



## **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: 1st, 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**

<b>S.No.</b>	<b>Criteria</b>	<b>Marks</b>
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 Upanishad	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 Buddhism	Philosophical		CO2	
13	Yoga according to Jainism	Philosophical		CO2	
14	Autobiography of Maharshi Patanjali	Autobiography		CO3	

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