

**DRAFT**

**National Education Policy-2020**

**Common Minimum Syllabus for Uttarakhand State  
University and Colleges**

**Skill Enhancement Course**

**PROPOSED STRUCTURE FOR SEC  
YOGIC SCIENCE SYLLABUS**

**DEPARTMENT OF YOGIC SCIENCE**

## EXPERT COMMITTEE

S. N.	Name	Designation	Department	Affiliation
1.	Dr. Seema Chauhan	Assistant Professor	Yoga	Kumaun University, Nainital
2.	Dr. Deepa Arya	Assistant Professor	Yoga	Kumaun University, Nainital
3.	Dr. Naveen Bhatt	Assistant Professor	Yoga	SSJ University, Almora
4.	Dr. J.P. Kanswal	Assistant Professor	Yoga	Sri Dev Suman University, Badshahithol
5.	Mr. Shubham Vishwakarma	Yoga Instructor	Yoga	Kumaun University, Nainital

## SYLLABUS PREPARATION COMMITTEE

S. N.	Name	Designation	Department	Affiliation
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7.	Dr. Bhanu Joshi	Associate Professor	Yoga	Uttarakhand Open University, Haldwani
8.	Dr. Vijay Singh Gusain	Assistant Professor	Yoga	Lal Bahadur Shastri University, Delhi
9.	Dr. Udham Singh	Associate Professor	Yoga	Gurukul Kangri Vishwavidyalaya
10.	Dr. Indu Sharma	Assistant Professor	Yoga	Morarji Desai National Institute of Yoga
11.	Dr. Charu Sharma	Assistant Professor	Yoga	Maharaja Bhupinder Singh Punjab Sports University, Patiala
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<b>List of all Papers (SEC) with Semester Wise Titles for Yogic Science</b>					
<b>Year</b>	<b>Sem.</b>	<b>Course Code</b>	<b>Paper Title</b>	<b>Theory/ Practical</b>	<b>Credits</b>
<i><b>Undergraduate Certificate in Yogic Science</b></i>					
FIRST YEAR	I	SEC	Yoga and Wellness	Theory/ Practical	2
	II	SEC	Introduction to Yoga & Naturopathy	Theory/ Practical	2
<i><b>Undergraduate Diploma in Yogic Science</b></i>					
SECOND YEAR	III	SEC	Introduction to Alternative Therapies	Theory/ Practical	2
	IV	SEC	Introduction to Ayurveda	Theory/ Practical	2
<i><b>Bachelor of Yogic Science</b></i>					
THIRD YEAR	V	SEC	Yogic Management of Lifestyle related disorders	Theory/ Practical	2
	VI	SEC	Holistic Health Development	Practical	2

**Abbreviations-****SEC-Skill Enhancement Course**

<b>Programme Specific Outcomes (POs): Undergraduate Programme (Skill Enhancement Course)</b> <b>After this programme, the learners will be able to:</b>	
<b>PO 1</b>	Popularizing yoga and corrective education among the masses.
<b>PO2</b>	Making people aware of the therapeutic and preventive value of Yoga.
<b>PO 3</b>	Bringing peace and harmony in the society at large by introducing the yogic way of life.
<b>PO 4</b>	Helping the students to set up Yoga studios and provide society with nature cure treatment.
<b>PO 5</b>	Promoting health awareness towards a holistic approach of health.
<b>PO 6</b>	Allowing the students to teach Yoga and participate in research related to Yoga.
<b>PO 7</b>	Creating efficient Yoga trainers who will able to treat common ailments.
<b>PO 8</b>	Helping the students to prepare Yoga programs and events.
<b>PO 9</b>	Creating chances of self employment.
<b>PO 10</b>	Leading to the holistic health of the students.

