Code	VAC45ENV101(T)25				
Course Title	ENVIRONMENTAL STUDIES-I				
Course Level	Level 100				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2	2			2
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)	MSc. Degree in Environmental Science with PhD or NET qualification				

**Course Objective (Summary):** The course aims to provide students with foundational knowledge of environmental studies, focusing on natural resources, ecosystems, and biodiversity. It emphasizes the scope, importance, and multidisciplinary approach to environmental issues, fostering understanding of resource management, ecological processes, and conservation strategies for sustainable development.

**Course Learning Outcomes:**

1	Explain the scope, importance, and interdisciplinary relevance of environmental studies.
2	Identify and classify natural resources, their uses, causes of depletion, and conservation measures.
3	Describe ecosystem structure, functions, energy flow, and ecological interactions.
4	Assess biodiversity patterns, values, threats, and India's role as a mega-diverse nation.
5	Apply in-situ and ex-situ approaches for effective biodiversity conservation.

**Detailed Syllabus Content:**

Unit	Unit Name	Detailed Syllabus	CH
I	Introduction to Environmental Studies and Natural Resources	Scope, importance and multidisciplinary nature of environmental studies. Classification of natural resources; Causes for depletion and conservation of natural resources; Concept of renewable and non-renewable resources; Forest resources- Use and over-exploitation, deforestation; Energy resources; Water resources- Use and over-utilization of surface and groundwater; Land resources; Food resources.	15
II	Ecosystem and Biodiversity Conservation	Concept of an ecosystem; Structure and function of an ecosystem; Major ecosystems (terrestrial, aquatic, artificial); Energy flow; Food chain and food web; Ecological succession. Pattern and levels of biodiversity; Value of biodiversity; India as a mega-diverse nation; Hotspot of biodiversity; Causes and consequences of biodiversity loss; Conservation of biodiversity- <i>In-situ</i> and <i>Ex-situ</i> .	15

**Suggested Readings:**

1. Basu, M. and Xavier, S. 2018. Fundamental of Environmental Studies. Cambridge University Press, Kolkata.
2. Bharucha, E. 2015. Text Book of Environmental Studies. University Press (India) Pvt. Ltd., Hyderabad
3. Daniel, D. C. 2014. Environmental Science. Jones and Bartlett Publishers, London.
4. Prasad, G. 2018. Handbook of Environmental Science. Discovery Publishing House, New Delhi
5. Rajagopalan. 2019. Environmental Studies: from crisis to cure. Oxford University Press, New Delhi.
6. Saha, T.K. 2013. Ecology and Environmental Biology. Books & Allied (P) Ltd. Kolkata.
7. Santra, S.C. 2018. Environmental Science. New Central Book Agency (P) Ltd., Kolkata.
8. Sharma, P.D. 2017. Ecology and Environment. (10<sup>th</sup> Revised Edition). Rastogi Publication, Meerut.
9. Allaby, M. 2019. Basics of Environmental Science, Routledge, London

**COs/PSOs matrix:**

COs / PSOs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
COs	X	X	X			X	X	X

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## DETAILED SYLLABUS

## VAC45ENV102(T)25: SOLID WASTE MANAGEMENT

Nature of Course	VAC				
Course Code	VAC45ENV102(T)25				
Course Title	SOLID WASTE MANAGEMENT				
Course Level	Level 100				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2	2			2
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

**Course Objective (Summary):** The course will facilitate management of various categories of waste viz solid waste, plastic, biomedical waste, e-waste etc. including source segregation, collection, disposal, processing and recycling.

**Course Learning Outcomes:**

1	Understand the impact of solid waste on the environment and the need for proper disposal and management
2	Understand environmental monitoring and legal aspects of waste disposal

**Detailed Syllabus Content:**

Module	Detailed Syllabus	CH
I	Generation and characteristics of solid wastes: sources, types, composition, quantity, characteristics and factors affecting generation of solid wastes.	6
II	Collection and storage of municipal solid wastes, house to house collection, onsite storage, recycling and reuse of solid wastes, transportation methods and need for transfer and transport of wastes.	8
III	Wastes processing techniques - biological and chemical conversion technologies, vermi-composting, mechanical composting, in vessel composting, incineration, pyrolysis, gasification.	8
IV	Disposal of solid wastes, segregation, volume reduction, recovery and recycle, dumping of solid wastes, sanitary wastes, sanitary landfills, site selection for landfills, landfill gas management, landfill closure, environmental monitoring, legal aspects of waste disposal.	8

