

SYLLABUS:

Theory:

Meaning, Definitions, History and Importance of Yoga

Practical:

1. Yogic Prayer
2. Shatkarm: Kapalbhati
3. Sukshma Vyayam
4. Sthool Vyayam
5. Asanas

Standing Posture: Tadasana, Padahasthasana, Veerabhadrasana, Garudasana, Vrikshaasana, Trikonasana, Ardha-Katichakrasana, Natarajasana, Parvatasana, Ardha-Chakrasana

Sitting Posture: Padmasana, Vajrasana, Gomukhasana, Ustrasana, Paschimottasana, Vakrasana, Bhadrasana, Baddha-konasana, Matsyendrasana, Janusirsasana

Supine Posture: Shavasana, Sarvangasana, Halasana, Setubandhasana, Chakrasana, Markatasana, Uttanpadasana, Pawanmuktasana, Nawasana, Matsyasana

Prone Posture: Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana, Sarpasana

6. Nadishodhan
7. Pranayama Bhastrika, Bhramari and Udgeeth Pranayam
8. Meditation

Others:

Suryanamaskar, Deep Relaxation Technique



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MIRANDA HOUSE
UNIVERSITY OF DELHI

Department of Physical Education

organizing

CERTIFICATE COURSE IN FOUNDATION OF YOG

Duration of Course	: Four Weeks
Credit Hours	: 24 Hours
Classes	: Monday to Saturday
Time	: 7:00 am to 8:00 am
Course begins	: 31/08/2021
Date of Registration	: 16/08/2021 onwards



For registration and more information kindly contact

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Dr. Neeru Yadav (Assistant Professor) - 7011930862

Nandini (Sports Union President) - 9680147321

INTRODUCTION

Yoga is a complete science of life that originated in India thousands of years ago. It can be said authentically that history of yoga is as old as the Indian history. Yoga has remained a part of our civilization. On the basis of various sculptures and scriptures, Lord Shiva is seen as the first yogi or Adi yogi and the first guru or Adi Guru of yoga. While Yajnavalkya Smriti states, "*Hiranya Garbho Yogasya Vakta Naneya Purataneh*" which means Hiranyagarbha is first speaker of yoga. Nobody is more ancient than him. However, Maharishi Patanjali is considered to be the first compiler of body culture in yoga. He was the first person to structure Yoga in systematic and scientific way and divided Sadhanpaad into eight limbs of yoga including Yama, Niyama, Asana, Pranayam, Pratyahara, Dharna, Dhyana, and Samadhi. In the era of technological advancements and globalization, students have started following a sedentary lifestyle and not participating in any kind of physical fitness activities. This is leading them to suffer from many physical and mental ailments. The beauty of Yoga is that it is accessible to everyone, you don't need equipment, partner and much space. Yoga is not a religion but a way of life. The main goal of yoga is to educate people about the scientific way of yoga and make them aware of the rich tradition of Indian Culture for maintaining wellness. In this course, we are mainly focusing on Hatha Yoga and Ashtang Yoga. After having practiced the course, students can master the art of yoga and reap its lifelong benefits.

Name of the Course: "Certificate Course in Foundation of Yog".

Duration of the course: The duration of the Course is 24 hours, for a period of one month. The classes will be conducted 6 days in a week, Monday to Saturday for one hour from 7:00 am to 8:00 am.

Aim of the Course: The aim of this course is to aware the students about the importance of health, wellness and to motivate students to take part in health and fitness activities so that they can have sound mind in sound body.

Objectives of the Course:

1. To teach the scientific and spiritual aspects of yoga.
2. To teach the precautions to be taken care for performing different asanas.
3. To make aware the benefits of performing different yogasana.
4. To make aware of therapeutic aspects of asanas and pranayama and promotion of health.
5. To develop healthy lifestyle of an individual through practice of Ashtang Yoga.

Eligibility: All Miranda House students are eligible for this course.

Number of Seats: Intake capacity 50, first come first serve basis.

Medium of Instruction: Hindi / English

Health Status: The applicant must be in good mental and physical health and have to submit the declaration in the google form

Dress Code: The dress shall be White T-Shirt and black track pants for participants.

Course Timings: The tentative course timing for conducting this programme is 7:00 am to 8:00 am. However, the timings may be changed as per the convenience of the Institute. Batch Schedule: August to September.

Course Fee: Nil

Award of Certificate: At the end of the course there will be practical exam and those candidates who have secured minimum 90% attendance will only be allowed to appear in the practical examination. Certificate will be awarded only to those candidates who clear the practical examination.

Rules & Regulations:

- (A) Every student of the course should maintain discipline during the class and not to disturb any other participants and must possess 90% of attendance.
- (B) Candidates must attend practical classes daily with empty stomach or light stomach or as advised by the Yoga experts.
- (C) Department of Physical Education reserves the right to change, delete, alter and add any of the rules and regulations as and when necessary, without prior notice and its decision will be final.