


Curriculum Design:

First Year – First Semester					
Course Components	Subject Name	Internal	External	Total	Credits
Core Theory - I	Fundamentals of Yoga	25	75	100	4
Core Theory - II	Anatomy and Physiology	25	75	100	4
Core Theory - III	Methods of Yogic Practices	25	75	100	4
Core Practical – I	Yogic Practice - I	25	75	100	3
Core Elective - I	Yogic Diet	25	75	100	3
First Year – Second Semester					
Core Theory – IV	Yoga and Psychology	25	75	100	4
Core Theory – V	Methodology in Teaching Yoga	25	75	100	4
Core Theory - VI	Basic Yoga Texts	25	75	100	4
Core Practical – II	Teaching Practice	25	75	100	3
Core Elective - II	Yoga and Nutrition	25	75	100	3
Second Year – Third Semester					
Core Theory - VII	Yoga Therapy	25	75	100	4
Core Theory - VIII	Yoga Sutras	25	75	100	4
Core Theory – IX	Hatha Yoga Texts	25	75	100	4
Core Practical – III	Clinical Applications In Traditional Systems of Medicines and Therapies	25	75	100	3
Core Elective - III	Methods of Naturopathy	25	75	100	3
Second Year – Fourth Semester					
Core Theory – X	Research Processes In Yoga	25	75	100	4
Core Theory - XI	Traditional Systems of Medicines and Therapies	25	75	100	4
Core Theory - XII	Thesis / Yoga and Health / Thirumoolar's Thirumandiram	25	75	100	8
Core Practical – IV	Yogic Practice - II	25	75	100	3
Core Elective – IV	Statistics In Yoga	25	75	100	3


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FUNDAMENTALS OF YOGA

UNIT I

Yoga: Meaning- Definitions- Need- Nature - Aim and Objectives, Principles, Philosophy and Scope of Yoga

Philosophy: Scope of Philosophy

Shad Darshanas: Nyaya, Vaishesika, Samkhya, Yoga, Mimamsa, Vedanta

Misconceptions and clarifications of Yoga- Yoga and Education.

UNIT II

History of yoga-Modern Developments- Contribution to yoga by Vedas, Upanishads, *Prasthanayagee, Purushanthe chaturvshya*

Tantra, Bhagavad Gita, Yoga Vasishtha, Yoga Sutras, Thirumandiram, Yoga Yajnavalkya Samahitha, Goraksataka, Hatha Yoga Pradipika, Gheranda Samhitha, Siva Samahitha, Hatha Ratnavali, Siddha Siddhanta Paddihati, Narada Bhakthi Sutras, Yoga Rahasya.

UNIT III

Contributions to yoga by Ramakrishna, Swami Vivekananda, Sivananda, Sri Arobinodo, Maharishi Mahesh yogi, Swami Rama, Krishnamacharya, Swami Kunalayananda, Ramana Maharishi, Vethathiri Maharishi, Swami Dayanand saraswathi- Sri Yogendraji- Paramahansa Yoganada- B.K.S Iyengar.

UNIT IV

Contributions of yoga to Religions: Hinduism, Jainism, Buddhism, Christianity, Islam, Sufism- Spirituality -Role of yoga & Religions on Spirituality- Methods to promote Spirituality.

UNIT V

Paths of Yoga: Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga, Yantra Yoga

Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Schools of yoga- Sivananda yoga, Integral yoga, Bihar school of yoga, Kundalini yoga,

Ashtanga yoga, Viniyoga, Iyengar yoga

Hatha yoga, Swara yoga and Mantra yoga.

References:

- Brahma kumaries Jagdish Chander Mount Abu: PBK Ishwariya vishwa vidyalaya.
- Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharya yoga Mandiram.
- Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya yoga Mandiram.
- Haustul Desikachar (2016) The Hata yoga pradipika, Chennai: Madiá Garuda.
- Meena Ramanathan (2006) Grandasamihita Lonavla: Kaivalyadama S.M.Y.M.Samiti.
- Suburamanian (2003) The yoga vasishta, Chennai: Sura Books (Pvt) Ltd.
- Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrama.
- Swami Ranganathananada (2001) The message of the upanisads, Mumbai: Bharatiya vidya Bhavan.
- VenkataReddy (1932) Hata ratnavali, Arthameru: M.S.R.Memorial yoga series.
- Elangovan . R (2016) Fundamentals of yoga,
Chennai : Ashwin publications*

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperpacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mungger: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga nikan trust.
- Coulter,H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmeier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

ANATOMY AND PHYSIOLOGY

Unit I: Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue, connective tissue their functions

The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments- their functions

Unit II: The circulatory system- structure of the heart- the cardiac cycle- composition of blood- Blood pressure- ~~Blood Pressure~~- Blood vessels- Hematological system- their functions- arteries, veins & capillaries. The Digestive system- alimentary canal- mouth- pharynx- esophagus- stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion
The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption.

~~The Thoracic cavity: Lungs~~, Physiology of respiration

The Endocrine system- Hypothalamus, Pituitary gland- thyroid gland, Parathyroid glands- thymus gland- adrenal gland- Pineal gland- their functions

Unit III: the nervous system- The central nervous system- autonomic nervous system- Brain- spinal cord- Sympathetic and parasympathetic systems- their functions- sensory organs-

Skin- eyes- ear- tongue- nose- their functions

Posture- active posture- inactive posture- ideal posture- control of posture

Unit IV: The urinary system- Kidneys, ureters, bladder, urethra, renal function
The reproductive system- puberty- menopause- testes, uterus, ovaries- their functions

Unit V: Impact of yogic practices on the anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin.

