

MPCC – 203:
Course Title: YOGIC SCIENCES

Credit			Teaching Hours		
Lecture/Tutorials	Practical/Internship	Total	Lecture/Tutorials	Practical/Internship	Total
3	1	4	48	32	80

COURSE OBJECTIVES:

1. To appraise an understanding of the principles of yogic practices
2. To Acquaint with various types of asanas, pranayam, kriyas
3. To integrate sports with yoga for performance enhancement

STUDENT LEARNING OUTCOMES:

1. Differentiate between various paths of yoga
2. Apply and demonstrate various benefits of yoga to be applied in the field of sports
3. Relate Yoga with health and wellness.

UNIT I: Introduction to Yoga

Meaning and Definition of Yoga, Astana Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samathi. Concept of Yogic Practices: Principles - Breathing - Awareness- Relaxation. Sequence- Counter pose –Time – Place – Blanket – Clothes – Bathing - Emptying the bowels – Stomach – Diet - No straining – Age - Contra-indications - Inverted asana – Sunbathing.

UNIT II:

Loosening exercises: Techniques and benefits. Asanas: Types- Techniques and Benefits. Yogasans and its values. Surya namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis : Meaning, methods and benefits. Chakras: Major Chakras - Benefits of clearing and balancing Chakras.

UNIT III:

Yoga and Sports: Yoga Supplemental Exercises -Yoga Compensation Exercises- Yoga Regeneration Exercises- 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 Systems. International Day of Yoga, Common Yoga Protocol suggested by AYUSH

Unit IV

PRACTICUM

1. Asana (Sitting, Standing, Bending & Twisting)
2. Pranayama (5 types)
3. Mudras: Meaning, Techniques & Benefits
4. Shat Kriyas- Meaning, Techniques and Benefits
5. Bandas: Meaning, Techniques & Benefits
6. Meditation: Meaning, Techniques & Benefits
7. Relaxation (Shavasana & Makrasana)

TEXT & REFERENCES:

- Authors Guide (2015), International Day of Yoga, Common Yoga Protocol, New Delhi: Ministry of AYUSH, Government of India.
- George Feuerstein. (1975).Text Book of Yoga. London: MotilalBansaridass Publishers (P) Ltd.,
- Gore.(1990). Anatomy and Physiology of Yogac Practices.Lonavala: KanchanPrkashan.
- Helen Purperhart (2004) The Yoga Adventure for Children. Netherlands: AHunter House Book.
- Iyengar, B. K. S. (2000). Light on Yoga. New Delhi: Harper Collins Publishers.
- Kuvalyananda Swami & S.L. Vinekar.(1963). Yogic Therapy – Basic Principles and Methods. New Delhi: Govt of India, Central Health Education and Bureau.
- Kenghe.C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.
- Moorthy .A.M &Alagesan.S. (2004).Yoga Therapy. Coimbatore: Teachers Publication House.
- Swami SatyanandaSaraswathi. (1984). Kundalini and Tantra. Bihar: Yoga Publications Trust.
- Swami Kuvalyananda. (1998). Asanas.Lonavla: Kaivalyadhama.
- Swami Satyananda Sarasvati. (1989). Asana Pranayama Mudra Bandha.Munger: Bihar School of Yoga, Swami Sivananda. (1971). The Science of Pranayama. Chennai: A Divine Life Society Publication,
- Tiwari. O .P. (1998). Asanas-Why and How. Lonavla: Kaivalyadhama.
- Thirumalai Kumar. S and Indira .S(2011) Yoga in Your Life, Chennai: The Parkar Publication.
- Khalsa, M., & Bhajan,. (2008). Meditations for addictive behavior. Minneapolis, MN: I Was There Press.ISBN-10: 0979919215. ISBN-13: 978-0979919213
- Lysebeth, A. (1979). Pranayama, the yoga of breathing. London: Unwin Paperbacks.ISBN-10: 0041490509. ISBN-13: 978-0041490503
- Paṇḍā, N. (2003). Meditation. New Delhi: D.K. Printworld.ISBN-10: 8124602115 ISBN-13: 978-8124602119
- Ramacharaka,. (2009). The science of breath. Waiheke Island: Floating Press.ISBN-10: 1508983704. ISBN-13: 978-1508983705
- Desikachar, T. (1999). The heart of yoga. Rochester, Vt.: Inner Traditions International.ISBN-13: 978-0892817641. ISBN-10: 089281764X
- Iyengar, B. (1979). Light on yoga. New York: Schocken Books.ISBN-10: 0805210318. ISBN-13: 978-0805210316
- Kaminoff, L., & Matthews, A. (2012). Yoga anatomy. Champaign, IL: Human Kinetics.ISBN-10: 1450400248. ISBN-13: 978-1450400244