

SREE NARAYANA COLLEGE



KOLLAM- 691001



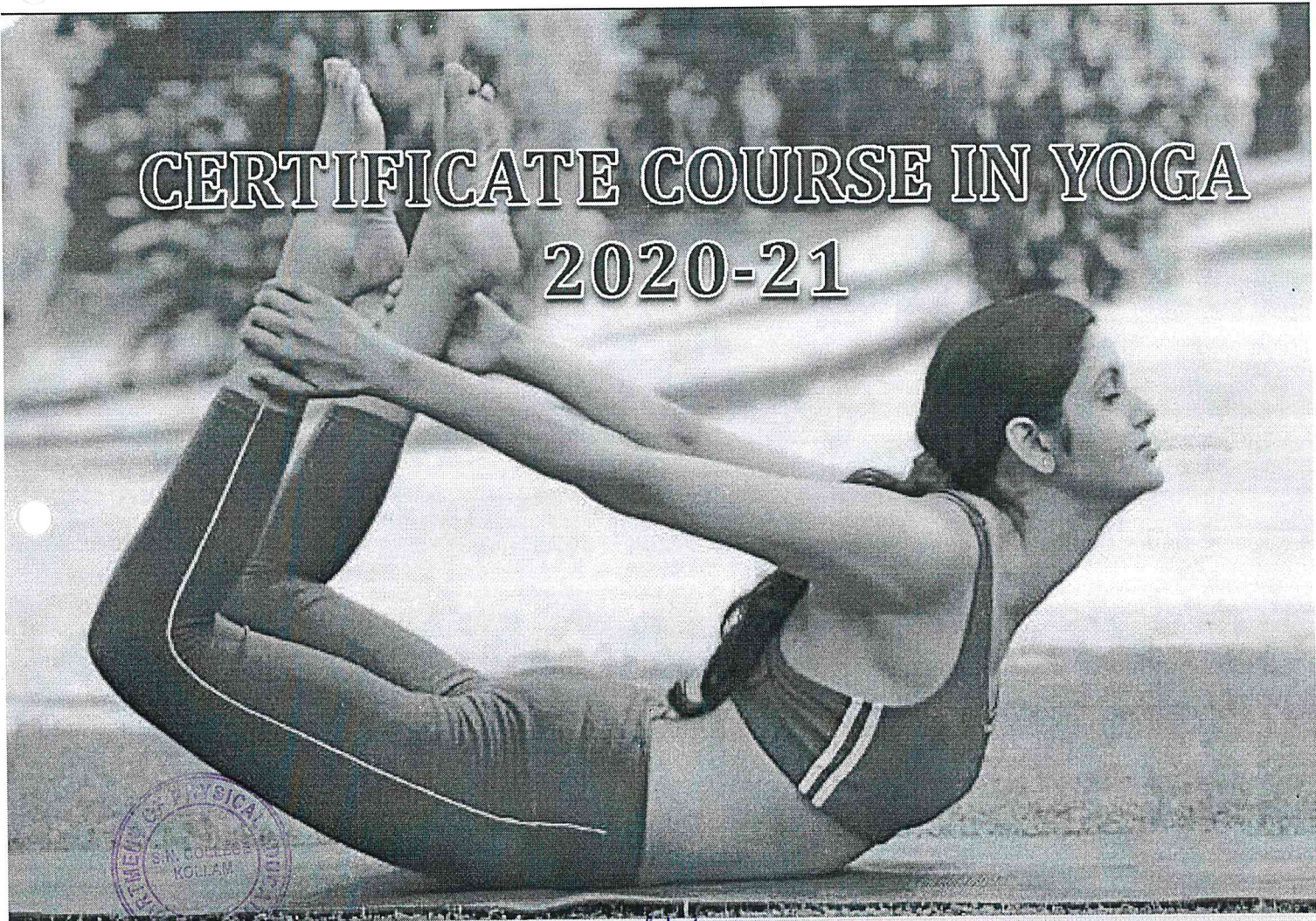
DEPT. OF PHYSICAL EDUCATION



Skill India
कौशल भारत-कुशल भारत


UGC Recognized Course Aligned with
National Skills Qualification Framework (NSQF)

CERTIFICATE COURSE IN YOGA
2020-21



Contacts:

