

ELECTIVE COURSE
YOGIC SCIENCES (PE-704-E)
Total Marks- 100 (70 Theory + 30 Internal)

Course outcomes: At the end of the course student will be able to-

- CO1. Understand the foundation & background of Yoga.
- CO2. Know stages Students will & importance of practicing yoga.
- CO3. Understand the benefits & effects of Kriyas, Bandhas, Pranayama.
- CO4. Understand relation of yoga, health & mental health.
- CO5. Know the researches in yoga and its contributions

Unit I – Introduction

- Meaning and definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices;
- Preparation for Yoga (Medical Check-up, Learn from a Teacher, Follow Traditional Method, Condition Your Mind, Confidence, Patience, Regularity, Time, Place, Seat, Dress, Silence)
- Precautions for Beginners: Keep Stomach Empty, Preparing the Body, Avoid Strain, Avoid Fatigue, How to Practice Asana, Principles of Breathing – Awareness- Relaxation.

Unit II – Aasanas and Pranayam

- Suryanamsakar: Methods and benefits. Asanas: Meaning, Definitionas, Aim and Objectives, Characteristics, Classification, Importance.
- Pranayama: Meaning, Asana for Pranayama, Basic Pattern of Pranayama Breathing, Types – Methods and Benefits, Nadis: Meaninf, Methods and Benefits, Chakras: Major Chakras – Benefits of cleaning and balancing Chakras.

Unit III – Kriyas and Bandhas

- Shat Kriyas: Meaning, Techniques and Benefits of Neti – Dharti – Kapalbhathi – Trataka – Nauli.
- Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV – Mudras

- Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta hastam, Samyukta hastam , Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra.
- Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

Unit V – Yoga and Sports

- Importance of Yoga for Sports. Application of Yoga for Specific Types of Sports (Target Sports/Sports using one side of body/ Endurance Sports/Strength and Balance Sports/Team Sports)
- 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.

Note: Laboratory Practicals be designed and arranged internally.

REFERENCE:

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P) Ltd.

Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prakashan.

Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

Karbelkar N.V.(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal

Kenghe. C.T. (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.

Kuvalyananada Swami & S.L. Vinekar, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.

Moorthy A.M. & Alagesan. S. (2004) Yoga Therapy. Coimbatore: Teachers Publication House.

Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.

Swami Satyananada Sarasvati. (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.

Swami Satyananda Saraswathi. (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.

ELECTIVE COURSE
Physical Fitness and Wellness (PE-905- E)
Total Marks- 100 (70 Theory + 30 Internal)

Course outcomes: At the end of the course student will be able to

- CO1. Know various training methods in sports.
- CO2. Improve overall & specific fitness.
- CO3. Create database of exercises & training protocols.
- CO4. Assess fitness using different techniques.

Unit I – Introduction

- Meaning and Definition of Physical fitness, components of physical Fitness, Principles of Physical Fitness
- Fitness and Conditioning (Aerobic Training, Strength Training & Drug and Athletic Training).
- Definition and Dimensions of wellness, Health as Positive Wellness, maintaining Emotional Wellness, Global Wellness (various Health Issues worldwide and their management).
- Physiological, Health and psychological benefits of Physical activity.
- Making Physical activity a priority.

Unit II – Application of fitness & Wellness

- Nutrition & Wellness
- Body Composition & Weight Management
- Endurance: Cardio respiratory & Muscular
- Flexibility, Fitness & Wellness Relationship
- Stress Management & Behaviour Modification

Unit III – Fitness & Wellness Assessment

- Measurement of Height, weight and body composition.
- Assessment of cardio respiratory fitness and health related fitness.
- Stress assessment and its management technique.
- Preparation & implementation of personal & group exercise plans
- Group exercises plan, Personal Training, Fitness & Wellness Activities for various ages and population

Unit IV – Assessment & Methods of Training

- Resistance Training for Muscular Strength and Endurance; Principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spatial, awareness and proper breathing techniques).
- Weight training principles and concepts; basic resistance exercise(including free hand exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit balls)
- Flexibility Training, Relaxation Techniques and Core Training. Safety techniques (stretching protocol; breathing and relaxation techniques).

