

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

Date: 21st June, 2019 – 28th June, 2019

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. 220 students enrolled and successfully completed this course. This was organized on understanding and relevance of yoga in the modern life style. Yoga is a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.



**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 2019 - 28th June 2019

Venue: SLC

Mr. V.S. Jaggi
Coordinator

Dr. Kusha Tiwari
Coordinator, IQAC

Dr. Rabi Narayan Kar
Principal, SLC