

Annexure No.	51 D
SCAA Dated	29.02.2008

BHARATHIAR UNIVERSITY COIMBATORE 641 046
DEPARTMENT OF PHYSICAL EDUCATION
P.G. DIPLOMA IN YOGA EDUCATION - 2007-2008 ONWARDS

Regular

Need of the course

The fact remains that most fitness programmes are organized and run outside of the schools and that most Yoga trainer / fitness instructors and leaders in these programmes have little training. People want to exercise in a way that provides no medical risk and also ensures that they reach their fitness goals quickly. This requires some experience, which is what certification is meant to ensure. With the fitness industry growing so rapidly, it becomes increasingly important that persons at all levels in the industry have specific training to do their jobs competently.

Objectives of the course

- To produce well-trained yoga Teachers.
- To spread the message of positive health as taught in yoga to people in a systematic and scientific manner.
- To provide a proper perspective and insight into various aspects of yoga education to the trainees.

REGULATIONS

Eligibility

Candidate for admission to the P.G. Diploma in yoga education should have passed the bachelors degree examination from a recognized university or accepted by the syndicate as equivalent there to subject to such conditions as may be prescribed there of the applicant should enjoy an average level of health and be free from serious illness or defects.

Duration of the course

The course is for a period of one academic year

Distribution of Teaching Hours

There shall be ten papers in all. There shall be a total number of 360 actual contact hours in each semester. Each theory paper shall have 75 hours and practical paper 60 hours. There shall be eight theory and two practical papers.

Course of study

Candidates shall be permitted to do the PG Diploma course concurrently with their PG Degree. The course of study shall comprise theoretical instructions, supervised practical training in fitness exercises and practice teaching as well as systematic maintenance of lesson plans.

Examinations

The examination shall comprise continuous internal assessment throughout the course period, followed by the university examinations at the end of the course. Candidates shall be required to register for the entire examinations at the first appearance. A candidate who does not pass the examination in any subject (a) shall be permitted to appear in such subject in the subsequent examinations. For theory internal Marks 20 and External Marks 55 shall be fixed and 25 marks internal 75 marks external for practical papers.

Schemes of Examination

The scheme of examination shall be as follows: There shall be eight theory papers of 75 marks each and two practical of 100 marks each. The practical examination shall consist of Teaching, Demonstration and Viva-voce examination.

The scheme shall be as follows

Sl No.	Title of the papers	Exam Hours	Internal Marks	Uni. external Marks	Total Marks
I Semester					
01	Fundamental of Yoga Education	3	20	55	75
02.	Science of Yoga	3	20	55	75
03.	Methods of Yoga Practices -I	3	20	55	75
04.	Methods of Yoga Practices -II	3	20	55	75
II Semester					
05.	Yoga for Fitness and Wellness	3	20	55	75
06	Principles of Yogic Therapy	3	20	55	75
07	Mind and Meditation	3	20	55	75
08	Yoga for Physical Education and Sports	3	20	55	75
09	Practical – I (Demonstration of Asanas ,Pranayama)		25	75	100
10	Practical – II Methods of Practice in Yoga		25	75	100
Total marks					800

Passing Minimum

A candidate shall be declared to have passed in each paper if he/she secures not less than 50% of the prescribed maximum marks for continuous internal assessment and the University Examination. He/She shall be declared to have passed the whole examination and qualified for the P.G. Diploma if he/She passes in all the eight papers.

Classification of successful candidates

Those who secure 60% and above of the maximum marks shall be declared to have passed First class. Those who secure 50% and above but below 60% shall be declared to have passed in Second Class.

Award of P.G Diploma

A Candidate shall be eligible for the award of the P.G. Diploma if he/She has passed all the examinations prescribed thereof.

SEMESTER-I - PAPER – I PG.D.Y.ED 2007-08 ONWARDS

FUNDAMENTALS OF YOGA EDUCATION

Unit – I

Definition of yoga – aims and objectives of yoga – Yoga as a science and art – Streams of yoga: Karma yoga – Bhakti yoga – Laya Yoga – Jnana Yoga – Raja Yoga (Astanga yoga) – Hatha Yoga – Mantra Yoga – Kundalini Yoga

Unit – II

Brief history of yoga; Yoga history through Indus valley civilization – Yoga history through pre-Vedic period and post Vedic periods.

