



**Shrimathi Devkunvar Nanalal Bhatt Vaishnav
College for Women, Chromepet, Chennai**

Part –IV Value Education : Yoga and Wellness

Semester II

Sub.code: 20UYGVE2002

Credits : 2

Number of Hours : 30

Unit I

Ashtanga Yoga: Breathing Exercises: Om chanting, Pranayama, Nadi Suddhi 1,2,3.

Stretching Exercises: Sitting, rolling and rowing, stretching of neck, shoulder and chest.

Standing asanas : Ardachakrasana, Trikonasana, Utkatasana and Veerabhadrasana,.

Sitting asanas: Gomukhasana, Bhadrasana, Paschimotasana, Pavamuthasana, Savasana.

Unit II

Behaviour and self-management, goal orientation, mind management, stress management, cognitive skills (attitude, recognition, appreciation and gratitude), fear management.

Unit III

Anatomy of the human body. Proper food, water, breathing and sleep. Relaxation.

Importance of meditation and Raja yoga.