**ST.GREGORIOS COLLEGE, KOTTARAKARA**

**CERTIFICATE COURSE IN YOGA AND MEDITATION**

**“Yoga has a complete message for humanity. Yoga is a culture of the future, as it was in the past and in the present”**

**Theme: Happiness and Harmony for all through Yoga**

**Objectives:**

* To develop an understanding of yogic practices and apply this understanding accordingly in one’s life and living
* To develop a healthy life style
* To develop harmony with the nature and universe
* Invoke scientific attitude and team spirit to channelize their energies into creative and constructive endeavors

**Duration** : This is a 40 hour Course. Extended over a period of six months duration

Admission Procedure : Candidates for admission to the course is restricted to the female students of this college. Interested students shall apply for admission at the time of notification in the prescribed form.

**Syllabus of the course**

Syllabus is made to fulfil these objectives containing theory and practical sessions

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| --- | --- | --- |
| Sl.  No | Topic | Total hours of duration |
| 1 | Fundamental Principles and Techniques of Yogasana | 5 Hours |
| 2 | Different Meditation Techniques | 6 Hours |
| 3 | Applications of Yogasana | 9 Hours |
| 4 | Practical Training in Yogasana | 20 Hours |

Total Duration : 40 Hours

**PART- 1 : THEORY**

I Fundamental principles and Techniques of Yogasana

1. General introduction to Yoga,History and Development of Yoga
2. General introduction to Yogasanas
3. Classification of Yogasanas
4. Pre-requisites of asana practice
5. Introduction to Surya Namaskar and its health benefits

**II Different Meditation Techniques**

1. Pranayams
2. Different types of Surya Namaskar
3. Hatha Yoga

**III Applications of Yogasana**

1. Yogasana for Women’s health
2. Yogasana and their impact on the mind- body complex
3. Yogasana practice and perception of stress
4. Role of Yogasana in Healthy living
5. Yogasana for different age group

PART-II :PRACTICALS…………………………………………… 20 Hours

**Examination**

There will be an examination at the completion of the course and certificates shall be issued for the eligible.

Marks

Theory Paper : 100 Marks

Practical : 100 Marks

Total : 200 Marks