


Visvesvaraya Technological University

(State University of Government of Karnataka Established as per the VTU Act, 1994)

“JnanaSangama”, Belagavi - 590 018, Karnataka State

Guidelines for Yoga Syllabus for Semester III

Semester	Course Title	Content	No. of Hours
3 rd Semester	Introduction of Yoga, Aim and Objectives of yoga, Prayer	Yoga, its meaning, definitions.	Total 20-24 hrs
	Brief introduction of yogic practices for common man	Different schools of yoga, importance of prayer	
	Rules and regulations	Yogic practices for common man to promote positive health	2 hrs / week
	Misconceptions of yoga	Rules to be followed during yogic practices by practitioner	
		Yoga its misconceptions	
	Suryanamaskara	Suryanamaskar prayer and its meaning, Need, importance and benefits of Suryanamaskar 12 count, 2 rounds	
	Different types of Asanas	Asana, Need, importance of Asana. Different types of asana. Asana its meaning by name, technique, precautionary measures and benefits of each asana	
	a. Sitting 1. Padmasana 2. Vajrasana		
	b. Standing 1. Vrikshana 2. Trikonasana		
	c. Prone line 1. Bhujangasana 2. Shalabhasana		
	d. Supine line 1. Utthitadvipadasana 2. Ardhalasana		


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