

Indraprastha College for Women

University of Delhi

WORK PLAN FOR ODD SEMESTER – 2026

YOGA IN PRACTICE

Course Name	SEC
Paper	Yoga in Practice
Unique Paper Code:	2136000001
Semester	5
Faculty	Dr. Himani Malhotra
Academic Session	2026–27

Unit No.	Learning Objective	Lecture	Topics to be Covered
I	Students will understand the significance of Yoga and its practices and develop an interest in applying them in their daily lives.	1.	Definition and types of Yoga: Karma,
		2.	Types of Yoga: Gyana,
		3.	Types of Yoga: Bhakti,
		4.	Types of Yoga: Raja,
		5.	Types of Yoga: Hatha,
		6.	Types of Yoga: Mantra,
		7.	Practice and Revision
		8.	Ashtanga Yoga: definitions
		9.	Ashtanga Yoga: Yama and Niyama
		10.	Ashtanga Yoga: Asana, Pranayama,
		11.	Types of Pranayama: Nadi-Shodhana Pranayama, Bhramari
		12.	Types of Pranayama: Bhastrika Pranayama, Sheetali Pranayama
		13.	Types of Pranayama: Sheetkari Pranayama
		14.	Ashtanga Yoga: Pratyahara, Dharana,
		15.	Ashtanga Yoga: Dhyana and Samadhi
		16.	Practice and Revision

		17.	Shat Chakras: Mooladhara,
		18.	Shat Chakras: Swadhishtana,
		19.	Shat Chakras: Manipura
		20.	Shat Chakras: Anahata
		21.	Shat Chakras: Vishuddha,
		22.	Shat Chakras: Ajna
		23.	Shat Chakras: Sahasrara
		24.	Practice and Revision
		25.	Surya Namaskara: Definitions
		26.	Surya Namaskara: 12 Poses:
		27.	Practice and Revision
II		28.	Asanas and their advantages
		29.	Standing Asanas: Tadasana, Padahastana
		30.	Standing Asanas: Garudasana, Natarajasana, Cakrasana
		31.	Practice and Revision
		32.	Sitting Asanas: Padmasana, Vajrasana,
		33.	Sitting Asanas: Siddhasana, Bhadrasana
		34.	Sitting Asanas: Gomukhasana, Shashankasana,
		35.	Mandukasana, Kukkutasana
		36.	Practice and Revision
		37.	(Prone Position) Stomach-side Asanas: Dhanurasana, Bhujangasana, Mayurasana
		38.	(Prone Position) Stomach-side Asanas: Marjarasana and Makarasana
		39.	Practice and Revision
		40.	(Supine Position) Backbone-side Asanas: Uttanapadasana, Naukasana, Sarvangasana,
		41.	(Supine Position) Backbone-side Asanas: Sheershasana, Savasana
		42.	Revision
		43.	Pranayama: Puraka, Rechaka and Kumbhaka

		44.	Integrated practice and revision
		45.	Overall assessment preparation

Unit	Contents/Syllabus
I	(i) Definition and types of yoga: Credit: 01 Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra yoga, (ii) Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigraha. Niyam- Saucha, Santosha, Tapa, Swadhyaya, Ishwarpranidhana Asana, Pranayama- (the types of Pranayama: Puraka, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc. (iii) Shat Chakras: Mooladhara, Swadhisthana, Manipura, Anahata, Vishudha, Ajanya, Sahasrara- (Sahasradhara chakra).
II	Asanas and their advantages: - Credit: 01 (i) Asana in standing position: Surya Namaskara, Tadasana, Padahasthasana, Garudasana, Natarajasana, Chakrasana. (ii) Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana, Mandukasana, Kukkutasana. (iii) Asana in Prone (stomach side) position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makarasana. (iv) Asana in Supine (backbone side) position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc. (v) Practice of pranayama- Purak, Rechak and Kumbhaka.

S. No.	Name of Authors/Books/Publishers
1.	योगि दशशेन – महवषशपतांजसल, िीकाका-हरिकृकणदा िोयन्दका, िीता प्रेि, िोिखपि, उत्ति प्रदेश, ४० वांनम ुुशद्रण
2.	1 2. योगि एवांस्वास्य – ड ० ववजय क ु माि, चौखम्मा ववश्वभािती, वािाणी, उत्ति प्रदेश, प्र ० िांस्किण – २०२१ 1

3.	प्राणायाम िहस्य –(वैज्ञातनक त्यों के िाथ)– स्वामी िामदेव, हदव्य प्रकाशन, हदव्य यो ि मल्दि ट्रस्ि, पतांजसल यो िपीठ , कनखल, हरिद्वारि 1
4.	यो ि िा िना एवांयो ि चचक्रकत्िा िहस्य- स्वामी िामदेव, हदव्य प्रकाशन, हदव्य यो ि मल्दि ट्रस्ि, पतांजसल यो िपीठ , कनखल, हरिद्वारि 1
5.	शतयवैु परुषःु – स्वामी िामेश्विनान्द ििस्वती, आषशप्रकाशन, कां डेवालानु , हदल्ली- िां० २०६२ 1 (ई– वैहदक पस्तकालयु , मम्बईु)

Paper Components

Credits	Lecture (L)	Tutorial (T)	Practical (P)
2		0	4

Assessment Scheme

S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment • Assignment • Class Test • Attendance		
2.	Continuous Assessment (Tutorial) • Activity 1 • Activity 2 • Attendance		
3.	Practical • Continuous Assessment • End Term Written/Practical Exam • Viva	20 40 20	80
4.	End Semester Examination		
	Total		80