## Department of Yogic Science

### Semester –I

#### Undergraduate Certificate in Yogic Science

#### SKILL ENHANCEMENT COURSE (SEC)- Yoga and Wellness

No. of Hours: 45

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Yoga and Wellness	2	1	0	1	Eligibility in Bachelor of Arts	Nil

#### Undergraduate Certificate in Yogic Science

<b>Programme: Undergraduate Certificate in Yogic Science</b>		<b>Year: I</b>	<b>Semester: I</b>
<b>Subject: Yoga</b>		<b>Paper: SEC</b>	
<b>Course Code: SEC</b>	<b>Course Title: Yoga and Wellness</b>		
<b>Course Outcomes:</b>			
<ol style="list-style-type: none"> <li>1. It will encourage the students to live life with discipline, honesty, kindness and integrity in order to find their purpose and to live it fully.</li> <li>2. It will help the students to practice teaching at various platforms.</li> <li>3. It will provide all that which is required to develop the highest level of consciousness.</li> <li>4. It will lead to holistic health of the students.</li> </ol>			
<b>Credits: 2</b>		<b>Skill Enhancement Course</b>	
<b>Max. Marks: As per univ. rules</b>		<b>Min. Passing Marks: As per univ. rules</b>	
Unit	Topic	No. of Hours	
<b>Unit I</b>	<ul style="list-style-type: none"> <li>· Yoga: Meaning, Definition and Importance</li> <li>· Aims and Objectives of Yoga</li> <li>· Brief history and development of Yoga</li> <li>· Traditional schools of Yoga</li> <li>· General guidelines for Yoga practice</li> </ul>	<b>7</b>	
<b>Unit II</b>	<ul style="list-style-type: none"> <li>· Classification of Asana: Standing, Sitting, Balancing, Supine, Prone, Meditative and Relaxative.</li> <li>· Introduction of Human Anatomy: Cell, Tissue, Organs and Systems.</li> <li>· Introduction of Hatha Pradipika</li> <li>· Introduction of Patanjali Yog Sutra</li> </ul>	<b>8</b>	

<b>Unit III</b>	<ul style="list-style-type: none"> <li>· Chanting of Patanjali Prayer</li> <li>· Basic practice of Sukshma Vyayama</li> <li>· Practice of Suryanamaskar with Mantra</li> <li>· Practice of Shatkarma: Neti &amp; Kapalbhata</li> </ul>	<b>15</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>· Practice of Asanas: Swastikasana, Gomukhasana, Virasana, Kurmasana, Kukkutasana, Uttanakurmasana, Dhanurasana, Matsyendrasana, Paschimottanasana, Mayurasana, Shavasana, Siddhasana, Padmasana, Simhasana, and Bhadrasana.</li> <li>· Practice of Pranayama: Suryabhedan, Ujjayi, Sitali, Bhastrika, Sheetal, Bhramari, Murcha, Plavani.</li> </ul>	<b>15</b>

### Suggested Readings:

1. Yogasana Vijnana- Swami Dharendra Brahmachari.
2. Yogic Sukshma Vyayama- Swami Dharendra Brahmachari.
3. The Seven Spiritual Laws of Yoga- Deepak Chopra.
4. The Wellness Sense- Om Swami.
5. The Power of Positive Thinking- Norman Vincent Peale.
6. Textbook of Yoga - George Feuerstein. Rider and Company, London.
7. Yogic Therapy - Swami Kuvalayananda and Dr.S.L.Vinekar, Govt. of India, Ministry of Health, New Delhi. 8
8. Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male student, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.
9. ASANAS– by Dr. P. Mariayyah, Sports Publications, Coimbatore.
10. SUIYANAMASKAR - by Dr. P. Mariayyah, Jaya Publishing House, Perunthurai, Erode.
11. Hathapradipika - Published from Kaivalyadhama.
12. Gherandasamhita - Published from Kaivalyadhama.
13. Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavla.
14. Yogasanas: A Teacher's Guide - NCERT, New Delhi.
15. Asanas - Why? And How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
16. Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority- B.K.S. Iyengar

### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –II

### Undergraduate Certificate in Yogic Science

#### SKILL ENHANCEMENT COURSE (SEC)- Introduction to Yoga and Naturopathy

No. of Hours: 45

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Introduction to Yoga and Naturopathy	2	1	0	1	Eligibility in Bachelor of Arts	Nil