Yoga philosophy and practice: Indian philosophy – Western traditional philosophy (Idealism, pragmatism, Naturalism and Existentialism) Yoga and Vedic religion yoga and Buddhism – Yoga and Jainism.

Unit – III

Eight limbs of yoga (or) Astanga yoga : Yama- Niyama- Asana – Pranayama – Pratyahara- Dharana – Dhyana and Samathi . Patanjali yoga Sutra and Introduction to Thirumular's Thirumaudrum.

Unit – IV

Spiritual Yoga (Adyatma yoga) and Applied yoga (Loukika yoga) – Application of yogic practices in Homeopathy-Ayurveda -Siddha –Naturopathy- Fitness -Rehabilitation of injuries –sports-Physical education –Wellness –Psycho-Therapy.

Unit – V

Yoga and Diet – The yogic concept – Classification of foods - Tamasic food – Rajasic food – Satvic food – Diet and its importance in cure of certain disorders- Importance of fasting in diet – Normal nutrition – Importance of fiber in diet – Importance of fruits in diet – Importance of vegetables in diet – yoga and vegetarianism .

Reference:

1. Sivananda yoga Teachers Manual pub International Vedanta centers, Val morin, Quebie, Canada.
2. Swami Sivananda: All About Hinduism, pub Divine life society Risikesh.
3. Swami Vishnu – Devananda: The complete Illustrated Book of Yoga pub. Harmony Books, division of crown publishers, New York 10022.
4. Yoga as Depth- Psychology and para- Psychology (Vol-I): Historical Background Dr.C.T. Kenghe, Bharata Manisha, Varanasi, India 1976.
5. Tent Book of Yoga- by Georyfeuer-stein, Rider and company, London 1975.
6. Herbert Benson: Mind/Body Effect, berklery Books, New York, 1979.
7. George Feuerstein: The Yoga Tradition (Its history, literature, philosophy and practice)
8. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)
9. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
10. Swami Sivananda: Practice of Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
11. Swami Sivananda: Practice of karma Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
12. B.K.S. Iyengar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)

SEMESTER-I - PAPER – II PG.D.Y.ED 2007-08 ONWARDS

SCIENCE OF YOGA

Unit - I

Meaning of anatomy and physiology – Systems of human body – Cell – Structure of cell – DNA and RNA – Functions of the cell – Tissues: Epithelial tissue – Connective tissue – Muscular tissue – Nervous tissue – Structure of skin – Bone and joints: Classification of skeleton – Axial skeleton – Appendicular skeleton – Classification of bones – Skull – Vertebral – Shoulder girdle – Bones of upper and lower limbs, joints: classification of joints.

Unit - II

Muscles: Types of muscles – Skeletal muscle – Smooth muscle – Cardiac muscle – Structure of a muscle fiber – Function of the muscle – Muscle of the upper arm – fore arm – Muscle of neck and head – Muscles of shoulder – Muscles of thorax – Diaphragm – Muscles of abdomen – Muscles of back – Muscles of thigh – Muscles of leg Ankle and – Sole of foot – Muscles of pelvis – Muscles of gluteus region.

Unit - III

Circulatory system – Pulmonary circulation – Systemic circulation – coronary circulation-portal circulation – Blood vessels – Arterial pulse – Blood pressure – Cardiac output – Circulation of blood – Arterial supply of head and neck region – Upper limb – Thorax – Pelvis – Limbs – Veins – Head and neck veins, upper limbs veins, veins of thorax, veins of abdomen and pelvis, veins of lower limb – Respiratory system – Types of respiration – External respiration- Internal respiration-Q2 transport mechanism.

Unit - IV

Digestive system – Esophagus – Teeth – Tongue – Saliva – Stomach (peristaltic movement) – Large intestine – Small intestine – Liver – Pancreas – Anus – Sense organs (eyes, nose, ears, tongue, skin) – Structure of skin .

