

Course Code	Course Name	Credits
26PE012	Introduction to YOGA	04

Course Objectives

- Introduce the meaning, concept, scope, and philosophical foundations of Yoga.
- Explain the relationship between Yoga and Physical Education.
- Understand Asanas, Pranayama, Meditation, and their health benefits.
- Apply yogic practices such as Shatkriyas, Bandhas, Mudras, and Surya Namaskar.
- Analyze physiological, psychological, and therapeutic effects of Yoga practices.
- Develop awareness of structured Yoga practice for holistic development.

Learning Outcomes

Upon successful completion of this course it is intended that a student will be able to:

- Understand basic concepts, schools, and principles of Yoga.
- Apply different Asanas, Pranayama, and Meditation techniques correctly.
- Analyze the effects of Yogic practices on physical and mental health.
- Evaluate the relationship between Yoga and Physical Education.
- Demonstrate safe and structured practice of Shatkriyas, Bandhas, and Mudras.

Unit 1- INTRODUCTION TO YOGA

Meaning ,Definition, Aim ,Concept, Scope of yoga. Schools of yoga

Hastangayoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhayana and Samadhi Patanjali yoga Sutra and Thirumoolar Thirumandiram

Unit 2- YOGA AND PHYSICAL EDUCATION

Meaning and Definition of Physical Education Relationship between Yoga and Physical Education. Comparison of Yoga Practices and Physical Exercises.

Unit 3- ASANA

Asana: Meaning, Definition, Types of asanas. Benefits of Asana: Physiological, Psychological and Therapeutical values.

Unit 4- PRANAYAMA AND MEDITATION

Pranayama meaning., Definition, Aim, Concept of Pranayama - Types of pranayama - Physiological, psychological and Therapeutical values. Meaning, Definition, Aim, Concept of Meditation

Unit 5- BANDHAS, SHATKRIYAS AND MUDRAS

Bandhas and Mudras - Meaning. Definition, values. Shat kriyas Neti (Jala, Sutra) Dhauti (Varmana, Vastra) Bhasti, Nauli, Trataka, Kapalabhati. Surya Namaskar. Methods of Yoga Practices, Prayer-Asana- Prandiyara- kriyas- Meditation- closing prayer.

Reference Books:

1. Gharote M.L. (1982) Guidelines for Yogic Practice; Lonawala: Medha Publications.
2. Thirumalai Kumar. S and Indira S, (2011) Yoga in Your Life: Chennai: The Parkar Publication.
3. Iyengar B.K.S(1985) The Art of Yoga; Indus: Harpic Collins P.Ltd.
4. Koor T. Behanan (1937) – A landmark study conducted at Yale University that provided the first modern psychological and physiological data on yoga practices
5. I.K. Taimni (1961) – While philosophical, it provides a structured "scientific" commentary on the *Yoga Sutras of Patanjali* from a systematic viewpoint.