



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	B.A (H/P)
Paper Title:	Yoga in Practice
Unique Paper Code:	2136000001
Semester:	I
Faculty:	Dr. Akham Hemabati Devi
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	To introduce various aspects of the science of yoga.	1	Definition and types of yoga:
	Theoretical and practical knowledge of Asanas and pranayama to lead a balanced life.	2	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra yoga, Kundalini yoga
		3	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra, Kundalini yoga
		4	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra, Kundalini yoga
		5	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra, Kundalini yoga
		6	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra, Kundalini yoga
		7	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra, Kundalini yoga
		8	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra, Kundalini yoga

		9	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra, Kundalini yoga
		10	Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra, Kundalini yoga
II		11	Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigrah. Niyam- Sauch,Santosha,Tapa, Swadhyaya, Ishwarpranidhana Asan, Pranayam- (the types of Pranayaama: Puraka, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc.
		12	Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigrah. Niyam- Sauch,Santosha,Tapa, Swadhyaya, Ishwarpranidhana Asan, Pranayam- (the types of Pranayaama: Puraka, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc.
		13	Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigrah. Niyam- Sauch,Santosha,Tapa, Swadhyaya, Ishwarpranidhana Asan, Pranayam- (the types of Pranayaama: Puraka, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc.
		14	Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigrah. Niyam- Sauch,Santosha,Tapa, Swadhyaya, Ishwarpranidhana Asan, Pranayam- (the types of Pranayaama: Puraka, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc.
		15	Ashtanga Yoga: Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigrah. Niyam- Sauch,Santosha,Tapa, Swadhyaya, Ishwarpranidhana Asan, Pranayam- (the types of Pranayaama: Puraka, rechak & Kumbhaka), Pratyahara,

			Dharana, Dhyana & Samadhi etc.
		16	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.
		17	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.
		18	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.
		19	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.
		20	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.
		21	Shat Chakra,s: Mooladhara, Swadhishtana, Manipura, Anahata, Vishudha, Agnya,

			Sahasrara- (Sahasradhara chakra).
		22	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		23	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		24	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		25	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		26	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		27	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		28	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		29	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		30	Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
		31	Asana,s and their advantages:- (i) Asana in standing position: Surya Namaskara,Tadasana, Padahastana, Garudasana, Natarajasana, Cakrasana.
		32	Asana,s and their advantages:- (i) Asana in standing position: Surya Namaskara,Tadasana,

			Padahastasana, Garudasana, Natarajasana, Cakrasana.
		33	Asana,s and their advanteges:- (i) Asana in standing position: Surya Namaskara,Tadasana, Padahastasana, Garudasana, Natarajasana, Cakrasana.
		34	Asana,s and their advanteges:- (i) Asana in standing position: Surya Namaskara,Tadasana, Padahastasana, Garudasana, Natarajasana, Cakrasana.
		35	Asana,s and their advanteges:- (i) Asana in standing position: Surya Namaskara,Tadasana, Padahastasana, Garudasana, Natarajasana, Cakrasana.
		36	Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana,Mandukasana, Kukkutasana.
		37	Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana,Mandukasana, Kukkutasana.
		38	Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana,Mandukasana, Kukkutasana.
		39	Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana,Mandukasana, Kukkutasana.
		40	Asana in sitting position: Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana,Mandukasana, Kukkutasana.
		41	Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.
		42	Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.

		43	Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.
		44	Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.
		45	Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.
		46	Asana in stomach side position: Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.
		47	Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc
		48	Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc
		49	Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc
		50	Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc
		51	Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc
		52	Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc
		53	Asana in backbone side position: Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc
		54	Practice of pranayama- Purak, Rechak and Kumbhaka.
		55	Practice of pranayama- Purak, Rechak and Kumbhaka.
		56	Practice of pranayama- Purak, Rechak and Kumbhaka.
		57	Practice of pranayama- Purak, Rechak and Kumbhaka.
		58	Practice of pranayama- Purak, Rechak and Kumbhaka.
		59	Practice of pranayama- Purak, Rechak and Kumbhaka.

		60	Practice of pranayama- Purak, Rechak and Kumbhaka
--	--	----	---

Unit	Contents/Syllabus
I	1. Definition and types of yoga: 30 hours 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, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc. Shat Chakra,s: Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara- (Sahasradhara chakra).
II	Asana,s and their advantages:- 1. Asana in standing position: Surya Namaskara, Tadasana, Padahastana, 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. Practice of pranayama- Purak, Rechak and Kumbhaka.
S. No.	Name of Authors/Books/Publishers
1.	1. योग दशक – महिषासुरमर्दिनी, टा का का र-हरका दा स गोयका, गा ता प्रा स, गोरखपार, उकर प्रदा श, ४० वा ां पा नमा ढरण ।
2.	2. योग एवं ४० – डॉ० िवजय क मर, चौखडा िवभरत, वरणस, उकर प्रद श, प्र० संरण – २०२१ ।
3.	प्राणा या मरह ४ – (वा िनक तडांका स थ) – ४० मा र मदा व, िद प्रका शन, िद योग मर ट, पतंजिल योगप ठ, कनखल, हरार ।
4.	4. योग स धन एवं योग िचिका रह ४- ४० मा रा मदा व, िद प्रका शन, िद योग मर ट, पतंजिल योगप ठ,
5.	5. शतया व पा षा – ४० मा र मा र ना सरता, आष प्रका शन, का ं डा व ला न, िद वा -सां २०६२ । (ई-व िदक प क लय, म ई)

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)

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