Cardio-vascular system, respiratory system, digestive & excretory system, haematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system

References:

1. Arthur C. Guyton & John Edward Hall (2006), Textbook of Medical Physiology, Florida, United States, Elsevier Standards.
2. Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publishers.
3. Sivaramakrishnan S. (2006) , Anatomy and Physiology for Physical Education, New Delhi , Friends Publishers.
4. Anne Waugh & Alison Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churchill Livingstone.
5. Clark Robert K (2005) ,Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartlett.
6. Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
7. Dutta Ray (2001) Yogi Exercises , New Delhi : Jaypee Brothers.
8. Shirley Telles (2006) A Glimpse of the human , Bangalore : Swami Vivekananda yoga prakashana
9. Leslie kaminoff (2007) yoga anatomy, champaign : Human Kinetics
10. Peter L Williams & Roger Waswie (1988) Gray's Anatomy, Edinburgh: Churchill Livingstone.
11. Evelyne C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
12. Gore M.M. (2003) Anatomy & Physiology for yogic practices , Lonavala : KamhanPrakshan.

METHODS OF YOGIC PRACTICES

Unit 1:

Essentials of yogic practices, cleanliness and food, bath, time, sun, closing eyes, place, mirror, breathing, awareness, age limitations, sequence, blanket, clothes, position, emptying the bowels and stomach counter pose, pregnancy, contra-indications, duration, straining, special provisions for women and patients, fitness, posture, side effects.

Loosening the joints

Joint freeing series

Suryanamaskar: Vinyasa Suryanamaskar (kneeling, lunge, jumping)

Unit 2:Asanas

Tadasana, Trikonasana, Ardha Chandrasana, Utthita Parshvakonasana, Urdhva Dhanurasana, Utkatasana, Moordhasana, Dandasana, Pavanamuktasana, Hamsasana, Ardha Sirsasana, Ardha Kati Chakrasana, Ardha chakrasana, Veerasana, Namaskarasana, Vakrasana, Malasana, Merudandasana, Janusirsasana, Bharadvajasana, Suptavajrasana, Makarasana, Ardha Padmasana, Sukhasana, Natarajasana, Savasana

Unit 3: Pranayama: Sectional breathing

Viloma (Surya, Chandra)

Anuloma (Surya, Chandra)

Pratiloma

Surya Bhedana

Chandra Bhedana

Unit 4: Kriya

Shankhprakashalana

Laghoo Shankhprakashalana

Agnisar Kriya

Bandhas:

Jalandhara Banda

Moola Bandha

Uddiyana Bandha

Mudras:

Chin mudra, Chinmaya mudra,, Adhi mudra, Bhrama mudra, Bairava mudra, Nasiga mudra, Ganesha mudra, Bhudi mudra, varuna mudra, Mukula mudra, Khechari mudra, Tadagi mudra, Shanmuki mudra,

Unit 5:Meditation

Japa, Soham & pranav Japa Ajapa japa, antar mouna, Om meditation, Nadanusandhana

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
- Chandrasekaran k (1999) Sound Health Through Yoga, Sedapatti: Prem kalyan Publications
- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
- Yogeshwaranand saraswathi swami (1975) First steps to higher yoga, Gangothari: Yoga niketan trust.
- Coulter,H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmcier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwafi Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

YOGIC PRACTICES – I

Unit 1: Loosening the joints

Joint freeing series

Suryanamaskar: Vinyasa Suryanamaskar (kneeling, lunge, jumping)

Unit 2: Asanas

Tadasana, Trikonasana, Ardha Chandrasana, Utthita Parshvakonasana, Urdhva Dhanurasana, Utkatasana, Moordhasana, Dandasana, Pavanamuktasana, Hamsasana, Ardha Sirsasana, Ardha Kati Chakrasana, Ardha chakrasana, Veerasana, Namaskarasana, Vakrasana, Malasana, Merudandasana, Janusirsasana, Bharadvajasana, Suptavajrasana, Makarasana, Ardha Padmasana, Sukhasana, Natarajasana, Savasana

Unit 3: Pranayama: Sectional breathing

Viloma (Surya, Chandra)

Anuloma (Surya, Chandra)

Pratiloma

Surya Bhedana

Chandra Bhedana

Unit 4: Kriya

Shankhprakhshalana

Laghoo Shankhprakhshalana

Agnisar Kriya

Bandhas:

Jalandhara Banda

Moola Bandha

Uddiyana Bandha

Mudras:

Chin mudra, Chinmaya mudra,, Adhi mudra, Bhrama mudra, Bairava mudra, Nasiga mudra, Ganesha mudra, Bhudi mudra, varuna mudra, Mukula mudra, Khechari mudra, Tadagi mudra, Shanmuki mudra,

Unit 5: Meditation

Japa, Soham & pranav Japa, Ajapa japa, antar mouna, Om meditation, Nadanusandhana

References:-

- Iyenger B.K.S (1976) Light on yoga, London, Unwin paperbacks.
- Sivananda Sarawathi swami (1934) Yoga Asanas Madras: My magazine of india.
- Satyanada sarawari swami (2008) Asana, Pranayama, Mudra, Bandha, mungar: Yoga publications trust.
- Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
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- Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New York: Pocket Books.
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- Coulter, H David (2001) Anatomy and Hatha yoga, USA: Body and Breath Inc.
- Kirk Martin (2006) Hatha Yoha Illustrated Champaign: Humenkinetics.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Gharote (2004) Applied yoga, Lonvla: Kaivalyadhama.
- Kathy Lee Kappmcier and Diane M.Ambrosini (2006) Instructing Hatha Yoga, Champaign: Human Kinetics.
- Satyananda sararwati Swami (2007) Meditations from thitantras. Murgar: yoga publications Trust.

YOGIC DIET

Unit I:

Food in ancient texts and systems of medicine

Yogic diet: General introductions of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha-Gunas

Concepts of Diet - Pathya and Apathya according to GherandaSamhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhanaand its role in healthy living.

