

SH COLLEGE, AUTONOMOUS
Thevara, Kochi

Physical Education

YOGA FOR PHYSICAL FITNESS

16PEDVAC01

Yoga is the rich Indian heritage focusing on human life from a holistic perspective. It also endorses the ancient adage, *shariramaadyam khalu dharma saadhanam* (Kumarasambhavam 5:33) – i.e., the body is the primary means to realize one's call or dharma/duty. Hence it is important that the body is kept vibrant and fully alive so as to accomplish the tasks arising from one's life situation or calling or in ancient conventional terms *aashram*. The philosophical point was further developed through *asanas* and *pranayamas*, especially through *Hathayoga Pradeepika*.

This course will focus on the eight-step yoga from the angle of Physical fitness. This aspect has been utilized and adapted to a vast extent by the various proponents of Yoga in the west.

Module 1: Introduction to a Philosophy of Body – Indian approach.

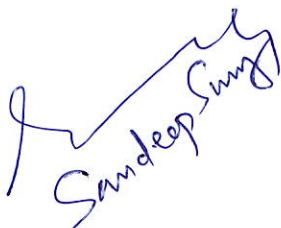
Body as a means for realization.

Yoga methods promoting Body Wellness

Module 2: Pranayama – Science of Pranayama for Bodily Wellness; Selected Pranayamas for wellness.

Module 3: Asana – Science of Asanas; Selected asanas for fitness and wellness

Module 4: Yogic approach to Physical well being against overall well being:
Yama – Rules for wellness based on self-discipline and environmental hygiene;
Dharana, Dhyana, Samadhi.


Sandeep Singh





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