

**Pravara Rural Education Society's
Pravara Rural College Of Architecture, Loni
YOGA AND MEDITATION SYLLABUS**

Total Duration: 30 Hours

Introduction

Performing yoga has many benefits like improved concentration, posture, muscle tone, sleep and immunity. Meditation also leads to self-actualization, social adjustment. Meditation and yoga also decreases anxiety, depression. This course will help students to deal with academic and stress related issues.

Objective

To develop the interest of the students towards fitness and health.

Course syllabus:-

Module 1: Introduction to yoga and practice

- Introduction
- Relevance of Yoga in health
- Basic principles of Yoga & Yoga practice
- Physiology of Yoga

Module 2: Yoga & Surya Namaskar

- Selected Yogic Sukshma/Sthula vyayama
- Surya Namaskar.
- Asanas in standing /seating position
- Asanas in sleeping position

Module 3: Pranayama

- Mechanism of Correct breathing
- Concept of Puraka,Rechaka,Kumbhak
- Nadi-Shodhan Pranayama & Bhramari Pranayama

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Rajeshwari

Principal

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