

# **RURAL URBAN COUNCIL OF SKILLS & VOCATIONAL STUDIES**

## **Health & Yoga Syllabus**

<b>Health &amp; Yoga</b>	<b>1 Year Course</b>
<b>Subject Code</b>	<b>Subject Name</b>
<b>HY101</b>	Introduction of Yoga
<b>HY102</b>	Asanas & Pranayama
<b>HY103</b>	Kriyas
<b>HY104</b>	Mudras
<b>HY105</b>	Yoga Sport & Health
<b>HY106</b>	Yoga for Physical Fitness & Concentration

<b>Health &amp; Yoga</b>	
<b>Practical 1</b>	<b>Asanas</b> (Bhadrasan, Bakasan, Padangushthasan, Padam Bakasan, Sarwang Asan )
<b>Practical 2</b>	Kriyas, Meditation Techniques, Yoga Therapy Special Techniques.
<b>Practical 3</b>	<b>Mudras &amp; Bandhas</b> (Mahabandh, Kaki mundra, Shambhavi mundra, Vipreetkarni mundra, Yoga mundra)
<b>Practical 4</b>	<b>Pranayamas</b> (Bhastrika, Bhramari)
<b>Practical 5</b>	Viva & Internal Assessment