Unit – V

Nervous system – Neuron – Central nervous system – Brain – Cerebrum – Thalamus, hypothalamus – Cerebellum – Brain stem, mid brain – Pons – Medulla oblongata – Spinal cord – Reflex action – Coverings of central nervous system – Cavities of the brain – Cavity of spinal cord – Functions of the cerebrospinal fluid – Cranial nervous – Spinal nervous – Plexus – Sympathetic and parasympathetic nervous system – Endocrine system.

Reference:

1. M.M. Gore: “Anatomy & physiology of Yogic Practices” Kanchan prakashan Lonasnvala, 1990.
2. Kuvallyanadna Swami & S.L.Vinekar: “Yogic Therapy - Its basic principle Methods” Central Health Education & Bureau, Govt of India, New Delhi, 1963.
3. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs ; Vision Book Pvt. Ltd., 1982)
4. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
5. Swami Sivananda: Practice of Yoga (The Divine Life Society, P.O Shivananda Nagar., U.P.Himalayas, India)
6. Dr. Nagendra HR: The Art and Science Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)

SEMESTER-I - PAPER – III PG.D.Y.ED 2007-08 ONWARDS

METHODS OF YOGIC PRACTICES PART -I

UNIT – I

Surya Namaskar – steps- Stavasana – Hasta Uttanasana – Pada Hastasana – Ashwasanchalanasana – Marjalasana – Kokilasana – Astanga namaskara – Bhujanganasa – Effect of Suryanamaskar : Respiratory system – circulatory system-Digestive system-veves system endocrine system- Guiding principles of Surya namaskara.

UNIT – II

Yama : List of yama – Ahimsa, Satya, Asteya, Brahmacharya, Aparograha , list of Niyama – Saucha - Santosha - Tapas – Svadhyaya - Isvara Pramdhana. List of dharana – nasalgazing – explain samyama, Benefits of yama, niyama – explain hathya yoga – explain kundalini yoga.

UNIT –III

Asanas – introduction of asanas – meaning of asanas – Objectives of asanas, classification of asanas : Meditative asanas – Sukhasana – Ardhapadmasana- Padamasana – Sidhasana , Relaxation asana: Savasana- Makarasana – Proper Techniques and Benefits and application of these asanas for various purpose

UNIT – IV

Cultural Asanas: Standing : Ardha katichakrasana - Padahastasana - Uttkatasana - Ekapada asana. Sitting : Padmasana - Paschimotasana - Usthrasana - Gomukasana – Ardhamatsyendrasana. Prone: Makarasana - Bhujanganasa - Salabasana - Dhanurasana. Supine: Navasana – Uttanapadasana – Sarvangasana – Matsyasana – Halasana - Chakrasana – Shavasana . Proper Techniques: Benefits, variations and application of this asana for various purpose.

UNIT – V

Advanced Asanas : Standing Asanas : Parivritta Trikonasana – Parsovattanasana - Natarajasana - Parivritta Parsvakonasana . Forward Bending Asanas: Karna Pidasana - Ardha Baddha Padma Paschimothansana - Marichyasana - Prasarita Padottanasana. Backward Bending Asanas: Sethu Bandha Sarvangasana - Paryankasana - Poorna Ustrasana - Eka Pada Chakrasana. Twisting Asanas : Vatayanasana - Garudasana - Bharatvaja Asana - Parivritta Janu Sirsasana. Balancing Asanas: Padam Maynurasana - Utthitha Padmasana – Bakasana - Urdhva Mukha Paschimottanasana. Proper Techniques: Benefits , variations and application of this asana for various purpose.

Reference:

1. Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu, Rajasthan)
2. Building a Value Based Peaceful And Prosperous Society (Om Shanthi Press, Gyanmitt Bhavan, Shantivan, Mount Abu, Rajasthan)
3. Vicente hao chin. jr: notes on self-transformation. (Philippine theosophical institute, Philippines)
4. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.)
5. G. Ravindran: Management Science Conflict (Manivasakar Publication, Chidambaram.)
6. Yoga – Asana, Pranayama, Mudras, Bandha (Vivekananda Kendra Yoga Prakashna, Bangalore)
7. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
8. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-1, Tamilnadu)
9. B.K.S. Iyenkar: The Light on Yoga (Haper Collins Publications India Pvt. Ltd., New Delhi).
10. Swami Kuvalayananda and Fr.S.L.Vinekr Yogic therapy, Kaivalyadhama Smy Samiti, Lonavia, Pune Dit, Maharashtra.

