



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER –2026

Course Name:	VAC
Paper Title:	Yoga: Philosophy and Practice
Unique Paper Code:	696700021
Semester:	Ist
Faculty(s):	Dr. Neha Sukhija
Year:	2026-2027

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	To learn the fundamentals of Yoga for harmonising the body, mind and emotions	1	Introduction to Yoga Philosophy
		2	Yoga: Asana, Pranayama and Dhyana History of Yoga Significance of Asana
		3	Effect of Pranayama Importance of Dhyana
II	To demonstrate the value and the practice of holistic living	4	Patanjali's Yogasutra and Chakra Patanjali's Yoga sutra: a summary
		5	Patanjali's Yogasutra and Chakra First sutra
		6	Patanjali's Yogasutra and Chakra Second Sutra
		7	Patanjali's Yogasutra and Chakra Chakras

III	significance of Asanas		
		8	Understanding Asana and Pranayama Asana: the basics
		9	Surya Namaskar
		10	Nadishodhana Pranayam
		11	Revision/Doubt
		12	Revision/Doubt

Practical

Unit No.	Learning Objective	Practical No.	Topics to be Covered
I	To learn the fundamentals of Yoga for harmonising the body, mind and emotions	1	Surya Namaskar
		2	Surya Namaskar
		3	Different types of Asanas
		4	Different types of Asanas
II	To demonstrate the value and the practice of holistic living	5	Pranayama
		6	Breathing Exercise
		7	Exercises for the Eyes
III	To understand the significance of Asanas	8	Meditation
		9	Meditation
		10	Concentration on Bhramadhy
		11	Asanas/Pranayam/Surya Namaskar
		12	Revision

Syllabus

Unit	Contents	Contact Hours
I	Yoga: Asana, Pranayama and Dhyana • History of Yoga • Significance of Asana • Effect of Pranayama • Importance of Dhyana	2
II	Patanjali's Yogasutra and Chakra • Patanjali's Yogasutra: a summary • First sutra • Second sutra • Chakras (psychic centres)	5

III	Understanding Asana and Pranayama • Asana: the basics • Surya Namaskara • Nadishodhana Pranayama	5
	Total	12
	Lecture+ Practical	24
Text Books/Suggested Readings:		
S.No.	Name of Authors/Books/Publishers	Year of Publication/ Reprint
1.	Asanas, Pranayama and Mudra Bandh, Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India,	2004
2.	Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga	
3.	Patanjal Yog Pradeep- Swami Omanand Saraswati, Gita Press, Gorakhpur	2013
4.	Science of Pranayama-Swami Sivananda, Edition by David De Angellis	2019

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2	1	0	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment • Assignment/Quiz/Project/ Presentation • Class Test • Attendance		10
		4	
		4	
		2	
2.	Continuous Assessment (Tutorial) • Activity 1 • Activity 2		NA
		NA	
		NA	

	Attendance	NA	
3.	Practical - Continuous Assessment - End Term Written/Practical Exam - Viva	NA NA NA	40
4.	End Semester Examination		30