

Class: VAC: Yoga, Philosophy and Practice
Semester: III

| Week | Week | Dr. Neeti Pandey (1 class/week) |
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| | | Topic Covered |
| 1 | Week 1 | Introduction |
| 2 | Week 2 | History of Yoga |
| 3 | Week 3 | Significance of Yoga |
| 4 | Week 4 | Effect of Pranayama |
| 5 | Week 5 | Importance of Dhyana |
| 6 | Week 6 | Patanjali Yogasutra: a summary |
| 7 | Week 7 | First Sutra |
| 8 | Week 8 | Second Sutra |
| 9 | Week 9 | Chakras |
| 10 | Week 10 | Assignment Submission and Discussion |
| 11 | Week 11 | Asana: the basic |
| 12 | Week 12 | Surya Namaskara |
| 13 | Week 13 | Mid Semester Break |
| 14 | Week 14 | Nadishodhana Pranayama |
| 15 | Week 15 | Test |

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| 16 | Week 16 | Revision and Discussion of Old question papers |
| 17 | Week 17 | Revision and Discussion of Old question papers |