



Tirumala Tirupati Devasthanams

శ్రీ వేంకటేశ్వర కళాశాల

Sri Venkateswara College

(University of Delhi)

NAAC Grade A+

**SRI VENKATESWARA COLLEGE
(UNIVERSITY OF DELHI)**

EVENT REPORT

NAME OF THE EVENT: Skill Enhancement Course: Yoga in Practice Sem IV			
DATE	DEPARTMENT	COMMITTEE/SOCIETY	COORDINATORS' NAME
Feb – May 2024	COMMERCE		Dr. Arpita Kaul
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor; online/offline/hybrid
Saturday classes	Room No. 321, college front lawn and auditorium lobby.	78	Indoor/Offline
FINANCIAL SUPPORT/ASSISTANCE (if any):	NA		

BRIEF INFORMATION ABOUT THE ACTIVITY

TOPIC/SUBJECT OF THE ACTIVITY	Skill Enhancement Course: Yoga in Practice Sem IV
OBJECTIVES	Students will be able to discern real significance of yogic operations from original sources and will be prone to practicing in their day-to-day life.
METHODOLOGY	The course instructor Dr. Arpita Kaul used an experiential way of learning by making sure every student gets regular chance to practice yoga in classes. Practicals were usually conducted in the green area of the institution.
INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)	As it is Skill Enhancement Course, it was taken up by in house faculty Dr. Arpita Kaul
OUTCOMES	(i) Student formed an understanding of the concept of yoga. (ii) Students learnt various aspects of the science of yoga. (iii) Theoretical and practical knowledge of Aasanas and pranayams to lead a balanced life.

PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):

1 Notice & Letters ✓	2 Number of Participants & Name of participants ✓	3 Video clip	4 Photos✓	5 Feedback Form & analysis
6 News clip with details	7 Sample Copy of the Certificate	8 Posters/ Invites✓	9 Event report Attested by Event Coordinator & IQAC Coordinator ✓	10 Any other document✓

Departmental file no: SVC/**CRITERIA II & VII**/2023-24/ **May 2024/01****IQAC File No:** SVC/IQAC/**CRITERIA II & VII**/2023-24/**May 2024****Criterion No: II & VII****NAME OF EVENT-IN-CHARGE & SIGNATURE:**

Dr. Arpita Kaul

Note: Please fill in your own details in places with red font

For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance, Leadership & Management
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

Event Summary

Under the National Education Policy - Undergraduate Curriculum Framework 2022 the University of Delhi has introduced Skill Enhancement Course- Yoga in practice. This course was offered to the IV semester students in the college. 78 students from various streams opted for course. The course aimed to let the students learn our Bhartiya Gyan Parampara of Yoga.

The course instructor regularly took practicals in the green area of the colleges.







Links:

<https://www.youtube.com/watch?v=AcfRgj1jNI4>

<https://www.youtube.com/watch?v=gGov-CY0VuE>

<https://www.youtube.com/watch?v=DquRtVVKr4A&t=41s>

<https://www.youtube.com/watch?v=0X4iJS-sbaQ>

https://www.linkedin.com/posts/dr-arpita-kaul-8a6a535_its-a-wrap-for-this-semester-activity-7192898780927528962-twk8?utm_source=social_share_video_v2&utm_medium=android_app&utm_campaign=whatsapp

https://www.linkedin.com/posts/dr-arpita-kaul-8a6a535_activity-7172208785757814784-pEDI?utm_source=social_share_video_v2&utm_medium=android_app&utm_campaign=whatsapp

This is how we balance our tradition with technology.

SYLLABUS

YOGA IN PRACTICE

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Yoga in Practice	2	0	0	2	Class XII Pass	NIL

Total Credits: 02

Learning Objectives:

Students will be able to discern real significance of yogic operations from original sources and will be prone to practicing in their day to day life.

Learning Outcomes:

- Student will form an understanding of the concept of yoga.
- Students will learn various aspects of the science of yoga.
- Theoretical and practical knowledge of Aasanas and pranayams to lead a balanced life.