SEMESTER-I - PAPER – IV PG.D.Y.ED 2007-08 ONWARDS

METHODS OF YOGIC PRACTICES PART -II

Unit-I

Pranayama- Introduction –Meaning (Prana-Aparna) concept of pranayama- Need for breathing exercise- general instruction of pranayama. Nadis- ida , Pingala, Sushumna- types of breathing – (inhalation , suspension , exhalation)Puraka, kumbhaka, Rechaka- Breathing ratio for different levels – Types of pranayama Proper Techniques , benefits and application of different types of Pranayama for various purposes .(Nadi Suddhi, Nadi Shodhanas, Surya Bhedana, Kapalabathi, Bhastrika , Ujjayi, Bhramari, Sitali , Sitakari), Benefits of pranayama- Physiological effect of pranayama. Prana and lifestyle – Pranayama and the spiritual aspirant.

Unit –II

Bandhas – Meaning – Types of Bandhas - Proper Techniques , benefits and application of different types of Bandhas - for various purposes – Jalandra bandha (chin lock) – Mula bandha (anus lock) Uddiyana baddha (abdomen lock) physiological effect of Jalandra bandha – physiological effect of Mula bandha . physiological effect of Uddiyana baddha .

Unit – III

Kriyas (shat kriyas)- Meaning – Types of Kriyas Proper Techniques , benefits and application of different types of Kriyas - for various purposes Neti, Dhauti, Basti ,Nauli, Trataka, Kapalabathi. Types of Neti – Jalaneti – Sutra neti – Procedure of neti — Types of Dhauti – Vamana Dhauti – Vastra Dhauti – Procedure for nauli – Madhyana Nauli – Vamana Nauli – Dakshina Nauli – Nauli Chakara- Procedure for Trataka

Unit – IV

Mudras – Meaning – Classification of mudras - Proper Techniques , benefits and application of different types of Mudras for various purposes- Hand Mudras- Head Mudra- Postural Mudras-Lock Mudra- Perineal Mudra.

Unit – V

Meditation – meaning – Methods of Meditation – Benefits of Meditation – Mantra Meditation – Breathing meditation – Silent mediation – Benefits of meditation – Concept of mediation – Prasyapita Brahma Kumari’s – Practice of meditation (Raja yoga) – Raja yoga meditation with a difference – How and when to meditate – Difficulties of meditation – Kundalini yoga mediation – Vipassana mediation – Tamil Siddha Mediation- Trascendental Meditation – Mediation is Part of life – Guidelines of Meditation –Different school of Meditation – Prajapita Brahmakumari’s (Raja Yoga)

Reference:

1. B.K.S. Iyengar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)
2. Dr. Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakasshana, Bangalore)
3. Sri Swami Satchdananda: The Yoga Sutras of Patanjali (Integral Publications, U.S.A)
4. Dr. B. Natarajan: Thirumanantiram (A Tamil Scriptural Classic) (Sri Ramakrishna Math, Madars)
5. Dr. Krishna Raman: A Matter of Health (Integration of Yoga and western medicine for prevention and cure) (Chennai East West Books (Madaras) Pvt. Ltd., 1998)
6. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)
7. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)

SEMESTER-II - PAPER – V PG.D.Y.ED 2007-08 ONWARDS

YOGA, FITNESS AND WELLNESS

Unit – I

Wellness – definition – meaning – concept – components – importance – benefits of wellness – the wellness challenge in yoga practice: Fitness – definition – meaning – components of fitness, health – related & performance – related fitness components – factors affecting fitness – values of fitness – yogic practices – influence of yogic practices in the development of fitness and wellness.

Unit – II

Benefits of yogic exercises and asanas for human body – relation ship between stretching exercise and Asanas – types of stretching, methods – flexibility – definition – Health benefits of flexibility. Role of Asanas in the development of flexibility of the major joints of the human body.

