



Government Degree College for Women

(Affiliated to Mahatma Gandhi University)

Ramagiri, Nalgonda, T.S - 508 001

Office : 08682-222689/690

E-mail : pit-gdcw-nlg-ce@telangana.gov.in

Website : gdcts.egg.gov.in/ramagiri.edu

E-mail : officegdcw.nlg@gmail.com

Dr. Ghanshyam

M.A., M.Phil, Ph.D

Principal

CERTIFICATE COURSE IN YOGA

SYLLABUS (30 Hours) – 2019-20

(Theory – 10 hours + Practice Session – 20 hours)

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)

1. Sitting asanas – 3 hours

Janu shirshasan- Vakrasan- Mandukasana- Yog Mudra Shashankasan-Ardhaushtrasan- Parvatasan-Gomukhasan

2. Standing asanas – 2 hours

Tadasan-Vrushasan-Natarajasan-Garudasan-Katichakrasan

3. Relaxative Asanas-2 hours

Shavasan-Makarasan

4. Supine Lying Asanas-5 hours

Naukasana-Setubandhasana-Pavanamuktasana-Ardhahalasana-Simple Matyasan-Sarvangasana

5. Prone Lying Asanas-3 hours

Bhujangasana- Ardhaushlabhasana-Niralambasana

6. Pranayama-Breathing practices – Meditation – 5 hours


SECRETARY
UNIVERSITY SPORTS BOARD
Mahatma Gandhi University
NALGONDA-508 254. (T.S.)

GOVERNMENT DEGREE COLLEGE FOR WOMEN-NALGONDA

CERTIFICATE COURSE IN YOGA

SYLLABUS (30 Hours) – 2016-17

(Theory – 10 hours + Practice Session – 20 hours)

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)


SECRETARY
UNIVERSITY SPORTS BOARD
Mahatma Gandhi University
NALGONDA-508 254. (T.S.)

GOVERNMENT DEGREE COLLEGE FOR WOMEN-NALGONDA

CERTIFICATE COURSE IN YOGA

SYLLABUS (30 Hours) – 2017-18

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)


SECRETARY
UNIVERSITY SPORTS BOARD
Mahatma Gandhi University
NALGONDA-508 254. (T.S.)



Government Degree College for Women

(Affiliated to Mahatma Gandhi University)

Ramagiri, Nalgonda, T.S - 508 001

Office : ☎ 08682-222689/690

Website : gdcts.cgg.gov.in/ramagiri.edu

E-mail : pri-gdcw-nlg-ce@telangana.gov.in

E-mail : officegdcw.nlg@gmail.com

Dr. Ghanshyam

M.A., M.Phil, Ph.D

Principal

CERTIFICATE COURSE IN YOGA

SYLLABUS (30 Hours) – 2018-19

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)

1. Sitting asanas – 3 hours

Janu shirshasan- Vakrasan- Mandukasana- Yog Mudra Shashankasan-Ardhaushtrasan- Parvatasana-Gomukhasan

2. Standing asanas – 2 hours

Tadasana-Vrushasana-Natarajana-Garudana-Katichakrasana

3. Relaxative Asanas-2 hours

Shavasana-Makarasana

4. Supine Lying Asanas-5 hours

Naukasana-Setubandhasana-Pavanamuktasana-Ardhahalasana-Simple Matyasana-Sarvangasana

5. Prone Lying Asanas-3 hours

Bhujangasana- Ardhaushlabhasana-Niralambasana

6. Pranayama-Breathing practices – Meditation – 5 hours

P. S. S.
SECRETARY
UNIVERSITY SPORTS BOARD
Mahatma Gandhi University
NALGONDA-508 254. (T.S.)



Government Degree College for Women

(Affiliated to Mahatma Gandhi University)

Ramagiri, Nalgonda, T.S - 508 001

Office : 08682-222689/690

E-mail : pri-gdcw-nlg-ce@telangana.gov.in

Website : gdcts.cgg.gov.in/ramagiri.edu

E-mail : officegdcw.nlg@gmail.com

Dr. Ghanshyam

M.A., M.Phil, Ph.D

Principal

CERTIFICATE COURSE IN YOGA

SYLLABUS (30 Hours) –2020-21

(Theory – 10 hours + Practice Session – 20 hours)

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)

1. Sitting asanas – 3 hours

Janu shirshasan- Vakrasan- Mandukasana- Yog Mudra Shashankasan-Ardhaushtasan- Parvatasan-Gomukhasan

2. Standing asanas – 2 hours

Tadasana-Vrushasan-Natarajasan-Garudasan-Katichakrasan

3. Relaxative Asanas-2 hours

Shvasana-Makarasan


4. Supine Lying Asanas-5 hours

Naukasana-Setubandhasana-Pavanamuktasana-Ardhahalasana-Simple Matyasan-Sarvangasana

5. Prone Lying Asanas-3 hours

Bhujangasana- Ardhashalabhasana-Niralambasana

6. Pranayama-Breathing practices – Meditation – 5 hours


SECRETARY
UNIVERSITY SPORTS BOARD
Mahatma Gandhi University
NALGONDA-508 254. (T.S.)