

**CPY**

To explain the history and the contribution of various Yogis  
To differentiate the basic principles and practices of yoga.  
To demonstrate the protocol yoga programme developed by AYUSH  
To demonstrate yoga practices for prevention of diseases and adoption of yogic lifestyle  
To formulate the holistic health for himself for enhancing functionality of his life

**BYG-001**

Introduction to Yoga and Yogic texts

To describe the meaning of yoga, history and its streams  
To analyze the introduction to yogic texts  
To explain the contribution of great Yogis  
To explain the concepts of fundamental yogic terminology

**Evaluation**  
**TMA and Term End Examination**

**BYG-002**

Yoga and Health

To explain the basic of Human Anatomy and Physiology  
To interpret the yogic concepts of health  
To explain the Yoga and Mental Health  
To evaluate the Yogic Life Style

**Evaluation**  
**TMA and Term End Examination**

**BYGL-001**

Shat Kriyas, Yogic Kriyas, Asanas, Pranayama, Mantra Japa

To explain the procedures of Meditation (Dhyana)  
To demonstrate the Loosening Exercises for all postures and Yogic Kriyas (Sandhichalana) as listed in the syllabus  
To demonstrate the Shat Karma (Cleansing techniques) as listed in the syllabus  
To demonstrate the Suryanamaskara  
To demonstrate the Aasana as listed in the syllabus  
To demonstrate the Pranayama (Regulation of Breath) as listed in the syllabus  
To demonstrate the Mudra and Bandha as listed in the syllabus

**Evaluation**  
**Internal Practical Examination**  
**Term End Practical Examination**