



NATIONAL P. G. COLLEGE, LUCKNOW

(An Autonomous College of University of Lucknow)

2-Rana Pratap Marg, Lucknow



Department of Physical Education

Semester VI

Paper 603

Yoga, Meditation and Health

Objective:

- To make students aware of the benefits of practicing yoga.
- To enable students to do various yoga asanas.

Learning Outcome:

- The students will become aware of the various benefits of practicing yoga
- The students will be able to do various yoga asanas.

Unit I

Introduction

Meaning and definitions of yoga

Aim of yoga

Types of yoga

Types of meditation


Unit II


Various Asanas / Yogic Exercises

Diseases and their cure through yogic exercises

Physiological values of meditation

Limitations of yogic Asanas.


Principal
National P.G. College
LUCKNOW


Dr. Rakesh Pathak
H.O.D.
Dept. of Physical Education
National P.G. College
Lucknow



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B.A. (PHYSICAL EDUCATION)

Semester VI

General / Skill	Paper No	Name of the Paper	Hours per Week			Credits	Evaluation Scheme				Total
			L	T	P		Internal Assessment			External Assessment	
							Class Test	Assignment and Presentation	Class Participation & Attendance		
Skill	603	Yoga Meditation and Health	01	00	02	02	00	00	00	100	100
TOTAL CREDITS						02	TOTAL MARKS				100

*L – Lecture; T – Tutorial; P – Practical


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CO-PO MAPPING

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	01	02	01	03	01	02
CO2	01	02	01	03	01	02

3	High Correlation
2	Moderate Correlation
1	Low Correlation
0	No Correlation


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