Unit II:

Diet and health, Nutrition and health, food, food for body and Mind, harmful food, dietary rules, Law of karma

Food stuffs – quality of food – organic eating

Unit III:

Yogic diet :Sattvic, Rajasic, Tamasic, Benefits of Yogic diet (Sattvic), characteristics of Rajasic and Tamasic food, Principles of Yogic diet

Unit IV:

Summer diet, diet for detoxing, brain – boosting diet – anti-stress diet – Super food for new mothers

Unit V:

Diet for diseases, diet for longevity and well- being

References:

- 1) Hoyer (1990) Fitness and wellness, Colorado: Morton Publishing company
- 2) GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras
- 3) Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society
- 4) Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd
- 5) Raghavan (1965) Hand book of health educationkaraiKudi: Meenal enterprises
- 6) Sunitha Pant Bansal (2008) Diet in diseases Delhi: PustakMahal
- 7) Yoga charyaSundaram (2004) diet and digestion Coimbatore: The yoga publishing house
- 8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books
- 9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society
- 10) AnandaBalayogiBhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation
- 11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation
- 12) Arvindjanar (2004) yoga diet, Bangalore: Sai towers
- 13) Kathy Phillips () The Spirit of Yoga London Cassell& Co
- 14) _____ (2016) Guidebook for QCI, Delhi, AYUSH
- 15) Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd
- 16) Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications
- 17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.

YOGA AND PSYCHOLOGY

Unit I: Psychology: Meaning, Definitions, Nature, Need, Scope of Psychology- Psychology and Yoga, Role of yoga on Heredity and Environment, learning, Emotions, memory, Cognition, Intelligence, Attention, attitude, personality

Unit II: Growth and Development: Life span periods, yoga for different stages of life: infancy, early childhood, Later childhood, adolescence, Adulthood, Old age, Women. Yoga for Professional people

Unit III: 25 elements, koshas, Doshas, Gunas, Nadis and chakras, Mind, Types of mind, folds, mental faculties, stages, states, sources and powers of mind, unfolding powers of Mind, yoga for super-consciousness

Unit IV: Spirituality: Meaning, definition, Role of Yoga and Religion on Spirituality, Values, types of values, divine virtues. Methods of developing spirituality

Unit V: Role of yoga on psychological qualities and psychological disorders
Neurosis: Anxiety, Phobias, obsessions, compulsions, stress, hysteria. Depression. suicide, Eating disorders, suicide.
Psychosis: Schizophrenia, Autism, Dementia, Bipolar disorders, Mental retardation
Personality disorders: Paranoid, Histrionic, Drug addicts, Gambling, Alcoholism. smoking, anti-social personality disorders

References :

1. Kamiesh, M.L. (1988) Psychology in physical Education and sports, New Delhi : Metropolitan Publications.
2. Elangovan R. (2001) Udarkalvi Ulaviyai, Thirunelveli : Aswin Publications.
3. Gita Mathew, (1997) Sports Psychology, Shejin and Shiju Brothers, Karaikudi.
4. Gidr, et al., (1989) Psychology, Glenview: scott foresman and company.
5. Bringle Robert et al., (1981) understanding psychology, New York: Random House School Division New York.
6. Rishi Vivekananda (2006) practical yoga psychology, Mungger : Yoga publications Trust
7. Abhedananda Swami (2002) yoga Psychology, Kolkatta : Ramakrishna Vedanta math.
8. Mangal S.K. (1991) Psychological Foundations of Education, Ludiana : Prakash Brothers.
9. Elangovan R (2018) yoga Psychology, Chennai : Ashwin publications

METHODOLOGY OF TEACHING YOGA

Unit I: Education

Yoga Education, Goal, Scope and importance, Principles of Teaching Yoga- Yogic, psychological, Physiological, Pedagogical, sociological
Meaning of methodology of teaching- factors influencing Methodology, Presentation technique

Role of language, Voice, fluency, clarity and body language in Teaching

Factors of Yoga Education: Teacher, Student and Teaching- Guru- Shishya Parampara

Types of students and teachers- promotion of leadership qualities

*yogic levels of Learning, vidyarthi, Shishya, Munivakshu,
yoga Guru*

Unit II: Methods in Yoga Teaching

Lecture method

Response to instruction method (method)

Individualized Instructional Method

Group discussion Method

Directed Practice Method

Project method

Demonstration Method

Lecture cum Demonstration Method

Imitation Method

Dramatization Method

Sources of teaching methods

Unit III: Teaching aids:

Audiovisual aids

Visual aids

Audio aids

Models

Props

Wooden brick and foot rest belt, ropes, slanting plank, chair, stool, bench, Box, the heart rate, ladder stool and drum, bolster and pillow, bandage, weight, the horse, big and small.

Unit IV: Preparing lesson plan- Essentials of a good lesson plan

Advantages of preparing a lesson plan

Contents of a lesson plan

Class management- formation of the class

Conducting yoga practical lessons: Precautions and contra-indications of practices

Lesson plan:

Assembly and roll call
Relaxation & prayer
Loosening the joints
Introduction of the practice
Demonstration
Individual practice
Group practice
Yoga game (if time permits)
Question and answer session
Relaxation
End prayer

Unit V: Organizing yoga class, Yoga camp, workshops in yoga, Yoga tours, Yoga games and competitions, classification of age groups for competitions

Evaluation

Advantages

Devices of evaluation

References

1. Gharote M.L and Ganguly S.K (2001) Teaching Methods for yogic practices
Lonavla: Kaivalyadhama
2. Sivananda () Yoga teachers training Manual, val morin: Sivananda Ashram
Yoga camp
3. Anandamitra (1991) Teachers' Manual Calcutta: Ananda Marga Pracaraka
Samgha
4. Thirunarayanan and Hariharan (1975) Methods in Physical Education, Karaikudi
5. Basavaraddi Ishwar (2010) Yoga Teacher's Manual for school teachers, New
Delhi: Morarji Desai National Institute of Yoga

