

DEPARTMENT OF PHYSICAL EDUCATION

DEVA MATHA COLLEGE, KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



REPORT

ON

ADD-ON COURSE

Basic Yoga Course

Academic Year: 2018-19

ADD-ONCOURSE-*Basic Yoga Course*

Academic year	:2018-19
Date(s) on which programme conducted	:30 hours
Collaborating agency inside or outside the institute	:NIL
Beneficiaries	: First year UG students
Number of teachers coordinated the programme	3
Number of students participated in the programme	29

A brief report on program

The Department of Physical Education, Deva Matha College Kuravilangad conducted an Add on Course on “Basic Yoga Course” from 14 June 2018 to 23 June 2018. 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.

Objectives 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-Padhasanasana–Utkatasanas- Tadasana-Dhanurasana I -Dhanurasana II -Naukasana- Vakrasana-Vajrasana-Supta-Vajrasana-Ardha-Matsyendrasana-Saranahasna-Paschimottanasana–

Ushtrasana-Trikonasana-Halasan-Uttanamandukasana -Bhadrasana – Ardachakrasana - Poorvothanasana– Gomukasana – Naukasana - Bhujangasana - - Padmasana - Simhasana - Vakasana- 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
Course : Basic Yoga Course 2018-19
 Co-ordinator: Ms. Praseedha Mathew

Sl. No.	Class No.	Name	Department	Remarks	Attendance		
					14 June 2018	15 June	22 June
1	319	ARYA ASOKAN	BOTANY		x	x	x
2	326	JEENA ALEX	BOTANY		x	a	x
3	302	MIDHUN BABU	BOTANY		x	x	x
4	206	KAVERI S.	CHEMISTRY		x	x	x
5	528	AKSHAYA SHAJI	ECONOMICS		x	x	x
6	532	ANN THRESE SAJI	ECONOMICS		x	x	x
7	537	DALEENA JOSEPH	ECONOMICS		x	x	x
8	545	RISHAMOL SIVAN	ECONOMICS		x	x	x
9	641	NEENU JOSEPH	ENGLISH		x	x	x
10	642	SARIKA SOMAN	ENGLISH		x	x	x
11	603	YEDHU KRISHNAN P. S.	ENGLISH		x	a	x
12	714	MAREENA JAMES	MALAYALAM		a	x	x
13	727	VISHNUPA SURESH	MALAYALAM		a	a	x
14	703	AMAL SAJI	MALAYALAM		a	x	x
15	29	ASWATHY ASHOKAN	MATHEMATICS		x	x	x
16	55	RICHA SEBASTIAN (HINDI)	MATHEMATICS		x	x	x
17	453	SREELAKSHMI K. B.	ZOOLOGY		x	a	x

Scanned with CamScanner

Sl. No.	Class No.	Name	Department	Remarks	Attendance		
					14	15	22
18.	1129	SARATH LOHITHAKSHAN	COMMERCE CO-OPERATION		x	a	x
19.	1138	DEVIKA DEVARAJANO	COMMERCE CO-OPERATION		x	x	x
20.	922	DONEY REJI	COMMERCE TAXATION		a	a	x
21.	941	ESTAR GEORGE	COMMERCE TAXATION		x	a	x
22.	912	FEBIMOL JOSE	COMMERCE TAXATION		x	a	x
23.	924	GOWTHAM BOBAN	COMMERCE TAXATION		a	a	x
24.	930	KEVIN JOSEPH	COMMERCE TAXATION		a	a	x
25.	913	KRISHNAPRIYA M. S.	COMMERCE TAXATION		x	x	x
26.	1022	AISWARYA S. KUMAR	ENGLISH TRIPLE MAIN		x	x	x
27.	1037	PRAVEENA PRAKASH	ENGLISH TRIPLE MAIN		a	x	x
28.	1017	RICHU SHAJI	ENGLISH TRIPLE MAIN		x	a	x
29.	1019	SHIBIN SHAJI KALLOTHARA	ENGLISH TRIPLE MAIN		a	a	x

