

Engagement with Field/ Practicum:-

i) General guideliners for performance of the practice of Yoga.....

A. Introduction:-

B. Objectives of the Yoga:-

C. Guidelines for practice of Yoga:-

1. **Guidelines for practice of Kriya:-** (Selection which type of Yoga)
 - Meaning of Yoga/Concept:
 - Procedure of Yoga:
 - Utility of Yoga:
2. **Guidelines for practice of Asans:-** (Selection which type of Yoga)
 - Meaning of Yoga/Concept:
 - Procedure of Yoga:
 - Utility of Yoga:
3. **Guidelines for practice of Pranayama:-** (Selection which type of Yoga)
 - Meaning of Yoga/Concept:
 - Procedure of Yoga:
 - Utility of Yoga:
4. **Guidelines for practice of Kriya Yoga:-** (Selection which type of Yoga)
 - Meaning of Yoga/Concept:
 - Procedure of Yoga:
 - Utility of Yoga:
5. **Guidelines for practice of Meditation:-** (Selection which type of Yoga)
 - Meaning of Yoga/Concept:
 - Procedure of Yoga:
 - Utility of Yoga:

D. Conclusion :-

- What did I Learn?
- How to use day to day life?

E. References:-

“Tell your body that it is strong, tell your mind that it is strong, and have unbounded faith and hope in yourself.”

– Swami Vivekananda, Raja Yoga