



## **Government College (A), Rajahmundry**

**Department of Fine Arts**

**Certificate Course In Yoga**

**Syllabus 2018-19**

### **Course Syllabus**

#### **Yoga and Physical Education**

- Concepts of Yoga.
- Aims and Objectives of Yoga.
- Concept of Exercise In Physical Education and its comparison with Yogic Practices.

#### **Anatomy and Physiology of Yogic Practices**

- Introduction to Human Body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.
- Asana - Definition and Classification
- Pranayama - Definition and Classification.
- Importance of Rechaka, Kumbhaka, Puraka.
- Introduction to Kriyas, Mudras and Bandhas in brief.

#### **Ashtanga Yoga**

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

#### **Yoga and Mental Health**