Sri. Vishnu Raj R
Assistant Professor
Mob: 9497780008


VISHNU RAJ R
ASSISTANT PROFESSOR
DEPT. OF PHYSICAL EDUCATION
S.N. COLLEGE, KOLLAM

Duration: 6 Months
July to December 2020



SREE NARAYANA COLLEGE

KOLLAM - 691001

DEPT. OF PHYSICAL EDUCATION

REGULATION, SCHEME AND SYLLABUS FOR

CERTIFICATE COURSE IN YOGA 2020-21



VISHNU RAJ R
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DEPT. OF PHYSICAL EDUCATION
S.N. COLLEGE, KOLLAM

Curriculum Design, Course structure and Detailed Syllabus

COURSE TITLE : CERTIFICATE COURSE IN YOGA

Subject : Physical Education


Course category : Certificate

Total Credits : 30

Total Teaching hours : 144

Subject Code	Name of the Subject	Credits
CCFY T 101	Introduction to Yoga, Type of Yoga/Wheels of Yoga, Yoga and its Benefits.	10
CCFY P 102	Kriyas, Asanas, its Benefits and Contra - indications - Practices and Presentation	5
CCFY P 103	Pranayama, Meditation, its Benefits and Contra - indications - Practices and Presentation	5
CCFY P 104	Teaching Practice - Worksheet Writing & Presentation	5
CCFY P 105	Project/Report Writing	5
	Total	30




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Detailed Syllabus

Paper I (Theory)

Module 1

Introduction to Yoga – History of Yoga, Meaning of Yoga, Concept of Yoga, Aim and Objectives of Yoga, Eight Limbs of Yoga (Yama, Niyama, Asanas, Pranayama, Pratyahara, Dharana, Dhyana and Samathi)

Module 2

Type of Yoga/Wheels of Yoga – Bhakti Yoga, Karma Yoga, Raja yoga and Jana Yoga and its dirves (Yoga Marga, Kundalini Yoga, Mantra Yoga and Hatha Yoga)

Module 3

Yoga and its Benefits – Anatomy and Physiology of human body, Difference between Yogic exercises and Physical Exercises, Yogic diet, Yoga for Personality, Hypokinetic Diseases (Hypertension and Diabetics), Backache, Asthma and Stress management

Practical II (Practices and Presentation)

Asanas , Kriyas, its Benefits and Contra - indications - Asanas / Physical Posture – General Preperation and Joint Mobility Exercises, Suryanamaskara / Sun Salutation, **Standing Poses:** Taḍasanam, Ardhaḱaṭicakrasanam, Ardhaḱakrasanam, Padaḱastasanam, Trikoṅṱasansam, Parivṛṱatrikoṅṱasanam, Parsvakoṅṱasanam, Vṛḱṱasanam, Virabhadrasanam.

Sitting Poses: Daṅḱasanam, Sukhasanam, Siddhasanam, Padmasanam, Yogamudra, Sasankasanam, Vajrasanam, Suptavajrasanam, Virasanam, Supta-Virasanam, Pascimottanasanam, Uṱṱrasanam, Vakrasanam, Ardhamatsyendrasanam, Haṁṱasanam, Mayurasanam.

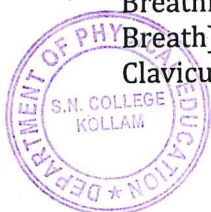
Prone Poses: Makarasanam, Bhujaṅṱasanam, Śalabhasanam, Dhanurasanam.

Supine Poses: Savasanam, Sarvaṅṱasanam, Matsyasanam, Halasanam, Viparitakarṅṱi, Cakrasanam, Inverted / Topsy-Turvy Poses: Ardhasirṱasanam, Sirṱasanam.

Kriya/ Cleansing Techniques: Kaphalabhati (Purifying/Cleansing Breath), Trataka (Eye Exercises, Gazing, Focusing & Defocusing), Neti (Jala & Sṱtra - Nasal Passage Cleansing), Dhauti (Vamana - Gastro-Esophageal Track Cleansing), Basti (Laghusnkaprakṱalana - Gastro-Intestinal Track Cleansing).

Practical III (Practices and Presentation)

Pranayama, Meditation, its Benefits and Contra - indications - Pranayama/ Breathing Exercises: Bhastrika (Bellows breath) / Kaphalabhati, (Purifying/Cleansing Breath), Vibhagiya Pranayama (Sectional Regulation of Breath - Abdominal, Thoracic, Clavicular & Full Yogic Breathing), Cooling Pranayama - Siitali Sitkari Sadanta.



