

THIAGARAJAR COLLEGE, MADURAI – 9.

(Re-Accredited with ‘A’ Grade by NAAC)

DEPARTMENT OF PHYSICAL EDUCATION

(From 2014 – 2015 Batch Onwards)

Certificate Course in YOGA

Title of the Paper : Yoga

Total Hours: 40 hrs

Sem : I & II Semester

Course Objective:

1. To make the students familiar with the need and Scope of Yoga.

Course content: “Principles and practice of Yoga”

UNIT I: Meaning, History, Aims, Objectives and Scope of Yoga – Limbs of Yoga –

UNIT II: Asanas – Essentials of Yogic practices – Classification of Asanas – Meditative asanas – Relaxative asanas – Cultural asanas –

UNIT III: Pranayama – Different phases in Pranayama Practices – Puraka (Inhalation) – Kumbhaka (Retention) and Rechaka (Exhalation) – Meaning of Meditation - Kriyas.

UNIT IV: (Practical)

Asanas: Padmasana – Vajarasana, Yogamudra , Pachimottanasana, Makrasana , Bhujankasana, Salabhasana, Dhanurasana, Savasana, Vipatitakarani, Vrksana

UNIT V: Pranayama: Sitali, Sitakari, Suryabhedana, Ujjavi, Bhamari, Bhastrika.

Kriyas: Trataka , Kapalabhati

Text Book:

1. Chandrasekaran, K. Sound Health through yoga, Madurai prem kaliaan publication.

Reference Book:

1. Chandrasekaran, K. Sound Health through yoga, Madurai prem kaliaan publication.
2. Moorthy A.m. and Alagesan .S, Yoga therapy TPH coimbatore – 2004.
3. Swami Kuvalyananda and Vindekar. S.I. Yogic therapy is basis principals and methods, New Delhi, Government of India
4. Swami Kuvalyananda, Asabas. Lonavala; Kaivalyadhama.
5. Tirumoolar Thirumanthiram – Translation and Commentary in English by Dr. Natarajan, Ramakrishna Math, Mylapore, Madras – 600 004.
6. Textbook of Yoga – George Feuerstein, Rider and company, London.
7. Yogic Therapy – Swami Kuvalayananda and Dr. S.L. Vinekar.