**Suggested Readings:**

1. Waste to Resources: a waste management handbook TERI Press, New Delhi
2. Solid Waste Management: Present and Future Challenges by AL. Ramanathan Jagbir Singh

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## DETAILED SYLLABUS

## VAC45ENV103(T)25: E-WASTE MANAGEMENT

Nature of Course	VAC				
Course Code	VAC45ENV103(T)25				
Course Title	E-WASTE MANAGEMENT				
Course Level	Level 100				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2	2			2
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

**Course Objective (Summary):** The course will introduce the effective mechanism to regulate the generation, collection, storage, transport, import, export, recycling, treatment and disposal of e-wastes and their legislative rules.

**Course Learning Outcomes:**

1	Know about the environmental impacts of e-waste.
2	Apply various concepts learned under the e-waste management hierarchy.
3	Distinguished the role of various national and internal acts and laws applicable for e-waste management and handling.
4	Analyze the e-waste management measures proposed under national and global legislation.

**Detailed Syllabus Content:**

Module	Detailed Syllabus	CH
I	Introduction. E-waste; composition and generation. Global context in e-waste; E-waste pollutants, E-waste hazardous properties, Effects of pollutant (E-waste) on human health and surrounding environment, domestic e-waste disposal, Basic principles of E-waste management, Component of E-waste management.	8
II	Technologies for recovery of resources from electronic waste, resource recovery potential of e-waste, steps in recycling and recovery of materials-mechanical processing, technologies for recovery of materials, occupational and environmental health perspectives of recycling e-waste in India. Essential factors in global waste trade economy, Waste trading as a quint essential part of electronic recycling, Free trade agreements as a means of waste trading.	8
III	E-waste control measures: Need for stringent health safeguards and environmental protection laws in India, Extended Producers Responsibility (EPR), Import of e-waste permissions, Producer-Public-Government cooperation, Administrative Controls & Engineering controls, monitoring of compliance of Rules, Effective regulatory mechanism strengthened by manpower and technical expertise, Reduction of waste at source.	8
IV	E-Waste Management Rules of India (2011 and 2016 Rules)	6

**Suggested Readings:**

1. Hester R.E., and Harrison R.M. 2009. Electronic Waste Management. Science.
2. Fowler B. 2017. Electronic Waste – 1 st Edition (Toxicology and Public Health Issues). Elsevier.
3. Johri R., “E-waste: implications, regulations, and management in India and current global best practices”, TERI Press, New Delhi.

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## DETAILED SYLLABUS

## VAC45ENV104(T)25: ENVIRONMENTAL ETHICS

Nature of Course	VAC				
Course Code	VAC45ENV104(T)25				
Course Title	ENVIRONMENTAL ETHICS				
Course Level	Level 100				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2	2			2
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

**Course Objective (Summary):** Environmental Ethics is a philosophical study that examines the ethical relationship of humans and environment in checking the moral relationship with the surroundings- earth, animals and plants. Learning objective is to provide ethical relationship of human and environment for sustainability of natural resources for future generation.

**Course Learning Outcomes:**

1	Understand the environmental problems such as water and air pollution, depletion of natural resources, biodiversity and destruction of ecosystem <i>vis-a vis</i> global climate change and think of solution using the principles of environmental ethics.
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**Detailed Syllabus Content:**

Module	Detailed Syllabus	CH
I	Introduction to environmental ethics, Its history, examples and importance of environmental ethics, conservation ethics.	8
II	Principles and philosophical aspects of environmental ethics, Types of environmental ethics.	8
III	Issues of environmental ethics and challenges.	8
IV	Right- based ethics with examples, Ethics and morals, Promotion of ethics.	6

**Suggested Readings:**

1. The Oxford Handbook of Environmental Ethics 2016 Edited by Stephen M. Gardiner, Allen Thompson, Oxford.
2. Niranjan Dev Bharadwaj 2017, Environmental Ethics and India's Perspective on Environment.
3. Ananda Mishra, Devendra Nath Tiwari, 2012. Environmental Ethics :Indian Perspectives.
4. Environmental science :Botany and forestry perspective by Sett, Rupnarayan.

