

**Semester I**  
**Theory Courses**  
**MPCC-103 Yogic Sciences**

**Unit I – Introduction**

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Emptying the bowels – Stomach – Diet – No Straining – Age – Contra- Indication – Inverted asana – Sunbathing.

**Unit II – Aasanas and Pranayam**

Loosening exercise: Techniques and benefits. Asanas: Types- Techniques and Benefits, Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, Chakras: Major Chakras- Benefits of clearing and balancing Chakras.

**Unit III – Kriyas**

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dharti – Kapalapathi- Trataka – Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

**Unit IV – Mudras**

Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta hastam, Samyukta hastam , Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.

**Unit V – Yoga and Sports**

Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological

System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.

*Note: Laboratory Practicals be designed and arranged internally.*

**REFERENCE:**

George Feuerstein, (1975). Text Book of Yoga. London: Motilal Bansaridass Publishers (P)Ltd.

Gore, (1990), Anatomy and Physiology of Yogic Practices. Lonavata: Kanchan Prkashan.

Helen Purperhart (2004), The Yoga Adventure for Children. Netherlands: A Hunter House book.

Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.

- Karbelkar N.V.**(1993) Patanjali Yogasutra Bhashya (Marathi Edition) Amravati: Hanuman Vyayam Prasarak Mandal
- Kenghe. C.T.** (1976). Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background, Varanasi: Bharata Manishai.
- Kuvalyananada Swami & S.L. Vinekar**, (1963), Yogic Therapy – Basic Principles and Methods. New Delhi: Govt. of India, Central Health Education and Bureau.
- Moorthy A.M. & Alagesan. S.** (2004) Yoga Therapy. Coimbatore: Teachers Publication House.
- Swami Kuvalayanda**, (1998), Asanas. Lonavala: Kaivalyadhama.
- Swami Satyananada Sarasvati.** (1989), Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga.
- Swami Satyananda Saraswathi.** (1984), Kundalini and Tantra, Bihar: Yoga Publications Trust.
- Swami Sivananda**, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.
- Thirumalai Kumar. S and Indira. S** (2011) Yoga in Your Life, Chennai: The Parkar Publication.
- Tiwari O.P.** (1998), Asanas-Why and How. Lonavala: Kaivalyadham.

### **Semester I**

#### **Theory Courses**

#### **MPEC-101**

### **TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**

#### **(Elective)**

#### **UNIT I – Introduction**

Meaning and Definition of Test, Measurement and Evaluation. Need and Importance of Measurement and Evaluation. Criteria for Test Selection – Scientific Authenticity. Meaning, definition and establishing Validity, Reliability, Objectivity. Norms – Administrative Considerations.

#### **UNIT II – Motor Fitness Tests**

Meaning and Definition of Motor Fitness. Test for Motor Fitness; Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test –Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.

#### **UNIT III – Physical Fitness Tests**