

COURSE CODE: PEHSVAC-01	YOGA AND LIFE SKILL DEVELOPMENT	Hours:30
Objectives	<ol style="list-style-type: none"> 1. Importance of Yoga 2. Meditation and its benefits 3. Development of Life Skills through Yoga 4. Development of Life Style 5. Healthy positive habits 	
UnitI	Importance of yoga – improved flexibility and balance – Strengthens the muscles – better functioning of the heart and lungs – yoga nidra – benefits of yoga of nidra – increase blood circulation - yoga mental health – Physical health	
UnitII	Meditation and its benefits-Definition of meditation-Meaning of meditation - benefits of meditation-Definition of Meditation in psychology – Power of meditation - Meditation techniques-mantra-trataka-walking-christian –sufi-meditation for kids.-meditation tips – daily practice and benefits	
UnitIII	Development of Life Skills through Yoga – Self care skills – Self Regulative Skills – Relative Skills – Imagination of Creativity – Communication of Confidence.	
UnitIV	Development of Life Style: Make Healthy food choices – Hydrate Properly – Establish a regular yoga practice – stay active.	
UnitV	Healthy positive habits - Practice Meditation – Use natural herbal beauty products – Consume consciously – Relaxation positive mental habits – Be true your self – Yogic Home Environment.	
Course outcome	<ol style="list-style-type: none"> 1. Students will understand the importance of Yoga 2. Students will gain the knowledge about meditation and its benefits. 3. Students will develop life skills through yoga. 4. Students will identify the essentials and healthy life style. 5. Students will understand the positive habits. 	
Reference: <ul style="list-style-type: none"> • Swami, Kuvalyananda(1993), Asanas, Kaivalyadhama, Lonavla Iyengar, B.K.S. (1976) : Light on Yoga London, UNWIN Paperbacks Swami, SatyanandaS.(3002), • Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust Rama R.R. (3006): • Journey to the Real Self (a book on Yoga Consciousness), Vijinigiri , Yoga Consciousness Trust. Babu, K.R(3011): • Aasana Sutras (based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications. • Ivan Illich, 1974, Energy & Equity, The Trinity Press, Worcester, and Harper Collins 		