

**MANONMANIAM SUNDARANAR UNIVERSITY, TIRUNELVELI - 12**

**UG COURSES – AFFILIATED COLLEGES**

**(For all UG / Integ. P G Courses)**

**Semester - III**

**(For those who joined the course from the Academic year 2016-2017)**

**EXTENSION ACTIVITIES - YOGA**

Course Credit: 2 (Two hours per week) - 50% theory and 50% practical

**Assessment:**

CIA – 25 marks

Practical – 25 marks

Theory Examination – 50 marks (Objective type)

**Total - 100 marks**

**Objectives**

The course aim at;

- Prevention of health problems and rehabilitation through Yoga
- Promoting positive health
- Promoting total personality development of students in Colleges and Universities
- Invoke positive attitude and spirit to channelize their energies in to creative and constructive endeavours.

**Unit – I – Introduction to Human Body (3 hours)**

Body Structure - Systems of Human Body – Body Function – Physical Health – Physical Fitness – meaning of wholesome development.

**Unit – II – Yoga (3 hours)**

Origin and development of Yoga - Meaning and importance of Yoga - Yoga as a Science - Principles of Yogic Practices, Yogic therapies and modern concept of Yoga – Balanced Diet.

**Unit – III – Mental Health (3 hours)**

Mind – Mental Health -Stages of Mind – Mental frequency – Mind training process – Methods of concentration – Brain and memory power.

**Unit IV –Asanas and Kapalabhati (3 hours)**

Importance of preparatory exercises - Meaning of Asana, its types, benefits and principles - Meaning of Kapalabhati, its types, benefits and principles.

## **Unit V – Pranayama and Meditation (3 hours)**

Meaning of Pranayama, its types, benefits and principles - Meaning of Meditation, principles and its benefits

### **Practical (15 hours)**

1. Simplified Exercises / Warm-up
2. Yogasana
  - a. Standing - Tadasana, Vriksasana, pada hastasana, Ardha Cakrasana, Trikonasana
  - b. Sitting - Bhadrasana, ardhastrasana, sasankasana, vakrasana
  - c. Prone - Bhujangasana, salabhasana, makarasana,
  - d. Supine – Sethubandhasana, Pavanamutasana, savasana
3. Kapalabhati
4. Pranayama
5. Meditation and Relaxation.

### **References:**

- Anatomy and Physiology of Yogic Practices - M.M Ghore, Kaivalyadhama, Lonavala, Pune. 4.
- Yoga for different ailments - series published by SVYASA, Bangalore and Bihar Yoga Bharati.
- Yoga therapy : by Swami Kuvalayanand, Kaivalaya dhama, Lonavala.
- Pranayama - B.K.S. Iyengar
- Asana, Pranayama, Mudra, Bandha - Swami Satyananda Saraswati, Bihar School of Yoga, Munger.
- Promotion of positive Health - published by SVYASA, Bangalore