## MKR GOVERNMENT DEGREE COLLEGE, DEVARAKONDA

## Certificate Course on Basic Yoga

## Course description

Yoga is a practice based on an extremely subtle science, which focuses on bringing harmony between mind, body and spirit. It is a very powerful means to achieve physical, mental and emotional well being. Yoga paves the way to discover the self, the external world and the nature. It is an art and science for healthy living. Yoga has several benefits including education, health and stress management. Keeping this in mind, a certificate program in Yoga is being launched by MKR Government Degree College, Devarakonda in association with VADIC YOGAPEETH TRUST, Nalgonda.

Duration of the Course: 30 Hrs. (Theory and Practice)

**Objectives of the course:** After going through this particular program the learner should able to

- > To learn and achieve the basic principles and practice of yoga.
- > To attain both physical and mental health through Yoga.
- > To enable the student to have good health.
- > To practice mental hygiene.
- > To possess emotional stability.
- > To integrate moral values.
- > To attain higher level of consciousness.

#### arning Outcomes

- The student will be able to demonstrate proficiency at the poses covered in syllabus (at a basic level)
- The student will increase their dynamic flexibility in the work outcomes.
- The student will get and experience proper breathing techniques.
- · Synchronize the mind and body.

#### Assessment of performance

- Certificate of completion will be given to the students who attend all the classes and demonstrated well at end of course duration.
- Viva question for the theory and demonstration of practice is being observed by two examiners (one internal and one external).

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#### Certificate Course on Basic Yoga

#### Syllabus

The course is designed on the basis of learning hours required by an average student.

### Theory- 10 Hours

#### Unit 1 - Introduction to Yoga

- Yoga, definition, aims, and objectives.
- Rules and regulations to be followed by yoga practitioners.
- Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas)

### Unit 2 -Yoga for Health Promotion

- Brief introduction to human body
- Role of yoga for health promotion
- Yogic attitudes and practices
- Holistic approach of yoga towards the health and diseases
- Introduction to yoga diet and its relevance and importance in yoga Sadhana
- Dinacharya and Ruthucharya with respect of yogic Lifestyle

#### Practice- 20 Hours

- Practice of Sukshmavyayama
- 2. Practice of Surya Namaskar
- 3. Practice of Asanas
  - A. Practice of Halasana
  - B. Practice of Pawanmuktasana
  - C. Practice of Bhujangasana
  - D. Practice of Shalabhasana
  - E. Practice of Gomukhasana
  - F. Practice of Vakrasana
  - G. Practice of Ustrasana
  - H. Practice of Mandukasana
  - I. Practice of Shashankasana
  - J. Practice of Janusirasana
  - K. Practice of Vrukshasana
  - L. Practice of Padahastasana
  - M. Practice of Paschimottansana

- 4. Practice of Nadi Shudhi
- 5. Practice of Mudras and Bandha
- 6. Pranayamas
- 7. Meditation

#### Reference Books:

- 1. Light on Yoga by B.K.S. Ayengar, HarperCollins India, 2006
- The Yoga Sutras of Patanjali by Sri Swami Satchidananda, Integral Yoga Publications, 1999.

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## MKR GOVERNMENT DEGREE COLLEGE

DEVARAKONDA (Dist. NALGONDA) - 508 248



## CERTIFICATE COURSE ON BASIC YOGA

MKR Government Degree College, Devarakonda in association with Vaidik Yogpeeth Trust Nalgonda, is offering Certificate Course in Yoga with an aim to import basic concepts of Health and Yoga.

Vaidik Yogpeeth Trust, Nalgonda, is a Non- Governmental Organization (NGO), conducts Yoga classes and camps on Physical & Mental Health in the college.

#### Course Details:

Name of the Certificate Course: Basic Yoga

**Duration: 30 Hours** 

Period: 01-06-2022 to 18-06-2022

Course Introductory Session: 01-06-2022

#### Course Objectives:

- To describe the basic principles and practice of yoga.
- To attain both physical and mental health through yoga.
- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness

Resource Person:

Sri M .Karunakar, Yoga guru, Vaidik Yogpeeth Trust , Nalgonda

Organising Committee: Sri G.Linga Reddy Lecturer in Physics Smt. S.Sarada Devi, Asst prof of Commerce

Smt. Dr.M.Alivelu, Asst Prof of Chemistry

Advisory Committee:

Sri. N. Bala Naik, Asst prof of Commerce

Smt Sk. Arifa, Lecturer in Mathematics Smt K.Renuka, Lecturer in History

Technical Assistant:

Sri. B.Suresh Kumar, Lecturer in Computer Science

Chairperson:

Dr.Ch.Rama Raju, Principal.

