

**Department of Physical Education  
Mary Matha Arts & Science College Mananthavady**

**Certificate Course  
Yoga and Meditation**

Syllabus

Course code-DPEY-2018 (30 Hours)

**COURSE OUTCOME**

- To give proper awareness in Yogasastra and to teach the relevance of yoga and meditation
- To make capable of the people to teach yoga to the general public in holistic way
- To increase personal and public awareness of natural ways living
- To bring a holistic personality development
- Make familiarize to the various asanas and pranayama to the trainees.

**Module 1**

**Anatomy and Physiology**

Introduction to human anatomy and physiology – types of joints & muscles and its movements – types of muscles contraction – various systems in body – mechanism of respiration **(5 Hours)**

**Module 2**

**Introduction to Yoga and Meditation**

Origin, meaning, definition, misconceptions – principles of yoga – effects on various systems- yoga for various diseases and deformities **(5 Hours)**

**Module 3**

**Asanas & Pranayama**

Meaning, types of asanas- precautions and contra indications – benefits of asanas-meaning of pranayama – stages in pranayama – types of pranayama – benefits of pranayama **(5Hours)**

**Module 4**

**Mudras & meditation**

Meaning of mudras – types of mudras – uses of mudras – meaning of meditation – forms of meditation – benefits of meditation

**(5 Hours)**