

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

**Certificate Course  
YOGA AND WELLNESS**

**Syllabus**

<b>Course Code</b>	<b>Theory</b>	<b>Practical</b>	<b>Time</b>
DPE21-22	20 Hours	10 Hours	3.30 to 4.30

**COURSE OUTCOME**

- To give proper awareness in Yogasastra and to teach the relevance of yoga
- 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 system in body – mechanism of respiration (5 Hours)

**Module 2**

Introduction to Yoga

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)

# PRACTICAL

1 Suriya namaskar

2 Standing asanas :

Tadasana

Trikonasana

Padahastasana

Uttita parsvakonasana

Adho mukha svanasana

Vrksasana

Ardha hastasana

Virasana

Padmasana

Baddhakonasana

Ardha matsyendrasana

Jau sirsasana

Paschimottanasana

Upavistha konasana

4 Prone asanas & Supine asana

Makarasana

Naukasana

Pawanamuktasana

Halasana

Setubandhasana

Sarvangasana

5 Breathing practices and pranayama

Kapalabhati

Bhastrika

Nadi suddhi

Sitail , sitkari and sadanta

Bhramari

6 Meditation

7 Kriyas