

Yoga and Physical Education

Duration : 30 Hours

Exam Marks : 50

Module I: Anatomy and Physiology of Yogic Practices

10 Hours

- Introduction to Human Body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.
- Postural Physiology with reference to Asana.
- Asana - Definition and Classification, Similarities and dissimilarities between Asana and Exercise.
- Pranayama - Definition and Classification. Difference between pranayama and deep breathing. Importance of Rechaka, Kumbhaka, Puraka.
- Introduction to Kriyas, Mudras and Bandhas in brief.
- Points 3, 4 and 5 above are to be explained in relation to Anatomy and Physiology with some suitable examples of researches on these Practices.

Module II: Traditional Yoga

10 Hours

The main book is Astangayoga of Charandas, with reference to Yoga Sutra, Gita, Hathapradipika, GherandaSamhita, Yogopanishad, Shiva Swarodaya, VasisthaSamhita etc. Introduction, Definition of Yoga according to Patanjali, Gita, Swatmarama, Gheranda, Charandas etc.

Vital points of the body according to VasisthaSamhita.

Panchilaranaprakriya (mixing technique) according to Shiva Swarodaya.

Samyama, Yama.

Niyama, Asana.

Vayu, Nadi, Pranayama.

Eight types of Kumbhakas.

Awakening of the Kundalini.

Nada, Mudra, Bandha, Chakra.

Pratyahara, Dharana.

Dhyana, Samadhi.

Satkarma,

Mahabandha.

Effects of Mudra and Bandha.

Siddhis.

Module III: Yoga and Mental Health

10 Hours

- Health, Mental Health, Hygiene, Mental Hygiene : Yogic and Medical perspectives.
- Yoga and Modern psychology : A synthetic approach for existential problems.
- Concept of Normality : Psychological and Yogic approaches.
- Emotional Disorders : Causes, effects and remedies in Patanjala Yoga Sutra.
- Conflict, Frustration : Yogic Remedies.
- Personal and interpersonal Adjustments through Yoga.
- Yamas, Niyamas, Asanas and Pranayamas - their contribution to Physical and Mental Health.
- Prayer - its significance in Yogic Practices.

Practical Training 20 Hours

List of Yogic Practices

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| <ul style="list-style-type: none"> • Pawanmuktasana • Naukasana | <ul style="list-style-type: none"> • Utkatasana • Chakrasana |
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| <ul style="list-style-type: none">• Viparitarani• Sarvangasana• Matsyasana• Halasana• Bhujangasana• Ardha - Shalabhasana• Shalabhasana• Dhanurasana• Vakrasana• Ardha - Matsyendrasana• Paschimotanasana• Vajrasana\• Supta – Vajrasana• Yoga Mudra | <ul style="list-style-type: none">• Vrikshasana• UddiyanaBandha• Kapalbhati• Anuloma - Viloma• Ujjayi• Shavasana• Makarasana• Tadasana• Padahastasana• Parvatasana• Gomukhasana• AkarnaDhanurasana• Simhamudra, Brahmamudra& Selected Kriyas• Recitaion of few Mantras & Om |
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Practice Teaching in Yoga

- Introduction : Need of Practice Teaching and its use in Yogic Practices.
- Scientific principles involving Yogic practice teaching.
- Presentation Technique : Its meaning.
- Teaching Aids : Its meaning and need.
- Class Management : Its meaning and need.
- Lesson Plan : Meaning and need.
- Preparation of Lesson Plan in Yogic practices.
- Time allotment in different Yogic lesson plans.
- Lesson Presentation