



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956
Accredited by NAAC with 'A' Grade

Deralakatte, Mangaluru -575018

Value Added Course

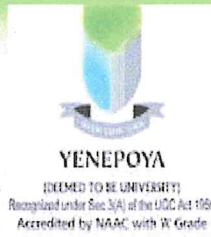
Yoga for beginners

YMC-VAC16

ATTESTED

Dr.Gangadhara Somayaji K.S.
Registrar
Yenepoya(Deemed to be University)
University Road, Deralakatte
Mangalore- 575 018, Karnataka

PRINCIPAL / DEAN
YENEPOYA MEDICAL COLLEGE
MANGALORE-575018



Department of Physiology
Yenepoya (Deemed to be University),
Mangalore

Organises
Value Added Course

“Yoga for Beginners”

Date: August 2019

Venue: Department of Physiology, YMC

Will be conducting the Value added course on Yoga for Beginners to relax your body, mind and enhance your fitness, learn the basic postures, discover the benefits and understand the physiological basis

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Please Note:

Certificates will be issued for all the participants.

Dress code - Appropriate and comfortable costumes to perform different posture of yoga.

Bring your own Yoga Mat or Sheet

For More Information Contact:

Department of Physiology

Yenepoya Medical College


Yenepoya (deemed to be University)

Email ID: physiology@yenepoya.edu.in

Highlights for the program

- Philosophy of wellness
- Cope with daily upheavals
- Positive transformation
- De Stress and body mind relaxation
- Mindfulness practice
- Yama, Niyama practice
- Asanas enhancing strength, balance and flexibility
- Breath linked with movements
- Practice of Pranayamas
- Practice of Kriyas
- Practice of Dharana
- Practice of Dhyana
- Promote Holistic well being
- Promote cessation of mind wandering
- Discover and understand the physiological benefits of yoga practice
- Prevent lifestyle disorders
- Yoga contributing to healthier hearts
- Promote more energy and brighter moods
- Helps to connect with supportive community
- Boost immunity and Keep sickness at bay
- Promote emotional health
- Promote mental health
- Promote physical health
- Yoga philosophical teachings infused with power practice
- Lead Well balanced life

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Contents

Department of Physiology, Yenepoya Medical College, Mangalore

Yenepoya (Deemed to be University), Mangalore.

Value added course – Yoga for Beginners

1. Preamble:

This course is to train the candidate in a holistic manner developing the skills and abilities to practice yoga. Yogic practices like breathing techniques, Asanas, Pranayama, Meditation techniques which enhances one's Energy, Concentration, Memory and Ingenuity, and makes one to be in tune with individual consciousness and Universal consciousness.

2. Scope and need for starting the course:

As today's lifestyle of an individual is maximally filled with struggle, stress (both physical and mental) and lack of relaxation to body and soul, yoga is a rescuer to alleviate the stress, makes us fit, energetic by providing powerful impact against busy lifestyle demands. The holistic principles of yoga include harmony and unification of body and nature. Yoga has beneficial effect in many diseases like bronchial asthma, hypertension, diabetes, etc.

As yoga has to be practiced under the guidance, training and supervision of Yoga instructors, this value added course provides an opportunity for the participants to get trained in the process of acquiring knowledge and necessary skills to practice yoga systematically.

3. For whom is it meant: For individual's holistic improvement

4. Objectives of the course/ program:

- To develop necessary skills for the practice of Yoga.
- To provide a platform for the participants in total personality development

5. Duration of the course:

- Thirty hours in an academic year
- 10 hours in August month of every academic year + one hour each on first and third Mondays of every week for 10 months

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MANGALORE-575018

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6. Medium of Instruction:

The medium of instruction for this programme is English.

7. Teaching / Learning modalities including online instructions, contact programmes etc.:

- Live demonstrations
- Video demonstration
- Self-instructional print material
- Library

Course content:

- Introduction to Ashtanga Yoga
- Introduction to Asanas and its benefits
- Introduction to Pranayama and its benefits
- Introduction to Meditation and its benefits
- Yama – Ahimsa, Satya, Astheya, Brahmacharya, Aparigraha
- Niyama – Soucha, Santhosha, Thapas, Swadhyaya, Eshwara Pranitha
- Asanas : Shavasana I, Swasthikasana, Vajrasana, Suptavajrasana, Thadasana, Ushtrasana, Shashankasana, Svastikasana, Tadasana 1&2, Shavasana II
- Pranayama: Ujjayi Pranayama, Anuloma, Viloma, Nadisuddhi, Suryabhedana, Chandrabhedana, Sitali, Bhastrika, Bhramari, Sitkari
- Meditation: Soham

Formative Assessment:

Continuous formative assessments by giving assignment, reflection writing and practical skills assessment will be done.

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