Unit – III

Physical and physiological effects of yoga and asana – Effects of yoga and Asanas on various systems – Effect of yoga and Asanas on muscular – Skeletal system and nervous systems – Digestive system . Role of the yogic exercise for the development of the Strength and Cardio Respiratory fitness.

Unit – IV

Food for fitness and wellness – Nutrients – Definition – Essential nutrients – Carbohydrates – Protein – Fats – Vitamins – Major functions of Minerals & Carbohydrates , Proteins – Water – Food groups – Balanced diet – Energy requirement – weight charts – principles of weight control .

Unit – V

Evaluation of fitness – Physical fitness battery – AAHPERD physical fitness test battery – AHPERD health fitness test battery – Cooper’s 12 min run / walk test – Harvard step test – Assessment of percent body fat and lean body mass – Assessment of flexibility – Assessment of strength and muscular endurance .

Reference:

1. Carry Egger, Nigel champion and Allan Botton.(1999) The Fitness leader’s Hand book, Fourth Edition. A and C Block London.
2. Houley E.T. and Franks B.D (1997) Health Fitness Instructor’s Handbook. Third Edition. Human Kinetics’, Champaign Illinois.
3. Lederberg, J. “Health in the World of Tomorrow”, Pan American Health Organisation, Sanitary Bureau, WTO.
4. Fleishman, Edwin A. The Structure and Measurement of Physical Fitness. Englewood Cliffs, N.J. : Prentice – Hall, Inc., 1967.
5. Asanas: Why? and How? – by Shri. O. P. Tiwari, Kaivalyadhama, Lonavla, Pune District, Maharashtra.
6. Dr. Krishna Raman: A Matter of Health (Integration of Yoga and western medicine for prevention and cure) (Chennai East West Books (Madaras) Pvt. Ltd., 1998)
7. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)
8. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
9. Swami Sivananda: Kundalini Yoga (The Divine Life Society, P.O Shivananda Nagar., U.P.Himalayas, India)
10. Dr. HR Nagendra: Yoga Research & Applications (Vivekananda Kendra Yoga Prakashana, Bangalore)

SEMESTER-II- PAPER – VI PG.D.Y.ED 2007-08 ONWARDS

PRINCIPLES OF YOGIC THERAPY

Unit - I

Meaning and importance of yoga therapy – Different kinds of yogic practices – limitation of yoga as therapy – Yogic concept of human body – Annamaya Kosha – Pranayama Kosha – Anomaya Kosha – Vijnaamaya Kosha – Anandamaya Kosha – Principles of Yogic Management .

Unit - II

Basic principles of yogic therapy (via) Purification of mind and body , Correct Psychological attitudes, Psycho psychological reconditioning , Diet regulation -mental Tranquility – Need for correct diagnosis – Patient – Education and follow up measures: Yogic therapy : yoga Asanas -Pranayama -Physical exercise –Diet-Regulation of habit and conduct massage –mimetic treatment.

Unit - III

Nature of the Aliment –Breathing Training - Treatment –Treatment of the following disorders –Hypertension-Heart Disorder –Asthma, Diabetes- Obesity – Rheumatism –Muscular Atrophy – Polio –Tonsillitis

Unit – IV

Nature –Breathing –Treatment (Yogic Practice) of the following. Tuberculosis (TB) – Indigestion-Paralysis –Liver and Kidney Disorder -Short sight –seminal disorder-ulcer-colitis.

Unit – V

Therapeutic application of yoga for executive jobs: Stress and tension- Anxiety –Depression –Frustration-Aggression-Anger and hostility –fatigue and nervousness. Role of yoga in the prevention and rehabilitation of sports injuries.

Reference:

1. Swami Kuvalayananda and Dr.S.L.Vinekar Yogic therapy. It`s Basic principles and methods, ministry of health, govt of India, New Delhi 1963.
2. Dr.K.N.Udupa, Stress Disorders and Its Mangement by yaga, motilal banarsidass publishers pvt, Ltd, Delhi, 1980 (second Editions).
3. Dr.Jayadeva Yogendra caring Heart Project. The Yoga Institute Santacruz Boy
4. K. Chandra Sekaran: sound health through yoga, prem kalian publications sedapatti, Tamilnadu, 1999.
5. Steven F.Brena: yoga And Medicine penguin books, New York. 1972.
6. Dr.P.Mariayyah: Asanas, sports publications Coimbatore, Tamilnadu, India.
7. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bihar)
8. Swami Sivananda: Practice of Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
9. Swami Sivananda: Practice of karma Yoga (The Divine Life Society, Shivananda Nagar, P.O., U.P., Himalayas, India)
10. B.K.S. Iyengar: Light on the Yoga Sutras of Patanjali (Haper Collins Publications India Pvt. Ltd. New Delhi)
11. Dr. Nagendra HR: The Art and Science of Pranayama (Vivekananda Kendra Yoga Prakasshana, Bangalore)

