

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
SHRI SHIVAJI SCIENCE COLLEGE AMRAVATI

ORGANIZING

CERTIFICATE COURSE IN YOGA & MEDITATION



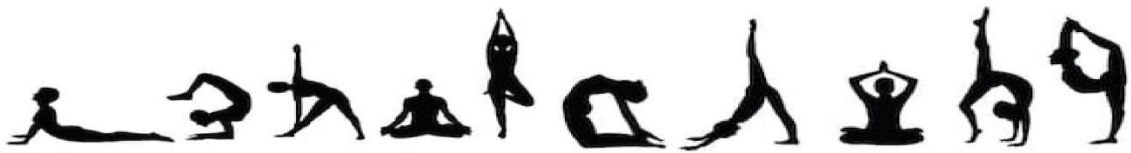
1 . Course Description :

For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, **Shri. Shivaji Science College Amravati** organizes a physical exercise and yoga session. It increases attention span, improves memory and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness.



Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved.

A piece of yoga practice every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful. Yoga can empower in the following four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and Spiritual Empowerment. These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again their sense of joy, spirit combination and communal kinship.



2. Course Objectives :

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.



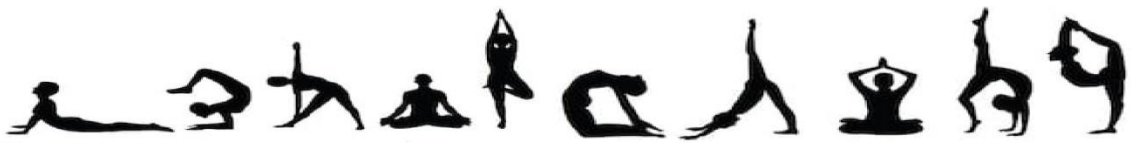
3. Instructional Strategies:

To make learning more effective and interesting, Video lecture, demonstration of yoga practical's with innovative techniques, Animated Videos, Daily interesting Quizzes and Assignments will be provided .

4. Instructional Material:

The main approach of this course is learner-oriented and the learner is an active participant in the teaching-learning and coaching process. Most of the instructions are imparted through online and distance mode.

1. This online course mainly focuses on Self Learning Material (SLM) and they are up-gradation by eminent students.
2. Text information plays a vital role in online education. Video lectures, Animated Videos, Quizzes, Assignments that have been prepared by the department of physical education and sports for the enhancement of understanding the course material and demonstration videos given to the student.
3. Delivery of classroom-like lectures will also be available in the student portal



5. Evaluation Strategy:

Daily Quizzes, Assignments and Final quiz , practical videos by students

6 . Duration of the course :

The duration of the course is 1 month (4 week) and day wise lectures will be uploaded on college students group which is only for the yoga and meditation course and You Tube also.

7 . Credits : 2

8. Course Outline :

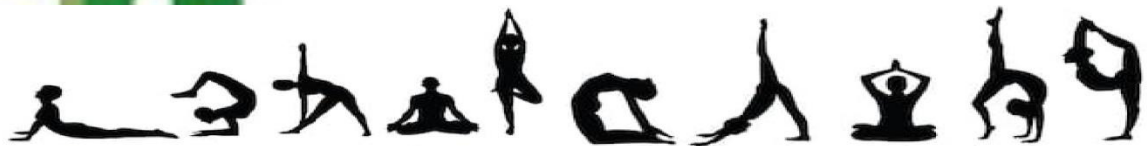
Total modules & Titles of modules:

Module 1 : Yogic Therapy through Traditional Understanding

Module 2 : Asanas

Module 3 : Pranayama

Module 4 : Bandhas , Mudras and Kriyas



The course consists of Theory, Practical, Teaching methods and practical training on Teaching..

MODULE: 1

Yogic Therapy Through Traditional Understanding

- 1.Role of AshtangAshtang Yoga Yamas, Niyamas, Asana, Pranayama and Dhyana,Dharana, Pratyahar.
2. Stress Management: Modern and Yogic perspectives.
3. Tackling ill-effects of Frustration, Anxiety and Conflict through modern and YogicMethods.
4. Meditation Techniques .
5. Suryanamaskar.
6. Pranayama - Definition and Classification. Difference between pranayama and deep breathing. Importance of Rechaka, Kumbhaka, Puraka.
7. Introduction to Kriyas, Mudras and Bandhas in brief.



Practical Training in Yoga

MODULE : 2

Asana

1. Shrisahasana
2. Crocodile Practices (Four variations)
3. Pawanmuktasana
4. Naukasana
5. Viparitararani
6. Sarvangasana
7. Matsyasana
8. Halasana
9. Karnapidasana
10. Bhujangasana
11. Shalabhasana
12. Sarpasana
13. Dhanurasana
14. Vakrasana
15. Ardha-Matsyendrasana
16. Paschimatanasana
17. SuptaVajrasana
18. Yoga Mudra
19. Gomukhasana
20. Mayurasana
21. Kukkutasana
22. Ushtrasana
23. Padma – Bakasana
24. Parvatasana
25. Muktasana
26. Virasana
27. Bhadrasana
28. Chakrasana (Sideward)
29. Chakrasana (Backward)
30. Tadasana
31. Pada – hastasana
32. Utkatasana
33. Natarajasana
34. Garudasana
35. Vajrasana
36. Padmasana
36. Shavasana

MODULE : 3

Pranayama

1. Anuloma-viloma
2. Ujjayi
3. Shitali
4. Sitkari
5. Bhastrika
6. Bhramari

MODULE : 4

Bandhas , Mudras And Kriyas

Bandhas , Mudras

1. Jalandhara Bandha
2. Uddiyana Bandha
3. Jicha Bandha
4. Mula Bandha

KRIYAS

1. JalaNeti
2. SutraNeti
3. Dhauti (Vamana, Danda, Vastra)
4. Nauli
5. Kapalabhati
6. Trataka

9 Expected Outcome:

By the end of the program participants should have a clear understanding that Yoga- It is a Value-added course which helps in stress management, meditation and spiritual upliftment.

Date of course 3 august to 1 September

Contact us on

Course coordinator

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