



Indraprastha College for Women
University of Delhi
Work Plan for ODD SEMESTER – 2026

Course Name:	SEC
Paper Title:	Yoga in Practice
Unique Paper Code:	2136000001
Semester:	III
Faculty(s):	Dr. Purnima Lenka
Year:	2026

Work Plan			
Unit No.	Learning Objective	Practicals	Topics to be Covered
1	Students will be able to discern real significance of yogic operations from original sources and will be prone to practicing in their day-to-day life.	1	Definition and types of yoga: Karma yoga, Gyana yoga, Bhakti yoga.
		2	Laya yoga, Raja yoga, Hatha yoga, Mantra yoga, Kundalini yoga
		3	Revision
		4	Revision
		5	(ii) Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigraha. Niyam- Saucha, Santosha, Tapa, Swadhyaya, Ishwarpranidhana
		6	Asana, Pranayama- (the types of Pranayama: Puraka, rechak & Kumbhaka), Pratyahara, YOGA IN PRACTICE Dharana, Dhyana & Samadhi etc.
		7	Revision
		8	Revision
		9	Shat Chakras: Mooladhara, Swadhisthana, Manipura, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		10	Shat Chakras: Vishudha, Aagya,

			Sahasrara- (Sahasradhara chakra).
		11	Revision
		12	Revision
2	Students will learn various aspects of the science of yoga	13	Explaining Asanas and their advantages
		14	(i) Asana in standing position: Surya Namaskara, Tadasana, Padahasthasana, Garudasana, Natarajasana, Cakrasana
		15	(i) Asana in standing position: Surya Namaskara, Tadasana, Padahasthasana, Garudasana, Natarajasana, Cakrasana
		16	(i) Asana in standing position: Surya Namaskara, Tadasana, Padahasthasana, Garudasana, Natarajasana, Cakrasana
		17	(ii) Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana, Mandukasana, Kukkutasana.
		18	(ii) Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana, Mandukasana, Kukkutasana.
		19	(iii) Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana
		20	(iii) Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana
		21	(iv) Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc.
		22	(iv) Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc.
3	Theoretical and practical knowledge of Aasanas and pranayams to lead a balanced life	23	(v) Practice of pranayama- Purak, Rechak and Kumbhaka.
		24	(v) Practice of pranayama- Purak, Rechak and Kumbhaka. (

Syllabus		
Unit	Contents	Contact Hours
I	Definition and types of yoga:, Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra 2. Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigraha. Niyam- Saucha, Santosha, Tapa, Swadhyaya, Ishwarpranidhana Asana, Pranayama- (the types of Pranayama: Puraka, rechaka & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc. 3. Shat Chakra,s: Mooladhara, Swadhisthana, Manipura, Anahata, Vishudha, Ajanya, Sahasrara- (Sahasradhara chakra).	12
II	Asana,s and their advantages:- 1. Asana in standing position: Surya Namaskara, Tadasana, Padahasthasana, Garudasana, Natarajasana, Cakrasana. 2. Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana, Mandukasana, Kukkutasana. 3. Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makarasana 4. Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc. 5. Practice of pranayama- Puraka, Rechaka and Kumbhaka.	12

III		
IV		
	Total	24
Text Books/Suggested Readings:		
S. No.	Name of Authors/Books/Publishers	Year of Publication/ Reprint
1.		
2.		
3.		
4.		

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2	0	0	2
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment/Quiz/Project/ Presentation - Class Test - Attendance		
		NA	
		NA	
		NA	
2.	Continuous Assessment (Tutorial)	NA	
		NA	

	- Activity 1 - Activity 2 - Attendance	NA	
		NA	
3.	Practical		
	- Continuous Assessment - End Term Written/Practical Exam - Viva	20	
		40	
		20	
4.	End Semester Examination		80