

Sree Narayana College Chengannur, Alappuzha

(Affiliated to University of Kerala NAAC accredited with 'B' Grade)

DEPARTMENT OF PHYSICAL EDUCATION



Certificate Course on "YOGA INSTRUCTOR"

ORGANISING COMMITTEE

- SRI.VELLAPPALLY NADESAN (PATRON)
- DR. SHEREEN K (PRINCIPAL IN CHARGE)
- DR. SMITHA SASIDHARAN (IQAC COORDINATOR)

COURSE DETAILS

- The course is opened to all PG & UG students
- Course duration: 30 Hrs.
- Course fee : Rs. 250/-
- Assessment: Assignment and MCQ
- Starts on September 2022

For further Details :Dr. Shereen K (Course Coordinator)
Assistant Professor
Department of Physical Education
S.N.College Chengannur
Contact No.9447075311




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MINUTES OF THE MEETING OF BOARD OF STUDIES on 18-08-22

ATTENDEES:-

1. Dr. Shereen K (Principal In Charge)
2. Dr. Smitha Sasidharan (IQAC Coordinator)
3. Dr. Venu S (Head, Department of Chemistry)
4. Dr. V. Shree Ranjini (Head, Department of Hindi)

Venue:-Principal's Chamber

Agenda:- Review of Certificate Course proposal

Minutes

1. Revised the certificate course proposal submitted by Physical Education SN College Chengannur
2. Approved the syllabus and proposal of the certificate course on "Yoga Instructor"



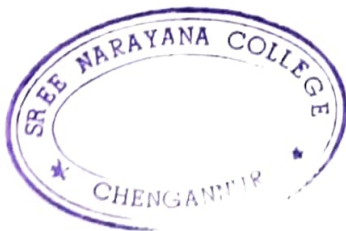

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DEPARTMENT OF PHYSICAL EDUCATION

Certificate Course on "Yoga Instructor"

Name of the Subject	Credits
Introduction to Yoga, Type of Yoga/Wheels of Yoga, Yoga and its Benefits,	10
Kriyas, Asanas, its Benefits and Contra - indications - Practices and Presentation	5
Pranayama, Meditation, its Benefits and Contra - indications - Practices and Presentation	5
Teaching Practice - Worksheet Writing & Presentation	5
Project/Report Writing	5
Total	30




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Detailed Syllabus

Paper I (Theory)

Module 1

Introduction to Yoga – History of Yoga, Meaning of Yoga, Concept of Yoga, Aim and Objectives of Yoga, Eight Limbs of Yoga (Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhyana and Samathi)

Module 2

Type of Yoga/Wheels of Yoga – Bhakti Yoga, Karma Yoga, Raja yoga and Jana Yoga and its dirves (Yoga Marga, Kundalini Yoga, Mantra Yoga and Hatha Yoga)

Module 3

Yoga and its Benefits – Anatomy and Physiology of human body, Difference between Yogic exercises and Physical Exercises, Yogic diet, Yoga for Personality, Hypokinetic Diseases (Hypertension and Diabetics), Backache, Asthma and Stress management

Practical II (Practices and Presentation)

Asanas , Kriyas, its Benefits and Contra - indications - Asanas / Physical Posture – General Preperation and Joint Mobility Exercises, Suryanamaskara / Sun Salutation, Standing Poses: Taḍasanam, Ardhakāṭīcakrasanam, Ardhacakrasanam, Padahastasanam, Trikoṇāsansam, Parivṛtatrikōṇāsanam, Parsvakoṇāsanam, Vṛkṣasanam, Virabhadrasanam, Sitting Poses: Daṇḍasanam, Sukhasanam, Siddhasanam, Padmasanam, Yogamudra, Sasankasanam, Vajrasanam, Suptavajrasanam, Virasanam, Supta-Virasanam, Pascimottanasanam, Uṣṭrasanam, Vakrasanam, Ardhamatsyendrasanam, Hamsasanam, Mayurasanam, Prone Poses: Makarasanam, Bhujāṅgasanam, Śalabhasanam, Dhanurasanam, Supine Poses: Savasanam, Sarvaṅgasanam, Matsyasanam, Halasanam, Viparītakarīṇi, Cakrasanam, Inverted / Topsy-Turvy Poses: Ardhasirṣāsanam, Sirṣāsanam. Kriya/ Cleansing Techniques – Kaphalabhati (Purifying/Cleansing Breath), Trataka (Eye Exercises, Gazing, Focusing & Defocusing), Neti (Jala & Sutra - Nasal Passage Cleansing), Dhauti (Vamana - Gastro-Esophageal Track Cleansing), Basti (Laghusnkaprakṣalana - Gastro-Intestinal Track Cleansing).

Practical III (Practices and Presentation)

Pranayama, Meditation, its Benefits and Contra - indications - Praṇāyama/ Breathing Exercises: Bhastrika (Bellows breath) / Kaphalabhati, (Purifying/Cleansing Breath), Vibhagiya Praṇāyama(Sectional Regulation of Breath - Abdominal, Thoracic, Clavicular & Full Yogic Breathing), Cooling Praṇāyama - Siitali Sitkari Sadanta.




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Dhyana/Meditation: General Preparation, Silent Meditation, Pranavopasanam (Om Meditation), Avartana-dhyanam (Cyclic Meditation), Transcendental Meditation, Objective Meditation, Breathing Meditation.

