

Course Code	Course Name	Credits
26PE601	Yogic Science	04

Course Objectives

- Introduce the meaning, concept, and philosophical foundation of Yoga.
- Explain Ashtanga Yoga, yogic principles, and practices including asana, pranayama, kriyas, bandhas, and mudras.
- Understand techniques and benefits of yogic practices for physical and mental health
- Apply yoga practices such as surya namaskar, meditation, and relaxation techniques in daily life.
- Analyse the psychological and physiological effects of yoga on human systems and sports performance.
- Evaluate the role of yoga in psychological preparation and recovery of athlete

Learning Outcomes

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

- Understand basic concepts, principles, and types of yogic practices.
- Apply Asanas, Pranayama, Kriyas, and Meditation techniques correctly.
- Analyse the effects of yoga on physiological and psychological systems.
- Evaluate the role of yoga in sports performance and mental well-being.
- Demonstrate safe practice of yoga techniques including relaxation and breathing control

Unit 1 - Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, types of asana - Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing Awareness ~ Relaxation, Sequence Counter pose ~ Time Place Clothes Bathing Emptying the bowels ~ Stomach Diet No Straining Age Contra-Indication Inverted asana Sunbathing sui'yanamaskar Chakras - nadis

Unit 2 - Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti Dhati Kap alapathi- Trataka Nauli Basti, Bandhas: Meaning, Techniques and Benefits of JalendraBandha, Jihva, Bandha, UddiyanaBandha, MulaBandha.

Unit 3 - Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyuktahastam, Samyuktahastam, Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation Passive and active, Saguna Meditation and Nirguna Meditation.

Unit 4 - Yoga and Sports

Yoga Supplemental Exercise Yoga Compensation Exercise ~ Yoga Regeneration Exercise- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

Unit 5 - Yoga for Skill Development

Yoga for skill development yoga for performance enhancement of sports person yoga for management of selected sports injuries yoga for leadership ~ yoga for fitness and hygiene.

Reference Books:

1. George Feuerstein, (1975). Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.
2. Gore, (1990), Anatomy and Physiology of Yoga Practices. Lonavata: KanchanPrakashan.
3. Helen Puiperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.
4. Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
5. Karbelkar N.V. (1993) PatanjaliYogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarakMandal
6. Kenghe.C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.
7. Kuvalyananada Swami and S.L. Vinekar, (1963), Yogic Therapy Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
8. MoorthyA.M. and Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
10. Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.