MPD-E101 Yogic Sciences

The Course learning outcomes (COs): On completion of the two years M.P.Ed., program, the students will be learning and able to do/perform the following…….
CO-1. Describing the concepts of yogic sciences.
CO-2. Extending various asanas, pranayama, kriyas, Mudras and Bandhas.
CO-3. Identifying various types of meditations.
CO-4. Practicing and demonstrating of Kiriyas, Asanas, Pranayams, Mudras, Bandhas and Meditations.
CO-5. Developing the knowledge of yogic exercises for enhancing various body systems.

Unit I – Introduction
Meaning and Definition of Yoga.Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, 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.

Unit II – Aasanas and Pranayama
Loosening exercise: Techniques and benefits.
Aasanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits.
Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits
Chakras: Major Chakaras- Benefits of clearing and balancing Chakras.

Unit III – Kriyas
Shat Kriyas- Meaning, Techniques and Benefits of Neti, Dhoti, Kapalabhanti,Trataka, Nauli, Basti
Bandhas: Meaning,Types, Techniques and Benefits of Bandha

Unit IV – Mudras, Yoga and Sports
Meaning, Techniques and Benefits of Mudras(Hasta Mudras, Asamyuktahastam, Samyuktahastam,Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra).
Meditation: Meaning, Techniques and Benefits of Meditation.
Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise-Power Yoga.
Role of Yoga in Psychological Preparation of athletes: Mental Wellbeing, Anxiety, Depression Concentration, Self-Actualization.
Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory Systems.

Reference: Gore, (1990), Anatomy and Physiology of YogicPractices.Lonavata: Kanchan
Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
Karbelkar N.V.(1993) PatanjalYogasutraBhashya (Marathi Edition) Amravati: Hanuman VyayamPrasarakMandal
Kenghe.C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: BharataManishai.
Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
Swami Kuvalayananada, (1998), Asanas.Lonavala: Kaivalyadhama.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4								
CO 5								