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Day: 1: Introduction of Yoga

Day: 2: Meditation

Day: 3: Sukshmavyayama

Day: 4: Pranayamas

Day A Practice of Asanas

Day: 6: Brief introduction to human body

Day: 7: Practice of Mudras and Bandha

Day: 8: Yoga towards the health and diseases

Day: 9: Practice of Asanas

Day: 10: Practice of Nadi Shudhi

Day: 11: Meditation

Day: 12: Practice of Asanas

Day: 13: Practice of Asanas

Day: 14: Practice of Asanas

Day: 15: Practice of Asanas

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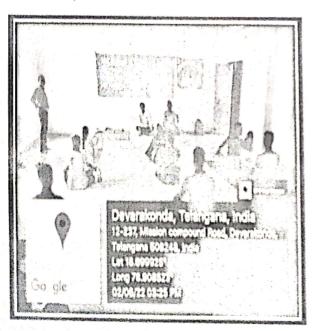
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Devarakonda, Nalgonda. Dt. 508 248

Day: 1: Introduction of Yoga



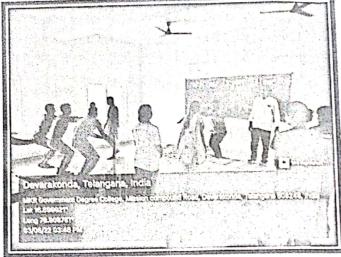


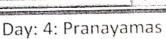
Day:2: Meditation

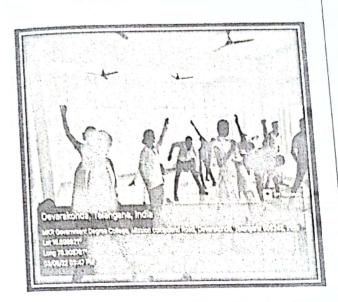


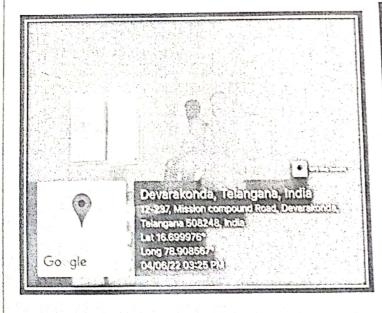


Day: 3: Sukshmavyayama



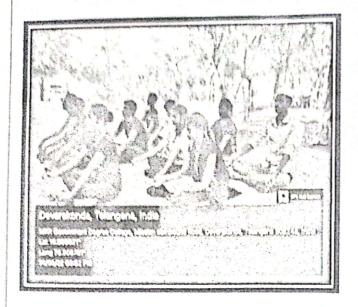


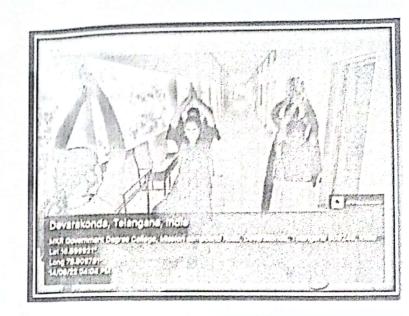






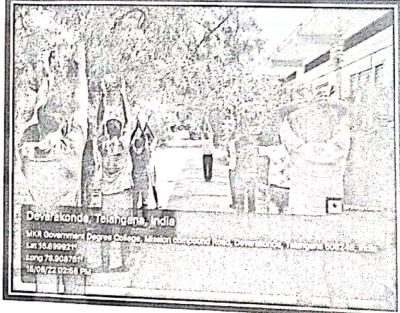
Day: 11: Meditation





Day: 12: Practice of Asanas





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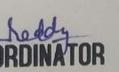
## CERTIFICATE

IN BASIC YOGA

This Certificate is proudly presented to

# Jeevan Kethavath

of class BSC(BZC) 1st YEAR bearing the roll no.210440264451023 has completed certificate course in "BASIC YOGA", conducted during 01 - 18 June, 2022.



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