



MANGALORE UNIVERSITY
Department of Physical Education
Master of Physical Education (M.P.Ed.)

Semester I Theory Course

MDS 404: YOGIC SCIENCES (Elective)

Number of credits :	3	Number of hours :	3	Marks :	Internal	- 30	External	-
								70
Objectives / Learning Outcomes								
<ul style="list-style-type: none"> • To understand the common grounds of yoga and physical education and sports • To understand the anatomy and Physiology of asanas, pranyams and kriyas. • To gain knowledge regarding the application yoga • To gain knowledge regarding the effects of yoga exercise on the human body health and sports • To understand the teacher role, responsibilities to promote yoga education school and society • Knowledge of classical and theoretical foundations in the field of Yoga. 								

Unit I: Introduction to Yoga

- Meaning, Definition, Scope and importance of Yoga
- Streams of Yoga: Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga and Gnana Yoga.
- Limbs of Yoga (Astanga Yoga): Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi.
- Essentials of Yoga Practices; Age, Diet, Time, Bathing , Clothes, Place, Awareness, Sequence, Emptying bowels, Stainless Condition, Breathing and Relaxation.
- Indications and Contra indications of Yoga Practice.

Unit II Asanas and pranayam

- Loosing exercise: techniques and benefits. Asans: Types- techniques and Benefits, surya Namaskar; Methods and benefits.
- Pranayam: Methods and benefits. Nadis: Meaning, Methods and benefits, Chakras: major chakras – Benefits of clearing and balancing chakras.

Unit-III Kriyas. Bandhas. Mudras and Meditation

- Shatkriyas- Meaning Techniques and benefits of Neti-Dhati-kapalpathi –Trataka-Nauli- Basti.

- Bandhas: Meaning Techniques and Benefits of Jalendra Bandha, jihvaBandha, uddiyana Bandhas, Mula Bandha
- Mudras: - Meaning Techniques and Benefits of Hasta Mudra, Asamyuktahastam, Samyuktahastam, ManaMudra, KayaMudra, BandaMudra, AdharaMudra.
- Meditation: Meaning Techniques and benefits Meditation-passive and active, saguna Meditation. Nirguna Meditation.

Unit-IV Yoga and Sports

- Yoga Supplemental Exercise-yoga Compensation Exercise- Yoga Regeneration Exercise Power yoga.
- 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: Practical shall be designed and arranged internally.

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

Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society
Publication. Thirumalai Kumar. S and Indira. S (2011)
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