



SHARDA
UNIVERSITY
Beyond Boundaries



**SHARDA SCHOOL OF
HUMANITIES &
SOCIAL SCIENCES**



COURSE
**YOGA FOR
WELLBEING**
(NV80006)

VALUE ADDED
COURSE BROCHURE-30 HRS
2025-26

ABOUT THE UNIVERSITY

Sharda University is a leading Educational institution based out of Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), The University has established itself as a high quality education provider with prime focus on holistic learning and imbuing competitive abilities in students.

ABOUT SCHOOL

The **Sharda School of Humanities and Social Sciences (SSHSS)** plays a crucial role in providing students with an ambience that is helpful in developing an understanding of modern social issues through science, technology and management with an interdisciplinary approach. SHSS has a unique and unique role of providing a creative educational programmer that focuses on overall understanding of complexities of life with an emphasis on Indian cultural values and ethics.

The academic programs are specially designed in accordance with the best global practices. We combine the best practices of teaching and classroom learning and complements them with practical training and experiential learning. The school is equipped with modern facilities for the students and supported by a state-of-the-art library having large collections of books, journals, audio-visual aids and other learning materials.

KEY HIGHLIGHTS

SSHSS adopts the interdisciplinary and integrative pedagogical approach to systematically impart training for diverse languages, literature, histories and cultures. SHSS at Sharda University takes the global learning environment to a new level with cultural, creative and academic activities.

The school is equipped with a language lab with access to Pearson Global English Software; Wi- Fi enabled spacious classrooms with projectors and other audio-visual aids. SHSS has emerged as the epicenter of cultural, creative and academic activity at Sharda University with students from all over the world creating a multi-cultural environment and a vibrant global network of students.

Department of Humanities and Social Sciences

The Department of Humanities and Social Sciences offers various courses that encourage the spirit of enquiry and critical analysis of new categories of thought that connects individual experience to the wider social life.

Committed to the pursuit of excellence in higher education, the department offers degrees at Bachelor, Masters and PhD levels in English Literature, Political Science, History, Psychology and Sociology. The department also offers various short term courses in language proficiency. It offers special "bridge" courses and Communicative English Programs to students seeking to improve their language skills. The Remedial English course we offer to university students is always in demand and is found useful by a wide range of students from various disciplines.

VISION, MISSION OF THE UNIVERSITY

Vision: To serve the society by being a global University of higher learning in pursuit of academic excellence, innovation and nurturing entrepreneurship.

Mission:

1. Transformative educational experience
2. Enriched by educational initiatives that encourage global outlook
3. Develop research, support disruptive innovations and accelerate entrepreneurship
4. Seeking beyond boundaries

CORE VALUES

Core Values: • Integrity • Leadership • Diversity • Community

VISION, MISSION OF THE SCHOOL

Vision: To become one of the leading schools of humanities and social sciences by setting global standards of excellence in ingenious curriculum, teaching-learning methods, professional development, and cross-cultural understanding.

Mission:

- M1. To promote learning and employability skills among students.
- M2. To promote study of humankind and its manifestation.
- M3. To help students succeed in their academic and professional lives.
- M4. To encourage research and promote knowledge creation.

CORE VALUES

Core Values: • Integrity • Leadership • Diversity • Community

ABOUT THE COURSE

Yoga for Wellbeing will introduce some core yoga practices beneficial for holistic development of an individual. The students practicing Yoga in routine shall benefit from variety of asanas, sukshma vyayama catering to the mobility and flexibility of body parts. The body movements synchronized with the breath will influence the mental functioning.

PROFILE

Dr. Ritu Chaku is an Associate Professor of Yogic Science at Sharda School of Humanities and Social Sciences, Sharda University, Greater Noida. She completed her MSc in Yogic Science from Mangalore University, Mangalagangothri in May 2003 and PhD in Yoga and Life Science from Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University, Bengaluru in January 2008. She has authored book chapters on Yoga and Women's health with international publishers, published several research papers in international journals. She has conducted more than 35 workshops on Yoga therapy in association with International Federation for Yoga professionals, New Delhi.

Shivam Bhardwaj is a dedicated Yoga Instructor with a Masters degree in Yogic Science from Gurukula Kangri University, Haridwar. With a decade of teaching experience, he specializes in Hatha Yoga, Pranayama, Meditation and Yognidra. Shivam blends traditional yogic wisdom with modern techniques to guide individuals towards physical wellness, mental clarity, and inner peace. His sessions are suitable for all age groups and levels.

