

ADD-ON COURSE- *Basic Yoga Training Programme*

Academic year	:2023-24
Date(s) on which program conducted	:21 August 2023 – 03 December 2023
Collaborating agency inside or outside the institute	: Center for yoga and naturopathy, M G University Kottayam
Beneficiaries	: All First year UG students of our college
Number of teachers coordinated the program	4
Number of students participated in the program	222

A brief report on program

The Department of Physical Education, Deva Matha College Kuravilangad conducted an Add on Course on “Basic Yoga Training Programme” from 21 August 2023.. 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 included both online and offline practical classes as well as online theoretical classes. This course helped the students to enhance their health status and health concept and also provided an opportunity to think of self-employment.

A total of 222 students took admission for this course and 182 students successfully completed the course. Starting from 21 August there were 30 hour sessions conducted by Dr. Jobin Jose, Assistant Professor in Malayalam and the faculties and students of Centre for yoga and naturopathy M G University Kottayam. Students were given assignments based on the course. Online Internal Exam, offline practical and theoretical exams were also conducted.

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
- 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:- Relaxativeasanas- Meditative asanas- Cultural Asanas- Svastikasana- Uttanapadasana- Ardhapadmasana-Padhastasana–Utkatasanas- Tadasana-Dhanurasana I -Dhanurasana II -Naukasana-

Vakrasana-Vajrasana-Supta-Vajrasana-Ardha-Matsyendrasana-Saranahasna-Paschimottanasana–
Ushtrasana-Trikonasana-Halāsana-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.

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:

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



Deva Matha College
Add On Course Yoga 2023-24
21.08.2023 08:37
9.75603, 76.56323 (±6m)
Altitude: -21m
Kuravilangad



Deva Matha College
Add On Course Yoga 2023-24
21.08.2023 08:40
9.75604, 76.56327 (±6m)
Altitude: -21m
Kuravilangad



Deva Matha College
Add On Course Yoga 2023-24
21.08.2023 08:40
9.75604, 76.56328 (±5m)
Altitude: -21m
Kuravilangad



Deva Matha College
Add On Course Yoga 2023-24
21.08.2023 09:33
9.75603, 76.56342 (±43m)
Altitude: -18m
QH47+9CV, Kuravilangad

Certificate of the event



**DEVA MATHA COLLEGE KURAVILANGAD &
CENTRE FOR YOGA & NATUROPATHY, MAHATMA GANDHI UNIVERSITY, KOTTAYAM**



**ADD- ON PROGRAMME IN YOGA
BASIC YOGA TRAINING PROGRAMME**

Certificate

This is to certify that has successfully completed the Add-on Programme, **Basic Yoga Training Programme** conducted by the Department of Physical Education, Deva Matha College, Kuravilangad in collaboration with the Centre for Yoga and Naturopathy, Mahatma Gandhi University, Kottayam in the academic year 2023-24 and secured grade.

Certificate No:

HOD

Department of Physical Education

Kuravilangad

Principal

Deva Matha College Kuravilangad

Director

Centre for Yoga and Naturopathy
M.G. University, Kottayam

Seal of the Organizing Unit / Agency

Name(s) & Signature(s) of the Coordinator(s)