Basic Yoga Texts

Unit I

Vedas

Upanishads

Ishasyopanishad, kena, katha, Mundaka, Mandukya, Aitareya, Taittiriya, chandogya, Brihadaryanaka Upanishads

Bhagavad Gita

Yoga in Bhagavad Gita (Chapter – II), Karma Yoga (Chapter – III), Yoga in Chapter – VI, Bhakthi Yoga (Chapter – XII), Yogic diet (Chapter – XIV & XVII), Moksha (Chapter – XVIII)

Yoga Vasishtha:

Highlights and concepts of Freedom, gunas, meditation and ailments

Prasthanatrayee, Purushartha Chatushtaya, Narada Bhakthi Series

Unit II

Goraksataka, Hatha Yoga Pradipika, Gheranda Samhitha, Siva Samhitha, Hatha Ratnavali, Siddha Siddhanta Paddhati.

Unit III

Asanas in Hatha text:
Definition, pre requisites, Special features

Unit IV

Pranayama in Hatha text:
Concept, phases & Stages, pre requisites, Benefits, precautions, contra-indications

Unit V

Bandha, Mudra & other practices:
Concept, Definition, Benefits, precautions & contra-indications, stages.

References:

- Brahma kumaries Jagdish Chander Mount Abu: PBK Ishwariya vishwa vidyalaya.
- Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharya yoga Mandiram.
- Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya yoga Mandiram.
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- VenkataReddy (1932) Hata ratnavali, Arthameru: M.S.R.Memorial yoga series.
- Elangoan . R (2016) Fundamentals of yoga,
Chennai : Ashwin publications*

TEACHING PRACTICE

The teaching practice examination shall be conducted by the University. The teaching practice record shall be submitted at the time of the University teaching practice practical examination. The candidate will be evaluated by both internal and external examiner.

YOGA AND NUTRITION

Unit I:

Nutrition: Macronutrients, micro nutrients, carbohydrates, fats, proteins, vitamins, minerals, water, balanced diet, benefits of vegetarian diet, gluten free and lactose free diet – composition of the meal (Grains, dairy products, vegetables and fruits nut, pulses, oil and fat), Mediterranean diet, Vegan diet, Low glycemic diet, DASH diet, yogic diet, principles of yogic diet, characteristics of sattvic, rajasic and tamasic diet, diet for yogic practitioners

Unit II:

Food stuffs – Qualities of food - ancient thoughts on food – Guidelines of eating

Yogic diet: General introduction of Ahara; concept of Mitahara; Classification in yogic diet according to traditional Yoga texts; diet according to the body constitution (Prakriti) – Vata, Pitta and KaphaGunas

Concepts of Diet - Pathya and Apathya according to GherandaSamhita, Hatha Pradeepika and Bhagavad gita; importance of yogic diet in Yoga Sadhana and its role in healthy living;

Unit III:

Nutrition during various stages of life childhood, adolescence, adulthood, Middle aged & aged – Nutrition during pregnancy & tips

Principles of weight control & Management

Unit IV:

Nutrition therapy for infectious diseases: Malaria, Typhoid, cholera, whooping cough, tuberculosis, measles, venereal diseases, dysentery, leprosy

Unit V:

Nutrition therapy for life style diseases: HBP, diabetes, obesity, cancer, stroke

References:

- 1) Hoyer (1990) Fitness and wellness, Colorado: Morton Publishing company
- 2) GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras
- 3) Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society
- 4) Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd
- 5) Raghavan (1965) Hand book of health educationkaraiKudi: Meenal enterprises
- 6) Sunitha Pant Bansal (2008) Diet in diseases Delhi: PustakMahal
- 7) Yoga charyaSundaram (2004) diet and digestion Coimbatore: The yoga publishing house
- 8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books
- 9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society
- 10) AnandaBalayogiBhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation
- 11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation
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- 17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.

M.S.Y
11/3/2011

YOGA THERAPY

Unit I: History of yoga therapy- Essence and Principles of Yoga therapy- Physiology and pathology in the yoga- Shatra- koshas- doshas- Granthis - Pancha prana- Application of Yoga and its types- Methodology in Yoga Therapy – Factors (Heyam, Hetu, Hanam and Upayam) – Methods (Darsanam, Sparsanam, Prasnam, Nadi Pariksa) Examination of Vertebra, joints, Muscles, Abdomen and Nervous System and therapeutic applications - Modification of yogic practices – Yogic practices for Human Systems - Yogic diet

Unit II: Application of Indian traditional systems of medicine and therapies:
Ayurveda – Ashtanga Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy - Siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) – Naturopathy - Principles of naturopathy - Modalities of Naturopathy - Varmam and Thokkanam, Physiotherapy, Acupressure, Acupuncture, Chromo therapy, Music therapy, Pranik Healing

Unit III: Therapeutic application of yoga: High blood pressure, Obesity, Diabetes Mellitus, Asthma, ulcer, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders.

Unit IV: Therapeutic application of yoga for psychological disorders:
Neurosis: stress, depression, eating disorders - Psychosis: Schizophrenia, autism, Bipolar disorders, dementia - Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism, Gambling – Anti-Social Activities

Unit V: Therapeutic application of yoga for the problems of women- Amenorrhea, Dysmenorrhea, menorrhagia, metrorrhagia, Hypomenorrhoea, oligomenorrhoea, polymenorrhoea, leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS.

