



# GUJARAT TECHNOLOGICAL UNIVERSITY

Program Name: Bachelor of Science

Level: Under Graduate

Branch Name: Honors/ Honors With Research (Biotechnology)

Course / Subject Code: BS02001081

Course / Subject Name: Yoga and Meditation

W.e.f. Academic Year:	2024-25
Semester:	2
Category of the Course:	Value Added Courses

## 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 Scheme:

Teaching Scheme			Total Credits	Assessment Pattern and Marks				Total Marks
L	T	PR	C	Theory		Practical		
				ESE (E)	PA(M)	ESE (V)	PA (I)	
1	0	2	2	0	50	50	0	100

## Course Content:

Sr. No.	Course Content	No. of Hours	% of Weightage
1	<b>Definitions of Eight parts of yoga</b> Definition yama (abstinences), niyama (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawal of the senses), dharana (concentration), dhyana (meditation) and samadhi (absorption)	4	30
2	Yam and Niyam in detail	2	10
3	<b>Do's and Don't's in life</b> i) Ahinsa, satya, astheya, bramhacharya and aparigraha ii) Shaucha, santosh, tapa, swadhyay, ishwarpranidhan	3	20
4	<b>Asan and Pranayam</b> i) Various yog poses and their benefits for mind & body ii)Regularization of breathing techniques and its effects-Types of pranayama	6	40



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## Reference Books:

1. The Eight Limbs of Yoga: A Handbook for Living Yoga Philosophy Paperback. Stuart Ray Sarbacke
2. A textbook of yoga: swami krishnananda

## Course Outcome:

After Completion of the Course, Student will able to:

Sr. 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

## List of Experiments: (Minimum 6 experiments need to be performed)

1. Yama and Niyama self-reflection
2. Basic Yoga Asanas
3. Pranayama Techniques
4. Meditation and Concentration
5. Application of Yamas and Niyamas
6. Comprehensive Yoga Session

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