

RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY
DEPARTMENT OF LIFELONG LEARNING AND EXTENSION
SHORT TERM CERTIFICATE COURSE UNDER JEEVAN SHIKSHAN ABHIYAN

Yeshwant Mahavidyalaya, Seloo, Dist. Wardha

COURSE CONTENT – SESSION: 2023 – 2024

Certificate Course in Yoga and Health

(योग आणि आरोग्य – प्रमाणपत्र अभ्यासक्रम)

Sr. No.	Unit	Course Contents	Required Lectures
1.	I	Basic Yoga	05 Day
2.	II	Introduction of Yoga & Yoga Practice	05 Day
3.	III	General Guidelines for Yoga Practice	05 Day
4.	IV	Yoga for Health Promotion	05 Day
5.	V	Introduction to Yogic Sukshma Vyam, Sthula Vyam & Surya Namaskar	05 Day
6.	VI	Introduction to Pranayama, Meditation & Dhyana	05 Day
7.	-	Exam / Viva	05 Day

Books Recommended by the Experts :

1. Asan Pravesh. Janardhan Swami Mandal. Nagpur
2. Asan Pravin. Janardhan Swami Mandal. Nagpur.
3. Yoga Sana. Dr. P.D.Sharma Navanit Publication Ahmadabad
4. Physical Education and Health. A.K. Uppal GP Gautam Friends Publication, New Delhi.
5. Health Education. Indu Publication Aurangabad.

Dr. Archana S. Dahane
Course Director
Director
Department Of Physical Education
Yeshwant Mahavidyalaya, Seloo

Dr. Sandip B. Kale
Officiating Principal

Yeshwant Rural Education Society, Wardha

YESHWANT MAHAVIDYALAYA, SELOO, DIST. WARDHA - 442104

(Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)

NAAC Accredited with "C" Grade (CGPA-1.96)

A Certificate Course in Yoga and Health

(Department of Physical Education)

Proposed Curriculum/ Syllabus Academic Session 2023-2024

Aims and Objectives of the Course

Yoga is popular mode of wellness and it can be practiced for self-benefit as well as to help there. Yoga is a practice that connects the body, mind and health. It uses physical postures, preaching exercises, and meditation to improve overall health. It is a Short-Term Certificate course that can be taken up by students. It will be an additional skill-based program for positive self development and may be useful in future for fitness and health and mental peace As Yoga is being actively promoted by the Government of India through Ministry of AYUSH (MoA).

The course offers a perfect merge together of theory and practical hands-on instructions for the girl's students of our college. The expertise of the course designer on "Yoga & Health" in Consultation with the college department of Physical Education

Aims

The practice of Yoga exercise aims at overcoming the humectations of the body-

Objectives

- The course will empower and motivate to achieve wellness.
- It will also give them basic skills in various Yoga techniques that can be practiced for their own benefits.
- It will develop their all-round personality.
- It will help them to maintain mental peace.

Outcomes: Knowledge of Yogic practices,

Duration: 3 Month /30 Sessions. **Time Duration:** 1:00 hours **Session:** 3 Hrs./ Week.

Methods

- Group Teaching Session
- Group Practice
- Appropriate handouts in soft/hard copy

Yeshwant Rural Education Society, Wardha
YESHWANT MAHAVIDYALAYA, SELOO, DIST. WARDHA- 442104
 (Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)

NAAC Accredited with "C" Grade (CGPA-1.96)

A Certificate Course in Yoga and Health

(Department of Physical Education)

Teaching Plan : 2023-24

Course A Certificate Course in Yoga and Health

Teaching Plan Duration: 35 Hours 3 Hrs./Week)

Course Objectives:

After the completion of the course the student must be able to :

1. To understand the importance of Yoga for Health
2. To understand the Yoga exercise and Pranayam
3. To understand the usefulness of Yoga for Healthy and peaceful life
4. To understand the value and importance of different Pranayam
5. To understand the importance of Meditation for Peaceful life

Chapter	Lecture Topic / Sub Topic	Hours
1.	Module 1: Introduction to Yoga	8 Hrs.
	1.1 Need and importance of Yoga in life	1
	1.2 Yoga for health improvement	1
	1.3 Yoga for mental health	1
	1.4 Yoga for immunity and self-balancing	1
	1.5 Yoga for joyful life	1
	1.6 Benefits of breathing techniques in yoga	1
	1.7 Benefits of meditation	1
	1.8 Gaining confidence in life through yoga.	1
2.	Module 2: Yoga Exercise and its types	8 Hrs.
	2.1 Hatha yoga practice and benefits	1
	2.2 Vinyasa yoga practice and benefits	1
	2.3 Iyengar yoga practice and benefits	1
	2.4 Bikram yoga practice and benefits	1
	2.5 Ashtanga yoga practice and benefits	1
	2.6 Kundalini yoga practice and benefits	1
	2.7 Physical posture and meditation	1
	2.8 Learning breathing techniques	1
3.	Module 3: Different types of Asanas and	8 Hrs.

	themHealthbenefits		
	3.1	Benefits of Asanas practice and importance	1
	3.2	Sukasana or easy pose practice and importance	1
	3.3	Nukahana practice and importance	1
	3.4	Dhanurasana practice and importance	1
	3.5	Vakarsan practice and importance	1
	3.6	Kakasana practice and importance	1
	3.7	Bhujangasana practice and importance	1
	3.8	Halasana practice and importance	1
4.	Module 4: Practice in pranayams		8 Hrs.
	4.1	Suryavedan practice and importance	1
	4.2	Ujjayi pranayama practice and importance	1
	4.3	Sitkari Pranayam practice and importance	1
	4.4	Shitali Pranayam practice and importance	1
	4.5	Bhramari Pranayam practice and importance	1
	4.6	Bhastrika pranayama practice and importance	1
	4.7	Murcha pranayama practice and importance	1
	4.8	Plavini pranayama practice and importance	1
5.	Module 5: Yogic lifestyle		3 Hrs.
	5.1	Change in thoughts and attitude through yoga and pranayama	1
	5.2	Activeness in physical and mental life	1
	5.3	Balanced life through Aahar and Vihar	1

Dr. Archana S. Dahane
Course Director
Director
Department Of Physical education
Yeshwant Mahavidyalaya, Seloo

Dr. Sandip B. Kale
Officiating Principal