References :

1. Shemanthakamani Narendhan et.al (2008) yoga and pregnancy, Bangalore: Swami Vivekananda Yoga Prakshana.
2. Nagarathna & Nagendra (2008) Yoga for Brounchial 'Assthma, Bangalore: Swami Vivekananda yoga prakshana
3. Nagarathna & Nagendra (2007) yoga for digestive disorders Bangalore : Swami Vivekananda yoga prakshana.
4. Sri kanta ss et.al (2008) yoga for diabetes, Bangalore : Swami Vivekananda yoga prakshana.
5. Nagarathna & Nagendra (2008) yoga for Hyper tension & Heart disease, Bangalore: Swami Vivekananda yoga prakshana.
6. Nagarathna & Nagendra (2008) yoga for Arthritics Bangalore : Swami Vivekananda yoga prakshana.
7. Nagarathna & Nagendra (2008) yoga for back pain Bangalore : Swami Vivekananda yoga prakshana.
8. Shivananda Saraswati (1975) , yogic therapy Gawhati , Brahmacharya yogeswar umachal yojashram.
9. Sundaram yoga charya (2004), Sundara yogic Therapy, coimbatore : The yoga publishing Home.
10. Phulgonda Sinha (1976) yogic cure for common diseases, Delhi : Orient paper backs.
11. Joshi (1991) yoga and Nature - Cure therapy New Delhi : Sterling publishers private Ltd.,
12. Chandrasakaran (2012) yoga Therapy, Chennai : VHF publications .
13. Gore, vange . Ienllcarni and oak (2008) yoga Therapy for select diseases, Lonarla : Kairalyadhama
14. Stiles Mukunda () Structural yoga Therapy, New Delhi: Goodwill publishing house
15. Mantora (2012) yoga for neck and joint disorders Mumbai : The yoga Institute
16. Kuraleyamala Swami and vinckan (2011) yogic Therapy Lonarla: Kairalyadhama

YOGA SUTRAS

Unit I:

Basics and date of the yoga Sutra – Raja Yoga – notable commentaries – Ashtanga Yoga – mind – psychic powers

- 1) Samadhi Pada
- 2) Sadhana Pada
- 3) Vibhuti Pada
- 4) Kaivalya Pada

Unit II:

1:1-2, 1:5 to 7, 1:12, 1:17 to 18, 1:30 to 51

Unit III:

2:1 to 11, 1:23 to 24, 2: 28 to 55

Unit IV:

3: 1 to 9, 3: 25 to 38, 3: 41, 3: 56

Unit V:

4:1, 4:7, 4:19, 4:34

References

Desikachar (1995) The Heart of Yoga Researcher: Inner Traditions International

Desikachar (2008) Reflections of Yoga Sutras of Patanjali Chennai: Krishnamacharya Yoga Mandiram

Swami Prabhavananda (2002) Patanjali Yoga Sutras Madras: Sri Ramakrishna Math

Swami Satyananda Saraswathi (2005) Four chapters on Freedom, Munger: Yoga Publications Trust

Hatha Yoga Texts

Unit I:

Goraksataka, Hatha Yoga pradipika, Ghrenda Samhitha, Siva Samhitha, Hatha Ratnavali, Siddha Siddhanta Paddihati

Unit II:

Tirumantiram, Yoga Yajnavalkya Samhitha, Yoga Rahasya, Yoga Makaranda, Vini Yoga of Yoga, Light on Yoga, Yoga Mala

Unit III:

Asanas in Hatha texts:

Definitions, pre-requisites, Special features

Unit IV:

Pranayama in Hatha texts:

Concept, phases & stages, pre-requisites, Benefits, precautions, contradictions

Unit V:

Kriyas, Bandhas, Mudras, Meditation & other practices in Hatha Yoga texts

Concept, Definitions, precautions, contradictions, stages, benefits.

References:

- Brahma kumaries Jagdish Chander Mount Abu: PBK Ishwariya vishwa vidyalaya.
- Desikachar (2003) Nathamuni's yoga Rahasya, Chennai: Krishnamacharya yoga Mandiram.
- Desikachar (2004) Yoga Yajnavalkya Samhita, Chennai: Krishnamacharya yoga Mandiram.
- Haustul Desikachar (2016) The Hata yoga pradipika, Chennai: Madia Garuda.
- Meena Ramanathan (2006) Grandasamihita Lonavla: Kaivalyadama S.M.Y.M.Samiti.
- Suburamanian (2003) The yoga vasishtha, Chennai: Sura Books (Pvt) Ltd.
- Swami Gambirananda (2008) Eight upanisads Kolkata: Advaita Ashrama.
- Swami Ranganathananada (2001) The message of the upanisads, Mumbai: Bharatiya vidya Bhavan.
- VenkataReddy (1932) Hata ratnavali, Arthameru: M.S.R.Memorial yoga series.
- Elangovan. R (2017) Foundations of yoga, Chennai: Ashwin publications*

CLINICAL APPLICATIONS IN INDIAN TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES

Unit I: Methodology in Yoga Therapy – Factors (Heyam, Hetu, Hanam and Upayam)

– Methods (Darsanam, Sparsanam, Prasanam, Nadi Pariksa) Examination of Vertebra, joints, muscles, Abdomen and Nervous system and therapeutic yoga practices- Modification of yogic practices

Unit II: Application of traditional Indian medical systems and therapies:

Ayurveda – Doshas, Dinacarya, Ayurvedic diet, Panchakarma therapy

Siddha – Five elements theory, physical constituents, pathology (Kayakalpa, Kitchen, Herbal and other types of medicine) Varmam and Thokkanam, Exercise therapy, Cryo therapy, Acupressure, Acupuncture, Chromo therapy, Magneto therapy, Music therapy, Pranic healing, Magentotherapy, Naturopathy and Modalities of Naturopathy, Reflexology

Unit III: Therapeutic applications for: High blood pressure, Obesity, Diabetes Mellitus, Asthma, Sinusitis, Migraine, Arthritis, Back pain, Thyroid problems, constipation, impotency, infertility, stroke, Epilepsy, Parkinson's disease, sleep disorders, skin diseases, insomnia, Anaemia

