

DEPARTMENT OF PHYSICAL EDUCATION

DEVA MATHA COLLEGE, KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



REPORT

ON

ADD-ON COURSE

Basic Yoga Course

Academic Year: 2019-20

ADD-ONCOURSE-*Basic Yoga Course*

Academic year	:2019-20
Date(s) on which program conducted	:30 hours
Collaborating agency inside or outside the institute	:NIL
Beneficiaries	: First year UG students
Number of teachers coordinated the program	:3
Number of students participated in the program	:17

Abrief reportonprogram

The Department of Physical Education, Deva Matha College Kuravilangad conducted an Add on Course on “Basic Yoga Programme” from 15 February 2020 to 21 April 2022. This Course was about the basic yoga techniques and its benefits. This course enables the students to have a comprehensive understanding of yoga which is the invaluable treasure of the rich heritage of India. This course helped the students to enhance their health status and health concept and also provided an opportunity to think of self-employment.

Syllabus

Basic Yoga Training

Duration: - 30 hours

Participants: - Regular students

No of students expecting: - First year U.G. Students

This Course is designed based on the vision that healthy youth makes a healthy nation. The course is intended to provide basic and primary training in yoga to each and every student of Deva Matha College. The course enables the students to have a comprehensive understanding of Yoga, which is the invaluable treasure of the rich heritage of India.

Objective of the Course

- Inculcation of Health practices
- Maintaining physical fitness
- Concentration and Intelligence
- Vitality and Enthusiasm
- Dynamic personality

- Healthy Physique

To introduce career and market oriented course to graduate and post graduate level students to enhance their health status and health concept and also it provides an opportunity to think off self-employment in Basic Yoga Training.

Module	Syllabus
Module I	Philosophy of Yoga
Module II	Theory of Yoga Practice
Module III	Practical – Asanas, Kriyas and Pranayama
Module IV	Meditation and Stress management

DETAILED SYLLABUS PAPER I : PHILOSOPHY OF YOGA

Meaning of Yoga - Concept of Yoga - History of Yoga - misconceptions of yoga - Need and Importance of Yoga - Exercise - meaning of exercise - definitions of exercise - Differences between yoga and exercise - Ashtanga Yoga - what is ashtanga yoga - YAMA - NIYAMA - ASANA - PRANAYAMA - PRATHYAHARA - DHARANA - DHYANA - SAMADHI - What is Asanas - posture - definitions of posture - classification of posture - Classification of Asanas - Aim to cultural Asana - meditative asana and relaxative asana - characteristics of meditative asanas - Pranayama - Definitions of pranayama - Types of pranayama - Effects of pranayama - Samadhi - Define Samadhi - Explanations of Samadhi in Upanishads - Sooryanamaskar - basic breathing Techniques.

PAPER II : THEORY OF YOGIC PRACTICES

Basic anatomy and physiology of human body changes by doing yoga - Types of Postures – Control of Respiration with the Help of Nervous System - Mechanism of Asana

PAPER III : PRACTICAL

Asanas:- Relaxative asanas- Meditative asanas- Cultural Asanas- Svastikasana- Uttanapadasana- Ardhapadmasana-Padhasana–Utkatasana- Tadasana-Dhanurasana I -Dhanurasana II -Naukasana- Vakrasana-Vajrasana-Supta-Vajrasana-Ardha-Matsyendrasana-Saranahasna-Paschimottanasana–

Ushtrasana-Trikonasana-Halasan-Uttanamandukasana -Bhadrasana – ArdhaChakrasana - Poorvothanasana– Gomukasana – Naukasana - Bhujangasana - - Padmasana - Simhasana - Vakrasana- BaddhaPadmasana - Parvatasana - Shalabhasana - Makarasana - Matsyasana- Vrikshasana - Chakrasana - Savasana -Sukhasana - Suptamandukasana - Yogamudra- Brahmamudra - Garudasana - Bakasana - SurayNamaskar- pranayama.

PAPER IV MEDITATION AND STRESS MANAGEMENT

Meaning of Stress - Definition of Stress - nature of stress - source of stress - how to manage stress - Asanas and stress - kriyas and stress - Exercise and stress - yoga for mental health - prathyhara and dharana - meditation - meaning - different types - relaxation techniques - mind controlling - yoga nidra practice.

ADD-ON COURSE OUTCOME

- 1) To propagate and promote yoga for positive health
- 2) To introduce basic concepts of preventive health and health promotion through yoga
- 3) To develop clear understanding about the benefit and contraindication of yoga
- 4) To teach yoga modules specific physical stamina, eye sight, concentration, creativity, anger management etc.

