



B.COM. SEMESTER – 2		
7	VAC 2	SPORTS AND FITNESS – 1

Name of the Course: **Sports and Fitness – 1**
Course credit: **02**
Teaching Hours: **30 (Hours)**
Total marks: **50**

Objectives:

Learning Outcomes:

After completion of the course, learners will be able to:

PARTICULAR	NO. OF LECTURES	
UNIT NO. 1 :		
Introduction of Yoga	10	
UNIT NO. 2 :		
History of Yoga and its Global Impact	10	
UNIT NO. 3 :		
Tavriyaji's 3 SRB Yoga	10	
Total Lectures/Hours		30

Suggested Readings:

1. Yoga Sutra (Explanation)
2. Rhythmic Breathing for Inner Evolution
3. Practical guide
4. Inner Discipline
5. The Purpose of Birth and Death

Note: Learners are advised to use latest edition of text/reference books

