

**Course: Co-Curricular Courses (CC)
Yoga and Sports Activities**

Semester: II Credits: 2 Subject Code: ACUCCSPO22301 Lectures: 30

Course Outcomes:

At the end of the course, the learner will be able to:

- CO1- Describe the basic concept of Active Lifestyle, Posture & Introduction to BahirangaYoga and Pranayama for healthy living.
- CO2- Recall and Demonstrate various yoga poses which will be improving flexibility, concentration and boost the immune system.
- CO3- Apply various asanas & pranayama techniques to cure from various lifestyle related diseases.
- CO4- Demonstrate the various sports skills and also able to participate in the competitions and distinguish tactics.

Unit 1: Active Lifestyle and Yoga

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- Concept of Active Lifestyle, Posture.
- Introduction to BahirangaYoga and Pranayama.
- Suryanamaskar practice and its benefits.
- Asanas (Students have to perform following asanas) - Standing Asanas- Tadasana, Vrikshasana, Ardha Chakrasana, Uttanpadasana, Trikonasana, Sitting Asanas- Padmasana, Paschimottanasana, Janu Sirsasana, Gomukasana, BaddhaKonasana, Shashankasana, Supine Position Asanas- Ardha Halasana, Halasana, Setubandhasana, Pawanmuktasana, Prone Position Asanas- Ardha Bhujangasana, Purna Bhujangasana, Dhanurasana, Shalabhasana
- Pranayama- Anuloma Viloma Pranayama, Bhramari Pranayama

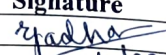
Unit 2: Self Defense and Sports

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- Self Defence- Kicking-.Ap Chagi (Front Kick), Yop Chagi (Side Kick), Dolyo Chagi (Round Kick), Chong Jong- Self Defence techniques
- Games - Athletics, Basketball, Kho-Kho, Kabaddi, Volleyball, Handball, Table Tennis, Badminton.

Recommended Text Books:

- Werner, W. K. Hoeger, Sharon A. H., *Lifetime Physical Fitness & Wellness: A Personalized Program*, Twelfth Edition, Wadsworth, Cengage Learning; USA, 2013.
- Iyengar, B.K. *Light on Yoga*. Orient Longman Pvt. Ltd. Mumbai; 2008.
- Iyengar, B.K. *Light on Astanga Yoga*. Alchemy Publishers. New Delhi; 2008

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- Gharote, M. L. *Guidelines for Yogic Practices*. The Lonavla Yoga Institute; 2008
- Paramahansa, Y. *बहिरंगयोग: First Steps to Higher Yoga*. Yoga Niketan Trust, Delhi; 2011.
- Bhandari, B.M. *Mahila Swa-Saurakshan Ek Astra and Shastra*. Usha-Anil Publication, Pune; 2017
- Mahaboobjan, A., Arulraj, C., Vijayakumar, R., Viswejan, U., Selvaraj, C. & Sowmiya, C. *Rules and Measurements in Sports and Games*, Sports Publication: Delhi; 2021

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Faculty	Ms. Shital Mahadik (Taekwondo Coach)	<i>Shital M</i> 20/5/23	
Subject Expert (Outside SPPU)	Dr. Sandipraj S. Autade		<i>S. Autade</i> 20/5/23
Subject Expert (Outside SPPU)	Sub Maj & Honorary Lieutenant, Padmakar B Phad,	<i>P. B. Phad</i> 20/5/23	
VC Nominee (SPPU)	Dr. Mahesh Deshpande		<i>M. Deshpande</i> 20/5/23
Co-opted Expert	Dr. Suvarna Deolankar	<i>S. Deolankar</i> 20/5/23	
Industry Expert	Mr. Ganesh Gawade		<i>G. Gawade</i> 20/5/23
Alumni	Ms. Jueely Badhe	<i>J. Badhe</i> 20/5/23	



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