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Dhyana/Meditation: General Preparation, Silent Meditation, Pranavopasanam (Om Meditation), Avartana-dhyanam (Cyclic Meditation), Transcendental Meditation, Objective Meditation, Breathing Meditation.

Practical IV

Teaching Practice – Worksheet Writing & Presentation

Student should present Worksheet (Asana) based on Eight Step Method of Teaching Technique (both written format and Viva). The Standard format for writing is given below:

I. Cover Page: Top – Institution & Course Name, Month & Year, Centre – Topic Name, Down – Student Name, Roll Number

II. Contents/Index

III. Introduction

IV. Prayer Classroom

V. Subject/Topic

- ✓ Introduction of the asana

- ✓ Demonstrations
- ✓ Benefits and Limitations/Contra-indications
- ✓ Individual Practice
- ✓ Practice in Pair
- ✓ Questions and Answers
- ✓ Key Points
- ✓ Group Practice
- ✓ Closing Prayer

Practical V

Project/Report Writing (Related topics with Yoga and Benefits)



A handwritten signature in blue ink, appearing to read "Vishnu Raj R".

VISHNU RAJ R
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Minutes :-

A meeting of the members of the Certificate Course of the Department of Physical Education was held on 15/July/2020 at 2 P.M.

Members Present :

1. Dr. Manoj M J
2. Dr. S. V. Manoj
3. Mr. Vishnu Raj R
4. Dr. Girish Gopalakrishnan

**Decision taken in the meeting:-**

1. A basic outline was formed for the syllabus and curriculum.
2. It was decided to commence the course on 26th August 2020.
3. The aims and objectives of the course were discussed in detail.

Turhathurayil
Principal
Sree Narayana College
Kollam



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S.N. COLLEGE, KOLLAM

Minutes :-

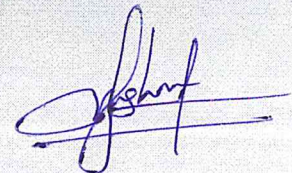
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Members Personal:

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2. Dr. S. V. Manoj
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Sree Narayana College Kollam

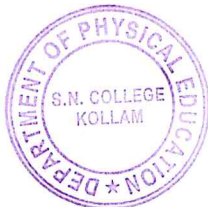
Certificate course 2020-2021

Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN YOGA

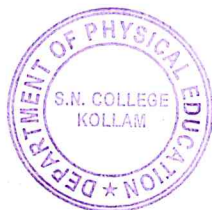
GRADE SHEET

Sl No	Name of the Student	Register NO.	Male/ Female	Grade	Remarks
1	ANOOP KUMAR M S	DPE/CCY/101	MALE	O	
2	RAHUL SURESH	DPE/CCY/102	MALE	A	
3	BALU KRISHNA M G	DPE/CCY/103	MALE	C	
4	VISHNUDEV R S	DPE/CCY/104	MALE	A+	
5	SHIVA SANAL KUMAR R	DPE/CCY/105	MALE	B+	
6	ROYAL AVARACHAN	DPE/CCY/106	MALE	B	
7	ABHILASH S	DPE/CCY/107	MALE	A	
8	SIVA S P	DPE/CCY/108	MALE	B+	
9	PAVITHRA S	DPE/CCY/109	FEMALE	A	
10	AMAL PRAKASH	DPE/CCY/110	MALE	A	
11	SYAM SASI	DPE/CCY/111	MALE	O	
12	ANEESH A	DPE/CCY/112	MALE	P	
13	DHANYA DHARMARAJAN	DPE/CCY/113	FEMALE	O	
14	ASALAM A	DPE/CCY/114	MALE	B	
15	SHAFI S	DPE/CCY/115	MALE	A	
16	SHAHIN S	DPE/CCY/116	MALE	A	
17	ANANTHAKRISHNAN G	DPE/CCY/117	MALE	A+	
18	RAHUL R	DPE/CCY/118	MALE	B	
19	SUBHASH S	DPE/CCY/119	MALE	O	
20	SUJITH S	DPE/CCY/120	MALE	A	