SYLLABUS OF YOGA IN PRACTICE

Practical Unit: I

30 hours

- Definition and types of yoga:

Karma yoga, Gyana yoga, Bhakti yoga, Laya yoga, Raja yoga, Hatha yoga, Mantra yoga,

Kundalini yoga. (योग एवं 4०Iv – अ०ाय -१)

- Ashtanga Yoga:

Yam- Ahinsa, Satya, Asteya, Brahmacharya, Aparigrah.

Niyam- Sauch, Santosha, Tapa, Swadhyaya, Ishwarpranidhana

Asan, Pranayam- (the types of Pranayaama: Puraka, rechak & Kumbhaka), Pratyahara, Dharana, Dhyana & Samadhi etc.

- Shat Chakra,s:

Mooladhara, Swadhishtana, Manipur, Anahata, Vishudha, Aagya, Sahasrara-

(Sahasradhara chakra). (योग एवं 4०Iv - अ०ाय – २-३)

Unit: II**30 hours**

Asana,s and their advantege:-

- (i) Asana in standing position:
Surya Namaskara, Tadasana, Padahastasana, Garudasana, Natarajasana, Cakrasana.
- (ii) Asana in sitting position:
Padmasana, Vajrasana, Siddhasana, Bhadrasana, Gomukhasana, Shashankasana, Mandukasana, Kukkutasana.
- (iii) Asana in stomach side position:
Dhanurasana, Bhujangasana, Mayurasana, Marjarasana, Makrasana.
- (iv) Asana in backbone side position:
Uttanapadasana, Naukasana, Sarvangasana, Sheershasana, Savasana etc.
- (v) Practice of pranayama- Purak, Rechak and Kumbhaka. (योग एवं 40iv - अध्याय - ३ - ४, ६)

Essential Readings:

1. योग दर्शन - महर्षि पतंजलि, टीकाकार-हरिकृष्णस गोयल, गीता प्रेस, गोरखपुर, उतर प्रदेश, ४० वां पुनर्मुद्रण।
2. योग एवं 40iv - डॉ० विजय कुमार, चौखटा वि० भारती, वाराणसी, उतर प्रदेश, प्र० संस्करण - २०२१।
3. प्राणायाम रहस्य - (वैयानिक तंत्रों के साथ) - 40मी रामदेव, विद्वत् प्रकाशन, विद्वत् योग मठ, पतंजलि योगपीठ, कनखल, हरद्वार।
4. योग साधना एवं योग चिकित्सा रहस्य - 40मी रामदेव, विद्वत् प्रकाशन, विद्वत् योग मठ, पतंजलि योगपीठ, कनखल, हरद्वार।
5. शतयुवक पुस्तक - 40मी रामदेव, 40मी रामदेव, आशुप्रकाशन, कुंठे वालान, विद्वत्-सं० २०६२। (वैदिक पुस्तकालय, मुंबई)

Suggestive Readings:

1. योग चिन्ता - 40मी अणु सरस्वती, गुप्तकुल वृंदावन वातक शोध संस्थान, आसफ अली रोड, नई दिल्ली - २००६।
2. Dायाम का महत्त्व - 40मी ओमान सरस्वती, हरयाणा साहित्य संस्थान, गुप्तकुल झर, हरयाणा - २००६।
3. आयुर्वेदीय पण्डित चिकित्सा- आचार्य विहाधर शर्मा, भारतीय केन्द्रीय चिकित्सा पण्डित, नई दिल्ली।
4. रोग और योग - 40मी कमल सरस्वती, योग प्रकाशन, मुंगेर, बिहार, संस्करण - २०१३।
5. संपूर्ण योग विहा - राजीव जैन त्रिलोक, मंजुल पब्लिशिंग हाउस, भोपाल, मध्य प्रदेश, संस्करण - २००५।

Examination scheme and mode:

Evaluation scheme and mode will be as per the guidelines notified by the University of Delhi.

