

**17YOGU001- CNCC- YOGA EDUCATION (One Credit)**

**UNIT - I**

History of Yoga - Definition of the term Yoga - Comprehensive Nature and Scope Yoga- Aims and Objectives of Yoga - Various schools of Yoga.

**UNIT – II**

Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga - Layayoga, Rajayoga – Ganayoga – Bhaktiyoga - Karmayoga.

**UNIT - III**

Yoga as an ideal system of physical culture - Do's and Don'ts of specific Yogic Techniques - Difference between practice of Asanas and Physical Exercise - Modern Vs. Yogic concept on diet.

**UNIT: IV**

Preparing Oneself for Yogic Practices - Different kinds of Yogic practices – Suryanamaskar - Asanas (Padmasana – Vajrasana – Gomukhasana- Sarvangasana – Halasana – Shalabhasana – Dhanurasana - Paschimottanasana – Yogamudra – Utkatasana – Savasana - Makarasana).

**UNIT- V**

Pranayamas (Anuloma-Viloma Pranayama, Nadisuddi) – Bandhas (Jalandharabandha - Uddiyananbandha - Mulabandha) - Suddhikriyas (Kapalabhati) – Mudras - Dhyana - Meditation - Gandhian way of Meditation.

**REFERENCE BOOKS:**

1. Asanas, Swami Kuvalayananda, Kaivalyadhama, Lonavla, 1993.
2. Light on Yoga, B.K.S Iyengar Harpine Collins Publication, New Delhi, 2000.
3. Sound Health Through Yoga, K.Chandrasekaran, Prem Kalyan Publications, Sedapatti, 1999.
4. Yoga For All, Maharishi Patanjali, Sahni Publications, 2003.
5. Yoga For Health, Institute of Naturopathy & Yogic Sciences, Bangalore, 2003.
6. Yoga for Health, K.Chandara Shekar, Khel Sahitya Kendra, Theni, 2003.
7. Yoga For the Morden Man, M.P.Pandit, Sterling Publishers Private Limited, New Delhi, 1987.
8. Yoga For You, Indira Devi, Jaico Publishing House, Chennai, 2002

### YOGA EDUCATION (One Credit)

17YOGU001	YOGA EDUCATION		
<b>Credits : 1    Lecture Hours/Week : 1                    CFA (T&amp;P) : 50                    ESE (T) : NA</b>			
<b>Objective:</b> To gain knowledge about the Yogic Practices			
UNIT	CONTENTS	Lecture Schedule	
I	History of Yoga - Definition of the term Yoga - Comprehensive Nature and Scope Yoga-Aims and Objectives of Yoga - Various schools of Yoga.	2	
II	Patanjaliyoga – Astangayoga – Tantrayoga – Mantrayoga – Hathayoga - Layayoga, Rajayoga – Ganayoga – Bhaktiyoga - Karmayoga.	2	
III	Yoga as an ideal system of physical culture - Do's and Don'ts of specific Yogic Techniques - Difference between practice of Asanas and Physical Exercise - Modern Vs. Yogic concept on diet.	2	
IV	Preparing Oneself for Yogic Practices - Different kinds of Yogic practices – Suryanamaskar - Asanas (Padmasana – Vajrasana – Gomukhasana- Sarvangasana – Halasana – Shalabhasana – Dhanurasana - Paschimottanasana – Yogamudra – Utkatasana – Savasana - Makarasana).	6	
V	Pranayamas (Anuloma-Viloma Pranayama, Nadisuddi) – Bandhas (Jalandharabandha - Uddiyananbandha - Mulabandha) - Suddhikriyas (Kapalabhati) – Mudras - Dhyana -Meditation - Gandhian way of Meditation.	4	
<b>Total Contact Hours</b>			<b>16</b>
<b>Learning Outcomes</b>			
<b>Students should be able to</b> <ol style="list-style-type: none"> <li>1. Recognize the importance of preparatory exercise.</li> <li>2. To demonstrate the suryanamaskar and various asanas.</li> <li>3. To practice meditation.</li> <li>4. Able to teach mudras.</li> <li>5. Explain about the bandhas.</li> <li>6. To know about the Gandhian way of meditation.</li> <li>7. Realize the difference between the asanas and physical exercises.</li> </ol>			