Unit IV: Therapeutic applications for psychological disorders:

Neurosis: stress, depression, eating disorders

Psychosis: Schizophrenia, autism, Bipolar disorders, dementia

Personality disorders: Paranoid, histrionic, drug addicts- Smoking, Alcoholism,

Gambling – Anti-social activities

Unit V:Therapeutic applications for the problems of women- Amenorrhea, Dysmenorrhea, Menorrhagia, Metrorrhagia, Hypomenorrhoea, Oligomenorrhoea, Polymenorrhoea, Leucorrhoea, uterus related problems, miscarriage, pregnancy- Pre and post natal care, PCOS

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
6. Vasant Dattatray Lad (2007) Secrets of the pulse The Ancient art of Ayurvedic Pulse Diagnosis Delhi: Motilal Banarsidass Publishers Pvt.Ltd
7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society

10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust
12. Thirunarayanam (2012) Introduction to Siddha Medicine, Chennai: centre for Traditional Medicine and Research
13. Bakhru (2011) The complete Hand book of Nature cure, Mumbai: Jaico publishing House
14. Gala DR, Dhiren Gala and Sanjay gala (2008) Nature cure for common diseases, Ahmadabad: Navneet publications (India) Ltd.,
15. Murthy Chidananda (2010) yogic and naturopathic treatment for common ailments, New Delhi: Central council for research in Yoga and Naturopathy
16. Basavaraddi Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi. Central council for Research in Yoga & Natruopathy,
17. Murthy Chidananda(2011) Yoga and Naturopathy New Delhi: central council for Research in yoga and Naturopathy.

METHODS OF NATUROPATHY

Unit I : Meaning – Definitions – Scope – Principles and Philosophy of Naturopathy
-Modalities of Naturopathy: Diet therapy, fasting therapy, mud therapy, hydro therapy, colon hydrotherapy, Massage therapy, air therapy, chromo therapy, Magentotherapy, Sun rays

Unit II : Mud therapy: Mud pack, Chest pack, Mud Bath, Mud pack for face , Knee mud pack, Wet-sheet pack for the whole body, Banana leaf bath

Unit III : Hydro therapy : Enema, Hip Bath, alternative hip bath, Stiz Bath, Spinal Bath, Spinal spray bath, Foot and arm bath, Hot foot bath, Arm bath.

Unit IV : Steam bath

Sunna bath, Sponge bath, inmussion bath, Friction bath

Under water massage,

Wet sheet pack, chest pack, knee pack,

Local steam, steam inhalation, Jet spray massages

Color Hydrotheraphy, Whirlpool bath.

Unit V : Naturopathy Diet (Eliminative , soothing,constructive)

Fasting, Sunbath, Air bath, massage

References:

Johi, K.S (2008) Speaking of yoga nature-cure Therapy, New Delhi: New dawn press group

Bakhren H.K (2011) The complete hand book of Nature cure, Ahmadabad: Jaico publication house

Chidarard da Murthy (2011) Yoga and Naturopathy, New Delhi: Central council for research in yoga and Naturopathy

Basavaraddi V Ishwar (2012) Important therapeutic modalities used in Naturopathy, New Delhi: Central council for research in Yoga and Naturopathy.

RESEARCH PROCESSES IN YOGA

Unit 1: Research- Meaning, Definitions, Need, Nature and scope of Research in Yoga, Types of research- Basic- Applied- Action- Qualities of a researcher- Criteria in locating and selecting a research problem- Preparation of Research Proposal- Mechanism of research proposal- Formulation of hypothesis- Variables and its types.

Unit 2: Types of Research Design, Descriptive Research- Survey method, Case study method, Experimental method- Categories: Longitudinal design, Quasi Experimental design, cross sectional design, Double blind placebo design- Experimental Design Types: Single group design, Reverse group design, Repeated Measures design, Static group comparison design, Rotated group design, Random group design, Equated group design, Factorial design

Unit 3: Data- Population- Sample- Subject- Sampling: Characteristics, principles, steps, Determining the sample size, criteria in selection, Types of sampling: probability sampling methods – Random and complex, Non- probability sampling methods- Writing Synopsis and Research report- Front materials, Main chapters and Back materials- Recent trends in Yoga research, yogaresearch centers and their works in India.

Unit 4: Statistics- Meaning- Need and importance in research- Non- parametric statistics- Treatment of F-test, 't' test one way- two way- testing- chi square- statistical packages- SPSS- SAS- data process, Data analysis- Graphical representation, Data interpretation.

Unit 5: Types of Statistics- Parametric and non- parametric- Normality of data- Normal curve- data analysis- 't' test, F test Type I Type II error- ANOVA- ANCOVA, (one way & two way)- Post hoc test- Pearson product moment correlation- Partial and multiple correlation- Regression simple linear and multiple linear- Post hoc tests.

References:

- 1) Best W John and James V Leahn (1996) Research in Education, New Delhi: Prentice – Hall of India Pvt. Ltd.,
- 2) Kothari C.R. (1985) Research Methodology New Delhi: Wiley Eastern Limited.
- 3) Clarke David.H and Clarke H, Harrison (1984) Research processes in Physical Education, New Jersey : Prentice Hall Inc.,
- 4) Best, John W. and Kalm James, V.(1980) Research in Education, New Delhi: Prentice Hall of India.
- 5) Clarke, H. Harrison and Clarke David H. (1972) Advanced Statistics, New Jersey: Prentice Hall Inc.

