



Indraprastha College for Women University of Delhi

Course Name:	B.A. (Hons) and B.A (Prog.)- VAC
Paper Title:	Yoga: Philosophy and Practice
Unique Paper Code:	6967000021
Semester:	1
Faculty(s):	Chetna Gupta
Year:	2025-2026

Unit No.	Learning Objective	Lecture No.	Practical No.	Topics to be Covered
UNIT- I Yoga: Asana, Pranayama and Dhyana	To learn the fundamentals of Yoga for harmonising the body, mind and emotions	1	1	History of Yoga in the lecture class and selecting different Asana in the practical class
		2	2	Significance of Asana in lecture class and demonstration of Asana in the practical class
		3	3	Effect of Pranayama in the lecture class and demonstration of Pranayama and it's types in the practical class
		4	4	Importance of Dhyana in the lecture class and demonstration of Pranayama and it's types in the practical class
		5	5	Importance of Dhyana and demonstration of Dhyana and practising in the practical class
		-	6	Demonstration of Dhyana and practising in the practical class
		-	7	Demonstration of Dhyana and practising in the practical class

		-	8	Demonstration of Dhyana techniques and relaxation exercises for the eyes (7 steps) neck (4 steps) in the practical class
		-	9	Demonstration of Dhyana techniques and relaxation exercises for the eyes (7 steps) neck (4 steps) in the practical class
		-	10	Presentation for CA
UNIT- II Patanjali's Yogasutra and Chakra	To demonstrate the value and the practice of holistic living	6	11	Patanjali's Yoga Sutra: A summary in the lecture class and demonstration of asanas practical class
		7	12	First Sutra discussion in the lecture class and demonstration of asanas in the practical class
		8	13	Second Sutra discussion in the lecture class and asanas are repeated in the practical class
		9	14	Second Sutra discussion in the lecture class and asanas are repeated in the practical class
		10	15	Chakras (psychic centres) discussion in the lecture class and asanas are repeated in the practical class
		11	16	Chakras (psychic centres) discussion in the lecture class and asanas are repeated in the practical class
		-	17	Summary/Literature Review for CA
		-	18	Asanas are repeated in the practical class
		-	19	Asanas are repeated in the practical class
		-	20	Asanas are repeated in the

				practical class
UNIT- III: Understanding Asana and Pranayama	To value the heritage of Yoga for self and society	12	21	Asana: The Basics discussion in the lecture class and asanas are repeated in the practical class
		13	22	Surya Namaskar discussion in the lecture class and demonstration of Surya Namaskar in the practical class
		14	23	Nadishodhana Pranayama discussion in the lecture class and demonstration of Nadishodhana Pranayama in the practical class
		15	24	Nadishodhana Pranayama discussion in the lecture class and Pranayama repeated in the practical class
		-	25	Demonstration of Surya Namaskar in the practical class
		-	26	Demonstration of Surya Namaskar in the practical class
		-	27	Types of Pranayama repeated in the practical class
		-	28	Types of Pranayama repeated in the practical class
		-	29	Types of Pranayama repeated in the practical class
		-	30	Types of Pranayama repeated in the practical class

Syllabus

Unit	Contents	Contact Hours
I	UNIT- I Yoga: Asana, Pranayama and Dhyana: History of Yoga, Significance of Asana, Effect of Pranayama and Importance of Dhyana	5L+ 10P (1 Practical is of 2 hrs)

II	UNIT- II Patanjali's Yogasutra and Chakra: Patanjali's Yoga Sutra: A summary, First Sutra, Second Sutra and Chakras (psychic centres)	6 L + 10P (1 Practical is of 2 hrs)
III	UNIT- III: Understanding Asana and Pranayama: Asana: The Basics, Surya Namaskar and Nadishodhana Pranayama	4 L+10P (1 Practical is of 2 hrs)
	Total	15L + 30P (1 Practical is of 2 hrs)
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: Bihar, India	2004
2.	Patanjali Yoga Sutras, Commentary by Swami Vivekananda, Rupa Publications: Delhi	2022

Paper Components			
Credits	Lecture (L)	Tutorial (T)	Practical (P)
2	1	NA	1 Practical of 2 hours
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment <ul style="list-style-type: none"> • Assignment • Class Test 	4	10
		4	
		2	
2.	Continuous Assessment (Tutorial) <ul style="list-style-type: none"> • Activity 1 	NA	NA
		NA	
		NA	

	<ul style="list-style-type: none"> • Activity 2 • Attendance 	NA	
3.	Practical Continuous Assessment <ul style="list-style-type: none"> • (1 Literature Review/ Summary and 1 Presentation/ Group Discussion) • End Term Written/Practical Exam • Viva 	NA NA NA	40
4.	End Semester Examination		30