

SEMESTER- III

BSc-PE-DSE-1(4)-113: YOGA

| Course title & Code | Credits | Credit distribution of the course | | | Eligibility criteria | Pre-requisite of the course(if any) |
|---------------------------|---------|-----------------------------------|----------|---------------------|----------------------|-------------------------------------|
| | | Lecture | Tutorial | Practical/ Practice | | |
| BSc-PE-DSE-1(4)-113: YOGA | 4 | 2 | 0 | 2 | Class XII pass | Nil |

Learning Objective: -The Students will acquire knowledge and understanding of a specific sport in which an individual wish to excel.

Learning Outcomes: After completing the course, the students will be able to:

1. Understand Origin of yoga, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields
2. Learn about the prayer, perform Asanas, Pranayama, Shatkarma, Bandha.
3. Treat Disease through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease.
4. Apply Yoga-Nidra/Relaxation techniques
5. Understand Diet & constitution, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation.

THEORY SYLLABUS (30 HOURS)

UNIT-I (07 HOURS)

- Origin of yoga, definition, and scope of yoga, limitations, and misconceptions of Yoga
- Importance of yoga in physical education and other fields
- Yoga asana competition at: - State, National, International, SGFI, AIU, etc.

UNIT-II (07 HOURS)

- Philosophical aspects of Yoga-Pre-Vedic, Vedic period; Buddhism, Upanishad period, Jainism & Tantra
- Qualifications, qualities, and responsibilities of a coach,
- Duties/responsibilities of technical official, Scoring system and judgment criteria,
- Protocols for referees, judges, and officials.

UNIT-III (09 HOURS)

- Meaning, Techniques, Precautions & Effects of The Following:-
- Asanas: Padmasana, Vajrasana, Sidhasana, Paschimottanasa, Halasana, Sarvangasana, Shalabhasana, Ardhamatsyendrasana, Bhujangasana, Tadasana, Vrikshasana, Matsyasana, Gomukhasana, Ushtrasana, Shavasana, Makarasana, Vrishchikasana, Dhanurasana, Purna Matsyendrasana, Chakrasana, Ek Pad Sikandasana, Bakasana, Mayurasana, Shirshasana
- Pranayama: Anulom-Vilom, Bhastrika, Suryabhedhen Pranayama, Sheetal, Sheetkari, Bhramari, Ujjayi
- Shatkarma: Neti, Dhauti, Nauli, Basti, Kunjal, Kapal Bhati, Shankh Prakshalana
- Bandhas: Jalandhar, Uddyana, Mool Bandha

UNIT-IV (07 HOURS)

- Disease-wise treatment through yoga therapy- Asthma, high & low B.P, diabetes, obesity, heart disease, insomnia, arthritis, backache & female disease
- Diet & Nutrition, components of nutrition, water, natural diet, balanced diet, fasting-its benefits, types & preparation, and the importance of vegetarianism in yogic diet.

PRACTICAL SYLLABUS (60 HOURS)

1. Prayer
2. Asanas, Pranayama, Shatkarma, Bandha (As Mentioned In Theory)
3. Yoga-Nidra/Relaxation Techniques

SUGGESTED READINGS

- Anand Omprakash (2001). Yog Dawra Kaya Kalp, Kanpur. Sewasth Sahitya Perkashan
- Iyengar, B.K.S. (1995). Light on Yoga : The Bible of Modern Yoga. Schocken Publishers, USA.
- Kaminoff, L. et al (2007). Yoga Anatomy. Human Kinetics, USA.
- Kirk, M. (2005). The Hatha Yoga Illustrated. Human Kinetics, USA.
- Sharma JP and Ganesh S(2007). Yog Kala Ek Prichya. Friends Publication. New Delhi
- Sharma J. P. (2007). Manav jeevan evam yoga. Friends Publication. New Delhi.
- Sharma Jai Prakash And Sehgal Madhu(2006). Yog-Shiksha. Friends Publication. Delhi.
- Sharma Jai Prakash and Rathore Bhupender Singh (2007). Yoga Ke Tatva. Friends Publication. Delhi
- Mukerji, A.P. (2010). The Doctorine and Practice of Yoga. General Books, LLC, New Delhi.
- Norton, W.W. (2010). Yoga for Osteoporosis : The Complete Guide. W.W. Norton & Company, USA.
- Sarin N (2003). Yoga Dawara Rogoon Ka Upchhar. Khel Sahitya Kendra
- Sri Swami Rama, (2001). Breathing. Rishikesh Sadhana Mandir Trust.
- Swami Ram (2000). Yoga& Married Life. Rishikesh Sadhana Mandir Trust
- Swami Swatma Ram: Patanjali Yoga Sutra

- Swami Veda Bharti (2000). Yoga Polity. Economy and Family. Rishikesh Sadhana Mandir Trust
- Text Book Hath Yoga Pradipika
- Text Book Patanjali Yoga Sutra
- Text Book Patanjali Yoga Sutra

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.