

## VALUE ADDED COURSE - 10

<b>Title of the Course</b>	<b>: SIMPLIFIED YOGA EXERCISES FOR SOUND HEALTH</b>
<b>Instructional Hours</b>	<b>: 30 Hours</b>
<b>Course Coordinator</b>	<b>: Dr. Simon Augustine, HOD of Physics</b>
<b>Students Intake</b>	<b>: 30</b>

### Detailed Syllabus

**Unit-1:** History of Yoga- Meaning of Yoga – Yoga as science – Yoga as art -Yoga for modern age-Importance of physical exercises : Maintenance of the cell structure –The three circulations : Blood, heat and air circulations- Uniform circulation of bio magnetism - Causes for disease : Natural and artificial causes – Immunity -Limits and methods in five aspects :Food, Work, Sleep, Sex and Thought force- Food as a medicine : Natural food – impact of food on cure of diseases – food plan. **(3 Hrs)**

**Unit-2: Rules for exercises:** Time, Place, Dress, Age, Posture and Breath. **Physical Exercises:** Hand exercises- Leg exercises – Breathing exercises- Eye exercises- Ear exercise- Kapalabathi – Surya namaskar - Makarasana Part I- Makarasana Part II – Body Massage- Acu pressure-Relaxation – Benefits **(17 Hrs)**

**Unit-3: Pranayama :**Naddi suddi - Seettali- Seethkari – Kapalapathi **(2 Hrs)**

**Unit-4: Mudras :**Aswini mudra- Kesari mudra- Aadhi mudra- Gnana mudra (Chin mudra)- Vaayu mudra –Shunya Mudra- Prithvi mudra-Prana mudra – Apana mudra – Apana vaayu mudra – Varuna mudra – Suriya mudra – Linga mudra **(3 Hrs)**

**Unit-5: Kaya Kalpa Exercise:** Aswini Mudhra – Moola Bandha – Ojas Breath **(3Hrs)**

**Unit-6: Intensification of bio magnetism:** Lamp gazing and Mirror gazing **(2 Hrs)**

### Text Books:

1. **Simplified Physical Exercises** – Thathuvagnani Vethathiri Maharishi, The World Community Service Centre, Vethathiri Publications, 101, Iraniyan Street, Karur ByePass Road, Opp. Manickavasakar Colony, Erode-638002
2. **Yoga Practice II** – Thathuvagnani Vethathiri Maharishi, The World Community Service Centre, Vethathiri Publications, 101, Iraniyan Street, Karur ByePass Road, Opp. Manickavasakar Colony, Erode-638002 Vethathiri Publications
3. **Kayakalpa Yoga** - Thathuvagnani Vethathiri Maharishi, The World Community Service Centre, Vethathiri Publications, 101, Iraniyan Street, Karur ByePass Road, Opp. Manickavasakar Colony, Erode-638002

### References

1. **Sound health through yoga** – Dr. K. Chandrasekaran, Prem Kalyan Publications

### Course Outcome/Job Role:

The student will be able to:

- i. Get idea about Yoga
- ii. Understand limits and methods in five aspects: Food, Work, Sleep, Sex and Thought
- iii. Study to practice a whole body exercise and Kayakalpa
- iv. Study different Pranayam and Mudras
- v. Study Lamp gazing and Mirror gazing

### Mode of Evaluation:

Attendance- Test paper- Performance