SEMESTER-II - PAPER –V II PG.D.Y.ED 2007-08 ONWARDS

MIND AND MEDITATION

Unit – I

The Mind - Aspects of mind – Functions of mind – Powers of the human mind - powers of the conscious mind ,Powers of the sub conscious mind – sanskar re-engineering –mental health for better living- Application of Aranas ,Pranayama, Mudras and kriyas for the regulation of mind- Factor influencing the sub conscious mind-Power

Unit – II

Meditation: Meaning – Methods and Meditation – Meditation concept – Normal Mind – Concentrating mind – meditating Mind- contemplating mind – Benefits of Meditation – Difficulties of Meditation.

Unit – III

Physiological benefits of meditation transcendental meditation – Brain weaves – Vipasana – physiological changes during the practice of meditation- Mudras for Meditation – Janu Mudra –Chin mudra – Chinmaya Mudra – Techniques of mudras.

Unit – IV

Different schools of meditation
Prajapita Brahma Kumari's – Practice of Meditation (Raja Yoga_ - Raja Yoga Mediation with a difference – different for prayer.
Sri Aurobindo and the mother – dynamic mediation (A mediation of Transformation) How and when to meditate –Collective meditation you may meditate – centers of concentration.

Unit – V

Sri yogic vethathri mabarishi : Simplified kundalini – Yoga mediation-
Initiation –Introspection

Ramalinga swanigal (Vallalar) – the Divine song of gvace.

Vipassana Meditation - The technique – the tradition – the courses

Thamil siddha meditation

Transcendental meditation – Scientific credentials

J.Krishnamurti- meditation is a part of life- meditation is neither prayer non
imagination – No conditioning – meditate in solitude –perception and
consciousness in Meditation –meditation is neither concentration non breathing
exercise.

Osho –meditation the art of ecstasy-Three layers of penetrate-make an effort-
Begin with catharsis –The Energy dialectics. The dynamic techniques-
Essential teaching of sir-Ramana – Cardinal Teaching self Surrender/Self
enquiry –Affinity to –Sankara’s Philosophy-Free will and desting –on sin and
death –universality of his teaching- Maharishi’s concepts of Guru.

Reference:

1. Dr.K.Chandrasekaran: sound Health through yoga, Premkalyan publications, Sedapatti, Tamil Nadu, India, 1999.
2. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
3. Dr. Shirley Telles: Glimpses of Human Body (Vivekananda Kendra Yoga Prakashana, Bangalore)
4. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs ; Vision Book Pvt. Ltd., 1982)
5. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (India : Yoga Publications Trust, Munger, Bithar)
6. Swami Sivananda: Praticce of Yoga (The Divine Life Society, P.O Shivananda Nagar., U.P.Himalayas, India)

SEMESTER-II - PAPER – VIII PG.D.Y.ED 2007-08 ONWARDS

YOGA FOR PHYSICAL EDUCATION AND SPORTS

Unit - I

Physical education: Meaning and Definition – Aim and objective – Role of the yogic practices in activity the aims and objectives of physical education

Unit -II

Principles of physical education :- System of physical exercises – Meaning of exercise and physical activity – various types of physical exercises :- Structure exercises – Resistance exercises – Breaking exercises – Aerobic exercises – anaerobic exercise – Therapeutic exercise – Corrective exercises – system of yogic Exercise – Asanas – Pranayama – Similarities of yogic exercises and physical exercise. Similarity of physiology effects of yogic exercise and physical exercises.

