## Semester – IITheory Courses BPD-C201 YOGA EDUCATION

<ul> <li>The Course learning outcomes (COs): On completion of the two years B.P.Ed., p students will be learning and able to do/perform the following</li> <li>CO-1.Locating the concepts of yoga education.</li> <li>CO-2.Stating various asanas, pranayama, kriyas, Mudras and Bandhas.</li> <li>CO-3.Applyingvarious types of meditations.</li> <li>CO-4.Practicing of kiriyas, asanas, pranayams, mudras, bandhas and Meditations.</li> <li>CO-5.Organizingyoga competitions.</li> </ul>	program, the
<b>Unit – I: Introduction</b> Meaning and Definition of Yoga Aims and Objectives of Yoga Yoga in Indian Ancient Culture Need and Importance of Yoga in Physical Education and Sports	(10 Hrs.)
<b>Unit - II: Foundation of Yoga</b> The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana an Samadhi Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga Meaning and types of meditation.	(15 Hrs.) d
<b>Unit - III Asanas</b> Effect of Asanas and Pranayama on various system of the body Classification of asanas with special reference to physical education and sports Influences of relaxtive, meditative posture on various system of the body Types of Bandhas and mudras	(15 Hrs.)
<b>Unit – IVYoga Education</b> Type of kriyas Difference between yogic practices and physical exercises Yoga education centers in India and abroad Competitions in Yogasanas	(15 Hrs.)
References:	

Brown, F. Y.(2000). *How to use yoga*. Delhi:Sports Publication.
Gharote, M. L. &Ganguly, H. (1988). *Teaching methods for yogic practices*.Lonawala: Kaixydahmoe.
Rajjan, S. M. (1985). *Yoga strentheningofrelexation for sports man*. New Delhi:Allied Publishers.
Shankar,G.(1998). *Holistic approach of yoga*. New Delhi:Aditya Publishers.
Shekar,K. C. (2003). *Yoga for health*. Delhi: Khel Sahitya Kendra.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4								
CO 5								