

**ADD ON COURSE**  
**BBA DEPARTMENT**

**Course: Yoga Fundamental Course**

**Learning objectives**

1. Develop a foundational understanding of the history, philosophy, and principles of yoga.
2. Gain familiarity with basic yoga postures (asanas) and their correct alignment.
3. Explore different breathing techniques (pranayama) and their effects on the body and mind.
4. Cultivate body awareness and mindfulness through yoga practice.
5. Enhance flexibility, strength, and balance through regular asana practice.
6. Understand the benefits of yoga for physical, mental, and emotional well-being.
7. Learn relaxation techniques for stress reduction and deep relaxation.
8. Develop a basic understanding of meditation and its role in yoga practice.
9. Explore the integration of yoga principles into daily life for holistic well-being.
10. Foster a supportive and inclusive yoga community.


These learning objectives aim to provide students with a solid foundation in yoga practice, philosophy, and self-care. They encourage students to develop physical and mental strength, cultivate mindfulness, and apply yoga principles in their everyday lives.

**Unit 1: Introduction to Yoga**

- Understand the origins and history of yoga.
- Explore the philosophy and principles of yoga.
- Learn about the benefits of yoga for physical, mental, and spiritual well-being.
- Develop an understanding of the different paths of yoga.

**Unit 2: Asana Practice**

- Learn and practice fundamental yoga postures (asanas) with proper alignment and modifications.
- Understand the benefits and effects of each asana on the body and mind.
- Develop strength, flexibility, and balance through regular asana practice.

  
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- Explore various sequences and learn how to create a balanced yoga practice.

### **Unit 3: Pranayama and Breath work**

- Explore different breathing techniques (pranayama) and their effects on the body and mind.
- Learn proper breathing techniques for relaxation, energization, and mental clarity.
- Understand the connection between breath and movement in yoga practice.
- Cultivate mindfulness and presence through breath awareness.

### **Unit 4: Meditation and Mindfulness**


- Learn various meditation techniques, such as mindfulness, loving-kindness, and guided meditation.
- Understand the benefits of meditation for stress reduction, focus, and emotional well-being.
- Develop a regular meditation practice and learn how to integrate mindfulness into daily life.
- Cultivate present-moment awareness and inner stillness.
- Develop focus, concentration, and inner stillness through meditation.

### **Unit 4: Yoga Philosophy and Lifestyle**

- Study the foundational texts of yoga, such as the Yoga Sutras of Patanjali.
- Understand the principles of yoga ethics (Yamas and Niyamas) and how to apply them in daily life.
- Explore the concept of mindfulness and how it relates to yoga practice.
- Learn about the holistic approach of yoga, including diet, relaxation, and stress management.
- Reflect on the integration of yoga philosophy into personal and social contexts.

### **Unit 5: Yoga for Wellness**

- Explore the therapeutic applications of yoga for various health conditions.
- Learn specific yoga sequences and modifications for different populations (e.g., seniors, pregnant women).
- Understand the role of yoga in stress reduction and emotional well-being.
- Practice restorative yoga and relaxation techniques for deep relaxation and rejuvenation.

  
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- • Develop the skills to design and lead yoga sessions for specific wellness goals.

### Books Recommended

1. "The Yoga Sutras of Patanjali" translated by Swami Vivekananda - This translation of the ancient text provides commentary by Swami Vivekananda, offering a deep understanding of the philosophical and practical aspects of yoga.
2. "Light on Yoga" by B.K.S. Iyengar - Written by the renowned yoga master, this book is considered a seminal work on yoga practice, providing detailed instructions on asanas, pranayama, and yoga philosophy.

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