Unit- III

Yoga for disabled persons: Yoga for visually impaired – Yoga for hearing impaired – Yoga for mentally retarded people – Yoga – Yoga for orthopedically, handicapped people – Adopted yogic practices for the disabled persons of different age group sex. Application of yogic practices for the development of physical fitness of the people of different age group.

Application of yogic practices for the development of physical fitness and correction of postural defects.

Unit -IV

Yoga and sports : Warm-up asanas battery for athletes – cool – down battery of asanas for athletes – Asanas for relaxing tired legs after intensive work out – Yoga for releasing tension in shoulder, neck, abdominal areas – Athlete total yoga training – Battery of asanas for improving balance and concentration. Application of various systems of yoga for the development of the sports person.

Application of Asanas and pranayama for the development of physical fitness components of sports persons.

Unit -V

Kinesthetic training – Kinesthetic awareness – Methods for developing kinesthetic awareness – Self – Control through yoga: Raja yoga and mental control – Developing concentration - Concentration during competition – Modified autogenic training for athletes – Preparation of the athlete for the competition – Rejuvenating the athlete – Construction of battery of asanas for different purposes – Positive attitude during periods of intense training. Importance of yoga for various sports –Running –Jump-Throwing –Archery – Shooting-Boxing – Wrestling-weight Lifting –Swimming –Gymnastic – Cricket –Football-Hockey – tennis.

Reference:

1. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-1, Tamilnadu)
2. Sri Ananda: The Complete Book of Yoga Harmony of Body and Mind (Orient Paper Backs: Vision Book Pvt. Ltd., 1982)
3. Dr. Natarajan HR: The art and science of Pranayama (Vivekananda Kendra Yoga Prakashana, Bangalore)
4. Dr. HR Nagendra: Yoga Research & Applications (Vivekananda Kendra Yoga Prakashana, Bangalore)
5. Dr. Shirley Telles: Glimpses of Human Body (Vivekananda Kendra Yoga Prakashana, Bangalore)
6. Dr. Krishna Raman: A Matter of Health (Integration of Yoga and western medicine for prevention and cure) (Chennai East West Books (Madaras) Pvt. Ltd., 1998)
7. Swami Sivananda: Praticice of Yoga (The Divine Life Society, P.O Shivananda Nagar., U.P.Himalayas, India)

8. Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu, Rajasthan)
9. Building a Value Based Peaceful And Prosperous Society (Om Shanthi Press, Gyanmritt Bhavan, Shantivan, Mount Abu, Rajasthan)
10. B.K.S. Iyengar: The Light on Yoga (Haper Collins Publications India Pvt. Ltd., New Delhi).

SEMESTER-II- PRACTICAL – I. PG DYED, 2007-08 ONWARDS

ASANAS AND PRANAYAMA

Unit-I

Meditative asanas

Sitting types:-

1. Padmasana
2. Ardha Padmasana (or) Veer asana
3. Swasthikkasana
4. Vajrasana
5. bhadrasana
6. Gomukasana-I
7. Sukhasana
8. Sidhasana

Relaxative asanas:-

1. Makarasana
2. Savasana Stage-I
3. Savasana Stage-II
4. Savasana Stage-III prandharana
5. Savasana Stage-IV (oceanic feeling)

Unit-II

Cultural asanas

Standing postures:-

1. Trikonasana
2. Parivrutha Trikonasan
3. Parsva Konasana
4. Tad asana

5. Chakrasana (Side Bending)
6. Padahastasana
7. Ardha Chakrasana
8. Utkattasana
9. Vrikshasana
10. Bakkasana
11. Talasana
12. Dan asana
13. Sithila Dandasana
14. Paschimottasana

Sitting postures:-

1. Vakrasana
2. Ardha Ustrasana
3. Mandukasana
4. Suptha Vajrasana
5. Sasangasana
6. Ardha Sirsasana
7. Sirsasana
8. Talasana
9. Hamsasana
10. Parvatasana
11. Bandha Konasana

Unit-III

Cultural Asanas

Supine type:-

1. Ardha Pavanamuktanasana
2. Pavana muktanasana
3. Navasana
4. Tolan gulasana
5. Viparithakarani
6. Matsyasana(simple)
7. Uttana Pad asana

