

DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE COURSE IN YOGA

OBJECTIVES:

- Student work within their own comfort level and pace.
- Teach various Asanas (Postures) using Hatha Yoga
- Learn breathing Techniques.
- Improve Strength, flexibility and the sense of well being.
- Increase relaxation of body and soul.

ELIGIBILITY:

- All students.

ENROLMENT

- Maximum 20 students.

DURATION

- 30 Days.

TEACHING HOURS:

- 30 Contact Hours.

EXAMINATION SCHEME

Examination will be held for 50 marks. It will be assigned for Oral/Practical work.
The awards of final grades will be as follows:

Sr. No.	Performance	Grade	Marks
1	Outstanding	O Grade	70% and above
2	First-class	A Grade	60 to 70%
3	Second-class	B Grade	50 to 60%
4	Pass class	C Grade	40 to 50%
5	Fail	F Grade	Below 40%

COURSE CONTENT:

MODULE 1: Introduction to Yoga & Yoga Practises

- I) Introduction
- II) Relevance of Yoga in Health
- III) Basic principles of Yoga & Yoga practices
- IV) Physiology of Yoga

MODULE 2: Yogasana & Surya Namaskar

- I) Selected Yogic Sukshma/ Sthula Vyama
- II) Surya Namaskar
- III) Asanas in standing/ Seating position
- IV) Asanas in sleeping position

MODULE 3: Pranayama

- I) Mechanism of Correct breathing
- II) Concept of Puraka, Rechaka, Kumbhak
- III) Nadi Shodhan Pranayama & Bhramari Pranayama

OUTCOME

- ❖ We held Yoga Certificate Course and we had been seen meaning types of change on participated students.
- ❖ i.e. Yoga improves **strength**, balance and **flexibility**.
- ❖ Yoga helps with back pain relief.
- ❖ Yoga can ease arthritis symptoms
- ❖ Yoga benefits heart health. ...
- ❖ Yoga relaxes you, to help you sleep better.
- ❖ Yoga helps you manage **stress**.
- ❖ Yoga connects you with a supportive community
- ❖ We had been satisfied that to Conduct the Certificate Course Yoga is India's Gift to the World.