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Sree Narayana College Kollam										
Certificate course 2020-2021										
Name of Dept : PHYSICAL EDUCATION										
Name of Course : CERTIFICATE COURSE IN YOGA										
ATTENDANCE STATEMENT : AUGUST										
Sl No	Name of the Student	26/08/2020	28/08/2020	29/08/2020	30/08/2020					
1	ANOOP KUMAR M S	P	P	P	P					
2	RAHUL SURESH	P	P	A	A					
3	BALU KRISHNA M G	P	P	P	A					
4	VISHNUDEV R S	P	P	P	P					
5	SHIVA SANAL KUMAR R	P	A	P	P					
6	ROYAL AVARACHAN	A	P	P	A					
7	ABHILASH S	P	A	P	P					
8	SIVA S P	A	A	P	P					
9	PAVITHRA S	P	P	P	A					
10	AMAL PRAKASH	P	P	P	P					
11	SYAM SASI	P	P	P	P					
12	ANEESH A	A	P	P	P					
13	DHANYA DHARMA RAJAN	P	P	P	A					
14	ASALAM A	P	A	P	P					
15	SHAFI S	A	P	A	P					
16	SHAHIN S	P	P	P	P					
17	ANANTHAKRISHNAN G	P	P	P	P					
18	RAHUL R	A	P	P	P					
19	SUBHASH S	P	A	P	P					
20	SUJITH S	P	P	P	A					




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Certificate course 2020-2021

Name of Dept : PHYSICAL EDUCATION

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ATTENDANCE STATEMENT : SEPTEMBER

Sl No	Name of the Student	01/09/2020	05/09/2020	09/09/2020	12/09/2020	15/09/2020	19/09/2020	22/09/2020	26/09/2020	28/09/2020	30/09/2020
1	ANOOP KUMAR M S	A	P	A	P	A	P	P	P	P	P
2	RAHUL SURESH	P	P	A	A	P	P	P	A	P	P
3	BALU KRISHNA M G	P	P	P	A	P	A	P	P	P	A
4	VISHNUDEV R S	P	P	P	P	P	P	A	P	P	P
5	SHIVA SANAL KUMAR R	P	A	P	P	A	P	P	P	P	P
6	ROYAL AVARACHAN	A	P	P	A	P	P	P	A	P	A
7	ABHILASH S	P	A	P	P	P	A	P	P	P	P
8	SIVA S P	A	P	P	P	A	P	A	P	A	P
9	PAVITHRA S	P	P	P	A	P	P	P	P	P	P
10	AMAL PRAKASH	P	A	P	P	P	P	A	P	P	A
11	SYAM SASI	P	P	A	P	A	P	P	P	P	P
12	ANEESH A	A	P	P	P	P	A	P	P	P	A
13	DHANYA DHARMARAJAN	P	P	P	A	P	P	P	A	P	P
14	ASALAM A	P	A	P	P	P	P	A	P	P	P
15	SHAFI S	A	P	A	P	A	P	P	P	A	P
16	SHAHIN S	P	P	P	P	P	P	P	A	P	A
17	ANANTHAKRISHNAN G	P	P	A	P	P	P	A	P	P	P
18	RAHUL R	A	P	P	P	A	P	P	P	P	A
19	SUBHASH S	P	A	P	P	P	A	P	A	P	P
20	SUJITH S	P	P	P	A	P	P	P	P	A	P



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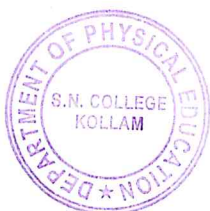
Name of Dept : PHYSICAL EDUCATION

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ATTENDANCE STATEMENT : OCTOBER 2020

