

Department of Physical Education
Mary Matha Arts & Science College Mananthavady

Certificate Course
Yoga and Meditation

Syllabus

Course Code	Theory	Practical	Time
DPEY22-23	20 Hours	30 Hours	3.30 to 4.30

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 system 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)

PRACTICAL

1 Suriya namaskar

2 Standing asanas :

Tadasana

Trikonasana

Padahastana

Uttita parsvakonasana

Adho mukha svanasana

Vrksasana

Ardha hastasana

Urdhva hastasana

Uttanasana

3 Sitting asanas

Sukhasana

Dandasana

Vajrasana

Virasana

Padmasana

Baddhakonasana

Ardha matsyendrasana

Jau sirsasana

Paschimottanasana

Upavistha konasana

4 Prone asanas & Supine asanas

Dhanurasana

Salabhasana

Balanasana

Bhujangasana

Makarasana

Naukasana

Pawanamuktasana

Halasana

Setubandhasana

Sarvangasana

5 Breathing practices and pranayama

Kapalabhati

Bhastrika

Nadi suddhi

Sitail , sitkari and sadanta

Bhramari

6 Meditation

7 Kriyas