

St Thomas College, Kozhencherry
Certificate Course in *Yoga Education*



Name of the Department: Department of Physical Education

Course Coordinator: Dr R S Sindhu

Duration of the Course: 30 hours

Course Objectives:

1. To develop knowledge about Yoga
2. To master the skills of Yoga and make it as daily practice
3. To create interest in their health and self-awareness

Learning Outcome:

1. Improve self-confidence, concentration and memory.
2. Boost the brain function and lung capacity, lower stress level and blood pressure, increase flexibility and relieves anxiety.

Course Outcomes:

1. He/She will be better equipped to handle Yoga classes easily.
2. The participants will be capable to do the skills of Yoga and can transfer their knowledge to the family and society.

Course Outline:

Theory Section (7 hours)

Module 1: (3 hours)

- Meaning, Definition, Scope and Importance of Yoga
- Importance of doing Asanas in today's society

Module 2: (4 hours)

- Things to remember While Practising Asanas, Kriyas, Meditation and Pranayama
- What is Meditation and the Importance of Meditation
- Know about Pranayama and Kriyas

Practical Sections (21 hours)

Module 3: (3 hours)

- Suriyanamaskara

Module 4: (15 hours)

- Asanas
- Tadasana,
- Vrksasana,
- Urdhva Hastasana
- Trikonasana
- Anjaneyasana
- Uttita Parsvakonasana
- Virabhadrasana
- Prasarita Padottanasana
- Baddha Konasana
- Paschimottanasana
- Naukasana
- Virasana
- Dandasana
- Bhujankasana
- Ardha Shalbhasana
- Shalbhasana
- Dhanurasana
- Sarvangasana
- Halasana
- Karnapidasana
- Vajrasana
- Chakrasana
- Makrasana
- Savasana

Module 5: (3 hours)


- Meditation: Transcendental and Mindfulness Meditation
- Kriyas: Jalneti, Sutraneti
- Pranayana: Brahmari ,Anuloma Viloma Pranayama

Mode of Evaluation: (2 hours)

Attendance and Tests

Recommended Readings:

The Yoga Bible: Christina Brown
Raja Yoga: Swami Vivekananda
Kriya Yoga: Swami Nityananda Giri


Dr. RS SINDHU
HoD, Physical Education
ST. Thomas College, Kozhencherry

