



**J.C. BOSE UNIVERSITY OF SCIENCE AND
TECHNOLOGY, YMCA, FARIDABAD, HARYANA, (INDIA)**

A State Government University (Accredited 'A'' Grade by NAAC)
(Established by Haryana State Legislative Act No. 21 of 2009, Recognized by U.G.C. u/s 2 (f) and 12(B) of U.G.C. Act 1956)
SECTOR-6, MATHURA ROAD, FARIDABAD-121006, HARYANA, (INDIA)

Community College of Skill Development

Lesson Plan: Foundation of Yoga

**Program: PG Diploma (Yoga Science and Naturopathy), Semester: 1st,
Course Code: YNP-101-V Credits: 03**

Course Objectives: To gain the knowledge of Indian philosophy and to understand the aim and values of the eminent persons.

Course Outcomes: CO1. Student will demonstrate understanding of the philosophical and ethical teaching in yoga scriptures.

CO2. Develop basic understanding about culture and tradition.

CO3. Students will analyze different aspects of the yoga lifestyle and how they contribute to holistic health.

CO4. student will critically evaluate the impact of the autobiographies on the spread and understanding of yoga and spirituality in the modern world.

Equipment required in Classroom/ Laboratory/ Workshop

- i. LCD/Projector
- ii. Whiteboard/ Black Marker

Assessment Scheme

S.No.	Criteria	Marks
1	End Term Examination	75
2	Internal Evaluation Scheme	25
2a	Class Tests	15
2a (i)	Class Test-I	7.5
2a (ii)	Class Test-II	7.5

2(b)	Teacher Assessment (Continuous Evaluation)	10
2b (i)	Attendance	5
2b (ii)	Assignment / Presentation	5

Lecture No.	Topic Covered	Pedagogy	Date of Implementation	Course Outcomes Covered	Faculty Sign
1	Meaning of yoga	Foundational		CO1, CO2	
2	Definitions of yoga	Foundational		CO1, CO2	
3	Definitions of yoga	Foundational		CO1, CO2	
4	Aims of yoga	Foundational		CO1, CO2, CO3	
5	Purpose of yoga	Foundational		CO1, CO2, CO3	
6	Different techniques of yoga practices	Foundational		CO1, CO2, CO3	
7	Personality of Yogi	Philosophical		CO1, CO2	
8	Outline of Indian Philosophy	Philosophical		CO1, CO2	
9	Yoga in Upanishad	Philosophical		CO1, CO2	
10	Yoga in Vedas	Philosophical		CO1, CO2	
11	Yoga in Bhagwadgeeta	Philosophical		CO1, CO2	
12	Yoga in Yogsutra	Philosophical		CO1, CO2	
13	Yoga in Hathyog	Philosophical		CO1, CO2	

14	Yoga according to Buddhism and Jainism	Philosophical		CO1, CO2	
15	Rajyog	Fundamental		CO1, CO2	
16	Bhaktiyog	Fundamental		CO1, CO2	
17	Gyanyog	Fundamental		CO1, CO2	
18	Karmyog	Fundamental		CO1, CO2	
19	Ashtang Yog	Fundamental		CO1, CO2	
20	Hathyog	Fundamental		CO1, CO2	
21	Mantrayog and Layyog	Fundamenta		CO1, CO2	
22	Autobiography of Maharshi Patanjali	Autobiography		CO4	
23	Autobiography of Gorakhnath	Autobiography		CO4	
24	Autobiography of Maharshi Dayanand , Swami Vivekanand	Autobiography		CO4	
25	Autobiography of Maharshi Raman, Shri Aurbindo	Autobiography		CO4	
26	Autobiography of Maharshi Mahesh Yogi, Swami Kuvalyanand	Autobiography		CO4	
27	Autobiography of Dayanand Saraswati	Autobiography		CO4	

Reference Books:

1. Upnishad in Yoga – Pro. Ishwar Bhardwaj
2. Yoga Mahavigyan – Dr. Kamakhya Kumar
3. Patanjali Yog Sutra – Geeta Press Gorakhpur
4. Mukti ke char Sopan – Swami Satyananda Saraswati.

