



**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: Introduction to Yoga**

**Program: Diploma (Yoga and Naturopathy), Semester: Ist, Course Code: YND-101-V,  
Credits: 03**

**Course Objectives: The objective of studying this course is to acquire knowledge on the basics of yoga, Indian philosophy and basics of different yoga.**

**Course Outcomes: CO1. Discuss about the basics of yoga theory.  
CO2. Discuss about ancient yogic practices.  
CO3. Quote the autobiography of yogis.  
CO4. To acquire knowledge of the treatment of different disease  
through yogic practices.**

**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	
2	Definitions of yoga	Foundational		CO1	
3	Definitions of yoga	Foundational		CO1	
4	Aims of yoga	Foundational		CO1	
5	Purpose of yoga	Foundational		CO1	
6	Different techniques of yoga practices	Foundational		CO1	
7	Yoga in Upnishad	Philosophical		CO2	
8	Yoga in Vedas	Philosophical		CO2	
9	Yoga in Bhagwadgeeta	Philosophical		CO2	
10	Yoga in Yogsutra	Philosophical		CO2	
11	Yoga in Hathyog	Philosophical		CO2	
12	Yoga according to Bhuddhism	Philosophical		CO2	
13	Yoga according to Jainism	Philosophical		CO2	
14	Autobiography of Maharshi Patanjali	Autobiography		CO3	

<b>15</b>	Autobiography of Gorakhnath	Autobiography		<b>CO3</b>	
<b>16</b>	Autobiography of Maharshi Dayanand , Swami Vivekanand	Autobiography		<b>CO3</b>	
<b>17</b>	Autobiography of Maharshi Raman, Shri Aurbindo	Autobiography		<b>CO3</b>	
<b>18</b>	Autobiography of Maharshi Mahesh Yogi, Swami Kuvalyanand	Autobiography		<b>CO3</b>	
<b>19</b>	Autobiography of Dayanand Saraswati	Autobiography		<b>CO3</b>	
<b>20</b>	Benefits of yogic lifestyle	<b>Therapeutic</b>		<b>CO4</b>	
<b>21</b>	Importance of Yoga in prevention and cure	<b>Therapeutic</b>		<b>CO4</b>	
<b>22</b>	Career in yoga and naturopathy	<b>Career Oriented</b>		<b>CO4</b>	

**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.