

THEORIES OF YOGA AND GYMNASTICS

UNIT : I

History of Yoga – Aims and Objectives of Yoga – Ashtanga Yoga: Patanjali Eight Limbs of Yoga – Principles of Practising Asana and Pranayama.

Yogic Techniques : Methods & Benefits **Asanas** : *Relaxative Asanas* – Shanthiasana / Savasana, Makarasana. *Meditative Asanas* – Padmasana, Vajrasana, Sukhasana

UNIT : II

Yogic Techniques : Methods & Benefits **Asanas** : *Cultural Asanas* – Bhujangasana, Salabhasana, Dhanurasana, Pascimottanasana, Vakrasana, Ardha Matsyendrasana, Yogamudra, Viparita Karani, Sarvangasana, Halasana, Mayurasana, Sirshasana, Chakrasana, Parvatasana, Bakasana & Suryanamaskar

UNIT : III

Yogic Techniques : Methods & Benefits: **Pranayama** : Nadi Suddhi, Nadi Shodhana, Kaphalabhathi, Ujjayi, Sitali, Sitkari.

Meaning of Kriya – Types of Kriyas: Kaphalabhathi, Trataka, Neti, Dhauthi, Nauli, Basti.

Trataka : Practicing Method – Benefits.

Neti : Jala Neti, Sutra Neti – Methods of Practicing Neti and its benefits.

Dhauthi: Vamana Dhauthi, Vastra Dhauthi – Methods of Practicing Dhauthi and its benefits.

UNIT : IV

History of Gymnastics – Meaning of Gymnastics

Types of Gymnastics: Basic, Auxiliary and Sportive – Importance of Gymnastics

UNIT : IV

Safety Measures in Gymnastics

Measurements of Apparatus and Basic Skills on: Parallel Bars, Horizontal Bar, Roman Rings, Vaulting Horse, Floor, Spring Board

Books for Reference :

1. SWAMI KUNJALAYANANDA, Asanas, Kaivalyadhama, Lonavala, Pune.
2. B.K.S. IYANKAR, Light on Yoga Harper Collins Publications, Delhi.
3. Dr. P. MARIAYAH, Asanas, Sports Publishers, Raja Street, Coimbatore-1
4. Dr.P.MARIAYAH, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.
5. Dr. K. CHANDRASEKARAN, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
6. Modak Pintu, Gymnastics: A Scientific Approach, Pilani, Runthala Publishers, 1996.
7. CoopnPhyllis and Milan Trnka, Teaching Gymnastic Skills to Men and Women, Surjeet Publications, Delhi, 1982