Assessment Procedure

Assessment Procedure has 3 parts

- Written examination for three hours with maximum of 50 marks.
- Continuous Evaluation of 20 Marks which comprises of :
 - Attendance- 5 Marks
 - Assignment- 5 Marks
 - Internal Exam 10 Marks
- Practicals and Viva – 30 Marks
- Total/Maximum Marks is 100
- Minimum marks required for pass is 40

GRADING PATTERNS:

O	-	Above 90%
A+	-	80 - 90%
A	-	70 – 80%
B+	-	60 – 70%
B	-	50 – 60%
C	-	40 – 50%
D	-	Below 40% (Failed)

List of students

DEVA MATHA YOGA CENTRE
DEPARTMENT OF PHYSICAL EDUCATION
Course: Basic Yoga Course
2019-20

Co-ordinator - Ms. Praseedha Mathew

Sl. No.	Class No.	Name	Department
1.	913	ALAN MATHE SHINO	B.COM.(S.F.)
2.	1127	JIKKU JOHNY	B.COM.(S.F.)
3.	217	VARSHA VINOD	CHEMISTRY
4.	503	AMBILI	ECONOMICS
5.	514	ABHISHEK SANTHOSH	ECONOMICS
6.	609	AKSHARA RAJU	ENGLISH
7.	619	ANADHAKRISHNAN S.	ENGLISH
8.	1004	ALBERT JOSE	ENGLISH (S.F.)
9.	1012	DEVAJITH K.M.	ENGLISH (S.F.)
10.	1014	GILSON GEORGE	ENGLISH (S.F.)
11.	1020	NEERAJ PRKASH	ENGLISH (S.F.)
12.	1021	PHILP THOMAS	ENGLISH (S.F.)
13.	707	NAVEEN MARTIN	MALAYALAM
14.	715	AMALA SHONICHAN	MALAYALAM
15.	1036	ROSE BINU	ENGLISH (S.F.)
16.	14	FREEJO YESUDAS	MATHEMATICS
17.	428	JOEL JOSE	ZOOLOGY

Attendance of participants

Deva Matha College Kuravilangad
Add-on course - Basic yoga course 2019-20

Attendance sheet of participants

Sl. No.	Name of the Student and department	Roll No.	15/12/20	21/12/20	18/1/20	25/1/20	15/2/20	22/2/20	29/2/20	Exam
1	Alan Mathe Shino- B.Com (SF)	913	A	A	A	A	A	A	A	Pass
2	Jikku Johnny- B.Com (SF)	1127	Pass	Pass	Pass	Pass	Pass	Pass	Pass	Pass
3	Varsha Vinod- B.Sc Chemistry	217	Pass	Pass	Pass	Pass	Pass	Pass	Pass	Pass
4	Ambili- BA Economics	503	Pass	A	Pass	Pass	A	Pass	Pass	Pass
5	Abhishek Santhosh- BA Economics	514	A	A	Pass	Pass	A	Pass	Pass	Pass
6	Akshara Raju- BA English	609	Pass	A	Pass	A	Pass	Pass	Pass	Pass
7	Ananthakrishnan S- BA English	619	Pass	Pass	Pass	Pass	Pass	Pass	Pass	Pass
8	Albert Jose- BA English Triple Main	1004	A	A	Pass	Pass	A	Pass	Pass	Pass
9	Devajith K M -BA English Triple Main	1012	A	A	Pass	Pass	A	Pass	Pass	Pass
10	Gilson Prakash- BA English Triple Main	1014	Pass	Pass	Pass	Pass	A	Pass	Pass	Pass
11	Neeraj Prakash- BA English Triple Main	1020	Pass	A	Pass	Pass	A	Pass	Pass	Pass
12	Philp Thomas- BA English Triple Main	1021	Pass	A	Pass	Pass	A	Pass	Pass	Pass
13	Naveen Martin - BA Malayalam	707	Pass	Pass	Pass	Pass	Pass	Pass	Pass	Pass
14	Amala Shonichan - BA Malayalam	715	Pass	Pass	Pass	Pass	Pass	Pass	Pass	Pass
15	Rose Binu- BA English Triple Main	1036	Pass	Pass	A	Pass	Pass	Pass	Pass	Pass
16	Freejo Yesudas- B.Sc Mathematics	14	Pass	Pass	A	Pass	Pass	Pass	Pass	Pass
17	Joel Jose- B.Sc Zoology	428	Pass	Pass	Pass	Pass	Pass	Pass	Pass	Pass

PRASEEDHA MATHEW
Head, Dept. of Physical Education
Deva Matha College
Kuravilangad - 686 633
Pravara, Kerala

Photograph



Certificate of the event



Brincy Mathew



Dr. Brincy Mathew
Add-on Course General Coordinator

Arinid Mathew
Principal
Deva Matha College
Kuravilangad - 686 633