



**DEPARTMENT OF
PHYSICAL EDUCATION
MUHAMMED ABDURAHIMAN MEMORIAL
ORPHANAGE (MAMO) COLLEGE**

[Govt. Aided First Grade College & Affiliated to University of Calicut.
Re-Accredited by NAAC with A Grade]

**CURRICULUM FOR CERTIFICATE COURSE
CERPE003: BASICS OF YOGA AND
ASANA**

**OFFERED DURING THE
ACADEMIC YEAR 2018-19
[APPROVED BY ACADEMIC COMMITTEE, MAMO COLLEGE]**



MANASSERY, MUKKAM POST,
KOZHIKODE, KERALA, INDIA, 673 602.
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DEPARTMENT OF CHEMISTRY

CURRICULUM FOR CERTIFICATE COURSE IN BASICS OF YOGA AND ASANA [CERPE003]

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INSTITUTIONAL VISION, MISSION & OBJECTIVES 01



VISION

VISION: Build Scientifically Oriented, Intellectually Accomplished, Morally Upright and Socially Committed youth who can play a constructive role in Nation Building.



MISSION

MISSION: Intellectual, social and economic empowerment of the youth in general and women, minorities, orphans and the destitute in particular by providing quality, value-based higher-education.



OBJECTIVES

OBJECTIVES: Pursuit of Excellence, Harnessing technology, Thrust on value-based education, Nurturing Excellence and Moulding the youth for Nation Building



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VISION, MISSION, OBJECTIVES & CORE VALUES OF THE DEPARTMENT

02



VISION

VISION: Equip the youth to be healthy and fit and ensure the public health through fitness activities and sports.



MISSION

MISSION: Provide high quality awareness on physical education, health and sports to build physically fit, emotionally balanced and socially adjustable society to build a healthy and fit Nation.



OBJECTIVES: (a) create awareness regarding hypo-kinetic diseases, symptoms, causes and its management. (b) build up healthy society and (c) create a positive attitude towards healthy life habits.



VALUES

CORE VALUES: Health, Physical Fitness and Wellness of the citizen and nation.



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CERTIFICATE COURSE

CERPE003: BASICS OF YOGA AND ASANA 03

COURSE CURRICULUM

Course Name	Basics of Yoga and Asana
Course Code	CERPE003
Year	2018-19
Course Designer	Mr. Mujeeburahiman Abalakkandi
Couse Duration	30 Hrs
Course Schedule	June to September
Maximum Students Intake	60



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1. COURSE LEVEL

Basic and Life skill oriented.

2. PREREQUISITE

None.

3. COURSE INTAKE & ADMISSION

Maximum 60 students will be given admission to the course based on First-Come-First-Serve basis. All the students of the MAMO College are eligible for free enrolment for the course. The enrolment notification will be issued for the course well in advance of the commencement of the course.

4. COURSE COORDINATOR

Mr. Mujeeburahiman Ambalakkandi, Department of Physical Education

5. COURSE PREAMBLE

Modern life became better, easier and more comfortable because of the inventions of machines and its vast uses in our daily life. However, it made our life less kinetic and became less physically active. The people face many fitness problems mainly physical and mental fitness issues. Most of the people including youngsters are facing mental stresses, which make their life more difficult. Yoga is the best contribution of our Great Nation to the world. This gives awareness and knowledge about basics of yoga and asana to have healthy and fit citizens.

6. DURATION

Total Duration: 30 Hrs. [Contact 10 Hrs., Practical 6 Hrs, Course Woks: 7 Hrs.



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and Assessment Works: 7 Hrs.]

7. CURRICULUM FOCUS

Encourage the youth to develop and maintain healthy life.

8. COURSE OBJECTIVES

Learners are exposed to

- (a) Develop awareness about yoga and asana.
- (b) Practice yoga and asana in daily life and the same as the way of life.

9. SKILL EXPECTED

On the successful completion of the course, learners will be able to:

- (a) Understand basics of yoga and asana.
- (b) Understand the eight limbs of yoga and various types of asana.
- (c) Acquire the skills to practice yoga and asana.

10. COURSE OUTCOMES

Upon the successful completion of the course, learners will be able to:

CO No	Course Outcome(CO)	Skill/Knowledge Attainment Level Based on Revised Bloom's Taxonomy
CO1	Describe, compare, contrast, origin of yoga, 8 limbs of asana and basic asana required in the daily life.	Understand



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CO No	Course Outcome(CO)	Skill/Knowledge Attainment Level Based on Revised Bloom's Taxonomy
CO2	Apply in daily life different types of asana and make yoga the way of life.	Apply
CO3	Analyze and classify different types of yoga and asana.	Analyze
CO4	Evaluate the components of the development in all round fitness through yoga and asana.	Evaluate
CO5	Develop skills and awareness to understand various yoga and types of asana..	Create

11. MODULE-WISE COURSE CONTENTS

MODULE 1: INTRODUCTION TO YOGA.

