



THE ENGLISH AND FOREIGN LANGUAGES UNIVERSITY
(A Central University established by an Act of Parliament)
Hyderabad, Telangana State, India

YOGA TIME TABLE

Classes will begin from 03.10.2023

(2 Credits/30 Hrs.)

Day	Time (7 a.m. 8 a.m.)	Venue Joggers' Park
Monday	-	-
Tuesday	-	-
Wednesday	-	-

Name of the Faculty:	1. Dr. T Venkat Rajaiah 2. Mrs. Sunitha
-----------------------------	--

Attendance is Compulsory



THE ENGLISH AND FOREIGN LANGUAGES UNIVERSITY

A Central University established by an Act of Parliament

Hyderabad, Telangana State, India

Dr. T. Venkat Rajaiah
Yoga Consultant

A Course in YOGA for UG and PG - AUG 2023- NOV 2023 (2 CREDITS)

- 30 hours of Teaching
- 60 hours of self study by the participants

Paper 1: INTRODUCTION TO YOGA

(5 Hrs.)

UNIT 1: Meaning, Nature and Scope of Yoga and 107 years (since 2014)

UNIT 2: Evolution of Yoga and World View

UNIT 3: Bases and Basics of Yoga: visual, epical and spiritual

UNIT 4: Misconceptions on Yoga and Ayush Yoga protocol and concepts

Paper 2: TRADITIONS OF YOGA

(5 Hrs.)

UNIT 1: Ashtanga Marga of Gautama Buddha

UNIT 2: Patanjali, Ashtanga Yoga, Shreemad Bhagvad Geeta, Bhakti, Gyan and Karma Yoga

UNIT 3: Integral/Poorna Yoga Sri Aurobindo

UNIT 4: Sapat Yoga Concepts: Human Body, Life and Indian Tradition

Paper 3: CONTEMPORARY USES OF YOGA

(5 Hrs.)

UNIT 1: Food and Lifestyle, Nature and Creature: Yoga Health Checkup

UNIT 2: Systems of Human Body – Digestive, Respiratory, Skeletal Muscular, Excretory, Nervous and Glandular Systems.

UNIT 3: Sapta Chakras and Yoga and SNS

UNIT 4: Combating Pollution and Radiation of Technical Devices: Yoga as Substitute and Supplement

Paper 5: ORGANIC FRAMING

(5 Hrs.)

UNIT1: Global issues and Challenges

UNIT2: Natural fertility of the soil through animal farming

UNIT3: "Agri-technology" limitations Issues and challenges in terms of restoration of environment balance locally, globally, personally and universally

UNIT4: Achieving and Sustaining of Immunity, Community and Humanity

Paper 6: YOGA PRANAYAMA PRAYERS AND MEDITATIONS

(5Hrs)

UNIT1: Structural and Functional Yoga

UNIT2: Occupational Yoga

UNIT3: Yoga Discipline and Professional Care

UNIT4: Yoga for peace to all, Practical approaches today

60 hours of self-study by the participants as per the syllabus practical approach

SELF STUDY:

(60 Hrs.)

UNIT1: Taking Yoga Classes (10Hrs.)

UNIT2: Yoga Presentations (10 Hrs.)

UNIT3: Yoga Record Book (10 Hrs.)

UNIT4: Yoga Survey (any 10 Cases) (10Hrs.)

UNIT5: IDY Impact and AYUSH (10Hrs.)

UNIT6: Self Involvement and Evolvement and Family Participation (10Hrs.)
Self-Appraisal and Self-Practice

SUGGESTED READING:

1. B.K.S Ayyangar
2. Bihar School of Yoga
3. T.V.R
4. Structural Yoga
5. Geeta Today
6. Buddha Today
7. World Religions Today