

B.Tech.
First Year- Second Semester (effective from the session 2022-23)

BVA251: SPORTS AND YOGA

Objective of the Course:

- To maintain mental and physical wellness upright and develop ability in the students to cope up with the stress arising in the life.
- To create space in the curriculum to nurture the potential of the students in sports/games/yoga etc.
- To introduce a practice oriented introductory course on the subject. More involved / advanced course may come up in subsequent years of study

Syllabus/ Guidelines

Part A: Sports/Games

Some form of Athletics would be compulsory for all students, unless restricted due to medical / physical reasons. In addition to this, student has to opt for at least one game out of the remaining mentioned below.

A fair theoretical knowledge and a reasonable amount of field / site practice of the chosen games will be essential.

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| <ol style="list-style-type: none">1. Athletics2. Volleyball3. Basketball4. Handball5. Football6. Badminton7. Kabaddi8. Kho-kho9. Table tennis10. Cricket | Compulsory |
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Part B: Yoga

a. Introduction of Yoga

Introduction of Yoga, Origin of Yoga, Aims and Objective of Yoga, Patanjali Yoga darshan, Hathyoga, Gheranda Samhita, Karmyoga, Gyanyoga.

b. Asanas, Pranayam and Meditation Practices

Meaning of Asanas, Objective of Asanas, rules and regulations of Asanas and Pranayams, Types of Yogasana

Yogic postures: Standing Posture, Sitting posture, Supine posture, Prone posture, balancing Postures, Pranayam according to Patanjali and Hath Yoga, Meditaion Mudras

c. Science of Yoga

Physiological effects of Asanas- Paranayama and meditation, stress management and yoga, Mental health and yoga practice, Health and Personality Development.

Genral Guidelines.

1. Institutes must assign minimum of three periods in the Time Table for the activities of Sports/Yoga.
2. Institutes must provide field/facility and offer a minimum of five choices of the Games/Sports.
3. Institutes are required to provide sports instructor / yoga teacher to mentor the students.
4. Student must be made familiar with the terminologies, rules/regulations, dimension/ marking of the play field/area and general knowledge of national/ international level facts/figures related to the chosen game.

Assessment:

The Institute must assign coordinator/ subject teacher for the subject, for every batch/group of the students, who would be responsible for coordinating the required activities and keep watch on the level of student's participation in the chosen game.

Coordinator/mentor would be responsible for the award of the sessional marks based upon following components.

1. Level of understanding and general awareness (20 %)
2. Involvements in the Practice Sessions (50 %)
3. Regularity, Sincerity and Discipline (20 %)
4. Participation in University level / District level / State level / National Level events (10 %)