Undergraduate Certificate in Yogic Science		
Programme: Undergraduate Certificate in Yogic Science	Year: I Semester: II Paper-SEC	
Subject: Yoga		
Course Code: SEC	Course Title: Introduction to Yoga and Naturopathy	
<b>Course Outcomes:</b> <ol style="list-style-type: none"> <li>1. It will encourage the students to live life with discipline, honesty, kindness and integrity in order to find their purpose and to live it fully.</li> <li>2. It will help the students to practice teaching at various platforms.</li> <li>3. It will provide all that which is required to develop the highest level of consciousness.</li> <li>4. It will lead to holistic health of the students.</li> </ol>		
Credits: 2	Skill Enhancement Course	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours
<b>Unit I</b>	<ul style="list-style-type: none"> <li>· Naturopathy: Meaning and Definition</li> <li>· History and Development of Naturopathy</li> <li>· Basic Principle of Naturopathy: Vitality, Morbid Material, etc.</li> <li>· Introduction to Therapies applied in Nature Cure: Hydrotherapy, Mud Therapy, Prana Chikitsa,</li> <li>· Introduction to Fasting, Diet Therapy and Massage therapy.</li> </ul>	<b>7</b>
<b>Unit II</b>	<ul style="list-style-type: none"> <li>· Five elements and its Importance for the body.</li> <li>· Natural Diet, Curative Diet, Acidic and Alkaline Food.</li> <li>· Causes of disease, Acute disease, Chronic disease.</li> <li>· Side effects of medicines on health.</li> <li>· Natural Life Style</li> <li>· Basic Principles of Healthy life: Diet, Exercise, Sleep and Relaxation.</li> </ul>	<b>8</b>

<b>Unit III</b>	<ul style="list-style-type: none"> <li>● Yoga and Meditation: Practicing and teaching yoga asanas, pranayama, and mindfulness techniques.</li> <li>● Basic Hydrotherapy: Using water-based treatments for healing</li> </ul>	<b>15</b>
<b>Unit IV</b>	<ul style="list-style-type: none"> <li>● Herbal Meditation : Preparing and using Natural Remedies for various ailments</li> <li>● Diet Therapy: Learning to create therapeutic diets for various health conditions.</li> </ul>	<b>15</b>

### Suggested Readings:

- 1- Arya, Pandit Usharbudh (aka Swami Veda Bharati) (1977/1985), Philosophy of Hatha Yoga. Himalayan Institute Press, Pennsylvania.
- 2- Swami kuvalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune
- 3- Swami, S. S. (1996), Asana Pranayama Mudra Bandha, Munger, Bihar: U.B.S. Publishers and Distributors
- 4- Tiwari O.P. Asanas why? And How? Kaivalyadhama, Lonavla.
- 5- Verse Swami Prabhavananda 46, chapter II; for translation referred: "Patanjali Yoga Sutras" by, published by the Sri Ramakrishna Math ISBN 81-7120-221-7 p. 111
- 6- Yadav, SK., Kumar, Anil. (2013), —Effect of dynamic suryanamaskar on flexibility of male student, Journal of Physical Education Sports and Yoga Sciences (AKASH), Vol-III, No-1, 50-55, ISSN.2250-1398.
- 7- Speaking of nature cure- K.Lakshaman Sharma S. Swaminathan.
- 8- Return to Nature- Adolf Just
- 9- Mucusless Diet Healing System- Prof. Arnald Ehret
- 10- Food Combining Made Easy- Herbert M. Shelton
- 11- Fasting for Health- Bernarr Macfadden
- 12- Massage as therapy- Dr. Satyendra Kumar Misra
- 13- Yoga-Mimamsa - Quarterly Journal (Back volumes) Published from Kaivalyadhama, Lonavla.
- 14- Yogasanas: A Teacher's Guide - NCERT, New Delhi.
- 15- Asanas - Why? And How? - Sri.O.P.Tiwari Kaivalyadhama, Lonvla.
- 16- Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority B.K.S. Iyengar

### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –III

### Undergraduate Diploma in Yogic Science

#### SKILL ENHANCEMENT COURSE (SEC)- Introduction to Alternative Therapies

No. of Hours: 45

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Introduction to Alternative Therapies	2	1	0	1	Eligibility in Bachelor of Arts	Nil

