

H. N. G. University , Patan
M.C.A(5 Years Integrated Programme) – Semester - VI
602: Health & Yoga

- Unit: 1** **[20%]**
Meaning-need-importance of historical background of yoga, types of yoga: Astang yoga, Bhakti yoga, karma yoga, Instructions for the practice of Asan-Pranayam
- Unit: 2** **[20%]**
Definition-need-importance of good Health, Attainment of Health through yoga, Effects of yoga on different system of human body, impact of yoga on daily life. Scientific effects of yogasanas. Prayanaym – Kriyas and surya-namaskar.
- Unit: 3** **[20%]**
Definition-meaning of physical fitness- its need and importance, meaning of wellness difference between physical fitness and wellness the relationship between fitness/wellness and health
- Unit: 4** **[20%]**
Assessment of physical fitness-sports related fitness and health related fitness. Problems associated with measurement of physical education strength and endurance, assessment and prescription.
- Unit: 5** **[20%]**
Body composition-techniques for assessing body composition, nutrition for weight control and wellness-effects of exercises on physical fitness, components of physical fitness and their meaning and importance.

Text Books & Reference Book : -

1. Swami Digamberji.Yoga and physical education,Kavivalyadhama.Lonavala,India
2. Yogamimamsa,Quarterly Publication Kavivalyadhama Lonavala,India
3. Dr.M.L.Gharota,Science of Yoga,kaivalayadhama, Lonavala,India
4. Dr.Karambalkar,Therapuetic value of yoga,Kaivalyadhama, Lonavala,India
5. Barry L.johnson and jack k Nelson,Practical Measurement for evaluation in physical Education Burguss Publishing Company,University of Minnesota.
6. Werner.W.K.Horger and Sharon A Hdger,Fitness and Wellness,morton publishing company,Englewood
7. Resthowel and A.K.Uppal,Foundation of physical Education,Friends publication Newdelhi