

OFFICE OF THE PRINCIPAL :: DARRANG COLLEGE :: TEZPUR

Ref: DC/Gen/F.No.254/16/2024/334

Date:- 30-04-2024

NOTICE VAC Class Schedule (2nd Semester / B.A. and B.Sc.)

As per resolution of HODs meeting held on 02-03-2024 and approved by Academic Council vide resolution No. AC/2023/6/2 dated 09-03- 2024, the following VAC paper has been selected for BA and B.Sc. programme (2nd Semester FYUGP).

Name of Paper: Yoga and Wellness

Students must submit an assignment on any of the topics listed below. Classes will be held from 2nd of May, 2024 according to the Time Table given below. Practical classes will be held after completion of theory examination.

Assignment:

a) TOPIC:

i) Yoga : Its Origin, History and Development

Or

ii) Astangayoga : The importance of Eight parts of Yoga.

b) Assignment must be submitted in COUNTER No. - 1 on or before 15th of May, 2024

c) Name / UID / Department / Contact No. must be written clearly on the front page.

d) Word limit : Maximum 200 words.

e) Assignment must be written on single side of A4 size paper.

CLASS SCHEDULE:

Date	Time	Stream	UID
02-05-2024	3.00 p.m. to 4.30 p.m.	B.A.	23AD001 - 23AD0370
03-05-2024	3.00 p.m. to 4.30 p.m.	B.A.	23AD0371 - 23AD0746
04-05-2024	3.00 p.m. to 4.30 p.m.	B.Sc., / BCA / Biotechnology)	All Students
06-05-2024	3.00 p.m. to 4.30 p.m.	B.A.	23AD001 - 23AD0370
07-05-2024	3.00 p.m. to 4.30 p.m.	B.A.	23AD0371 - 23AD0746
08-05-2024	3.00 p.m. to 4.30 p.m.	B.Sc., / BCA / Biotechnology)	All Students
11-05-2024	3.00 p.m. to 4.30 p.m.	B.A.	23AD001 - 23AD0370
13-05-2024	3.00 p.m. to 4.30 p.m.	B.A.	23AD0371 - 23AD0746
14-05-2024	3.00 p.m. to 4.30 p.m.	B.Sc., / BCA / Biotechnology)	All Students

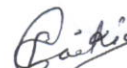
Name of Resource Person:

- 1) Namita Lahkar (9435306774)
- 2) Hiramoni Kalita (8812851476)

Copy to the:

1. V.P. for information.
2. All the notice boards.
3. College Website.
4. File.


Principal,
Darrang College, Tezpur
Darrang College
Tezpur, Assam


Principal,
Darrang College
Tezpur, Assam

- Syedentop, Daryl (1994). Introduction to physical education, fitness and sports (2nd ed.). London: Mayfield publishing company.
- Uppal, A.K. & Gautam, G. P. (2004). Physical Education and Health. Delhi: Friends publisher.
- SinghAetal(2016).Essential of Physical Education, Kalyani Publisher, New Delhi

8. Course Name: Yoga and Wellness

Marks-50

Total Credit: 2

Base Syllabus : UG CBCS: Course Level : 100-199

No. of Theory Class: 22. No. of Practical Class -08

Graduate Attributes : Disciplinary Knowledge about Yoga, Inclination to Indian Knowledge System, First Hand Idea about Indian Concept of Good Health, Importance of Holistic Lifestyle .

Course Objectives : a. Students will acquire knowledge of Yoga Philosophy

b. Students will study the history and background of Indian way of Maintaining good health and Holistic Lifestyle.

c. Students will gain the idea about the practice of some of the important Asanas.

d. Students will acquire the habit of practising Suryanamaskara specifically.

Learning Outcome : After going through this unit students will be able ...

a. to appreciate the value of knowledge regarding Indian way of Wellbeing.

b. to gain knowledge about Patanjali's Yogasutra which is a monumental work on good health and Holistic Lifestyle.

c. to appreciate Indian Knowledge System that opens up the highest path of a good and healthy living.

d. to acquire the knowledge of good effects of some of the important Asanas.

e. to practise the Suryanamaskara in a proper way and achieve its good effects on the body and mind.

Unit No.	Unit Content	Credit	No of Class.	Marks
I	Yoga- Means for Holistic Lifestyle	1	15	25
	➤ First Five Sutras of Patanjali's Yogasutra			
	➤ Astangayoga- The Importance of Eight parts of Yoga			
	➤ Yoga for Wellbeing			
II	Practical Benefit of Various Asanas	1	15(7+8)	25 (10+15)
	➤ Bhujangasana, Shirshasana,Dhanurasana			
	Vakrasana, Vajrasana			
	➤ Suryanamaskara(Practical , Marks 15, Class 08)			