

A.D.M College for Women (Autonomous), Nagapattinam
Department of Physical Education
Extra Credit Course I - YOGA FOR HEALTH
PAPER - I
Theory & Practical

Total hour: 30
Theory: 40

Maximum marks: 100
Practical : 60

Unit – I

- Introduction: Meaning - definition - Need and Importance of Yoga - Misconception about yoga

Unit-II

- History of yoga
- Vedic Yoga
- Preclassical Yoga
- Classical Yoga
- Postclassical Yoga
- Philosophy of Yoga

TYPES OF YOGA

- Kunadalinii Yoga
- Ashtanga Yoga
- Power Yoga
- Hatha Yoga
- Vinyasa Yoga
- Iyengar Yoga

Practical

Unit-III

- Surya Namaskar
- Pranayama
- Meditative Asanas

Sitting Types

- Padmasana
- Siddhasana
- Vajrasana

Relaxation Asanas

- Makarasana
- Savasana

Unit-IV

Culture Asanas

Standing Types

- Ardhashakrasana
- Padahasthasana
- Trikonasana

Sitting Postures

- Yoga Mudra
- Paschimuttasana
- Ustrasana
- Vakrasana

Unit-V

Culture Asanas

Supine Types

- Navasana
- Halasana
- Sarvangasana
- Matsyasana
- Uttanapadasana

Prone Types Postures

- Salabhasana
- Bhujangasana
- Dhanurasana