

## APPLIED YOGA

Subject Name: Applied Yoga

**Objectives: Following the completion of the course, students shall be able to**

1. Understand the applied value of yoga in different domain.
2. Have an idea about the role of yoga for school, sports, techno stress and geriatric care.
3. To understand the personality development.
4. To understand the school health.
5. To educate the difference between the yoga and sports.

**Outcomes:**

1. Clear idea about school health.
2. The students develop good personality.
3. Clear understanding about yoga and sports.
4. To know about the proper usage of technology and overcome the stress.
5. The students adopted to care the elders.

**Unit -1:** Yogic Health for school

General Introduction to School Health, components of school health; Parent-Teacher-Student relationship in a School Health; Role of social interaction in a School Health; Brief introduction to developmental process of children; Psycho-Physiological changes and development of cognitive functions in School going children;

**Unit -2:** Yoga and Personality Development

Role of Yoga in establishment of values in School going children, Personality Development: New Dimensions of Personality through Yoga

**Unit -3:** Yoga in Physical Education

General introduction to Physical Education and Sports; Difference between Physical Education & Sports; Relevance of Integration of Yoga in Physical Education & Sports; Yoga for Physical, Mental Stamina and other faculties / skills in a sports Personnel;

**Unit- 4:** Yoga and Sports Sciences :Nature of different sports injuries, its prevention and management through Yoga; Yoga modules for different sports – track events, field events, single participation, group participation; Application of Yogic lifestyle in improving efficacy in sports personnels, Relationship between Yoga and sports activities; Research reviews on Yoga and Sports

**Unit -5:** Yoga for Techno stress

Introduction to Technostress, its cause, symptoms and complications; Health Hazards in computer professionals; Role of Yoga in the promotion of skills; Application of Yoga for management of Techno stress .

**Unit -6:** Yoga for geriatric care

General introduction to Geriatric Care; Ageing: Causes and features, Premature ageing; Common Geriatric problems; Application of Yoga in common Geriatric problems and their prevention &management; Research reviews on Yoga & Geriatric care.

**TEXT BOOKS**

1. Jayadev H J : Growing with Yoga, The Yoga Institute, Santacruz, Mumbai,2004
2. Liz Lark : Yoga for Kids, Carlton Books Ltd., London, 2003
3. Swati & Rajiv Chanchani : Yoga for Children: A complete illustrated guide to Yoga, UBS Publishes  
Distributors Pvt. Ltd, 2008
4. Iyenger B K S : The Path to Holistic Health, A Dorling Kindersley Book, Great Britain,2001
5. Dr. Goel Aruna : Yoga Education: Philosophy and Practice, Deep & Deep Publications Pvt. Ltd, 2007

**BOOKS FOR REFERENCE**

1. Basavaraddi I V
2. : Yoga: Teachers manual for school children, MDNIY New Delhi , 2010
2. Basavaraddi I V : Yoga in School Health, MDNIY New Delhi, 2009 Iyenger B K S : Astadala Yogamala  
1 to 7 volumes, Allied Publishers Pvt. Ltd, 2009
3. Basavaraddi I V : Yoga for Technostress, MDNIY, New Delhi, 2010
4. Dr. H Kumar Kaul : Yoga and Healthy Ageing, BR Publishing Corporation, Delhi,2006
5. Basavaraddi I V : Yogic Management of Geriatric Disorders, MDNIY, New Delhi,2009