Scanned with CamScanner

Photographs



Certificate of the event



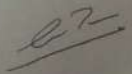
Attendance of participants

Deva Matha College Kuravilangad
 Add-on course - Basic yoga course 2018-19

Attendance sheet of participants

Sl. No.	Name of the Student and department	Roll No	4/1/19	11/1/19	18/1/19	25/1/19	1/2/19	8/2/19	15/2/19
1	Arya Ashokan - B.Sc Botany	319	Arya	Arya	A	Arya	Arya	Arya	Arya
2	Jeena Alex- B.Sc Botany	326	Jeena	A	Jeena	Jeena	A	Jeena	Jeena
3	Midhun Babu- B.Sc Botany	302	Midhun	Midhun	Midhun	Midhun	Midhun	Midhun	Midhun
4	Kaveri S- B.Sc Chemistry	206	Kaveri	Kaveri	Kaveri	A	Kaveri	Kaveri	Kaveri
5	Akshaya Shaji- BA Economics	528	Akshaya	Akshaya	A	Akshaya	A	Akshaya	Akshaya
6	Ann Therese Saji- BA Economics	432	A	A	A	A	A	A	A
7	Daleena Joseph- BA Economics	537	Daleena	Daleena	Daleena	Daleena	Daleena	Daleena	Daleena
8	Rishamol Sivan- BA Economics	545	Rishamol	Rishamol	Rishamol	Rishamol	Rishamol	Rishamol	Rishamol
9	Neenu Joseph- BA English	641	Neenu	Neenu	Neenu	Neenu	Neenu	Neenu	Neenu
10	Sarika Soman- BA English	642	Sarika	Sarika	A	Sarika	Sarika	A	Sarika
11	Yedhu Krishnan P S- BA English	603	Yedhu	A	Yedhu	Yedhu	A	Yedhu	Yedhu
12	Mareena James- BA Malayalam	714	A	Mareena	Mareena	A	Mareena	A	Mareena
13	Vishnuja Suresh- BA Malayalam	727	A	A	Vishnuja	Vishnuja	Vishnuja	A	Vishnuja
14	Amal Saji- BA Malayalam	703	A	Amal	Amal	A	Amal	A	Amal
15	Aswathy Ashokan- B.Sc Mathematics	29	Aswathy	Aswathy	A	Aswathy	Aswathy	A	Aswathy
16	Richa Sebastian- B.Sc Mathematics	35	Richa	Richa	Richa	Richa	A	Richa	Richa
17	Sreelakshmi K B- B.Sc Zoology	453	Sreelakshmi	A	Sreelakshmi	A	Sreelakshmi	Sreelakshmi	Sreelakshmi

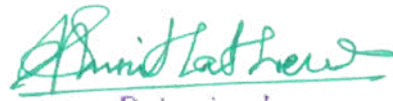
18	Sarath Lohithakshan- B.Com Cooperation	1129	Sarath	A	A	A	Sarath	Sarath	Sarath
19	Devika Devarajano- B.Com Cooperation	1138	Devika	Devika	Devika	A	Devika	Devika	Devika
20	Doney Reji- B.Com Finance and Taxation	922	A	A	Doney	Doney	A	Doney	Doney
21	Estar George- B.Com Finance and Taxation	941	Estar	A	Estar	A	Estar	Estar	Estar
22	Febimol Jose- B.Com Finance and Taxation	912	Febi	A	Febi	Febi	Febi	Febi	Febi
23	Gowtham Boban- B.Com Finance and Taxation	924	A	A	Gowtham	Gowtham	A	Gowtham	Gowtham
24	Kevin Joseph- B.Com Finance and Taxation	930	A	A	Kevin	Kevin	A	Kevin	Kevin
25	Krishnapriya M S - B.Com Finance and Taxation	913	Krishna	Krishna	A	A	Krishna	Krishna	Krishna
26	Aiswarya s Kumar-BA English Triple Main	1022	Aiswarya	Aiswarya	Aiswarya	A	Aiswarya	A	Aiswarya
27	Praveena Prakash- BA English Triple Main	1037	A	Praveena	Praveena	A	Praveena	Praveena	Praveena
28	Richu Shaji- BA English Triple Main	1017	Richu	A	A	A	A	A	Richu
29	Shibin Shaji Kallothara- BA English Triple Main	1019	A	A	Shibin	Shibin	A	Shibin	Shibin


 P. SEEDHA MATHEW
 Head, Dept. of Physical Education
 Deva Matha College
 Kuravilangad - 686 633
 Kottayam, Kerala

Brincy Mathew

Dr. Brincy Mathew
Add-on Course General Coordinator




 Principal
 Deva Matha College
 Kuravilangad - 686 633