Notice & Letters

SEC IV YOGA IN PRACTICE SECTION B Inbox x



Arpita Kaul <arpita@svc.ac.in>

Feb 9, 2024, 8:22 PM



to saniya2912kumari, snehasahni799, adarshvinod622, aryasujit877, aryamsingh7676, yadavritik0589, poojathd800, varshadayma04, Satyam, Pshanu907, Gaurav, mr.rakeshstark

Dear All

Congratulations on being allotted **Yoga in practice**-section b. I would be your instructor for the same, please join the following whatsapp group:

<https://chat.whatsapp.com/Flv96x1dqVKIWKSwNPPXPR>

We shall have a class tomorrow at 1:05 pm **in** room no 202 as mentioned **in** the notice, i am really excited for the same, hope you are too. Life after tomorrow is going to change for you, its going to be better and its going to be happier.

We shall be coming for **classes in** track suits and bring along our **yoga** mats too.

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Dr. Arpita Kaul
Assistant Professor
Department of Commerce
Sri Venkateswara College

List of participants

S. No.	Course Name	Exam Roll No.	College Roll No.	Name of the Students
1	B.A.(Hons)Hindi Semester IV	22079516017	0322006	SANIYA KUMARI
2	B.A.(Hons)Hindi Semester IV	22079516026	0322012	SNEHA
3	B.A.(Hons)Hindi Semester IV	22079516027	0322013	ADARSH VINOD
4	B.A.(Hons)Hindi Semester IV	22079516016	0322028	SUJEET KUMAR
5	B.A.(Hons)Hindi Semester IV	22079516003	0322029	AYUSH PARMAR
6	B.A.(Hons)Hindi Semester IV	22079516005	0322034	LOKPAL YADAV
7	B.A.(Hons)Hindi Semester IV	22079516024	0322037	POOJA
8	B.A.(Hons)Hindi Semester IV	22079516002	0322042	VARSHA
9	B.A.(Hons)Hindi Semester IV	22079516040	0322050	SATYAM SINGH
10	B.A.(Hons)Hindi Semester IV	22079516046	0322061	SHANU PANDEY
11	B.A.(Hons)Hindi Semester IV	22079516047	0322062	GAURAV KUMAR
12	B.A.(Hons)Hindi Semester IV	22079516048	0322063	RAKESH
13	B.A.(Hons)Hindi Semester IV	22079516049	0322064	AMJAD ALI
14	B.A.(Hons)Hindi Semester IV	22058516019	0322902	DEVVRAT SHUKLA
15	B.A.(Hons)History Semester IV	22079518032	0622027	BHARGAV BAGIRI
16	B.A.(Hons)History Semester IV	22079518024	0622033	NEEMA DREMA
17	B.Com(Hons) Semester IV	22079504116	1022001	VANSH AHUJA
18	B.Com(Hons) Semester IV	22079504090	1022008	MEHAK CHOPRA
19	B.Com(Hons) Semester IV	22079504106	1022009	ADITYA RAJ
20	B.Com(Hons) Semester IV	22079504079	1022014	RITVIK GUPTA
21	B.Com(Hons) Semester IV	22079504037	1022017	BLESSY LEIMAPOKPAM
22	B.Com(Hons) Semester IV	22079504117	1022019	ANIL LODHI
23	B.Com(Hons) Semester IV	22079504119	1022021	NISHTHA KUSHWAHA
24	B.Com(Hons) Semester IV	22079504012	1022027	MAHI AGARWAL
25	B.Com(Hons) Semester IV	22079504083	1022028	LAKSHAY CHHABRA
26	B.Com(Hons) Semester IV	22079504058	1022032	OMM NARAYAN MAHAPATRA
27	B.Com(Hons) Semester IV	22079504095	1022039	UDITI BAJAJ
28	B.Com(Hons) Semester IV	22079504067	1022041	TANVI SINGH
29	B.Com(Hons) Semester IV	22079504047	1022042	MANAS GANDHI
30	B.Com(Hons) Semester IV	22079504061	1022048	SANSKAR KUMAR
31	B.Com(Hons) Semester IV	22079504059	1022050	BARJESH ISLAM
32	B.Com(Hons) Semester IV	22079504060	1022052	NIKHIL KOTECHA
33	B.Com(Hons) Semester IV	22079504100	1022053	NAVNEET KUMAR MAHTO
34	B.Com(Hons) Semester IV	22079504081	1022057	VIPIN SINGH
35	B.Com(Hons) Semester IV	22079504040	1022059	KARAN SHERPA
36	B.Com(Hons) Semester IV	22079504054	1022066	ADITI ARORA
37	B.Com(Hons) Semester IV	22079504101	1022079	KRISHNAPAL SINGH CHANDRAWAT
38	B.Com(Hons) Semester IV	22079504084	1022084	ANJALI YADAV
39	B.Com(Hons) Semester IV	22079504014	1022085	RAJNI
40	B.Com(Hons) Semester IV	22079504092	1022089	MANISH KUMAR MANDAL
41	B.Com(Hons) Semester IV	22079504063	1022112	DIVYANSH
42	B.Com(Hons) Semester IV	22079504122	1022123	HARMEET SINGH SIDHU
43	B.Com(Hons) Semester IV	22079504136	1022137	TANMAY PRASAD

