

## Syllabus of Post Graduate Programme in Mass Communication (Add on course)

<b>Course Code</b>	:	
<b>Course Title</b>	:	<b>Yoga</b>
<b>Nature of the Course</b>	:	<b>Value Added Course</b>
<b>Total Credits</b>	:	<b>2</b>
<b>Marks</b>	:	<b>50 ( End Semester :30 In Semester : 20)</b>

### COURSE OBJECTIVES:

- To gain knowledge and skills on Yoga
- To enable students to inculcate Yoga for wellbeing

### COURSE CONTENTS:

Unit	Topics	Contents	L	T	P	Total Hours	Marks
1	Introduction to Yoga	<ul style="list-style-type: none"><li>○ Concept of Yoga</li><li>○ Meaning, definition</li><li>○ Historical overview</li></ul>	11	0	0	11	10
2	Yoga for everyday life	<ul style="list-style-type: none"><li>○ Asana</li><li>○ Pranayama</li><li>○ Benefits of Yoga</li></ul>	2	0	8	10	10
3	Practicum	<ul style="list-style-type: none"><li>○ Asana</li><li>○ Pranayama</li><li>○ Prayers</li></ul>			26	26	10
TOTAL CONTACT HOURS						47	
TOTAL MARKS							30

### MODES OF IN-SEMESTER ASSESSMENT: (20 Marks)

- One Internal Examination (Theory) - 10 Marks
- One Internal Examination (Practical) - 10 Marks

## **LEARNING OUTCOMES:**

After the completion of the course, the students will be able to:

- Broaden their knowledge on Yoga
- Apply Yoga for personal wellbeing

## **KEY READINGS**

Ananda, S. (1993). *Complete book of yoga*. Orient Paperbacks.

Hewitt, J. (1990). *The complete yoga book: Yoga of breathing, yoga of posture, yoga of meditation*.  
National Geographic Books.

Hewitt, J. (2012). *The complete yoga book: The yoga of breathing, posture and meditation*. Random  
House.

Oddo, E. (2018). *Yoga: For beginners: Your guide to master yoga poses while strengthening your  
body, calming your mind and be stress free!* White Flower Publishing.

Ravishankar, N. S. (2001). *Yoga for health*. Pustak Mahal.