

Semester II
DSC-5 YOGA

L - T - P = 4 - 0 - 2

Max. Marks=150

Time: 3Hrs

Objective: To provide the knowledge of Yoga including the various Asanas and pranayama and their effects. Student will also be given the knowledge about the yogic diet.

Learning Outcome: - The students will learn about various Yoga Asanas, Satkarmas, Pranayams, Bandhas and yogic diet. This will help the students to lead a happy and satisfied life.

THEORY SYLLABUS**48 Credits****UNIT- I****(09 lectures)**

Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields

UNIT- II**(13 lectures)**

Historical development of yoga in India.

Types of Yoga:-Hatha yoga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga

UNIT- III**(13 lectures)**

Patanjali yoga sutras- Yama, niyama, asana, pranayama Pratyahar- Benefits & utilities of these. Astanga yoga- Definition, objectives, dharma, dhyana, Samadhi & their psychological impact.

Shatkarm/cleansing process/ yogic methods and personal hygiene.

UNIT- IV**(13 lectures)**

Asanas: Types, importance of Asanas in special reference to Physical Education & Sports.

Differentiate between Asanas and exercise.

Pranayama and importance of pranayama in special reference to Physiological effects.

Importance of vegetarianism in yogic diet. Bandhas, mudras and their physiological effects.

PRACTICAL**24 Credits**

Practice of Shatkarma : neti, dhauti, nauli, basti, kunjali, and kapal bhati.

Practice of Pranayam : anulom-vilom, bhastrika, naddi shodhan, sheetali, sheetkari, bhramari, ujjayi

Practice of Bandhas : jalandhar, uddyana, mool bandha

SUGGESTED READINGS

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- Debnath M(2007). Basic Core Fitness Through Yoga And Naturopathy. Sports Publication. New Delhi.
- Kumar ER (1988). Heal Yourself With Yoga: Specific Disease. Taraporevala.Bombay.
- Pande P. K. and Pramanik Tarak Nath
- Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi
- Shanti KY(1987). The Science of Yogic Breuthiay (Pranayana). D.B.Bombay.
- Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends Publication. New Delhi
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- Singh MK And Jain P (2008). Yoga aur manoranjan. Khel Sahitya Kendra. New Delhi.
- Vyas SK(2005). Yog Shiksha Khel Sahitya Kendra.Delhi.