COURSE SCHEDULE

Week	Content	Duration Hrs.
1	•Meaning, Definition of Yoga, Concept of health according to WHO and Ayurveda	2
2	•Misconception about Yoga, Difference between asana and physical exercise	2
3	•Need, Importance of Yoga in health and wellness, Applications of Yoga in different professions	2
4	•Sukshma Vyayama and their benefits for health (Bihar School of Yoga)	2
5	•Sukshma Vyayama & their benefits for health (Swami Dharendra Brahmachari)	2
6	•Sthula Vyayama - (Swami Dharendra Brahmachari)	2
7	•Surya Namaskara Salutation) with mantra chanting (12 steps & their benefits for health	2
8	•Surya Namaskara Salutation) with breathing pattern and posture name (12 steps)	2
9	•Asanas: Standing asanas	2
10	•Standing & Sitting - Tadasana, Vrikshasana, Katichakrasana, Padmasana, Vajrasana, Ushtrasana, Paschimottanasana, Vakrasana	2
11	•Supine and Prone: Uttanapadasana, Pawanamuktasana, Shalabhasana, Bhujangasana	2
12	•Balancing and Inverted: Trivikramasana, Sarvangasana, Viparitarani mudra	
13	•Kapalabhati, Vibhagiya pranayama (Sectional breathing)	2
14	•Anuloma – Viloma, Bhastrika, Shitali	2
15	•Om Dhyana, Anapanaasati Dhyana (breath meditation)	2
Total		30 hrs

Course Module

School: SSHSS

Program: B.A

Branch: B.A./ B.A. (Hons)/ B.A. (Hons with Research)

Batch : 2025-29

Current Academic Year: 2025-26

Semester: V

1. Course Code	Nv80006	
2. Course Title	Yoga for Wellbeing	
3. Credits	Value Added Course (Audit)	
4. Contact Hours	30 Hours	
Course Type	Value Added Course (Audit)	
5. Course Objective	To make the students familiar with the different practices of yoga, chanting and meditation techniques and learn the correct teaching skills.	
6. Course Outcomes	<p>The students will be able to -</p> <p>CO1: Define the concept of health and wellness through Yoga</p> <p>CO2: Explain the concept and principles of Yoga.</p> <p>CO3: Develop the understanding of breathing practices (pranayama).</p> <p>CO4: Discover the knowledge about Yoga, its foundations and applications to the aspirants.</p> <p>CO5: Determine the awareness of Yogic impact on the positive health and personality development.</p> <p>CO6: Elaborate the primary level of Yoga practices which will groom their personality.</p>	
7. Course Description	Yoga for Wellbeing will introduce some core yoga practices beneficial for holistic development of an individual. The students practicing Yoga in routine shall benefit from variety of asanas, sukshma vyayama catering to the mobility and flexibility of body parts. The body movements synchronized with the breath will influence the mental functioning.	
8. Outline syllabus		CO Mapping
Unit 1	Beginner level practices – Sukshma Vyayama and Surya Namaskara	
A	Meaning, Definition of Yoga, Concept of health according to WHO and Ayurveda	CO1, CO2
B	Misconception about Yoga, Difference between asana and physical exercise	CO1, CO2, CO3, CO4, CO5, CO6
C	Need, Importance of Yoga in health and wellness, Applications of Yoga in different professions	CO1, CO2, CO3, CO4, CO5
Unit 2	Beginner level practices - Surya Namaskara	
A	Sukshma Vyayama and their benefits for health (Bihar School of Yoga)	CO3, CO4, CO5, CO6
B	Sukshma Vyayama & their benefits for health (Swami Dharendra Brahmachari)	CO3, CO4, CO5, CO6
C	Sthula Vyayama - (Swami Dharendra Brahmachari)	CO3, CO4, CO5, CO6
Unit 3	Beginner level practices – Sukshma Vyayama and Surya Namaskara	
A	Surya Namaskara Salutation) with mantra chanting (12 steps & their benefits for health	CO4, CO5, CO6
B	Surya Namaskara Salutation) with breathing pattern and posture name (12 steps)	CO4, CO5, CO6
C	Asanas: Standing asanas	CO4, CO5, CO6
Unit 4	Asana - all categories	
A	Standing & Sitting - Tadasana, Vrikshasana, Katichakrasana, Padmasana, Vajrasana, Ushtrasana,	CO4, CO5, CO6
B	Paschimottanasana, Vakrasana	CO4, CO5, CO6
C	Supine and Prone: Uttanapadasana, Pawanamuktasana, Shalabhasana, Bhujangasana Balancing and Inverted: Trivikramasana, Sarvangasana, Viparitarakani mudra	CO4, CO5, CO6
Unit 5	Pre-practices of Pranayama, Pranayama and Dhyana	
A	Kapalabhati, Vibhagiya pranayama (Sectional breathing)	CO1, CO4, CO5, CO6
B	Anuloma – Viloma, Bhastrika, Shitali	CO1, CO4, CO5, CO6
C	Om Dhyana, Aanapaanasati Dhyana (breath meditation)	CO1, CO4, CO5, CO6
Mode of examination	Quiz/ Assignment/ Viva	
Readings Text book/s*	<p>Sri Ananda: The Complete book of Yoga, Orient Course Backs, Delhi, 2003.</p> <p>Dr. Basavaraddi I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009</p> <p>Joshi, K.S.: Yogic Pranayama, Oriental Paperback, New Delhi, 2009</p> <p>Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda Yoga Prakashan, Bangalore, 2005.</p> <p>Swami Niranjanananda Saraswati: Asana Pranayama Mudra Bandha, Yoga Publication Trust, Munger Bihar.</p> <p>Swami Kuvalyananda: Pranayama, Kaivalyadhama, Lonavla, 2010</p> <p>Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.</p> <p>Swami Niranjanananda Saraswati: Prana, Pranayama & Pranavidya, Yoga Publications Trust, Munger, Bihar, 2005</p>	