

Council of Education's
DeshbhaktaRatnappaKumbhar College of Commerce, Kolhapur
(An Autonomous College)
Affiliated to Shivaji University, Kolhapur

Name of the Certificate Course: CERTIFICATE COURSE IN YOGA		
Duration: 60 Hours	Theoretical: 20 Hours	No. of Credit: 4
	Practical: 40 Hours	Course Code: CC10
Total Fee: Rs. 600/-	Intake: 80 Students	Total Marks: 100
Introduced from June 2022		
COURSE OBJECTIVES:		
<ol style="list-style-type: none"> 1. To help students in Training, Toning and Tuning of Health and Physical Fitness. 2. To improve students' physical and mental abilities such as flexibility, memory, concentration and the confidence level. 3. To help students to develop special personality traits like courage, determination, positive attitude, self-reliance. 4. To enable students to cope up with stress effectively and to reduce their stress related problems. 5. To help students to cultivate appropriate academic qualities and social skills. 		
COURSE OUTCOMES:		
After completion of the course, the students will be able to:		
<ol style="list-style-type: none"> 1. enhance their physical fitness and management. 2. improve cardiovascular endurance, mental, emotional strength and flexibility. 3. develop personality traits like courage, determination, positive attitude and social values. 4. reduce stress and strain in the curricular and co-curricular activities. 5. cultivate appropriate social harmony and philanthropic outlook through the yoga course. 		
Unit No.	Name and Contents of Units	Number of Hours
1	INTRODUCTION TO YOGA Importance of Yoga and its Merits, introduction of Ashtang Yoga, introduction of Patanjali Yoga, introduction of Hatha Yoga	6
2	DIET GUIDANCE	6

	Yogic Aahar, RajsikAahar, SatvikAahar, TamsikAahar	
3	GENERAL ANATOMY Structure of Human Body and Yogasanas, effect of Yogic Exercises on Muscles, effect of Yogic Exercises on Glands	6
4	SHUDHHIKRIYAS Sources of Shudhhikriyas, technique in Shudhhiriyas, do's and Don'ts of Shudhhikriyas	6
5	SURYANAMASKAR	6
6	ASANAS OF LIE DOWN POSITION ON THE SPINE (SHAYANSTHITI) Uttanapadasana (Dwipad), Uttanapadasana (Ekipad), Pavanmuktasan, ArdhaHalasana, Halasana, Ardchakrasana, Matsyasana, Shavasana	6
7	ASANAS OF LIE DOWN POSITION ON THE STOMACH (VIPARIT SHAYANSTHITI) SaralhasBhujangasana, KatihastaBhujangasana,, Ardhashalabhasana, Shalbhasana, Dhanurasana, Makarasana	6
8	ASANAS IN SITTING POSITION Padmasana, Vajrasana, Parvatasana, Gomukhasana, Pashchimottanasana, ArdhaMatsyendrasana, Vakrasana Type – 1, VajrasanaYogmudraTpye – 1, PadmasanaYogmudraTpye – 1	6
9	ASANAS IN STANDING POSITION Tadasana, Padhastasana, Veerasana, Trikonasana, Utkatasana, Garudasana, Vrukshasana, Ardhacharasana	6
10	GENERAL HINTS FOR PRANAYAMA Dirghshwasana, Jaladshwasana, Kapalbhati, AnulomaViloma	6

Reference Books:

1. Iyengar, B. K. S. (2006). Light on Yoga, Thorsons, United Kingdom. Print
2. Iyengar, B. K. S. (2018). Yoga for Everyone, Dorling Kindersley. Print

3. Vivekananda Swami (2019). Patanjali's Yoga Sutras, Fingerprint Publishing, India.
Print

Evaluation Pattern:

A) Theory Examination:

1. 20 MCQs X 1 Mark = 20 Marks

B) Practical Examination:

1. Based on Demonstration of Yoga - 80 Marks

Passing criteria:

The student shall have to secure minimum 50% marks in Theory and Practical examination.

There shall not be separate passing in Theory and Practical Examination.

Resource Persons/ Instructor: Ms. Manisha B. Shinde, M. A. (Yoga)