

DEVA MATHA COLLEGE, KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



Syllabus

ADD-ON COURSE

In

Basic Yoga Training Programme

Academic Year: 2021-22



DEVA MATHA COLLEGE KURAVILANGAD

DEPARTMENT OF PHYSICAL EDUCATION

Add on Courses offered for Students:2021-2022

Basic Yoga Training Programme

- *for II DC Students*

DMCK/ PED/AD 43/2021



Department Coordinator: Ms.Praseedha Mathew

DEVA MATHA COLLEGE KURAVILANGAD



BASIC YOGA PROGRAMME-INAUGURATION

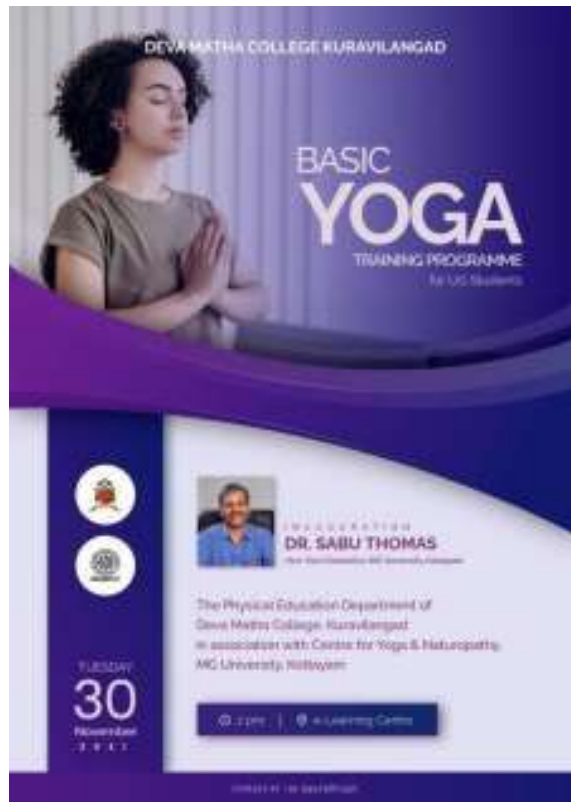
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30th NOVEMBER 2021

Programme

Prayer Song	- Kum. Anjali Priya
Welcome Speech	- Dr. Binicy Mathew Ho - District, Add-On Course
Presidential Address	- Dr. Sund. C. Mathew Principal
Inauguration	- Dr. Sabu Thomas Hon. Vice-Chancellor, MCC University, Kollam
Keynote Address	- Dr. C. B. Parakkalshreevidya Kumar Hon. Director, Centre for Yoga & Meditation, MCC University, Kollam
Facilitation	- Ms. Praseedha Mathew Asst. Physical Education Department
Vote of Thanks	- Capt. Sabhu Thomas Assistant Prof. Physical Education Department
National Anthem	





Syllabus

Basic Yoga Training Programme

Duration: - 30 hours

Participants: - Regular students

No of students expecting: - All first year U.G. Students (per year)

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

enhance their health status and health concept and also it provides an opportunity to think off self-employment.

Basic Yoga Training Programme

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 -

Soorya namaskar - basic breathing Techniques.

PAPER II : THEORY OF YOGIC PRACTICES

Basic anatomy and physiology of human body – cell - tissue - organ system muscles - bones - joints and skin - respiratory system - circulatory system - digestive system - nervous system - regulation of breathing - types of breathing - physiological biochemical - and neurological - 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-Padhasthasana–Utkatasanas- Tadasana-Dhanurasana I -Dhanurasana II -Naukasana

Vakrasana-Vajrasana-Supta-Vajrasana-Ardha-Matsyendrasana-Saranahasna-Paschimottanasana-
Ushtrasana-Trikonasana-Halasana-Uttanamandukasana -Bhadrasana – Ardhachakrasana -
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.

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)

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.



Principal
Deva Matha College
Kuravilangad - 686 633