

**MARY MATHA ARTS AND SCIENCE COLLEGE MANANTHAVADY**

**DEPARTMENT OF PHYSICAL EDUCATION**

**CERTIFICATE  
COURSE IN  
YOGA AND  
WELLNESS**

**COURSE CODE :  
DPEY 21- 22**





**Department of Physical Education**  
**MARY MATHA ARTS & SCIENCE COLLEGE**  
**MANANTHAVADY**

**(Affiliated to Kannur University)**

[www.marymathacollege.ac.in](http://www.marymathacollege.ac.in), [mmcmntdy@gmail.com](mailto:mmcmntdy@gmail.com)

Mananthavady

22.07.2021

HOD

Department of  
Physical Education

To

The Principal

Mary Matha Arts & Science College Mananthavady

Sir,

**Sub:** Commencement of Certificate course by the Department of Physical Education Reg.

We are planning to conduct a certificate course in **Yoga Wellness (CodeNo. DPE21-22)**. The total contact hours will be 50 and maximum intake will be limited to

40. The course is intended to cover the basics of Yoga programming language.

I humbly request you to permit the department to conduct the above said course and also request your kind support for the successful completion.

The details are attached for your kind perusal.

Thanking You

Sincerely

*Karthikeyan*

*Recommended and forwarded*

*[Signature]*

22/7/2021

IQAC Co-ordinator  
Mary Matha Arts & Science College  
Vemom (P.O), Mananthavady-670645



**Department of Physical Education**  
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HOD  
Department of  
Physical Education

Mananthavady  
12.08.2021

To

The Principal

Mary Matha Arts & Science College Mananthavady

Sir,

**Sub:** Constitution of BOS reg.

We would like to constitute the Board of Studies for the conduct of Certificate/ Diploma/ Add on course. Apart from the faculty members of our college we would like to nominate the following faculty members from other colleges.

1. Dr. Maria Martin Joseph, Principal, Mary Matha Arts and Science College, Mananthavady
2. Dr. Anoop K U, Assistant Professor, Kannur University
3. Mr. Preejesh Kumar.P Assistant Professor, Sree Sankaracharya University of Sanskrit

Kindly do the needful.

Thanking You

Sincerely

*Recommended*  
*[Signature]*  
22/

*[Signature]*

**PROCEEDINGS OF THE PRINCIPAL, MARY MATHA ARTS & SCIENCE COLLEGE,  
MANANTHAVADY, WAYANAD – 670645.**

Sub:- Coll. Edn- Certificate Course - Yoga Wellness (Code No. DPE21-22) Board of  
Studies (BOS)-Sanctioned orders issued – reg.

Ref:- (1) The College Council meeting held on 01/12/2021.

MMC/CC/2021(2)

DATED: 02.12.2021

**ORDER**

As per reference cited(1) above the College Council meeting held on 01/12/2021 has decided to approve the Board Of Studies(BOS) of Certificate Course in Yoga Wellness (Code No. DPE21-22) proposed by the Department of Physical Education during the Academic year 2021-2022.

Board of Studies for the Certificate Programme is constituted with the following members

Name of the Teacher	Designation	Institution	Remarks
Dr. Maria Martin Joseph	Principal	Mary Matha Arts & Science College, Mananthavady	Chairman
Dr. Anoop K U	Assistant Professor	Dept. of Physical Education, Kannur	Member
Mr. Preejesh Kumar P	Assistant Professor	Sree Sankaracharya Kniversity Kalady	Member

The following shall be the functions of the Board of Studies:

- To frame and periodically revise the syllabus of the certificate course.
- To recommend to the rules, regulations and qualifications required for admission in to the course.
- To prepare/ revise panel of paper setters and examiners for valuation, practical and viva-voce.
- To prepare model question papers for the course.

The Chairman of the BOS is authorized to convene the meeting either in offline or online mode as when required.