44	B.Com(Hons) Semester IV	22079504147	1022139	SANJAY KUMAR
45	B.Com(Hons) Semester IV	22079504145	1022152	NEERAJ
46	B.Com(Hons) Semester IV	22079504127	1022154	ADITYA JAIN
47	B.Com(Hons) Semester IV	22079504151	1022163	ABHAY KUMAR
48	B.A.(Programme) Semester IV	22079501072	0122015	YASHASVI
49	B.A.(Programme) Semester IV	22079501036	0122032	NIKITA KUMARI
50	B.A.(Programme) Semester IV	22079501025	0122048	HARISH PRAJAPAT
51	B.A.(Programme) Semester IV	22079501039	0122065	SARTHAK GUNJYAL
52	B.A.(Programme) Semester IV	22079501047	0122069	VIVANK SINGHANIA
53	B.A.(Programme) Semester IV	22079501061	0122072	YASHASVI SINGH
54	B.A.(Programme) Semester IV	22079501052	0122082	AYUSH SHUKLA
55	B.A.(Programme) Semester IV	22079501037	0122084	SOMYA GODARA
56	B.A.(Programme) Semester IV	22079501010	0122087	ADITYA SINGH RANA
57	B.A.(Programme) Semester IV	22079501105	0122124	RAKSHIT RAWAT
58	B.Com Semester IV	22079503043	0922002	PAAVNI AGGARWAL
59	B.Com Semester IV	22079503079	0922013	AMEY AGARWAL
60	B.Com Semester IV	22079503024	0922024	AKSHITA AGGARWAL
61	B.Com Semester IV	22079503097	0922050	KARTIK GUPTA
62	B.Com Semester IV	22079503014	0922068	RAJ KUMAR
63	B.Com Semester IV	22079503057	0922078	VATSALYA SRIVASTAVA
64	B.Com Semester IV	22079503087	0922084	SNEHA
65	B.Com Semester IV	22079503050	0922085	ARYAN KUMAR
66	B.Com Semester IV	22079503055	0922099	MANISH GUPTA
67	B.Com Semester IV	22079503127	0922154	SUSHANT KUMAR
68	B.Com Semester IV	22033503098	0922902	AEIYANA SHARMA
69	B.A.(Hons)Hindi Semester IV	22079516004	0322002	KANCHAN
70	B.A.(Hons)Hindi Semester IV	22079516022	0322007	AKSHITA SINGH
71	B.A.(Hons)Hindi Semester IV	22079516015	0322021	AKHIL KUMAR YADAV
72	B.A.(Hons)Hindi Semester IV	22079516012	0322024	SHUBHAM MISHRA
73	B.A.(Hons)Hindi Semester IV	22079516039	0322058	PRACHI SHARMA
74	B.Com Semester IV	22079503054	0922011	KRITI GARG
75	B.Com Semester IV	22079503030	0922028	ANSHIKA VATS
76	B.Com Semester IV	22079503005	0922092	ANIKA GUPTA
77	B.Com Semester IV	22079503065	0922108	GESHU ANAND
78	B.Sc(H) Biological Sciences Semester IV	22079555019	1322048	GEETA GUPTA

