

## **B. Tech.**

**Second Year - Fourth Semester (effective from the session 2023-24)**

### **BVA451: Sports and Yoga-II**

#### **Objective of the Course:**

- To maintain their mental and physical wellness upright and develop ability in them to cope up with the stress arising in the life.
- To create space in the curriculum to nurture the potential of the students in sports/games/yoga etc.
- To take forward the previous course on the topic to next advance level in terms of practice and specialization.

#### **Syllabus/ Guidelines**

##### **Part A: Sports/Games**

Some form of Athletics would be compulsory for all students, unless restricted due to medical / physical reasons.

In addition to this, a student has to opt for **at least one Sport/Game** out of the remaining mentioned below. The chosen game may be same which was taken up by the students in previous year of study or may change the option.

A fair theoretical knowledge and a reasonable amount of field / site practice of the chosen games will be essential.

- |                        |                   |
|------------------------|-------------------|
| <b>1. Athletics</b>    | <b>Compulsory</b> |
| <b>2. Volleyball</b>   |                   |
| <b>3. Basketball</b>   |                   |
| <b>4. Handball</b>     |                   |
| <b>5. Football</b>     |                   |
| <b>6. Badminton</b>    |                   |
| <b>7. Kabaddi</b>      |                   |
| <b>8. Kho-kho</b>      |                   |
| <b>9. Table tennis</b> |                   |
| <b>10. Cricket</b>     |                   |

## Part B: Yoga

- **Yogic postures:** Prone and Balancing
- **Pranayama:** Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjai, Cooling pranayama (Shitali, Shitkari ), Bhramari, Udgit Pranayama (with Antar & Bahya Kumbhaka)
- **Practices leading to Meditation:** Pranav and SohamJapa, Yoga Nidra (1,2,3), Antarmauna, AjapaDharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Transcendental Meditation

### General Guidelines

1. Institutes must assign minimum of three periods in the Time Table for the activities of Sports/Yoga.
2. Institutes must provide field/facility and offer the minimum of five choices of as many as Games/Sports.
3. Institutes are required to provide sports instructor / yoga teacher to mentor the students.
4. Student must be made familiar with the terminologies, rules/regulations, dimension/ marking of the play field/area and general knowledge of national/ international level facts/figures related to the chosen game.

### **Assessment:**

The Institute must assign coordinator/ subject teacher for the subject for every batch/group of the students who would be responsible for coordinating the required activities and keep watch on the level of student's participation in the chosen game.

Coordinator/mentor would be responsible for award of the sessional marks based upon following components.

- |   |        |
|---|--------|
| 1. Level of understanding and general awareness   | (20 %) |
| 2. Involvements in the Practice Sessions  | (50 %) |
| 3. Regularity, Sincerity and Discipline   | (20 %) |
| 4. Participation in University level / District level / State level / National Level events | (10 %) |