

III. COMMON COURSE – HEALTH & WELLNESS, YOGA EDUCATION, SPORTS & FITNESS:

(Credits: Theory-01 + Practical 01 = 02 credits)

Marks: Theory (ESE: 3 Hrs) = 50

Pass Marks: Th (ESE) = 20

Instruction to Question Setter for

End Semester Examination (ESE 50 marks):

There will be **objective type test** consisting of fifty questions of 1 mark each. Examinees are required to mark their answer on **OMR Sheet** provided by the University.

HEALTH & WELLNESS, YOGA EDUCATION, SPORTS & FITNESS

Theory: 15 Lectures

Course Objectives:

This course is designed:

1. To promote an optimal state of physical, emotional, intellectual, social spiritual and environmental wellbeing of a person.
 - a. To organise sports and fitness activities outside the regular institutional working hours.
 - b. Yoga education focusing on preparing the students physically and mentally for the integration of their physical, mental, and spiritual faculties, to maintain self-discipline, self-control,
2. To learn to handle oneself well in all life situations.
 - a. The focus of sports and fitness components of the courses will be on the improvement of physical fitness including the improvement of various components of physical and skills related fitness like strength, speed, coordination, endurance and flexibility;
 - b. Acquisition of sports skills relevant to a particular sport; improvement of tactical abilities; and improvement of mental abilities.

Course Learning Outcomes:

On successful completion of this course the student should be able to:

1. Think like a healthy citizen thoughtfully, spiritually. Physically fit citizen.
2. A person of sound health and calm mind ready to bear challenges of career and life.

Course Content:

A. YOGA

Theory: 07 Lectures

योग परिचय

ईकाई 1 :- योग की परिभाषा, योग की व्याख्या, योग का महत्व, योगी का व्यक्तित्व एवं वेषभूषा

ईकाई 2 :- योग के प्रकार, ज्ञानयोग, कर्मयोग, भक्तियोग, षट्कर्म परिचय ।

ईकाई 3 :- आसन की परिभाषा, प्रकार, आसन के शारीरिक एवं मानसिक लाभ ।

ईकाई 4 :- प्राणायाम की परिभाषा, प्रकार, प्राणायाम के शारीरिक एवं मानसिक लाभ, ध्यान का परिचय ।

B. SPORTS**Theory: 07 Lectures****Unit -1: Introduction to Health and Wellness**

1. Meaning and definition of Health and Health education.
2. Objectives and Importance of Health education.
3. Stretching exercises
4. Warming up and Limbering down
 - a) General warm up exercises
 - b) Specific warm up exercises

Unit-2: Health and Wellness through Physical Exercise

1. Components of Physical Fitness and Wellness
 2. Means of fitness development
 3. advantages of wellness
 4. Rules & Regulations of the games:
 - a) Football,
 - b) Volleyball,
 - c) Basketball,
 - d) Badminton,
 - e) Table Tennis (T.T.),
 - f) Hockey,
 - g) Archery
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HEALTH & WELLNESS, YOGA EDUCATION, SPORTS & FITNESS

PRACTICALS:

Marks: Pr (ESE: 3Hrs) =50

Pass Marks: Pr (ESE) = 20

Instruction to Question Setter for

End Semester Examination (ESE):

There will be one Practical Examination of 3Hrs duration. Evaluation of Practical Examination may be as per the following guidelines:

Practical	= 40 marks
Practical record notebook	= 05 marks
Viva-voce	= 05 marks

A. YOGA PRACTICAL

Practical: (08 Periods each of 02 Hrs)

योग प्रायोगिक अभ्यास

आसन

1. पवनमुक्तासन
क) गठिया निरोधक अभ्यास :- पैरों की अंगुलियों और टखने के अभ्यास घुटने एवं मेरुदण्ड के अभ्यास, अर्ध व पूर्ण तितली, कौआ चाल, हाथों की अंगुलियाँ, कलाई केहुनियाँ, गर्दन व कंधों के अभ्यास ।
ख) वायु (बात) निरोधक अभ्यास :- पैर घुमाना, साइकिल चालन, नौकासन ।
ग) षक्तिबन्ध के आसन :- नौका-संचालन, चक्की चालन, रस्सी खींचना, लकड़ी काटना, उदराकर्षणासन ।
घ) षिथिलीकरण के आसन :- ष्वासन, मकरासन, मत्स्य-क्रीडासन ।
2. वज्रासन समूह के अभ्यास :- वज्रासन, सिंहासन, भद्रासन, उष्ट्रसन, सुप्त वज्रासन, षषांकासन ।
3. खड़े होकर किये जाने वाले आसन :- हस्त उत्तासन, पादहस्तासन, कटि चक्रासन, ताडासन, त्रियंक ताडासन, त्रिकोणासन ।
4. संतुलन के आसन :- वृक्षासन, बकासन, गरुडासन, नटराज आसन ।
5. आगे की ओर झुकने के आसन :- पश्चिमोत्तनासन, जानु षिरासन ।
6. पीछे की ओर झुकने के आसन :- भुजंगासन, ष्लभासन, धनुरासन, गोमुखासन, चक्रासन ।
6 अ - सूर्य नमस्कार ।
7. प्राणायाम :- ' कपालभांति भस्त्रिका भ्रामरी अनुलोम-विलोम, नाडीषोधन प्राणायाम ।
8. मुद्रा :- ज्ञान मुद्र, चिन्ह मुद्रा ।
9. षटकर्म :- कुंजन, जल नेति ।
10. ध्यान :- अजपा-जप ।

B. SPORTS PRACTICAL**Practical: (08 Periods each of 02 Hrs)**

1. Exercises for Health and Wellness
 - a) Warming up
 - b) Stretching Exercises
 - c) Strengthening Exercises
 - d) Cardiovascular Exercises
 - e) Flexibility and Agility Exercises
 - f) Relaxation Techniques

 2. Rules & Regulations of the games (choose any one)
(Football, Volleyball, Basketball, Badminton, T.T, Hockey, Archery)

 3. Basic Techniques and Tactics of the game. (In any one game mentioned above).
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