

# **DEVA MATHA COLLEGE KURAVILANGAD**

**Affiliated to Mahatma Gandhi University, Kottayam**



## **SYLLABUS**

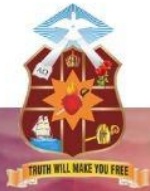
**OF**

**ADD-ON COURSE**

**IN**

**Basic Yoga Training Programme**

**Academic Year: 2022-23**



**DEVA MATHA COLLEGE KURAVILANGAD**

**DEPARTMENT OF PHYSICAL EDUCATION**

*Add on Courses offered for Students : 2022-2023*

**Basic Yoga Training Programme  
DMCK/ PED /AD 19/2022**



***Course Coordinator : Ms. Praseedha Mathew***

**Title:** Basic Yoga Training Programme

**Duration:** 30 hours

**Participants:** Regular students

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

# DEVA MATHA COLLEGE KURAVILANGAD

## ADD-ON COURSE FOR THE AY 2022-23

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.

### 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-Halasan-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

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

## 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.



*Anand Lathew*

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Kuravilangad - 686 633