

Department of History
Moridhal College
Certificate Course on Yoga
Total Mark: 50 (Theory 30 + Practical 20)
Duration: 30 Hrs.



Course Objectives:

The subject entitled Yoga has the following objectives:

- a. Students will have an understanding about origin, history and development of Yoga.
- b. They will have an idea about the insights of different yoga streams.
- c. They will acquire the knowledge and idea of importance of Yogic practice for the mental, spiritual and physical development.
- d. Students may get scope of job in Yoga Centres.

Unit-1

Introduction of Yoga, Tradition and origin of the Yoga, Hathaya Yoga, Raja Yoga, Astanga Yoga

Unit-II

Principles of Asana and Pranayama: Basic rules of Asana, caution and benefits of Asana. Pranayama: Purak (Inhalation), Resaka (Suppression), Yogik breathing rules, Bhramori, Nadi- sodhan pranayama, Ujjayi Pranayama, Bhastrika Pranayama, Kapalbhathi Pranayama, Anulumbilum, Shitkari

Unit-III

Introduction of Kosas (Seaths), Chakra (Glands) and Bayu (Air), Five Seaths (Kosha) in human beings- Anamaya Kosha, Pranamoy Kosha, Monomay Kosha and Anandamoy Kosha, The Glands(Chakras): Sahasrar Chakra (Pituitary Gland), Agya chakra (Piniyal Gland), Bisuddha Chakra (Thairoid gland) Anahata Chakra (Haimus) Manipur Chakra (Adreanal and pancreas) Swadhisthan Chakra (Navi) and Muladhar Chakra,
The Bayus (Air): Pran Bayu, Apana Bayu, Vyana Bayu, Udan Bayu, Samana Bayu.

List of Practicals:

Surya Namaskar. Techniques and Benefits.
Sukhasana: Technique and benefits
Mandukasan: Technique and benefits.
Yogamudrasana: Technique and benefits.
Simhasana: Technique and benefits.
Sarvangasana: Technique and benefits.
Supt Vajrasana: Technique and Benefits.
Mayurasana: Technique and Benefits.
Konasan: Technique and Benefits.
Chakrasan: Technique and Benefits.
Parvatasana: Technique and Benefits.
Padmasana: Technique and Benefits.
Baddha Padmasana: Technique and Benefits.
Uttanpadasana: Technique and Benefits.
Naukasana: Technique and Benefits.
Salbasan: Technique and Benefits.
Ustrasana: Technique and Benefits.
Gomukhasana: Technique and Benefits.
Utthita Padmasana: Technique and Benefits.
Halasana: Technique and Benefits.
Dhanurasana: Technique and Benefits.

References:

1. B.K.S. Iyengar (1976), Light on Yoga, London.
2. B.k.S. Iyengar (2008), Light on pranayama, New Delhi.
3. SathyanandaSwaraswathi Swami (2008), Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust.


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