

DEPARTMENT OF PHYSICAL EDUCATION

MAR THOMA COLLEGE CHUNGATHARA

Certificate Programme

Yoga

Syllabus

2017 -18

General Information:

Name of the Certificate Programmme : Yoga

Programme Director : Rajesh PK (HOD DPE)

Course Category : Humanities

Learning Path : Certificate

Number of Programmme : 1

Course Length : 30 Hours

Weekly time commitments : 7 Hours

Class Times : 8 am to 9.25 am

Location : Aerobic hall/Yoga Center

PROGRAMME SYLLABUS

CONTENTS

Guidelines for Asana Practice

Yogic–Relaxation

Supine Relaxation

Pranayama

Guidelines for Pranayama Practice

Food for Mind and Body

Guidelines for Healthy Eating

Yogic Diet

Principles of Asana Practice

Practice of Surya Namaskar

Tadasana

Vrkshasana

Trikonasana

Ardha Chandrasana

Uttanasana

Matsyasana

Bhujangasana

Dhanurasana

Padmasana

Gomukhasana

Paschimottanasana

Halasana

Sirsasana