YOGA

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focus on bringing harmony between mind and body. It is an art and science of healthy living.

OBJECTIVES:

* To enable the student to have good health.
* To practice mental lhygiene
* To possess emotional stability.
* To integrate moral values.
* To attain higher level of consciousness

Guidelines to be followed:

* Attendance is must for yoga practice.
* Classes could be weekly 4 or 5 days depending upon the regular academic classes timings.
* Students should have own yoga mates and wear comfortable dress at the time of practice yoga.

Method of assessment:

* Two credits are allotted for the course learners.
* The students are assessed on the following basis:

1. One credit point stands for their attendance for yoga practice.
2. One credit point stands for how the performing at the time of yoga practice.

**St.josephs college for women(autonomous),Visakhapatnam**.

YOGA

Syllabus

1. ASANAS: Pavanamuktha series,

surya namaskaraas,

Tadasanas,

stretching asanas,

sleeping back bending asanas,

concentration asanas

relaxing asanas

1. PRANAYAMAM : Different types of breathing techniques
2. Meditation

Referad books:

Yoga chaitanya pradipika

Note : classes will be conducted in general with all the students together.

Individual practice is must.