- 6) Garret Henry E and Woodworth, R.S (1958) Statistics in Psychology and Education, Bombay : Allied publication pvt.Ltd.,
- 7) Thirumalaisamy (1998) Statistics in Physical Education, Karaikudi: Senthilkumar publishers.
- 8) Thomson AL,(1986) The Art of Using Computers, Boyd & Frasher Boston: Publishing Co.,
- 9) Jerry R Thomas and Jack K Nelson(2000) Research Methods in Physical Activities, Illinois : Human Kinetics;
- 10) Craig Williams and Chris Wragg(2006) – Data Analysis and research for sport and exercise science, London Routledge Press.
- 11) Paul R kinnear and Colin D Gray (2006) –SPSS 14 Made Simple , New York: Psychology Press.
- 12) *Elangovan.R (2017) Research processes in yoga, Chennai: Ashwin publications*

TRADITIONAL SYSTEMS OF MEDICINE AND THERAPIES

UNIT I

Origin of Ayurveda – Aim and importance of Ayurveda, Philosophy and goals of Ayurveda, unique approach of Ayurveda – Ayurveda texts- Chakra Samhitha, Sushrut Samhitha, Kashyapa Samhitha, Rasatantra, Unique features of Ayurveda – Hygienic principles of Ayurveda (Dincharya) - Five elements of Ayurveda Doshas, Gunas, Dhatus, Upa Dhatus, Eight categories or branches of treatment - Nadis vijnana - Nadisand Chakras - Characteristics of different prakritis – causes of disease- Method of disease examination - Ayurveda diet.

Unit II

Ayurveda effect of yogic principles & therapies - Ayurvedic purification practices- Panchakarmas- Vamanan, Virechanam, Basti, Anuvaasana, Nasya, Rakta moksana, Abhyanga, Swedanam, Nasayam, Njavarakizhi, Pizhichil.

Unit III

History and Concepts of Siddha medicine: Principles of Siddha Medicine system, Five Elements theory, Three Biological Humors, Seven Physical Constituents, Pancha Bhudas, Pancha Koshas, Types of Siddha medicine, importance of Kayakalpa, Kitchen and herbal medicine, Diet regulations, Varmam and Thokkanam, Treatment of Siddha Medicine for life style diseases.

Unit IV

Concepts of Naturopathy - Principles of Naturopathy -Methods of Naturopathy: Diet, Fasting, Treatment by earth, water treatment, Treatment by rays, massage.

Unit V

Acupuncture, Acupressure, Exercise Therapy, Physiotherapy, Music Therapy, Color Therapy, Magneto Therapy, Reiki.

References:

1. Balkrishna Acharya (2006) Ayurveda its principles and Philosophies, Haridwar: Divya Prakashan
2. Atharale V.B. (1980) basic principles of Ayurveda, Bombay: Pediatric clinics
3. Frawley David (2000) Yoga and Ayurveda Delhi: Motilal banarsidass Publishers Pvt Ltd,
4. Balkrishna Acharya (2012) A practical approach to the Science of Ayurveda, Haridwar: Divya Prakashan
5. Frawley David and Sandra Summerfield kozak (2011) Yoga for your type New Delhi: New Age Books,
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7. Ashwini yogi (2011) Sanatan Kriya. The Ageless Dimension, New Delhi: Dhyan Foundation
8. Stiles Mukunda (2009): Ayurvedic yoga therapy New Delhi: New age books
9. Sivananda Swami (2006): Practice of Ayurveda Shivanandanagar: The Divine Life Society
10. Atreya (2000) Ayurvedic Healing for women, Delhi, Motilal Beharsidass
11. Joshi Rajani (2007) Health tips from the Vedas Haridwar: Shri Vedmata Gayathri trust

THESIS

- 1) To acquire practical knowledge
- 2) To acquire skill in the administration of yogic practices in the real life
- 3) To identify some common problems found among people
- 4) To do a systematic investigation into such problems
- 5) To suggest remedial measures to make life more meaningful and purposeful
- 6) To learn the clinical method, case history writing, measurement of clinical symptoms, psychological parameters. Application of statistics on the initial and final data recorded.

M.SC YOGA - DSE

YOGA AND HEALTH

Unit I :

Unit I: Health: Goals of life- Adhi and Vyadhi, Kleshas, Koshas, Doshas, factors affecting health- Panchamahabhudas, stages of development of disease- Mental and emotional ill-health - Yogic rules for good health, Dimension of health, causes of ill-health, pillars of health. Role of yogic positive attitudes (Maitri, Karuna, Mudita and Upeksha) for healthy living, concept of Bhavas and Bhavanas with its relevance in Health and well-being.

Unit II:

Communicable diseases: Malaria, Typhoid, cholera, whooping cough, tuberculosis, measles, venereal diseases, dysentery, leprosy

Unit III:

Life style diseases and Yoga: HBP, diabetes, obesity, cancer, stroke, diet and Nutrition

Unit IV:

Health and environment – Mental health – Concepts of health: Air, water, food, clothing, exercise – Rules of Health – Sanitary laws – Personal hygiene – Hygiene of human systems – population explosion and its control

Unit V:

Yogic rules for good health

Positive yogic principles of healthy living, ashtanaga yoga of patanjali for healthy living, yogic practices for healthy living, relationship of health, fitness, wellness, total-wellbeing and yoga.

