

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

Date: 1st September, 2018 – 15th September, 2018

Course Outline/Syllabus/Curriculum:

- Surya Namaskar
- Adho Mukha Svanasana
- Tadasana
- Virabhadrasana I
- Virabhadrasana II
- Utthita Parvakonasana
- Utthita Trikonasana
- Viparita Virabhadrasana
- Malasana
- Ardha Uttanasana
- Urdhva Hastasana
- Vrksasana
- Chakravakasana
- Setu Bandha Sarvangasana
- Bhujangasana
- Baddha Konasana
- Sukhasana
- Ardha Matsyendrasana
- Janu Sirsasana
- Paschimottanasana

Assessment Procedure:

Assessments are done through yoga related viva-voce 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. 230 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**

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Venue: SLC

Mr. V.S. Jaggi
Coordinator

Dr. Alka Sharma
Coordinator, IQAC

Dr. Rabi Narayan Kar
Principal, SLC