



GUJARAT TECHNOLOGICAL UNIVERSITY
Master of Science (Integrated-Biotechnology)

Semester: 2

Subject Name: Meditation & Yoga

Subject Code: 1320406

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks				Total Marks
L	T	P		Theory Marks		Practical Marks		
			ESE (E)	PA (M)	ESE (V)	PA (I)		
0	0	4	2	0	0	0	50	50

Prerequisite:

Students should be aware about the different kinds of the physical exercises and its benefits. They should know about importance of yoga and meditation in human health.

Rationale:

This course will positively affect the health and wellness of students. This would give the knowledge on types of yoga that enable student to become professional yoga trainer

Course Content:

Unit No.	Content	No. of Hours	Weightage (%)
1	Definitions of Eight parts of yoga Definition yama (abstinences), niyama (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawal of the senses), dharana (concentration), dhyana (meditation) and samadhi (absorption)	5	34
2	Yam and Niyam Explain in detail	2	12
3	Do`s and Don`t`s in life i) Ahinsa, satya, astheya, bramhacharya and aparigraha ii) Shaucha, santosh, tapa, swadhyay, ishwarpranidhan	3	20
4	Asan and Pranayam i) Various yog poses and their benefits for mind & body ii)Regularization of breathing techniques and its effects-Types of pranayama	5	34
Total Hours:		15	

Textbook:

1. The Eight Limbs of Yoga: A Handbook for Living Yoga Philosophy Paperback. Stuart Ray Sarbacke

Reference Books:

1. A textbook of yoga : swami krishnananda



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Course Outcomes:

No.	Course Outcomes	RBT Level*
1	Understand the need of Yoga in life	UN,RM,AP
2	Understand the need of Meditation- in life	UN,RM,AP
3	Understand the need of yoga for stress release	UN,RM,AP

*RM: Remember, UN: Understand, AP: Apply, AN: Analyze, EL: Evaluate, CR: Create

Suggested Course Practical List:

Practical of eight parts of Yoga

List of Laboratory/Learning Resources Required

1. https://onlinecourses.swayam2.ac.in/aic19_ed29/preview