Prone Type Postures:-

1. Bhujanagasana
2. Ardha salabhasana
3. Dhanurasana
4. Naukasana
5. Salabhasana

Unit-IV

Preparatory For Pranayama:-

1. **Kapalabhati**
 1. Abdominal Breathing
 2. Thoracic
 3. Clavicular
 4. Full yogic Breathing

Pranayama :-

1. Suha Pranayama (Anuloma Viloma)
2. Surya Anuloma Viloma Pranayama (Ratio 1:0:2)
3. Anuloma viloma Pranayama (1:0:2)
4. Surya bhedhana (1:0:2)
5. Nadi shodhana (1:0:2)
6. Sitali Pranayama
7. Sitkari Pranayama
8. Bhramari Pranayama
9. Ujjay
10. Murchah

Unit-V

Make the students practical course like full course, short courses an easy course (like one hour, 45 minutes and 30 minutes) routines of yoga practices according to kaivalyadhama tradition or other effective tradition – therapeutic routines for different psychosomatic disorders suggested by research findings.

Books for Reference:-

1. Swami Kuvalayananda and Dr. S.L. Vinekar Yogic Therapy. Its basic principles methods, ministry of health, Govt of India new Delhi 1963.
2. Swami Kuvalayananda: Asanas Kaivalyadhama, Lonavla, Pune Dist, Maharashtra.
3. Swami Kuvalayananda: Pranayama, Kaivalyadhama, Lonavla, Puna Dist, Maharashtra.
4. Yogasanas: A teacher's guide NCERT, New Delhi, 1983
5. Practical Guide to Applied Spirituality (Brahama Kumarits, Mount Abu, Rajasthan)
6. Building a Value Based Peaceful And Prosperous Society (Om Shanthi Press, Gyanmitt Bhavan, Shantivan, Mount Abu, Rajasthan)
7. Vicente hao chin. jr: notes on self-transformation. (Philippine theosophical institute, Philippines)
8. Dr. Jeetendra Adhia: Spring of Inspiration (Alpha International, Gujarat.)
9. G. Ravindran: Management Science Conflict (Manivasakar Publication, Chidambaram.)

SEMESTER-II PRACTICAL – I.PG DYED 2007-08 ONWARDS
METHODS OF PRACTICE IN YOGA

Unit-I

Lectures and discussions on- Desirable qualities for yoga teacher-Types of students who seek yoga training-professional code of ethics for the yoga teacher.

Unit-II

Lectures and discussion on-Basic Principles and methods relevant to practice teaching of yoga-Lesson planning – teaching of skills- Instructing through demonstrations – Class management, time allotment-teaching aids.

Unit-III

Lectures and discussion on- Kaivalyadhama- model yoga lessons plans-analysis of the yoga lesson plan Evaluation format for supervisors-conducting yoga classes with the use of lesson plans.

Unit-IV

Preparation by the students systematic lesson plans for the yoga practices taught during the course and daily maintenance of a journal with plans for lessons, their execution, progress observed, duly evaluated critically by the teacher concerned.

Unit-V

Actual conduct by the trainees of five yoga lessons in the class to fellow-trainees and another five lessons in schools under proper supervision and competent evaluation.

Books for Reference:-

1. Dr. M.D. Gharote and S.K. Ganguly: Teaching methods for Yogic practice,
2. Kaivalyadhama, SMYM Samiti, Lonavala, Pune Dist, Maharashtra 1988.
3. Donald G.Butter: Teaching Yoga, Peipham Books Ltd., London 1975.
4. Yogasanas: A teachers Guide, N.C.E.R.T., New Delhi.
5. Yoga – Asana, Pranayama, Mudras, Bandha (Vivekananda Kendra Yoga Prakashna, Bangalore)
6. Swamy Satyananda Saraswathi: Asana, Pranayama, Mudra, Bandha (Yoga Publications Trust, Munger, Bihar, India)
7. Yogiraj Vethathri Maharishi: Simplified Physical Exercises. (Vedhathiri Publications, Gandhiji Road, Erode-1, Tamilnadu)
8. B.K.S. Iyenkar: The Light on Yoga (Haper Collins Publications India Pvt. Ltd., New Delhi).
