

**CERTIFICATE COURSE IN YOGA AND  
BREATHING EXERCISE  
MICAS1551  
DEPARTMENT OF PHYSICAL EDUCATION  
MAR IVANIOS COLLEGE OF  
ARTS AND SCIENCE  
MAVELIKARA**

**PRELUDE TO THE COURSE**

The modern era for science and technology has geared up almost all of us towards a fast life beset with tensions and stress. High productivity, consist aggressive marketing, have inwalked the desire in us to rush towards sense pressure- a powerful tool to break out of our basic laziness.

Yoga is derived from the Sanskrit root “*Yuj*” meaning to unite, the body and the mind. Patanjali, the father of yoga philosophy defines yoga “the control of thought waves in the mind”.

**AIM AND OBJECTIVES OF THE COURSE**

To enable the students to have a good health, mental hygiene, emotional stability, moral values and attain higher level of consciousness. Yoga is not a religion, it is a way of living that aims towards ‘a healthy mind in a healthy body’ ( **Mens sana in corpore sano - sound body is having sound mind** )

**RESULT OF THE COURSE**

By completing the syllabus, the pupil will be able to:

- Improve postural deformities.
- Increases flexibility.
- Builds muscle strength.
- Increases systematic blood circulation.
- Keep diseases at away from the body.
- Physically active.
- Yoga helps one to stay healthy.
- Good neuro- muscular coordination.
- Intellectual development.

## **REQUIREMENT**

Yoga mat and ventilated space

## **COURSE CURRICULUM**

### **Module 1**

#### **Historical background of yoga**

- Origin of yoga
- Yoga for all
- Father of modern yoga

### **Module 2**

#### **Symbol of yoga**

- Yoga mudra
- What does each finger mean in yoga
- Thumb
- First finger
- Middle finger
- Ring finger
- Little finger

### **Module 3**

#### **Benefits of yoga**

- Physical
- Mental
- Social
- Spiritual
- Principles of yoga

### **Module 4**

#### **Breathing techniques**

- Bhramari pranayama
- Surya anuloma viloma pranayama
- Chandra anuloma viloma pranayama
- Sheetal pranayama
- Sadanta pranayama
- Nadishuddhi pranayama

## Module 5

### Yoga skills

- Bhujangasana
- Pavana mukthasana
- Shalabhasana
- Halasana etc

### REFERENCE BOOKS

- Zarrili.B.Philip(1998).**When the Body Became all Eyes**.Chennai:Oxford University Press
- Feuerstein, Georg(1989). **The Yoga-Sutra of Patanjali**.Bombay:Inner Traditions India
- Manual. Joseph(2000).**Dheerkhayussinu Yoga**.Kottayam:Avanty Publications
- Devi.Subhadra(1988).**Yoga for the Common Man**.AndhraPradesh:Vivekananda Kendra Publications Vol 17

### ELIGIBILITY

Any student of Mar Ivanios college is eligible to join.

### INTAKE

Each batch will be limited to a maximum of 35 students.

### DURATION OF THE COURSE

35 hours

### EVALUATION AND GRADING

Sensibility, specificity, accuracy, perfection and skill is one method of grading system. Grading percentage is from 0-100%.Test paper 10 marks, assignments 10 marks, interview 10 marks, demonstration 70 marks , total 100 marks.

### GRADING SCALE OF THE COURSE

MARK	GRADE	PERFORMANCE
90 and above	A	Excellent
80 - 89	B	Very good
70 - 79	C	Good
60 - 69	D	Satisfactory
50 - 59	E	Condonation (need to improve)
Below 50	F	-

Certificates will be issued to all those who successfully complete the course.

## **MODE OF LEARNING**

Offline

## **COURSE FEE**

Rs. 500 /- (However due to the COVID pandemic, the fees has been completely waived for the academic year 2021 - 2022)

## **COURSE COORDINATOR**

Prof. Dr. Simon Tharakan

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