

***Department of Physical Education – School of Education
Central University of Kashmir- Tullamulla Campus Ganderbal***

Course Code: SEC-112-YHE

Course Title: Yoga & Health Education

Unit I: Introduction of Yoga

- Meaning of Yoga & Importance of Yoga
- Aims & Objectives of Yoga
- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi
- Introduction to Asanas, Pranayama, Meditation and Yogic Kriyas

Unit II: Foundation and Asanas of Yoga

- Yoga for Concentration and related Asanas (Tadasana; Shahshankasana; Sukhasana and Padmasana)
- Relaxation Techniques for Improving Concentration- Yoga- nidra
- Effect of Asanas and Pranayama on Various systems of the body
- Types of Kriyas

Unit III: Introduction of Health Education

- Definition & Dimension of Health
- Aims and objectives of Health Education
- Guiding Principles of Health Education
- School Health programme and Personal Hygiene

Unit IV: Lifestyle

- Wellness and its Components
- Concept of Positive Lifestyle
- The essential nutrient and their importance in the Human body
- Obesity and its Hazard

Books Suggested:

- Brown, F.Y.(2000).How to use Yoga. Delhi: Sports Publication.
- Gharote, M.L. & Ganguly, H. (1948). Teaching Methods for Yogic Practises. Lonawala: Kaixydahmoe
- Rajjan, S.M. (1985). Yoga strengthening of Relaxation for sportsman. New Delhi. Allied Publishers.
- Neimer A. (n.d.). The school Health Education. New York: Harber and Brothers
- Authors Guide (2013). ACSM's Health related Physical Fitness Assessment Manual, USA: ACSM Publications