

# **SYLLABUS**

of the

**Value-added Course**

## **PRACTICAL APPROACH OF YOGA FOR INNER PEACE**

**(PESSVAC 005)**

(w.e.f. 2022-2023)



**Offered by:**

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS  
SCIENCE**

**Panskura Banamali College**

**(AUTONOMOUS)**

**Panskura R.S., Purba Medinipur  
West Bengal – 721152**

## **COURSE INFORMATION IN BRIEF**

<b>Course Name:</b>	<b><i>PRACTICAL APPROACH OF YOGA FOR INNER PEACE</i></b>
<b>Course Contents:</b>	Yogic diet, ShuddhiPrakriyas&Yoga for Stress management and positive health
<b>Course Type:</b>	Value-added Course (Optional, additional, and not a part of the CBCS curriculum)
<b>Medium:</b>	Bengali, English
<b>Mode:</b>	Offline
<b>Intake:</b>	Minimum 20; Maximum 50
<b>Eligibility:</b>	+XII ,Any interested candidate in Yoga
<b>Duration:</b>	30 hours (to complete within a time span of 2 months)
<b>Course Fees:</b>	Rs.300
<b>Coordinator:</b>	DR. AMITAVA GHOSAL
<b>Contact:</b>	Department of Physical Education & Sports Science, PanskuraBanamali College (Autonomous) <a href="mailto:amitavaghosal01@gmail.com">amitavaghosal01@gmail.com</a> 8902809245 (WhatsApp only)

## Structure & Contents

### Group-A Theory

1. Sattvic Diet, Rajasic Diet, Tamasic Diet
2. Tri-Dosha & Food
3. Tri-Gunas & Food
4. Role of Yogic diet in health and disease

### Group-B Theory & Practical (Role of Shuddhi Prakriyas in preventive, promotive and curative aspect)

1. Karma Shuddhi (Yama, Niyama)
2. Ghata Shuddhi (Shatkarma)
3. Snayu Shuddhi (Asana) & Prana Shuddhi (Pranayama)
4. Indriya and Mano Shuddhi (Pratyahara) Mana, Buddhi, Ahamkar and Chitta Shuddhi (Dharana, Dhyana and Samadhi)

### Group-B Theory & Practical (Yoga for stress management & positive health)

1. Concept of stress according to yoga
2. holistic lifestyle for effective stress management
3. Stimulation-relaxation combines the core.
4. Loosening exercise
5. Suryanamaskar
6. Asana, Pranayama
7. Kriya, Mediatation.

### Suggested Readings

1. *Timothy McCall ( 2007). Yoga as Medicine: The Yogic Prescription for Health and Healing, Random house publishing group. ISBN: 9780553903942.*