

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"



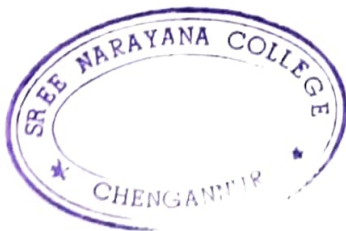

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DEPARTMENT OF PHYSICAL EDUCATION

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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DEPARTMENT OF PHYSICAL EDUCATION

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
1	Ganga Lekshmi G	Female	B.A. Economics
2	Ajaya Kumar. M	Male	B.A. Economics
3	Megha Murali	Female	B.A. Economics
4	Suryalekshmi S	Female	B.A. Economics
5	Akhila.B	Female	B.A. Economics
6	Teema yohannan	Female	B.A. Economics
7	Anjali. M	Female	B.A. Economics
8	Sandra S Nair	Female	B.A. Economics
9	Vidhumol R	Female	B.A. Economics
10	Athira.R	Female	B.A. Economics
11	Ananda Raj	Male	B.A. Economics
12	Varsha V	Female	B.A. Economics
13	Malu. S	Female	B.A. Economics
14	Gopika.P	Female	B.A. Economics
15	ARUN.R	Male	B.A. Economics
16	Nabin Nazar	Male	B.A. Economics
17	Avani Suseelan	Female	B.A. Economics



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



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



A handwritten signature in green ink, appearing to be "J. S. S.", written in a cursive style.

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