

**MARY MATHA ARTS AND SCIENCE COLLEGE,
VEMOM P O, MANANTHAVADY
WAYANAD 670645**

**Course structure & syllabus for
CERTIFICATE COURSE IN YOGA MEDITATION
CCPEdn17-18**

**Offered by
DEPARTMENT OF PHYSICAL EDUCATION**

IN ASSOCIATION WITH IQAC OF THE COLLEGE

COURSE CO-ORDINATOR: Dr. MARIA MARTIN JOSEPH

CONTACT NO: 9447277990

Name of the course: certificate course in yoga meditation

OBJECTIVES:

The main objectives of the course are the following:

1. To give proper awareness in Yogasastra and to teach the relevance of Yoga.
2. To make capable of the people to teach yoga to the general public in holistic way.
3. To increase personal and public awareness of natural ways of living
4. To introduce the fundamental principles and Scientific basis of Yoga Practices in Secular way
5. To teach the basic principles of Yoga.
6. To bring a holistic Personality Development
7. Make familiarize to the various asanas and pranayama to the trainees.

OPPORTUNITIES:

Yoga Instructor, Yoga Therapist, Yoga Advisor, Yoga Specialist, Yoga Practitioner, Yoga Teacher

DURATION OF THE COURSE:

The programme is for 50 hours including theory and practical.

METHOD OF TEACHING

The medium of lecture classes will be in Malayalam and English.

ELIGIBILITY:

A person who is passionate about learning the art forms of Yoga and desires to become a learned yoga teacher is eligible to apply for this program.

COURSE OF STUDY

Theory: 20 hrs

Practical: 30 hrs

SCHEME OF EXAMINATION

Theory examination will be 2 hour duration and practical examination for 1.30 hours duration at the end of the course.

ATTENDANCE

75% of attendance is compulsory for attending the examination.

ELIGIBILITY FOR CERTIFICATE

Participants should secure 50% marks in both theory and practical examinations.

IMPLEMENTATION AND MONITORING OF THE COURSE

The course will be implemented and monitored by IQAC of the college.

SYLLABUS FOR CERTIFICATE COURSE IN YOGA

OBJECTIVES:

The main objectives of the course are the following:

1. To acquire knowledge about yoga and its benefits in daily life.
2. Make familiarize to the various asanas and pranayama to the trainees.
3. To make capable of the people to teach yoga to the general public in holistic way.

MODULE I

Anatomy and Physiology

Introduction to human anatomy and physiology – types of joints & muscles and its movements – types of muscle contraction – various systems in body – mechanism of respiration

MODULE II

Introduction to Yoga

Origin, meaning, definition, misconceptions – principles of yoga – effects on various systems – yoga for various diseases and deformities

MODULE III

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

MODULE IV

Mudras & Meditation

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

PRACTICAL

- Surya namaskar
- Standing asanas :
 - Tadasana
 - Trikonasana
 - Padahasthasana
 - Uttita parsvakonasana
 - Adho mukha svanasana

- Vrksasana
- Urdhva hastasana
- Ardha chakrasana
- uttanasana
- Sitting asanas
 - Sukhasana
 - Dandasana
 - Vajrasana
 - Virasana
 - Padmasana
 - Baddhakonasana
 - Ardha matsyendrasana
 - Jau sirsasana
 - Paschimottanasana
 - Upavistha konasana
- Prone asanas & Supine asanas
 - Dhanurasana
 - Salabhasana
 - Balasana
 - Bhujangasana
 - Makarasana
 - Naukasana
 - Pawanamuktasana
 - Halasana
 - Setubandhasana
 - Sarvangasana
- Breathing practices and pranayama
 - Kapalabhati
 - Bhastrika
 - Nadi suddhi
 - Sitali, sitkari and sadanta
 - Bhramari
- Meditation
- kriyas