Unit V – Establishment & Management of Fitness Centre

- Principles of starting a fitness centre-environment, location, policy, offer of programmes, record keeping, and public relation.
- Fitness centre membership and its types.
- Safety aspects in a fitness centre.
- Qualification and qualities for a fitness trainer.

REFERENCE:

- David K. Miller & T. Earl Allen, Fitness, A life time commitment, Surjeet Publication Delhi 1989.
- Dificore Judy, the complete guide to the postnatal fitness, A & C Black Publishers Ltd. 35 Bedford row, London 1998.
- Dr. A. K. Uppal, Physical Fitness, Friends Publication (India), 1992. W. K. Oeger & Sharon A. Hoeger, Fitness and Wellness, Morton Publishing Company, 1990.
- Elizabeth & Ken day, Sports Fitness for Women, B. T. Batsford Ltd, London, 1986.
- Emily R. Foster, Karyn Hartiger & Katherine A. Smith, Fitness Fun, Human Kinetics Publishers 2002.
- Lawrence, Debbie, Exercise to music. A & C black publisher Ltd. 37, Sohe Square, London 1999.
- Robert Malt. 90 day fitness plan, D. K. Publishing, Inc. 95, Madison Avenue, New York 2001.

ELECTIVE COURSE

Sub: SELF DEFENCE AND YOGA (PE-102-E & PE-302-E)

Theory syllabus

(Max Marks=50)

UNIT-I: SELF DEFENCE

1. Meaning of Self Defence and its need and importance in modern society.
2. Different types of Self Defence activities and their origin (history and development of kung-fu, judo, wushu, Taekwondo, Karate, Kalaripayattu).
3. Classification of techniques in self defense (Defencing, Attacking Techniques and Counter Techniques).
4. Basic Learning Principles of Self Defense (Preparation and Ground Facilities).
5. Competitions Rules and Regulations for Self Defense Activities.

UNIT-II: YOGA

1. Meaning of Yoga and its need and importance in modern society.
2. Types of Yoga (Hatha Yoga, Gyan Yoga, Mantra Yoga, Bhakti Yoga, Raj Yoga).
3. Elements of Yoga (Ashtanga Yoga).
4. Different types of asana and their benefits to human life.
5. Pranayama: Meaning, Definition and types of Pranayama.

Practical Syllabus

(Max Marks=50)

1. Practice and learning of basic Technique of judo.
2. Practice and learning of basic Technique of Kung-Fu.
3. Practice and learning of basic Technique of Wushu.
4. Practice and learning of basic Technique of Taekwondo.
5. Basic mechanism of defence and attack in self defence.
6. Practices of standing asanas like: Tadasana, Garudasana, Brikshasana, Trikoasana etc.
7. Practice sitting and meditational asanas like: Padmasana, Gomukhasana, Siddhasana, Pischimotanasana, Ardhamatshyandra Asana, Naukasana etc.
8. Practice of asana on on supination (on back) position like: Sarvangasana, Halasana, Chakrasana, Savasana etc.
9. Practice of asana on pronation (on stomach) position like: Bhujangasana, Ardha Salbhasana, Salbhasana, Dhanurasana etc.

Note: There will be two units in self defense and yoga course. In each unit five chapters are covered. Examination will be held for the subject under the heading Self Defence and Yoga (SDY). Examination paper will contain eight questions (four questions in each unit) out of which examinees are required to answer any five questions with two questions from each unit. Fifth question will be compulsory in which five short answer type question will be awarded containing two marks each with total ten (10) marks. Maximum marks allotted for the theory paper will be 50(fifty only) whereas the practical examination will be held by an internal examination with maximum 50 marks. Passing marks for each theory and practical examination will be as per University Rules.