Sl No	Name of the Student	01/10/2020	03/10/2020	06/10/2020	10/10/2020	13/10/2020	17/10/2020	20/10/2020	24/10/2020	27/10/2020	31/10/2020
1	ANOOP KUMAR M S	A	P	A	P	A	P	P	P	P	P
2	RAHUL SURESH	P	P	A	A	P	P	P	A	P	P
3	BALU KRISHNA M G	P	P	P	A	P	A	P	P	P	A
4	VISHNUDEV R S	P	P	P	P	P	P	A	P	P	P
5	SHIVA SANAL KUMAR P	P	A	P	P	A	P	P	P	P	P
6	ROYAL AVARACHAN	A	P	P	A	P	P	P	A	P	A
7	ABHILASH S	P	A	P	P	P	A	P	P	P	P
8	SIVA S P	A	P	P	P	A	P	A	P	A	P
9	PAVITHRA S	P	P	P	A	P	P	P	P	P	P
10	AMAL PRAKASH	P	A	P	P	P	P	A	P	P	A
11	SYAM SASI	P	P	A	P	A	P	P	P	P	P
12	ANEESH A	A	P	P	P	P	A	P	P	P	A
13	DHANYA DHARMARAJA	P	P	P	A	P	P	P	A	P	P
14	ASALAM A	P	A	P	P	P	P	A	P	P	P
15	SHAFI S	A	P	A	P	A	P	P	P	A	P
16	SHAHIN S	P	P	P	P	P	P	P	A	P	A
17	ANANTHAKRISHNAN G	P	P	A	P	P	P	A	P	P	P
18	RAHUL R	A	P	P	P	A	P	P	P	P	A
19	SUBHASH S	P	A	P	P	P	A	P	A	P	P
20	SUJITH S	P	P	P	A	P	P	P	P	A	P

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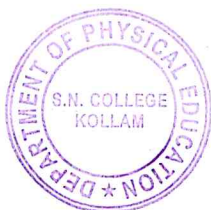
Certificate course 2020-2021

Name of Dept : PHYSICAL EDUCATION

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ATTENDANCE STATEMENT : NOVEMBER 2020

Sl No	Name of the Student	04/11/2020	07/11/2020	10/11/2020	10/11/2020	14/11/2020	17/11/2020	21/11/2020	25/11/2020	28/11/2020
1	ANOOP KUMAR M S	P	A	P	P	P	P	P	P	P
2	RAHUL SURESH	A	P	P	P	A	P	P	A	P
3	BALU KRISHNA M G	A	P	A	P	P	P	P	P	P
4	VISHNUDEV R S	P	P	P	A	P	P	A	P	P
5	SHIVA SANAL KUMAR R	P	A	P	P	P	P	P	P	P
6	ROYAL AVARACHAN	A	P	P	P	A	P	P	A	P
7	ABHILASH S	P	P	A	P	P	P	P	P	P
8	SIVA S P	P	A	P	A	P	A	A	P	A
9	PAVITHRA S	A	P	P	P	P	P	P	P	P
10	AMAL PRAKASH	P	P	P	A	P	P	A	P	P
11	SYAM SASI	A	P	A	P	A	P	P	P	P
12	ANEESH A	P	P	A	A	P	P	P	A	P
13	DHANYA DHARMAJAN	P	P	P	A	P	A	P	P	P
14	ASALAM A	P	P	P	P	P	P	A	P	P
15	SHAFI S	P	A	P	P	A	P	P	P	P
16	SHAHIN S	A	P	P	A	P	P	P	A	P
17	ANANTHAKRISHNAN G	P	A	P	P	P	A	P	P	P
18	RAHUL R	A	P	P	P	A	P	A	P	A
19	SUBHASH S	P	P	P	A	P	P	P	P	P
20	SUJITH S	P	A	P	P	P	P	A	P	P



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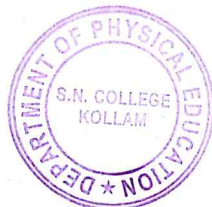
Certificate course 2020-2021


Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN YOGA

ATTENDANCE STATEMENT : DECEMBER 2020

Sl No	Name of the Student	02/12/2020	05/12/2020	08/12/2020	10/12/2020	12/12/2020	14/12/2020	19/12/2020	20/12/2020	22/12/2020
1	ANOOP KUMAR M S	P	A	P	P	P	P	P	P	P
2	RAHUL SURESH	A	P	P	P	A	P	P	A	P
3	BALU KRISHNA M G	A	P	A	P	P	P	P	P	P
4	VISHNUDEV R S	P	P	P	A	P	P	A	P	P
5	SHIVA SANAL KUMAR R	P	A	P	P	P	P	P	P	P
6	ROYAL AVARACHAN	A	P	P	P	A	P	P	A	P
7	ABHILASH S	P	P	A	P	P	P	P	P	P
8	SIVA S P	P	A	P	A	P	A	A	P	A
9	PAVITHRA S	A	P	P	P	P	P	P	P	P
10	AMAL PRAKASH	P	P	P	A	P	P	A	P	P
11	SYAM SASI	A	P	A	P	A	P	P	P	P
12	ANEESH A	P	P	A	A	P	P	P	A	P
13	DHANYA DHARMARAJAN	P	P	P	A	P	A	P	P	P
14	ASALAM A	P	P	P	P	P	P	A	P	P
15	SHAFI S	P	A	P	P	A	P	P	P	P
16	SHAHIN S	A	P	P	A	P	P	P	A	P
17	ANANTHAKRISHNAN G	P	A	P	P	P	A	P	P	P
18	RAHUL R	A	P	P	P	A	P	A	P	A
19	SUBHASH S	P	P	P	A	P	P	P	P	P
20	SUJITH S	P	A	P	P	P	P	A	P	P




