

## CAREER ORIENTED ADD ON COURSE

### **CERTIFICATE COURSE IN HOLISTIC APPROACH IN YOGA**

**Name of the Certification: HOLISTIC APPROACH IN YOGA**

Duration: 30 Hours

#### **Instructors**

Hemalatha V

HOD

Department of Physical Education

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#### **Course Outcomes**

1. Promoting positive physical and mental health and relaxation, prevention of stress related health problems .
2. Integral approach of Yoga Therapy to common ailments.
3. Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities.

#### **PART-A THEORY**

##### **Orientation to Ashtanga Yoga.**

- Unit-1            The origin of Yoga-definition-concept-aims and objective of Yoga-as a science and art
- Unit-2            Eight Limbs of Yoga or Stages of Ashtanga Yoga
- Unit-3            Yogic Postures –Surya namaskar- Asanas-Objectives-Common Asanas and their types-Sitting standing Lying postures- Relaxation –Cultural-Meditative - Breathing techniques
- Unit 4            Yogic Diet – Sathvic, Rajasic and Thamasic Food
- Unit 5 Shat kriyas- Kabhalbhati, Tratak, Neti, Douthi, Nouli and Basthi
- Unit 6 Health Wellness, Warming up and limbering down

## **Part-B Practicals**

### Asanas:-

Sarvangasana, Matsyasana, Halasana, Bhujangasana, Salabhasana,  
Dhanurasana, Savasana, Makarasana, Vajrasana, Ushtrasana, Gomukhasana,  
Paschimotanasana, Padmasana, Vakrasana, Ardhamasyandrasana , Vrikshasana,  
Trikonasana, Konasana, Bhadrasana.

Pranayama, Relaxation Techniques.

### **Types of Assignments:**

1. Written exam that demonstrates knowledge of Yoga
2. Asana performance ability test