

**ADD-ON COURSE**  
**HAZI A. K. KHAN COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**COURSE TITLE: "YOGA"**

**COURSE OUTCOME:**

Upon completion of this course, the student will be able to:

- What is Yoga?
- Importance of Yoga in their life.
- Able to know how can change their physical and mental health.
- Able to know how to help to relief their mental anxiety and stress.

**Course outline:**

**Module 1: (10 Hours)**

- Introduction, meaning of yoga.
- History of Yoga.
- Type of Yoga
- Ashtanga yoga and Hatha Yoga.

**Modul 2: (20 Hours)**

**ASANAS**

**Standing Postures**

- Ardachandrasana
- Brikshasana
- Pdahastasana

**Sitting Postures**

- Ardhakurmasana
- Paschimottanasana
- Gomukhasana

**Supine Postures**

- Setubandhasana
- Halasana

- Matsyasana

#### **Prone Postures**

- Bhujangasana
- Salvasana
- Dhanurasana

#### **Inverted Postures**

- Sarbangasana
- Shirsasana
- Bhadrasana

#### **COURSE DESIGN:**

- Duration of the course in hours: 30 hours
- Course fee: Nil
- This course is open to all students of Hazi A. K. Khan College.

Commented [D1]: