

Semester II
Theory Course
IMTC 201 - Yoga Education

ESSENCE OF THE COURSE

This course will enable students to understand the concept of yoga. It aims to develop understanding about foundation of yoga, need and importance of yoga in physical education and modern lifestyle. The student will also conceptualize and practice astanga yoga, various asanas and pranayama with reference to wellness.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Understand the yoga and its historical development.
-) Differentiate between various stages of astanga yoga.
-) Demonstrate different asanas, pranayama's and Kriyas.
-) Apply and demonstrate various benefits of yoga to be applied in the field of sports.
-) Relate yoga with health and wellness.
-) Develop yogic programs/schedules.

COURSE CONTENTS

6. Yoga Education

6.1 Unit I

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samathi, Concept of Yogic Practices; Principal – Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Blanket – Clothes – Bathing – Emptying the bowels – Stomach – Diet – No Straining – Age – Contra-indication – Inverted asana – Sunbathing.

6.2 Unit II

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, Chakras: Major Chakra's- Benefits of clearing and balancing Chakras.

6.3 Unit III

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dharti – Kapalabhati- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of JalendraBandha, JihvaBandha, Uddiyana Bandha, Mula Bandha., 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.

6.4 Unit IV

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.

TEACHING LEARNING STRATEGIES

-) The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

-) Field Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self-Learning Instructional Material etc.

ASSESSMENT RUBRICS

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|) End Semester Exam | Marks: 100 |
| o Theory paper | Marks: 70 |
| o Practicum | (Marks: 50) |
|) Classroom Test, Project Work, Assignments, Presentations | (Marks: 20) |
| o Classroom Tests: Best one out of two unit tests | Marks: 30 |
| o Project Work, Assignments, Presentations | (Marks: 10) |
| | (Marks: 20) |

REFERENCE:

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2. Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
3. Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
4. Swami Satyananada Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.
5. Swami Kuvalayanda, (1998), Asanas. Lonavia: kaivalyadama.
6. Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
7. Tiwari O.P. (1998), Asanas-Why and How. Lonavla: kaivalyadama.
8. Thirumalai Kumar. S and Indira. S (2011) Yoga in Your Life, Chennai: The Parkar Publication.