



DEPARTMENT OF PHYSICAL EDUCATION NIRMALAGIRI COLLEGE

Re-accredited by NAAC with A Grade
Affiliated to Kannur University

CERTIFICATE COUSE IN YOGA

No of contact Hours: 30

Aim of the Course

The course is intended to familiarize the students towards the basics of Yoga, Asanas, Pranayama and its effects. The course also aims at obtaining the relaxation techniques in yoga.

Objectives of the Course

1. To orient the students about the general concepts of Yoga.
2. To practice different asanas and understand its effects.
3. To familiarize the students with Pranayama.
4. To understand how to use breathing techniques in Yoga.

Outcome

The course will give general awareness about basics and science of yoga. It will provide practical training sessions on Asanas, Pranayama and breathing techniques. The participants will improve their flexibility and posture. Learning and practicing breathing techniques will reduce the stress and anxiety. Thus it will be helpful for them when they prepare for the competitive exams. After all, regular practice of Yoga improves their quality of life.

Syllabus

Module 1 : Basics and Science of Yoga

- 1.1 History, definition and meaning of yoga.
- 1.2 Principles of yoga.
- 1.3. Yoga and diet.
- 1.4 Eight limbs of yoga
- 1.5 Benefits of Yoga



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Module 2: Asanas, Pranayama and its effects

2.1 Suryanamaskarm

2.2 Standing series of Asanas: Tadasana, Vrikhasana, Padahasthasana, Ardhashchakrasana, Katichakrasana, Trikonasana.

2.3 Sitting series of Asanas: Vajrasana, Sasankasana, Padmasana, Pachimothasana, Vajrasana, Ushtrasana, Vakrasana.

2.4 Prone series of Asanas : Bhujangasana, Shalabhasana, Dhanurasana.

2.5 Supine series of Asanas: Savasana, Noukasana, Pawanamukthasana.

2.6 Surya namaskaram

Module 3: Breathing Techniques/ Pranayama

3.1 Sectional Breathing, Yogic Breathing

3.2 NadiShuddhi Pranayama, Kapalabathi, Bhramari Pranayama

Work load/Teaching components

Sl. No	Teaching components	Work load
1	Theory	10 hrs
2	Practical	20 hrs
3	Total	30 hrs

Suggested Readings

1. Patanjali Yoga Sutras, Swami Prabhavananda, Chennai.
2. Pranayama the art of science, Nagendra H R, Bangalore.
3. Yoga its basics and application, Nagendra H R, Bangalore.
4. New perspectives in stress management, Nagaratna R.