References:

- 1) Hoger (1990) Fitness and wellness, Colorado: Morton Publishing company
- 2) GirijaShyamsundar (2007) Nutrition perspectives Chennai: University of Madras
- 3) Swami Sivananda (2007) Health and Hygiene Sivanandanagar: The Divine life society
- 4) Lily PritamTelu Ram (1981) Health and Hygiene, Delhi: Vikas publishing House pvt ltd
- 5) Raghavan (1965) Hand book of health educstionkaraiKudi: Meenal enterprises
- 6) Sunitha Pant Bansal (2008) Diet in diseases Delhi: PustakMahal
- 7) Yoga charyaSundaram (2004) diet and digestion Coimbatore: The yoga publishing house
- 8) Syd Hoare (1986) Keep fit, Hodder and Stoughton: Teach yourself books
- 9) Swami Sivananda (2011) Health and diet, Shivananda Nagar: The divine life society
- 10) AnandaBalayogiBhavanani (2007) A yogic approach to stress, Puduchery: Vivekananda Yoga Research foundation
- 11) Nagendra and Nagratha (2008) New perspectives in Stress Management, Bangalore: Vivekananda Yoga Research foundation
- 12) Arvindjanar (2004) yoga diet, Bangalore: Sai towers
- 13) Kathy Phillips () The Spirit of Yoga London Cassell& Co
- 14) _____ (2016) Guidebook for QCI, Delhi, AYUSH
- 15) Krishna Raman (1998) A Matter of Health, Chennai: East West books (Madras) Pvt. Ltd
- 16) Elangovan (2018) Yoga Psychology, Chennai: Ashwin Publications
- 17) Elangovan (2016) Fundamentals of Yoga, Chennai: Ashwin Publications.

TIRUMULAR'S TIRUMANTIRAM

Unit I:

History of Tirumular – Basics of Tirumantiram–learning and non-learning

Unit II:

Second Tantra: Creation of Microcosm - KargapaKriyai

Unit III:

Third Tantra: AshtangaYogam – The Eight great Siddhis – Way to Kayasiddhi – Kala Chakra – Breathe rhythm – Kechari Yoga – Pariyanga Yoga - Life Span

Unit IV:

Tantra Seven: The Six adharas – Mudra Variations – Controlling Senses

Unit V:

Yogic views on other tantras - Analytical views of Tirumular on Yoga

References:

Nagarajan and Mahalingam (1991) Thirumantiram Madras: Sri Ramakrishna Math

Annamalai (2002) Tirumantiram, Chennai: Indian Cultural Research Institute

Manikavasagan (2008) TirumularTirumandiram, Uma Publications

YOGIC PRACTICES - II

Unit I: Loosening the joints

Surya Namaskar: for children (10steps)

Bihar School of Yoga Model

Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Parivrtta Trikonasana, Virabhatrasana, Garudasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sarvangasana, Matsyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nohasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana

Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetal, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutranti

Bandhas

Jalandhara Bandha, Moola Bandha, Uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, bhairavi mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Yoga nidra, Rajayoga meditation, Trataka Meditation, Chakra Meditation, Nine-centered Meditation, Preksha Meditation, Mindfulness based stress Reduction Technique

References :-

1. Iyengar B. K. S (1976) Light on yoga, London, Unwin paperpacks.
2. Sivananda Saraswathi swami (1934) Yoga Asanas Madras : My magazine of India.
3. satyanada saraswati swami (2008) Asana, Pranayama, Mudra, Bandha, mungur : Yoga publications trust.
4. Iyenger B.K.S (2008) Light on pranayama, New Delhi : Haper Collins publishers India.
5. Vishnu Devananda Swami (1972) The complete Illustrated book of yoga, New york : Pocket Books.
6. Chandrasekaran K (1999) sound health through yoga Sedapatti : Prem Kalyan Publications.
7. Yogeshwaranand saraswathi swami (1975) First steps to higher yoga , Gangothari : Yoga nikan trust.
8. Coulter, H David (2001) Anatomy and Hatha yoga,USA:Body and Breath Inc.
9. Kirk Martin (2006) Hatha Yoga Illustrated Champaign : Humenkinetics.
10. Gharote (2004) Applied yoga, Lonvla : Kaivalyadhama.
11. Kathy Lee Kappmeier and Diane M. Ambrosini (2006) Instructing Hatha Yoga, Champaign : Human Kinetics.

STATISTICS IN YOGA

UNIT - I

Statistics-Basic Concept –Need and Importance of Statistics; Data-Raw and Grouped, Types of data; Concept And Calculations of Measures of Central Tendency-Mean, Median And Mode;; Measures of Variability- Range, Mean Deviation, Quartile Deviation And Standard Deviation.

UNIT – II

Introduction To Normal Distribution – Normal Curve – Characteristics of Normal Curve - Properties of Normal Curve – Standard Normal Curve - Problem Based On Normal Distribution – Uses of Normal Distribution.

UNIT - III

Testing Of Hypothesis - Procedure, Types of Hypothesis, Level of Significance, One Tailed and Two Tailed Test, Degrees of Freedom ; Test of Significance for Difference of Means- t Test -Independence and Dependence Test, Z-Test ; One Way Analysis of Variance.

UNIT IV

Correlation- Pearson Product Moment Correlation , Spearman Rank Order Correlation, Phi Correlation, Biserial Correlation Partial and Multiple Correlation

UNIT - V

Non Parametric: Chi Square Test – Equal Occurrence Test, Independence of Attributes, Contingency Coefficient; Graphical Representation – Line Diagram, Bar Diagram- Multiple Bar Diagram, Pie Diagram.

Refernces

1. Blum, J.R., and Fattu, N.A. 1954. Nonparametric methods, Rev. Educ. Res., 24, 467-487.
2. Conover, W.J. Practical Nonparametric statistics, 2nd edition. New York; John wiley & sons, 1980.
3. Gibbons, J.D., and Chakraborti. S., Nonparametric Statistical Inference, 3d ed., New York, Marcel Dekker. 1992.
4. Kraft, Charles H. and Van Eeden. Constance A Nonparametric Introduction to Statistics. New York: Macmillian, 1968.
5. Owen, D.B. Handbook of Stistical Tables. Reading , Mass; Addison- Wesley, 1962.
6. Siegel, Sidney. Nonparametric statistics for the behavioral Sciences. New York : McGraw-Hill, 1956.
7. Varma J. Prakash ; Sports Statistics Copyright 2000 by Venus Publication.