**Principal**

**Mary Matha Arts & Science College  
P. O. Vemom, Mananthavady 670645**

**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	30 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



**MARY MATHA ARTS & SCIENCE COLLEGE  
MANANTHAVADY**

**(Affiliated to Kannur University)**

**DEPARTMENT OF PHYSICAL EDUCATION**

**APPLICATION FORM FOR CERTIFICATE COURSE**

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Course Applied :

Name (in Block Letters) :

Address :

Phone No :

E-mail :

Department :

Semester :

Reason for selecting this course :

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**For office use only**

The application is verified and found correct.

The candidate is eligible for admission to the course

Course Co-ordinator

HoD

Certificate Course in YOGA AND WELLNESS...(DPE21-22).....

Department of ...PHYSICAL EDUCATION .....

Student List

Sl. No.	Roll. No.	Name	Department	Remarks
1	D1	GAYATHIRI SURESH	BSc Chemistry	<i>[Signature]</i>
2	D2	ARUNDHATHY CM	BSc Zoology	<i>[Signature]</i>
3	D3	NIVIYA T GEORGE	BSc physics	<i>[Signature]</i>
4	D4	HARSHA ROSE PV	BSc physics	<i>[Signature]</i>
5	D5	BHAGYA SURIYA PS	BSc physics	<i>[Signature]</i>
6	D6	ALEENA ANTONY	BSc Zoology	<i>[Signature]</i>
7	D7	SAMUAL	BSc Mathematics	<i>[Signature]</i>
8	D8	RAHUL R	BSc Mathematics	<i>[Signature]</i>
9	D9	ADERSH	BSc Computer science	<i>[Signature]</i>
10	D10	DIVIN	BSc Computer science	<i>[Signature]</i>
11	D11	ASWIN	BSc Computer science	<i>[Signature]</i>
12	D12	DEVARAG	BSc Zoology	<i>[Signature]</i>



Certificate Course in ...YOGA AND WELLNESS...(DPE21-22).....

Department of ...PHYSICAL EDUCATION.....

Marks Obtained

Sl. No.	Roll.No.	Name of Students	Internal Exam	Final Exam	Pass Fail
1	D1	GAYATHIRI SURESH	25	27	Pass
2	D2	ARUNDHATHY CM	21	25	Pass
3	D3	NIVIYA T GEORGE	18	22	Pass
4	D4	HARSHA ROSE PV	15	20	Pass
5	D5	BHAGYA SURIYA PS	17	19	Pass
6	D6	ALEENA ANTONY	22	24	Pass
7	D7	SAMUAL	20	23	Pass
8	D8	RAHUL R	19	22	Pass
9	D9	ADERSH	16	20	Pass
10	D10	DIVIN	25	27	Pass
11	D11	ASWIN	27	28	Pass
12	D12	DEVARAG	25	26	Pass



Certificate Course in ... YOGA AND WELLNESS... (DPE21-22).....

Department of ... PHYSICAL EDUCATION.....

Attendance

Sl. No.	Roll No.	Name of the student	Signature																													
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	D1	GAYATHIRI SURESH																														
2	D2	ARUNDHATHY CM																														
3	D3	NIVYAT GEORGE																														
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9	D9	ADERSH																														
10	D10	DIVIN																														
11	D11	ASWIN																														
12	D12	DEVARAG																														
Signature of the teacher engaging the class																																





# MARY MATHA ARTS AND SCIENCE COLLEGE

## MANANTHAVADY

Vemom PO, Wayanad-670645, Kerala

NAAC Re-accredited with B++ Grade, CGPA 2.85 (III Cycle)

No. *DPE 21-22*

*17/02/22*

## CERTIFICATE

This is to certify that

*Alasha Rose PV*

successfully completed the certificate course in

*Yoga and Wellness*

conducted by the Department of

*Physical Education*

in the academic year *2021-22*



Course Coordinator

*[Signature]*

Head of the Department

*[Signature]*

Principal

*[Signature]*

## SUMMARY REPORT OF THE CERTIFICATE PROGRAM

Certificate Course in Yoga and Wellness (DPE21-22) was conducted during the academic year 2021-22 with a total count of enrolled students 12. The course was successfully completed with an achievement of 100%. The program was started on 15<sup>th</sup> December 2021 with a minimum time duration of 30 hours. The program was coordinated by Dr. Maria Martin Joseph and which ended on February 2022