Undergraduate Diploma in Yogic Science			
Programme: Undergraduate Diploma in Yogic Science			Year: II Semester: III Paper-SEC
Subject: Yoga			
Course Code: SEC		Course Title: Introduction to Alternative Therapies	
<b>Course Outcomes:</b> <ul style="list-style-type: none"> <li>● Read and understand the alternative therapy.</li> <li>● Therapeutic applications of alterative therapy.</li> </ul>			
Credits: 2		Skill Enhancement Course	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic		No. of Hours
Unit I	<ul style="list-style-type: none"> <li>● Concept of Alternative Therapy, Scope and Limitation of Alternative Therapy, Importance of Alternative Therapy.</li> <li>● Yoga Therapy:-Meaning and Definition, Nature, Scope, Limitation and Historical Highlights.</li> </ul>		7
Unit II	<ul style="list-style-type: none"> <li>● Meaning of Acupressure, History and Principles and Techniques of Acupressure.</li> <li>● Meaning of Prana, Nature. Introduction of Pranic Healing, History And Principles, Center of Energy, Various Techniques of Pranic Healing.</li> </ul>		8
Unit III	<ul style="list-style-type: none"> <li>● Aromatherapy: Using essential oils for therapeutic purposes.</li> <li>● Acupuncture: Learning to insert fine needles at specific points to balance energy flow.</li> </ul>		15

<b>Unit IV</b>	<ul style="list-style-type: none"> <li>● Mind-Body Techniques: Practicing yoga, meditation, and mindfulness to promote mental and physical well-being.</li> <li>● Energy Healing: Techniques like Reiki or Qigong to channel energy for healing.</li> </ul>	<b>15</b>
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### **Suggested Readings:**

- Acupressure- Dr. Attar Singh
- Acupressure- Dr. L.N. Kothari
- Magneto Therapy- Dr. H.L. Bansal Magnetic
- Cure for common disease: Dr. R.S. Bansal, Dr. H.L. Bansal.
- The text book of Magneto therapy: Dr. Nanubhai Painter
- Health Sciences Prof. Ramharsh Singh
- Diet and Health - Dr. Hiralal

### **Suggested Continuous Evaluation Methods:**

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**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –IV

## Undergraduate Diploma in Yogic Science

## SKILL ENHANCEMENT COURSE (SEC)- Introduction to Ayurveda

No. of Hours: 45

## CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Introduction to Ayurveda	2	1	0	1	Eligibility in Bachelor of Arts	Nil

## Undergraduate Diploma in Yogic Science

Programme: Undergraduate Diploma in Yogic Science		Year: II	Semester: IV
Subject: Yoga		Paper-SEC	
Course Code: SEC	Course Title: Introduction to Ayurveda		
<b>Course Outcomes:</b> <ul style="list-style-type: none"> <li>Students will come to know about various Ayurveda.</li> <li>Students will come to know about the concept of health and disease according to Ayurveda.</li> </ul>			
Credits: 2		Skill Enhancement Course	
Max. Marks: As per univ. rules		Min. Passing Marks: As per univ. rules	
Unit	Topic	No. of Hours	
Unit I	General introduction, definition, history and principles of Ayurveda. Concept, role and importance of – Dosha, Dhatu, Mala, Updhatu, Srotas, Indriya, Agni, Prana, Pranayatna, Prakriti, Deha Prakriti, Manasa Prakriti.	7	
Unit II	Concept of Swasthya (healthy condition) and Atur (diseased condition) according to Ayurveda. Concept, role and importance of – Swastha vritta, Ritucharya, Sad vrita, Achara rasayana. Concept of diet in Ayurveda	8	
Unit III	<b>Concept of Trividha Karma:</b> Poorva Karma, Pradhana Karma and Paschat Karma. Poorva Karma: Importance of Poorva Karma, Sneha, Swedhana and their types.	15	
Unit IV	<b>Pradhana Karma:</b> five types of Treatments – Pancha Karma, Vamana, Virechena, Anuvasabasti, Nasyakarma, Rakta Mokshanavidhi, types and methods of Rakta Mokshanam (Bloodletting).	15	

## Suggested Readings:

- योग एवं वैकल्पिक चिकित्सा- डॉ० विनोद चौटियाल
- योग चिकित्सा – डॉ० सरस्वती काला
- योग और स्वास्थ्य- डॉ० नवीन भट्ट

