

# YOGA – a path to Holism in Life

Life and Life in Abundance

14PEDVAC01

## Physical Education

SH College, Autonomous

Thevara, Kochi

Yoga is proposed to be introduced at SH College from two perspectives. 1) In tune with the vision statement of the college, as a training leading to ‘creating enlightened society’ where the individuals are formed trained to have a vision of life which integrates the physical, intellectual, spiritual, social and environmental aspects, and 2) Specifically for attaining the articulated graduate attributes of physical fitness and mental alertness, as well as the aspects of environmental sensitivity which forms the part of the mission of the college.

The training is conceived at two levels: a) Basic Level Certificate Programme open to all offered apart from the class hours and b) as an open course of four credits offered for the students of fifth semester undergraduate programmes.

### Objectives

1. To familiarize the participants with the basic philosophy of Yoga with focus on *Yam and Niyama* (rules for a disciplined and ethical life)
2. To provide training in the basic postures – standing postures, seated postures, and reclining postures.
3. To equip the students with the practice of Breath Control through *Pranayama*
4. To equip the participants with the stress management tools of Yogic relaxation.

### COURSE OUTCOMES

1. student is aware of Yoga as a way of life beyond set of fitness techniques
2. The student can recall the eight steps (limbs) of *ashtanga yoga* as well as the sets of principles of Yama and Niyama
3. The student is introduced to the conventional sets of *asanas* and *pranyamas*
4. The student is capable of performing at least 5 each of the various sets of *asanas* and at least five of the *pranayamas*
5. The student is able to do the relaxation technique using *shavasan*.

6. The student is able to look at life and reality in an integrated fashion – combining the physical, intellectual, interpersonal, transpersonal and environmental aspects.

### Mode of Training

1. Four hours per week during the fifth semester.
2. Written test of theory & Practical test at the end of the course
3. Oral examination combined with practice demonstration

### Course Fees

Rs. 1500.00

### Batch of maximum 30 members

### Session Plans

S. No	Session Content	Remarks
1	Introduction to <i>Shaddarsana</i>	
2.	Yoga Philosophy	
3	Various systems of Yoga	
4	Trends in Yoga practice	
5	Yoga – Faith & Religion	
6	Yama	
7	Niyama	
8 - 40	Asanas – Theory & Practice	
40 – 60	Pranayama – Theory & Practice	
61 – 70	Concentration and Relaxation	
71 – 90	Revision and Testing	

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