

Asian Educational Institute, Patiala
(An Autonomous College)
All Under Graduate Classes
Semester-III
(2025-2026)
YOGA AND MEDITATION
Paper Code-BVAC-3

Max. Marks: 50 Marks
External assessment : 35 Marks
Practical: 15 Marks

Periods per week: 3
Pass Marks: 35%
Credit : 02 (01T+01P)

45 Hours (Theory: 15 hours, Practical: 30 hours)

Course Objective:

- To understand the Foundation of Yoga.
- To highlight the importance of Yoga and Meditation.
- To provide a general understanding of Asanas, Kriya, Pranayama

Course Outcome:

- Students will be able to understand the Foundation of Yoga
- Students will learn the importance of Yoga and Meditation.
- Students will learn Asanas, Kriya, Pranayama.

Instructions for the Paper Setters

The question paper will consist of three sections A, B & C. Sections A & B will have four questions from the respective sections of the syllabus and will carry 6 marks each. Section C will have 6-12 short answer type questions which will cover the entire syllabus uniformly and will carry 11 marks in all and will carry 1 mark each.

Instructions for candidates

Candidates are required to attempt two questions each from sections A & B of the question paper and the entire section C.

Unit I

1. Introduction and Foundation of Yoga
2. Meaning of yoga and its importance
3. Ashtanga Yoga- Yama, Niyama, Asanas, Pranyama, Partyahara. Dharana, Dhyana and Samadhi.
4. Meditation; meaning, definition, types and principles of meditation

Unit II

1. Principles of yogic practices
2. Asanas, meaning, definition of asanas and its types.
3. Pranayama, meaning, definition of pranayama and its types.

15 Ques

Kriya; meaning, definition of Kriya and its types.

Internal Assessment:

Performance in mid-semester test	: 06 Marks
Assignment/Project/Seminar	: 06 Marks
Attendance	: 03 Marks

Practical Syllabus

1. Suryanaskar
2. Standing Asanas-vrikshasana, Tadaxana
3. Sitting asanas-Padmasana, vrijasana, Paschimuttanana
4. Lying asanas (supine position)- Halasana, Sarvangasana. Naukasana
5. Prone position asanas -Bhujangasana, Dhanurasna, Navasana
6. Practice of pranayama- bhastrika, kapalbhati, anulom vilom

Text/Reference Books:

1. Brown, F. Y. (2000). How to use yoga. Delhi: Sports Publication
2. Debnath, M. (2006). Basic Core Fitness through yoga and Naturopathy. New Delhi: Sports Publication.
3. Gharote, M. L. & Ganguly, H.(1988). Teaching methods for practices. Lonawala: Kaixydhmoe.
4. Harvey, P. (2001). Yoga for Everybody, New York: Readers Digest
5. Rajjan, S. M. (1985). Yoga strengthening of relaxation for sports
ian. New Delhi: Allied Publishers.
6. Shankar, G. (1998). Holistic approach of yoga. New Delhi: Aditya Publishers.
7. Sharma, L. (1991). All You Wanted to Know About Yoga. Greater Noida: Sterling Publisher Pvt. Ltd.
8. Shekar, K. C., (2003). Yoga for health. Delhi: Khel Sahitya Kendra

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