TEERTHANKER MAHAVEER UNIVERSITY

TMIMT College of Physical Education

Value Added course

“YOGA EDUCATION”

For

U.G Students

Of

TEERTHANKER MAHAVEER UNIVERSITY

2022

GUIDELINES

The constantly shifting global environment increases competition and calls for highly developed lateral thinking skills and an entrepreneurial spirit to meet the new challenges. The specific skill sets that are taught to students today with program-specific objectives frequently become obsolete sooner rather than later as a result of the rapid evolution of technology. Every important or relevant topic cannot be effectively covered in a university curriculum. It is crucial for higher education institutions to add to the curriculum so that students can grow as individuals and better prepare for the demands of the workplace.

Numbers of value-added courses are offered by TMIMT College of Physical Education at Teerthanker Mahaveer University. These courses are taught by professionals and assist students in standing out from the competition in the job market by enhancing their resumes. They are largely unrelated to any one field type.

OBJECTIVES

The Value Added Course's key goals are to:

- Give students a better grasp of what businesses expect.
- To increase pupils' employability skills.
- To close the skills gap and prepare students for the workplace.
- To give pupils a chance to build cross-disciplinary abilities.
- Should train kids to be employers, not job seekers.

DURATION

A value-added course lasts 20 hours and is divided into 5 hours of theory and 15 hours of practical instruction. However, the course instructor will choose the ratio of theory to practical, with the department head's consent.

PROCEDURE FOR REGISTRATION

The list of Value Added Courses shall be displayed in the University Website along with the syllabus. A student shall register for a Value Added Course through the concerned Principal of the College. The Principal of the college with the help of the course instructors will prepare the final list for the approval of Associate dean academics. After the approval of Associate dean academics the college Principal will display the schedule in the college notice board.

ATTENDANCE

Same as per our other regular courses, here also the students have to maintain a minimum of 75% attendance during the course otherwise student will fail to get the VAC certificate.

EVALUATION

Assignment	Viva	Attendance	Skill	Total
10	40	10	40	100

GRADING SYSTEM

The grades will be distributed in the following manner:-

Marks	**Grade**
90-100	A++
80-89	A+
70-79	A
60-69	B++

50-59	B+
40-49	B
39 or below are considered to be fail	

Awarding Certificate

Learners will get a certificates once they have registered for, appeared in the examination and successfully passed. The college students who've completed the Value Added Course will be issued with a Certificate duly signed duly signed by the Authorized signatories.

YOGA EDUCATION

(VAC)

Duration: - 20 Hrs. Course **Course Type: - VAC**

Instructor: - Dr. Yogendra Sharma

Email: - yogendras.physicaleducation@tmu.ac.in

Contact @ 7669374212

Registration: - 1/11/2022 to 15/11/2022

Delivery: - 18/11/2022 to 21/01/2023

Unit – 1 (Culturative Asanas)

Students will try to learn all the asanas and try to perform any five in a professional manner

- Vriksh Asana
- Tad Asana
- Trikon Asana
- Vakra Asana
- SuptaVajra Asana
- Pad-hast Asana
- Nauka Asana
- VipritKarni
- Sarvang Asana
- Hal Asana

- Bhujang Asana
- Shalbh Asana
- Dhanur Asana
- Paschimottan Asana
- Matasyaendrasana
- Ustra Asana
- PawanMukt Asana
- Shirsh Asana
- Chakra Asana
- Vaka Asana
- Mayur Asana

Unit-2 Relaxative Asanas (All Mandatory)

- Sava Asana
- Makra Asana

Unit-3Meditative Asanas (Any Two)

- Padma Asana
- Vajra Asana
- Sukha Asana

Text and Reference book:

1. Sharma, S. K. Yoga. New Delhi: Sports
2. Yadav, Y. P. &Yadav, R. Art of yoga. New Delhi: Friends
3. Sharma, J. P. Teaching of yoga. New Delhi: Friends
4. Gore, C.S. Yoga and Health, New Delhi: Sports

Latest editions of all the suggested books are recommended.