

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

**Date: 21<sup>st</sup> June, 2017 – 28<sup>th</sup> June, 2017**

Course Outline/Syllabus/Curriculum:

- Surya Namaskar
- Adho Mukha Svanasana
- Tadasana
- Virabhadrasana I
- Utthita Trikonasana
- Viparita Virabhadrasana
- Malasana
- Ardha Uttanasana
- Urdhva Hastasana
- Vrksasana
- Chakravakasana
- Setu Bandha Sarvangasana
- Bhujangasana
- Baddha Konasana
- Sukhasana
- Ardha Matsyendrasana
- Upavistha Konasana
- Ananda Balasana
- 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. 140 students attended this course. This was organized to understand the relevance of yoga in the modern life style because Yoga offers physical and mental health benefits.

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 with Maa Ratni  
organize**

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Holistic Development**

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**Mr. V.S. Jaggi**  
Coordinator

**Dr. Alka Sharma**  
Coordinator, IQAC

**Prof. Rabi Narayan Kar**  
Principal, SLC