

Shri Guru Buddhi Swami Mahavidyalaya, Purna

Short Term Course on Yoga

Course Outcomes

The Course outcome is:

1. To know the benefits of Yogic practices.
2. To create the awareness regarding Yoga.
3. To make able to student to perform the various Yogic Practices.
4. To know about the benefits of Kriya and Mudra of Yoga
5. To established the relationship of Yoga and daily life routine.

Unit I – Introduction

Origin of Yoga, Meaning and Definition of Yoga. History and Development of Yoga; Etymology and Definitions, Misconceptions, Aim and Objectives of Yoga, True Nature and Principles of Yoga

Astanga Yoga: Yama, Niyama, Aasna, Pranayama, Prathyahara, Dharana, Dhyana, Samadhi,
Concept of Yogic Practices; Principles of Breathing

Unit II – Asanas and Pranayam

Asanas: Types- Techniques and Benefits,

Surya Namaskar: Methods and benefits. Pranayama: Types- Methods and benefits.

Nadis: Meaning, methods and benefits, Chakras: Major Chakaras- Benefits of clearing and balancing Chakras.

Unit III – Kriyas

Shat Kriyas- Meaning, Techniques and Benefits of Neti – Dharti – Kapalapathi- Trataka –

Nauli – Basti, Bandhas: Meaning, Techniques and Benefits of Jalendra Bandha, Jihva Bandha, Uddiyana Bandha, Mula Bandha.

Unit IV – Mudras

Meaning, Techniques and Benefits of Hasta Mudras, Asamyukta hastam, Samyukta hastam ,
Mana Mudra, Kaya Mudra, Banda Mudra, Adhara Mudra. Meditation: Meaning, Techiques and
Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation.




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Short Term Course on Yoga Practical

1. History and Introduction of Yoga –
Procedure & Direction for Yoga Practice

2. Suryanamaskar –
12 stpes and Mantra

3. Yoga for Concentration – Warm Up

- Garudasan - Steps and Benefits
- Gomukhasan - Steps and Benefits
- Baddhapadmasan - Steps and Benefits
- Ardhmatsendrasan - Steps and Benefits
- Shavasan - Steps and Benefits

4. Standing Asanas

Warm up

- Tadasan - Steps and Benefits
- Utkatasan - Steps and Benefits
- Vrikshasan - Steps and Benefits
- Veerbhadrasan - Steps and Benefits
- Trikonasan - Steps and Benefits

5. Sitting Asanas –

Warm Up

- Padmasan - Steps and Benefits
- Vajrasan - Steps and Benefits
- Akarn Dhanurasan - Steps and Benefits
- Yog Mudrasan - Steps and Benefits

6. On Stomach Asanas

Warm Up


- Dhanurasan - Steps and Benefits
- Naukasan - Steps and Benefits
- Bhujangasan - Steps and Benefits
- Shabhasan - Steps and Benefits
- Makrasan - Steps and Benefits

7. Asanas – Lying on the Back

Warm Up

- Pawan Muktasan - Steps and Benefits
- Uttan Padasan - Steps and Benefits




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- Setu Bhandhasan - Steps and Benefits
- Sarvangasan - Steps and Benefits
- Halasan - Steps and Benefits
- Chakrasan - Steps and Benefits

8. Basic Pranayama

Breathing Exercise

- Anulom and Vilom - Steps and Benefits
- Bhramari - Steps and Benefits
- Ujjayi - Steps and Benefits
- Kapalbhata - Steps and Benefits
- Bhastrika - Steps and Benefits
- Shitali - Steps and Benefits
- Shitkari - Steps and Benefits

9. Mudra

Information and Benefit of Mudra

- Dhyana - Steps and Benefits
- Vayu - Steps and Benefits
- Prithvi - Steps and Benefits
- Prana - Steps and Benefits
- Aprana - Steps and Benefits
- Vishnu - Steps and Benefits

10. Shuddhi Kriya

Information and Types

- Neti - Steps and Benefits
- Tratak - Steps and Benefits
- Nauli - Steps and Benefits
- Dhauti - Steps and Benefits
- Jal Kapalbhata - Steps and Benefits

11. Bandh - Information and Benefits



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SHRI GURU BUDDHISWAMI SHIKSHAN PRASARAK SANSTHA'S
SHRI GURU BUDDHISWAMI MAHAVIDYALAYA, PURNA (Jn.)

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(Permanently affiliated to Swami Ramanand Teeth Marathwada University, Nanded)

Re-accredited by NAAC at 'B' Grade with '2.42' CGPA; ISO 9001:2015 Certified Institute

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Ref: SGBMP / IQAC / 2020-21 / 17

Date 23.11.2020

To,

- i) **Shri Shivpal Thakur,** (External Expert)
Retired Director, Physical Education,
S.G.B. Mahavidyalaya, Purna (Jn.)
- ii) **Shri Satish Barkunte,** (Internal Expert)
Sports Teacher, S.G.B. Mahavidyalaya, Purna (Jn.)

Dear Sir/s,

It gives us immense pleasure to inform you that the College Management has decided to introduce a **Certificate Course in Yoga** for UG students across the streams. You are hereby informed to draft the syllabus within a week and submit the same to the IQAC.




Dr. K. Rajkumar

Principal

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