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ATTENDANCE STATEMENT : JANUARY 2021

Sl No	Name of the Student	04/01/2021	09/01/2021	11/01/2021	16/01/2021	19/01/2021	23/01/2021	25/01/2021	30/01/2021
1	ANOOP KUMAR M S	P	A	P	P	P	P	P	P
2	RAHUL SURESH	A	P	P	P	A	P	P	A
3	BALU KRISHNA M G	A	P	A	P	P	P	P	P
4	VISHNUDEV R S	P	P	P	A	P	P	A	P
5	SHIVA SANAL KUMAR P	P	A	P	P	P	P	P	P
6	ROYAL AVARACHAN	A	P	P	P	A	P	P	A
7	ABHILASH S	P	P	A	P	P	P	P	P
8	SIVA S P	P	A	P	A	P	A	A	P
9	PAVITHRA S	A	P	P	P	P	P	P	P
10	AMAL PRAKASH	P	P	P	A	P	P	A	P
11	SYAM SASI	A	P	A	P	A	P	P	P
12	ANEESH A	P	P	A	A	P	P	P	A
13	DHANYA DHARMARAJA	P	P	P	A	P	A	P	P
14	ASALAM A	P	P	P	P	P	P	A	P
15	SHAFI S	P	A	P	P	A	P	P	P
16	SHAHIN S	A	P	P	A	P	P	P	A
17	ANANTHAKRISHNAN G	P	A	P	P	P	A	P	P
18	RAHUL R	A	P	P	P	A	P	A	P
19	SUBHASH S	P	P	P	A	P	P	P	P
20	SUJITH S	P	A	P	P	P	P	A	P



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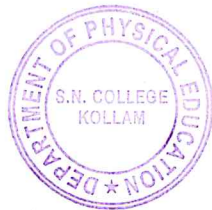
Name of Dept : PHYSICAL EDUCATION

Name of Course : CERTIFICATE COURSE IN YOGA

ATTENDANCE STATEMENT : FEBRUARY 2021

Sl No	Name of the Student	06/02/2021	13/02/2021	20/02/2021	21/02/2021						
1	ANOOP KUMAR M S	A	P	A	P						
2	RAHUL SURESH	P	P	A	A						
3	BALU KRISHNA M G	P	P	P	A						
4	VISHNUDEV R S	P	P	P	P						
5	SHIVA SANAL KUMAR R	P	A	P	P						
6	ROYAL AVARACHAN	A	P	P	A						
7	ABHILASH S	P	A	P	P						
8	SIVA S P	A	P	P	P						
9	PAVITHRA S	P	P	P	A						
10	AMAL PRAKASH	P	A	P	P						
11	SYAM SASI	P	P	A	P						
12	ANEESH A	A	P	P	P						
13	DHANYA DHARMARAJAN	P	P	P	A						
14	ASALAM A	P	A	P	P						
15	SHAFI S	A	P	A	P						
16	SHAHIN S	P	P	P	P						
17	ANANTHAKRISHNAN G	P	P	A	P						
18	RAHUL R	A	P	P	P						
19	SUBHASH S	P	A	P	P						
20	SUJITH S	P	P	P	A						

Turtha Alharayil
Principal
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DEPT. OF PHYSICAL EDUCATION
S.N. COLLEGE, KOLLAM



Sree Narayana College, Kollam

Affiliated to the University of Kerala

Accredited by NAAC with A Grade & ARIIA/AIR II

CERTIFICATE

This is to certify that *Mr./Mrs./Ms. Kanna Harikadan* has
successfully completed his/her duty as *Yoga Instructor* of the
Certificate Course in *Yoga* offered by the Department of
Physical Education during the Academic Year *2020-2021*.

CO-ORDINATOR

IQAC CO-ORDINATOR

PRINCIPAL