

**School of Studies in Physical Education
Pt. Ravishankar Shukla University, Raipur (C.G.)**

**Syllabus for Choice Based Credit System
M. P. Ed. Major Elective
Semester - I**

Name of the Subject: Yoga Education

Unit	Contents	Lecture	Tutorial	Practical	Credits
I.	1. Meaning, Concept and Art of Yoga. 2. Parts of Yoga: Yama Niyama, Asana, Pranayama, Pratyhara, Dharana, Dhyana and Samadhi.	1			3
II.	3. Shuddhi Kriyas: Dhauti, Neti, Kapalbhata, Tratak, Nauli and Basti. 4. Surya Namaskar: Meaning, Contents, Benefits and Steps.	3	2	4	
III.	5. Asanas (Five from each category) I. Meditative II. Cultural a) From Standing Position b) From Long Sitting Position c) From Prone Lying Position d) From Supine Lying Position e) From Full Squat Position III. Relaxative 6. Pranayama I. Anuloma Viloma II. Ujjai III. Bhastrika IV. Surya Bhedan V. Shitali VI. Sitkari VII. Bharmari VIII. Murcha IX. Plavani	2	2	6	
IV.	7. Meditation: Origin, Meaning, Types, Benefits, Research based findings. 8. Concept of Nadis (System of Channels) and Chakras (Energy Centers), Expansion of Consciousness.	4	2	2	6

V.	<p>9. Essence of Raj Yoga: Chitta, Vratties, States of Mind, Causes of repeated Births Development of Eight Spiritual Powers to enhance quality of life, re-orientation or redirection of sixteen basic instincts.</p> <p>10. Mudras and Bandhas.</p>	3	2	4	6
----	--	---	---	---	---