## DETAILED SYLLABUS

## VAC45HYS101(T)25: CORRECTIVE REHABILITATION

Nature of Course	VAC				
Course Code	VAC45HYS101(T)25				
Course Title	CORRECTIVE REHABILITATION				
Course Level	Level 100				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/Week
	2	2			2
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

**Course Objective (Summary):**

1. To understand and develop skills for imparting therapy.
2. To understand Exercise therapy, Yoga Therapy.
3. To understand corrective modalities viz. physical agents, materials aids.

**Course Learning Outcomes:**

1	Clear the concept of rehabilitation and its use to society.
2	Impart knowledge and skill rehabilitation therapy so that they can deliver rehabilitation therapy to the person with various rehabilitation

**Detailed Syllabus Content:**

Module	Detailed Syllabus	CH
I	Meaning and concept of Rehabilitation, Need and Importance of Rehabilitation, Principles and types of Rehabilitation.	6
II	Methods of Rehabilitation (Moral Recognition Therapy, Academic education, Vocational education, R&R (reasoning and rehabilitation), concept of Corrective exercises.	8
III	Rehabilitation for Persons with Visual Impairment, Hearing Impairment, Mental Retardation, Locomotors Disability	8
IV	Practice the different modalities of corrective exercise at least three different problems , Roles of Exercises in Rehabilitation.	8

**Suggested Readings:**

1. Pandey R.S.& Advani L.(1995) Perspectives in disability and Rehabilitation. New Delhi: Vikas Publishing House
2. Punani, B.&Rawal Nandhini,S.(1997) Manual: Community based Rehabilitation Mumbai: National Association for the Blind.
3. S Sunder, (2010) Textbook of Rehabilitation, JAYPEE brothers Medical Publishers (P) LTD third Edition.

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# SYLLABUS OF BODY DEFORMITIES, DETECTION AND CORRECTIVE MODALITIES (VAC) 2025

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## DETAILED SYLLABUS

### VAC45HYS102(T)25: BODY DEFORMITIES,DETECTION AND CORRECTIVE MODALITIES

Nature of Course	VAC				
Course Code	VAC45HYS102(T)25				
Course Title	BODY DEFORMITIES,DETECTION AND CORRECTIVE MODALITIES				
Course Level	Level 100				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2	2			2
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

#### **Course Objective (Summary):**

1. To understand differs types of deformities.
2. To identified /detect deformities.
3. To give corrective modalities.

#### **Course Learning Outcomes:**

1	Know the sense of correct postures.
2	Conscious the importance of corrective exercises habits in the early childhood.
3	Understand harmful effect of body deformities.

#### **Detailed Syllabus Content:**

Module	Detailed Syllabus	CH
I	Meaning of posture and its benefits. Meaning and concept of Body Deformity, Types of Deformity (congenital, acquired) Classification of the degree of Deformity.	6
II	Different types of Body deformities such as Kyphosis, Lordosis, Scoliosis, Flat foot, knock knee, Bow legs and their Causes, Precaution and Remedies.	8
III	Methods of detection of Body Deformities. Disadvantages of body deformity.	8
IV	Remedial Exercises related to Kyphosis, Lordosis, Scoliosis, Flat foot, knock knee, and Bow leg.	8

#### **Suggested Readings:**

1. Bodily Deformities and their Treatment: a handbook of practical Orthopedics by Henry Albert Reeves.

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# SYLLABUS OF FIRST AIDS IN DAY TO DAY LIFE (VAC) 2025

## DETAILED SYLLABUS

Nature of Course	<b>VAC</b>				
Course Code	<b>VAC45HYS103(T)25</b> <b>VAC45HYS103(P)25</b>				
Course Title	<b>FIRST AIDS IN DAY TO DAY LIFE</b>				
Course Level	<b>Level 100</b>				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2				
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

### Course Objective (Summary):

1. To Understand the scope of First Aid and role of First Aid.
2. Comprehend the ways to manage and incident
3. Demonstrate the techniques of assessing a casualty.

