

Annexure-07

Semester – I
Skill Enhancement Courses (SEC -1) Title of
the Course:
PHYSICAL EDUCATION AND YOGA
(B.A/B.Sc./B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
1	28
Content of Practical Course	
28Hrs	
Unit 1:- Physical Education <ul style="list-style-type: none">• General & Specific warm up exercises• Recreation Games and Fitness• Any 2 Major Game and one minor game	
Unit 2:- Yoga <ul style="list-style-type: none">• Shitalikama Vyayama• Suryanamaskara• Basic Set of Yoga Asanas• Basic Set of Pranayama & Meditation	
28	
Formative Assessment	
Assessment Occasion/ type	Weightage in Marks
Practicals	Internal - 25 Marks
Total	25 Marks