

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

**Certificate Course**

**SIMPLE YOGA (Lalitha yogam)**

Syllabus

Course code-DPEY-2019-20 (30 Hours)

**COURSE OUTCOME**

- To give proper awareness in Yogasastra and to teach the relevance of simple yoga
- 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 Simple yoga**

Origin, meaning, principles of simple yoga(lalitha yoga), loosning exercises ,diet in simple yogaand ,importants- precautions and contra indications – benefits of asanas, anti-gastric yogic excercises.

**(5 Hours)**

**Module 3**

**Asanas**

Vrkshasana, Katichakrasana,Arthakatichakrasana, Padahastasana, Arthachakrasana, Trikonasana, Parivrtatrikonasana, Parsvakonasana, Virabhadrasana, Sasankasana,

Vajrasana, Suptavajrasana, Ushtasana, Paschimottanasana, Vakrasana, Bhujangasana, Salabhasana, Dhanurasana, Merudandasana, Halasana, Matsyasana, Viparitakarani, Sirshasan Sarvangasana- benefits of asanas.

(5Hours)

#### **Module 4**

##### **Mudras & bandhas**

Meaning of mudras – types of mudras – uses of mudras Adimudra, Chinmudra, Chinmayamudra, Brahmamudra, Aswinimudra – meaning of bandhas, types of bandhas- Tribandhas - Mulabandha, Uddyanabandha, Jalandharabandha

(5 Hours)

#### **PRACTICAL (10 HOURS)**

**Surya namaskar**

**Meditation**

**Shavasana**

**Breathing practice**