### Course Learning Outcomes:

1	Able to Becoming a First Aider.
2	Able to Assessing a Casualty
3	Able to Emergency First Aid.

### Detailed Syllabus Content:

Module	Detailed Syllabus	CH
I (Theory)	Introduction of First Aids. Roles and responsibilities. First aid and the law. First Aids Box and contains.	6
II (Theory)	Emergency scene management. Steps of Emergency scene management -Scene survey - Primary survey (A = Airway B = Breathing C = Circulation) -Secondary survey (may not have been revealed in the primary survey) -Ongoing casualty care.	8
III (Practical-1)	Rule of RICE in First Aids R-Rest I-Ice C-Compress E-Elevation	8
IV (Practical-2)	Demonstration of first Aids for common emergencies (Wounds, Bleeding) Dressings, bandages, and slings. Bones and Joint Injuries	8

### Suggested Readings:

1. The authorized manual of St. John Ambulance, St. Andrew's Ambulance association and the British red cross society.
2. American college of emergency physicians, First Aid manual, 5th edition, Dorling Kindersley, London
3. Clement Text book on First Aid & Emergency Nursing, First edition, JP brothers, 2012
4. Philip Jevon, Emergency care and First Aid for Nurses, A practical guide, Churchill Living Stone, 2007

## SYLLABUS OF VALUE OF GAMES AND SPORTS (VAC) 2025

### DETAILED SYLLABUS

Nature of Course	<b>VAC</b>				
Course Code	<b>VAC45HYS104(T)25</b> <b>VAC45HYS104(P)25</b>				
Course Title	<b>VALUE OF GAMES AND SPORTS</b>				
Course Level	<b>Level 100</b>				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2				
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

#### **Course Objective (Summary):**

1. To understand the concept of Game and Sports.
2. To understand value of games and sports.
3. To understand the benefits of games and Sports

#### **Course Learning Outcomes:**

1	Know the importance of Game and sports.
2	Know the effect of Games and Sports on human body.
3	Understand the effect of Games and Sports in the society.

#### **Detailed Syllabus Content:**

Module	Detailed Syllabus	CH
I (Theory)	Definition of Games and Sports. History of Games and Sports. Games and Sports as an activity from inception it is from primitive age.	6
II (Theory)	Values of Games and Sports-1 1. Source of Recreation. 2. Physical Fitness 3. National Unity 4. Build character 5. Value in Student life.	8
III (Theory)	Values of Games and Sports-2 1. Producing Happy hormone 2. Storing proper minerals in the bone, it will utilize for latter stage of life. 3. All organs of the body became strong and lasting enough for whole life. 4. Games and sports leads to balanced, happy, capable, strong build body. 5. Maintain free leisure time a meaningful, became all body organs -System active.	8
IV (Practical)	Practicing any recreational games or sports or activity, consisting General worming up-conditioning -specific conditioning-Main Game -worm down	8

#### **Suggested Readings:**

1. Kamlesh, M, L (1996) Foundation of Physical Education, Metropolitan Book Co, Pvt Ltd. Thomas Hanlon,(2022), The Sports Rule Book ,Human Kinematics -Third Edition

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# SYLLABUS OF YOGA-BASED STRESS MANAGEMENT (VAC) 2025

## DETAILED SYLLABUS

Nature of Course	<b>VAC</b>				
Course Code	<b>VAC45HYS105(T)25</b>				
Course Title	<b>YOGA-BASED STRESS MANAGEMENT</b>				
Course Level	<b>Level 100</b>				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2	2			2
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

### **Course Objective (Summary):**

1. To understand nature of stress management.
2. To understand positive and negative stress and how to use various techniques and determine the most appropriate method to aid in managing student's reaction to stress.
3. To understand meditation a means of stress management and gain a sense of wholeness inner peace by using these skills.

### **Course Learning Outcomes:**

1	Able to tap personal strengths for preventing and achieving meaning goal, and the students will be able to access and analyze the symptoms.
2	Understand causes and effects of personal and academic stressors in order to implement appropriate stress management technique.
3	Demonstrate various ways of managing stress.

