

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

Date: 1st September, 2017 – 15th September, 2017

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. 205 students enrolled in this course. This was organized on understanding and relevance of yoga. 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: 1st September 2017 – 15th September 2017

Venue: SLC

Mr. V.S. Jaggi
Coordinator

Dr. Alka Sharma
Coordinator, IQAC

Dr. Rabi Narayan Kar
Principal, SLC