

**Course Name: Value Add Course on Yoga and Holistic
Development**

Date: 21st June, 2018 – 28th June, 2018

Course Outline/Syllabus/Curriculum:

- Surya Namaskar
- Adho Mukha Svanasana
- Tadasana
- Utthita Trikonasana
- Viparita Virabhadrasana
- Malasana
- Ardha Uttanasana
- Parsvottanasana
- Urdhva Hastasana
- Bhujangasana
- Ashtanga Namaskara
- Dandasana
- Baddha Konasana
- Sukhasana
- Ardha Matsyendrasana
- Janu Sirsasana
- Paschimottanasana
- Balasana
- Savasana

Assessment Procedure:

Assessments are done through yoga related viva-voce, quizzes and yoga asans. All students successfully completed the yoga course for the given year.

Summary Report with outcomes:

This program was offered to students of all disciplines. Duration of this course was 30 hrs. 210 students enrolled in this course. This was organized on understanding and relevance of yoga in the modern life style where materialistic values have become prominent. This course motivated the students and conveyed the importance of making yoga an integral part of our daily life

All participants were benefited from asanas as they were able to effectively practice it after joining this course .



SLC (University of Delhi) Shyam Lal College



**Department of Physical Education &
IQAC** in collaboration with **Maa Ratni**
organize

**Value Add Course on Yoga &
Holistic Development**

Date: 21th June - 28th June 2018

Venue: SLC

Mr. V.S. Jaggi
Coordinator

Dr. Alka Sharma
Coordinator, IQAC

Dr. Rabi Narayan Kar
Principal, SLC