

# SH COLLEGE, AUTONOMOUS

Thevara, Kochi

## Physical Education

### YOGA

#### 18PEDVAC01

#### Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; gyana yoga, where we utilize the mind and intellect; and kriya yoga, where we utilize the energy.

Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana.

Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture

Present days, Yoga Education is being imparted by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy colleges and Private trusts & societies. Many Yoga Clinics, Yoga Therapy and Training Centers, Preventive Health Care Units of Yoga, Yoga Research Centers etc. have been established in Hospitals, Dispensories, Medical Institutions and Therapeutic setups.

A strong flexible body, glowing and healthy skin, peaceful mind and good health - whatever you may be looking for, Yoga offers it all and much more. While often Yoga is partially understood as being limited to asanas (Yoga poses), Yoga is the art of uniting your body, mind and inner harmony. A combination of health and peace, combined with financial stability, leads to a calmer, happier and fulfilling life

Yoga, in addition to a routine for the body, is the skill of commanding your breathing patterns and controlling how the body and mind function. It helps in positively influencing your approach to important decisions in life:

## Improved concentration

Regularly practicing Yoga helps you stay centered and focused in everything you do. It increases your ability to focus and improves your memory. Regular practice helps you connect with your real source of energy. Improved concentration is beneficial in all aspects of life.

## Patience

The increasing impatience, especially amongst the younger population, is a direct impact of the rampant impatience of modern life, desiring immediate results and gratification. The calmness of mind is another invaluable result of practicing Yoga regularly. This calmness in turn makes you more patient while dealing with your day-to-day matters.

Adapting Yoga as the “way of life” creates a serene state of mind and helps in curbing depression. It leads to a significant increase in serotonin levels and a decrease in the levels of cortisol, which are the “Anxiety” hormones. Regular practice leads to greater levels of happiness and better immune function

## Improves flexibility

Improved flexibility is one of the first and most obvious benefits of Yoga. During your first class, you probably won't be able to touch your toes, never mind, do a backbend. But if you persevere, you'll notice a gradual flexibility in your body, and eventually, your body will respond in ways unbelievable to you— Many seemingly impossible asanas will become possible.

## OBJECTIVES

1. Yoga is essentially a spiritual discipline, based on an extremely subtle science which focuses on bringing harmony between mind and body. (Yoga does not adhere to any particular religion belief system or community.)
2. Yoga is a powerful health discipline that heals many health issues without medicine.

3. Yoga is not just physical exercise, but a science of self- awareness self -development and self –transformation that builds emotional stability, immunity and calms the mind.

## SCOPE AND DEMAND

Yoga in modern world is widely well accepted with great deal and passion, there by job opportunities are various according to your level of achievements in yoga.

### For example:

Yoga instructor

Yoga therapist

Research officer in yoga and naturopathy

Councillor and trainer for fitness for sports personalities

## SYLLABUS

### THEORY

#### Module 1:

- A. Asanas - for perfect mind body balance
- B. Various breathing techniques under pranayama
- C. Brief history of yoga
- D. Meaning of yoga
- E. Importance of yoga

#### Module 2:

### ASANAS PRACTICALS

Suryanamaskara

Thadasan

Ardhkatichakrasana

Vrikshasan

Padahasthasana

Ardhachakrasana  
Trikonasana  
Parivritthatrikonasan  
Vajrasana  
Paschimothanasana  
Bhujangasana  
Dhanurasana  
Halasana  
Parshuvakonasana  
Sarvagasana  
Padmasana

### MODULE-3

### PRANAYAMA

- Shashakasana breathing
- Kapalabathi
- Surya anuloma viloma pranayama
- Chandra anuloma viloma pranayama
- Nadi shuddhi pranayama
- Bramari pranayama
- Nadhanusandhanapranayama

*Sandeep Sunny*

