

Semester V

Paper-11 : YOGA

Max. Marks =150

(42 Hours)

UNIT- I	
Meaning, definition and scope of yoga, limitations and misconceptions, importance of yoga in physical education and other fields. (Book 1, Ch-1)	8 Hours
UNIT- II	
Historical development of yoga in India. (Book-2, Vol-I) Types of Yoga:- Hatha yaga, laya yoga, mantra yoga, bhakti yoga, karma yoga, jnana yoga, raj yoga (Book 1, Ch-1)	8 Hours
UNIT- III	
Ashtany Yoga : Yama, Niyama, Asana, Pranayama. Pratyahar- Dharna, dhyan, Samadhi & their psychological impact. (Book 1, Ch-1)	8 Hours
UNIT- IV	
Shatkarm /cleansing process/ yogic methods and personal hygiene and their importance(Book 2, Vol-IV).	9 Hours
UNIT- V	
Asanas: Types, importance of asanas in special reference to Physical Education & Sports. Differentiate between asanas and exercise. (Book 2, Vol-III) Pranayama and importance of pranayama in special reference to Physiological effects. (Book 2, Vol-IV)	9 Hours

Note: Question Paper will be divided into two parts A and B. The Examiner is required to set 5 questions for Part-A and 5 questions for Part-B taking one question for each part from each of the five units of the syllabus. The questions of Part-A shall carry 5 marks each and questions for Part-B shall carry 20 marks each.

The student is required to attempt any 3 questions from Part-A and any 3 questions from Part-B.

PRACTICAL (28 Hours)

1. Practice of Shatkarma : neti, dhauti, nauli, basti, kunjla, kapal bhati, shankh prakshalana
2. Practice of Pranayam : anulom-vilom, bhastrika, naddi shodhan, sheetali, sheetkari, bhramari, ujjayi
3. Practice of Bandhas : jalandhar, uddyana, mool bandha

ESSENTIAL READINGS

Book 1: Sharma Jai Prakash And Sehgal Madhu (2006). Yog-Shiksha. Friends. Delhi.

Book 3: Pro Singh S.P (2010). Yoga from confusion to clarity I, II, III, IV. Standard Publications.

SUGGESTED READINGS

- Day P. (1986). Yoga Illustrated Dictionary. Jaico Pub. House. New Delhi.
- Debnath M (2007). Basic Core Fitness Through Yoga And Naturopathy. Sports Publication. New Delhi.
- Kumar ER (1988). Heal Yourself With Yoga: Specific Disease. Taraporevala. Bombay.
- Sharma JP (2007). Manav jeevan evam yoga. Friends Pub. New Delhi.
- Vyas SK (2005). Yog Shiksha Khel Sahitya Kendra. Delhi.
- Singh MK and Jain P (2008). Yoga aur manoranjan. Khel Sahitya Kendra. New Delhi.

Theory : 100 (75+25 Int. Assessment)

Practical : 50