Practical IV

Teaching Practice – Worksheet Writing & Presentation

Student should present Worksheet (Asana) based on Eight Step Method of Teaching Technique (both written format and Viva). The Standard format for writing is given below:

I. Cover Page: Top – Institution & Course Name, Month & Year, Centre – Topic Name, Down – Student Name, Roll Number

II. Contents/Index

III. Introduction

IV. Prayer Classroom


V. Subject/Topic

- ✓ Introduction of the asana
- ✓ Demonstrations
- ✓ Benefits and Limitations/Contra-indications
- ✓ Individual Practice
- ✓ Practice in Pair
- ✓ Questions and Answers
- ✓ Key Points
- ✓ Group Practice
- ✓ Closing Prayer

Practical V

Project/Report Writing (Related topics with Yoga and Benefits)




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CERTIFICATE COURSE ON "YOGA INSTRUCTOR"

List of Students Enrolled in Certificate Course on "YOGA INSTRUCTOR" 2022-23

Sl.No.	Name	Gender	Name of the programme	Signature
1	Ganga Lekshmi.G	Female	B.A. Economics	<u>Ganga Lekshmi</u>
2	Ajaya Kumar. M	Male	B.A. Economics	<u>Ajaykumar</u>
3	Megha Murali	Female	B.A. Economics	<u>Megha</u>
4	Suryalekshmi S	Female	B.A. Economics	<u>Suryalekshmi</u>
5	Akhila B	Female	B.A. Economics	<u>Akhila</u>
6	Teema yohannan	Female	B.A. Economics	<u>Teema</u>
7	Anjali. M	Female	B.A. Economics	<u>Anjali</u>
8	Sandra S Nair	Female	B.A. Economics	<u>Sandra</u>
9	Vidhumol R	Female	B.A. Economics	<u>Vidhumol</u>
10	Athira.R	Female	B.A. Economics	<u>Athira</u>
11	Ananda Raj	Male	B.A. Economics	<u>Anand Raj</u>
12	Varsha V	Female	B.A. Economics	<u>Varsha</u>
13	Malu. S	Female	B.A. Economics	<u>Malu</u>
14	Gopika P	Female	B.A. Economics	<u>Gopika P</u>
15	ARUN.R	Male	B.A. Economics	<u>Arun R</u>
16	Nabin Nazar	Male	B.A. Economics	<u>Nabin</u>
17	Avani Suseelan	Female	B.A. Economics	<u>Avani</u>




18	Varsha Rajesh	Female	B.Com	<u>Varsha</u>
19	Sona Aji	Female	B.Com	<u>Sonaji</u>
20	Shalu Shaji	Female	B.Com	<u>Shalush</u>
21	Bipin B	Male	B.Com	<u>Bipin.B</u>
22	Abhinand S	Male	MSc Chemistry	<u>Abhinand S</u>
23	Abhirami P	Female	MSc Chemistry	<u>Abhirami</u>
24	Ajay J Wills	Male	MSc Chemistry	<u>Ajay</u>
25	Akhila A U	Female	MSc Chemistry	<u>Akhila</u>
26	Anagha Raj	Female	MSc Chemistry	<u>Anagha</u>
27	Aryalakshmi G	Female	MSc Chemistry	<u>Arya</u>
28	Aswathy S	Female	MSc Chemistry	<u>Aswathy</u>
29	Collin Thomas Eapen	Male	MSc Chemistry	<u>Collin Thomas</u>
30	Danish V S	Male	MSc Chemistry	<u>Danish</u>
31	Devika A S	Female	MSc Chemistry	<u>Devika A.S</u>
32	Jobin M R	Male	MSc Chemistry	<u>Jobin M.R</u>
33	Lekshmi M	Female	MSc Chemistry	<u>Lekshmi</u>
34	Megha P S	Female	MSc Chemistry	<u>Megha</u>
35	Munnu R	Female	MSc Chemistry	<u>Munnu</u>
36	Reshmi C	Female	MSc Chemistry	<u>Reshmi.C</u>
37	Sona S	Female	MSc Chemistry	<u>Sona S</u>
38	Sreelekshmi Saji	Female	MSc Chemistry	<u>Sreelekshmi</u>
39	Varsha Prasannan	Female	MSc Chemistry	<u>Varsha Prasannan</u>
40	Ajil S B	Male	MSc Chemistry	<u>Ajil S.B</u>
41	Anjana T V	Female	MSc Chemistry	<u>Anjana T.V</u>
42	Anugraha A S	Female	MSc Chemistry	<u>Anugraha A.S</u>
43	Arathi A R	Female	MSc Chemistry	<u>Arathi.A.R</u>



44	Chippy Harish	Female	MSc Chemistry	<u>Chippy Harish</u>
45	Gowri Prasad	Female	MSc Chemistry	<u>Gowri P</u>
46	Krishna S V	Female	MSc Chemistry	<u>Krishna.SV</u>
47	Meenakshy A	Female	MSc Chemistry	<u>Meenakshy.A</u>
48	Meenu Remesh	Female	MSc Chemistry	<u>Meenu Remesh</u>
49	Reshma R.S	Female	MSc Chemistry	<u>Reshma.Rs</u>
50	Rohini S Pillai	Female	MSc Chemistry	<u>Rohini.S.Pillai</u>
51	Shamla P S	Female	MSc Chemistry	<u>Shamla.Ps</u>
52	Sradha R	Female	MSc Chemistry	<u>Sradha.R</u>
53	Sreelekshmi M S	Female	MSc Chemistry	<u>Sree.Ms</u>
54	Sruthy S	Female	MSc Chemistry	<u>Sruthy.S</u>
55	Vismaya V V	Female	MSc Chemistry	<u>Vismaya.V.V</u>




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DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE COURSE ON YOGA INSTRUCTOR

Certificate

This is to certify that.....has

successfully completed the course conducted by the Department o Physical Education on the month September 2022.

**Dr.Shereen.K
(ASSI.Professor)
Head of the Department**



**Dr.Shereen.K
Principal**

2:45 pm