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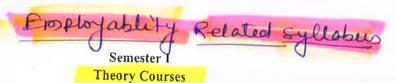
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## MPCC-103 Yogic Sciences

## Unit I - Introduction

Meaning and Definition of Yoga. Astanga Yoga: Yama, Niyama, Aasna, 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 Chakaras- Benefits of clearing and balancing

#### Unit III - Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti - Dhati - 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, Techiques 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 athelete: Mental Welbeing, Anxiety, Depression Concentration, Self Actualization. Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory Syste.

Note: Laboratory Practicals be designed and arranged internally.

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### 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