- आयुर्वेद है क्या? कौषिक माय राम
- चरक संहिता
- सुश्रुत संहिता
- दैनिक जीवन में आयुर्वेद— श्रीराम शर्मा आचार्य
- Ayurvedic Treatment for common diseases- P.B. Das
- Basic Principles of Ayurveda- K. Laxmipati
- Ayurvedic of Health and long life- R.K. Garde

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in

## Semester –V

## Bachelor of Yogic Science

## SKILL ENHANCEMENT COURSE (SEC)- Yogic Management of Lifestyle related disorders

No. of Hours: 45

## CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Yogic Management of Lifestyle related disorders	2	1	0	1	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science		
Programme: Bachelor of Yogic Science		Year: III Semester: V Paper-SEC
Subject: Yoga		
Course Code: SEC	Course Title: Yogic Management of Lifestyle related disorders	
<b>Course Outcomes:</b> <ul style="list-style-type: none"> <li>Understand the principle of yoga therapy for each disease</li> <li>Write standard yoga therapy protocol for each disease.</li> <li>Understand the causes of disease and the role of yoga for its healing.</li> </ul>		
Credits: 2	Skill Enhancement Course	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic: Yogic Management of Lifestyle related disorders	No. of Hours
Unit I	<b>Health:</b> Meaning and definition, Dimensions of health, Factors affecting health, <b>Disease:</b> Meaning and definition. Yogic Management of Mental Health related disorders	9
Unit II	Diet, Balanced Diet, Nutrition and its types	6
Unit III	<b>Yogic management of common Respiratory disorders</b> – Bronchitis, Rhinitis, Sinusitis and Asthma <b>Yogic management of Gastro-Intestinal disorders</b> – Constipation, Indigestion, Hyperacidity and Gastritis.	15
Unit IV	<b>Yogic management of common Cardio-vascular disorders</b> – Hypertension, Hypotension, Coronary artery disease. <b>Yogic management of common Endocrinal</b> e.g. Diabetes, Hypo and Hyperthyroids, Obesity.	15

**Suggested Readings:**

- Ramesh Bijlan : Back to Health Through Yoga, Rupa Publications India Pvt. Ltd, 2011
- MDNIY publications : 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009
- Reddy M Venkata & others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P., 2005
- Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga, Anubhava Rai Publications, 1998

**Suggested Continuous Evaluation Methods:**

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, [Vidyamitra.inflibnet.ac.in](http://Vidyamitra.inflibnet.ac.in), [epg-pathshala, egyankosh.ac.in](http://epg-pathshala.egyankosh.ac.in)

## Semester –VI

### Bachelor of Yogic Science

#### SKILL ENHANCEMENT COURSE (SEC)- Holistic Health Development

No. of Hours: 60

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisites of the course (if any)
		Lecture	Tutorial	Practical/Practice		
SEC: Holistic Health Development	2	0	0	2	Eligibility in Bachelor of Arts	Nil

Bachelor of Yogic Science		
Programme: Bachelor of Yogic Science		Year: III Semester: VI Paper-SEC
Subject: Yoga		
Course Code: SEC	Course Title: Holistic Health Development	
<b>Course Outcomes:</b> <ul style="list-style-type: none"> <li>Students will learn to teach yoga to the society for holistic health development.</li> <li>Student will also learn to target various health problems through Yogic practices.</li> </ul>		
Credits: 2	Skill Enhancement Course	
Max. Marks: As per univ. rules	Min. Passing Marks: As per univ. rules	
Unit	Topic: Holistic Health Development	No. of Hours
Unit I	During this period students shall get an opportunity of teaching yoga to villagers OR school students, weekly four hours. The academic institution where the student is undergoing his/her training takes the responsibility of organizing the classes in the nearby villages or schools.	40
Unit II	Presentation of a report of the above activity	20

#### Suggested Continuous Evaluation Methods:

Since the class is conceived as learner-centric and built around tasks that require learners to actively use various yogic concepts, formative assessment can and should be used extensively. The focus here could be on skills and activities that are harder to test in a written evaluation, such as speaking and presentation skills, etc. The end-semester written examination will test all the areas targeted in the course.

**Suggested equivalent online courses:** On Swayam, Vidyamitra.inflibnet.ac.in, epg-pathshala, egyankosh.ac.in