### **Detailed Syllabus Content:**

Module	Detailed Syllabus	CH
I	Introduction to Stress Meaning and definition, (stress, distress), Types of stress. Acute and chronic stress, sign and symptoms, sources of stress.	6
II	Physiological and emotional Management Asanas, Pranayamas ,Yama-( Ahimsa, Satya ,Asteya, Brahmacharya and Aparigraha) Niyama(Saucha,Santosha,Tapas ,Svadhyaya, and Ishvara Pranidhana),Nutrition therapy, Behavioral therapy & counseling, Laughter and art therapy .	8
III	Intellectual Management Relaxation Technique: Yoga and Meditation, Goal setting, problem management, Time management, practice of meditation, music therapy.	8
IV	Social and spiritual Management Conflict resolution, interpersonal communication; forgiveness and gratitude, application of Yama and Niyama (part of Asthanga yoga).	8

### **Suggested Readings:**

1. Aboud, F.E (1998) Health Psychology in global perspectives, Thousand Oaks C.A: Sage.
2. Bishop, G.D (1998), Health psychology; integrating mind and body, Boston; Allyn & Bacon.
3. Greenberg, J. S(2013). Comprehensive Stress Management, 13th edition.
4. Kottler, J.A.& D.D (2011). Stress management and prevention to daily life (2nd Ed). London and New York: Rutledge.
5. Singh, N.N (2014), Psychology of Meditation, New York: Nova Science Publishers.
6. Swami Sivananda, (1994), practice of Yoga, divine life society, Publication.

# SYLLABUS OF ART OF LIVING YOGA PRACTICES (VAC) 2025

## DETAILED SYLLABUS

Nature of Course	<b>VAC</b>				
Course Code	<b>VAC45HYS106(T)25</b> <b>VAC45HYS106(P)25</b>				
Course Title	<b>ART OF LIVING YOGA PRACTICES</b>				
Course Level	<b>Level 100</b>				
Credit Details	Total Credit	Lecture/Week	Tutorial/Week	Practical/Week	Total Hours/ Week
	2				
Course Audience	Students enrolled in the FYUGP in any stream of Arts, Science and Commerce				
Proposed by (for Non Core courses)					
Pre Requisites (if any)					
Skill Training Required (if any)					
Pre-Requisite Course Required (if any)	10+2 in Arts, Science or Commerce				
Faculty Eligibility and Specialization (if any)					

### Course Objective (Summary):

1. To understand history, aim and objectives of Yoga.
2. To understand the practice of Asthanga Yoga, Satkaram, Mudras and Banthas.
3. To understand modern trends & yoga life.

### Course Learning Outcomes:

1	Understand basic yoga practices of asanas, pranayama, satkarams, banthas and mudras
2	Apply yogic practices in day today life.

### Detailed Syllabus Content:

Module	Detailed Syllabus	CH
I (Theory)	Basic concept of Yoga: Meaning and definition of Yoga. History, type of yoga and importance of Yoga.	6
II (Theory)	Applied yoga: Bhirang yoga (Yama, Niyama , Asanas, ,Pratihara) , Antarang yoga (Dharna ,Dhyana and Samadhi) .	8
III (Practical-1)	Practice of Suriya namaskar, Asanas and Pranayama: Suriya namaskar 12 poses. Asana Standing Pose: Padahasta asana, Arthachakra asana, Artha Chandra asana, Trikinasana, Sitting Pose: Danda asasna, Bajara sanas, Pachimotana asana, Ustra asana, Artha masendra asana. Prone Pose : Bhujanga ,Salva, Nouka,Dhanurasana. Supine pose: Nava asana, Setubanda asana, Halasana, Sarvanga asana. Sava asana.	8
IV (Practical-2)	Practice of Pranayama, Bandha, Meditation and satkaram.	8

*Note: Students should wear loose and comfortable dress at the time of practice.*

### Suggested Readings:

1. J. Nath, 1997. Yoga for Children.
2. BKS Iyengar (2001), Light on Yoga, Harper Collins Publisher India.
3. Swami Sivananda ,(1995)Essence of Yoga ,Divine Life Society ,Yoga Vedanta Forest Academy press. Shivanandanagar.