MODULE DURATION: 10 Hrs. [Contact Hrs. 4 Hrs. Practical 3 Hrs and Assessment Works: 3 Hrs]

MODULE CONTENT: Introduction to Yoga and definition of Yoga and Pranayama. Briefing on Types of Yoga – Raja Yoga, Jnana Yoga, Bhakthi Yoga and Karma Yoga. Ashtanga Yoga (8 Limbs of Yoga)- Yamas, Niyamas, Asana, Pranayama, Prathyahara, Dharana, Dyana and Samadhi.

MODULE OUTCOME: On successful completion of the module, learners can identify and understand Yoga and Types of Yoga and eight limbs of Yoga.



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On successful completion of the module learners will be able practice and perform Pranayama.

MODULE 2: INTRODUCTION TO ASANA, DEFINITION, BENEFITS AND CLASSIFICATION OF ASANA.

MODULE DURATION: 10 Hrs. [Contact Hrs. 4 Hrs. Practical 4 Hrs and Assessment Works: 2 Hrs]

MODULE CONTENT: Definition of Asana, Benefits of Asana and Classification of Asana. Asana is three types- according to performance- standing, sitting, prone and supine, according to purpose- relaxing, meditative and cultural and according to movements- forward bending, backward bending, twisting and balancing.

MODULE OUTCOME: On successful completion of the module, learners will be able to understand various classification of asana and its benefits.

MODULE 3: PRANAYAMA, BASIC ASANAS AND THEIR EFFECTS.

MODULE DURATION: 10 Hrs. [Contact Hrs. 3 Hrs, Practical 5 Hrs Assessment Works: 2]

MODULE CONTENT: Technique and effects of Pranayama and Types of Pranayama- Chandra bhendana, Surya bhendana and Nadisudhi, and Padahasthasana, Vrikshasana, Ardha chakrasana, Trikonasana, Ushtrasana, Vajrasana, Padmasana, Bhujangasana, Salabhasana, Halasana and Savasana

MODULE OUTCOME: On successful completion of the module learners will be able to understand Technique and effects of Pranayama and Types of Pranayama- Chandra bhendana, Surya bhendana and Nadisudhi, and



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Padahasthasana, Vrikshasana, Ardhashakrasana, Trikonasana, Ushtrasana, Vajrasana, Padmasana, Bhujangasana, Salabhasana, Halasana and Savasana

REFERENCES

1. Joshi, K.S., (1997). *Yoga in Daily Life*, Delhi Oriented paperbacks.
2. Nagendra, H.R., (2004). *Yoga its Basics and Application*, Bangalore: Vivekanandha Kendra Yoga Publication.
3. Nagendra, H.R., (1999). *Pranayama the Art and Science*, Bangalore: Vivekanandha Kendra Yoga Publication
4. Prbhavananda Swami., (2002). *Patanjali Yoga Sutras*, Chennai: Sri Ramakrishna Math.
5. Saraswati Sathyananda Swami., (2005). *Yoga Nidra*, Bihhar: Yoga Publication Trust Journal and periodicals.

12. DELIVERY MODE

The course employs multi-mode delivery mechanism including contact lecture, online MOOC courses from NPTEL, Online and offline course works and Laboratory sessions.

13. DELIVERY SCHEDULE

June to September.

14. DETAILED COURSE DELIVERY PLAN

Hour	Delivery Mode and Activity	Topics to be Covered
1	Contact Hour - 1: Classroom Discussion	Introducing the Course



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Hour	Delivery Mode and Activity	Topics to be Covered
2	Contact Hour - 2:	History and origin of Yoga and Benefits of Yoga
3	Contact Hour - 3:	Types Yoga and Limbs of Yoga
4	Contact Hour - 4	Pranayama- procedure and benefits
5	Practical Hour: 1	Practicing Pranayama
6	Contact Hour - 5	Asana- Purpose Types and Procedure Types and principles of performing asana
7	Course Work – 1: Course Assignment	Course Assignment to prepare note on the relevant of pranayama and Asana in the modern life
8	Contact Hour - 6	Padhahastasana and Vrikshasana – procedure and benefits
9	Course Work – 2: Course Assignment	Course Assignment to prepare note on Padhahastasana and Vrikshasana – procedure and benefits
10	Practical Hour: 2	Practicing Padhahastasana
11	Practical Hour: 3	Practicing Vrikshasana
12	Contact Hour - 7	Ardhachakrasana and Trikonasana – procedure and benefits
13	Practical Hour: 4	Practicing Ardhachakrasana
14	Practical Hour: 5	Practicing Trikonasana
15	Course Work – 3: Course Assignment	Course Assignment to prepare note on Ardhachakrasana and Trikonasana – procedure and benefits



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Hour	Delivery Mode and Activity	Topics to be Covered
16	Contact Hour - 8	Ushtrasana and Padamasana – procedure and benefits
17	Practical Hour: 6	Practicing Ushtrasana and Padamasana
18	Course Work – 4: Course Assignment	Course Assignment to prepare note on Ushtrasana and Padamasana – procedure and benefits
19	Contact Hour - 9	Salabhasana and Halasana – procedure and benefits
20	Practical Hour: 7	Practicing Salabhasana and Halasana
21	Contact Hour - 10	Savasa – procedure and benefits
22	Practical Hour: 8	Practicing Savasa
23	Course Work – 5: Course Assignment	Course Assignment to prepare note on Salabhasana, Halasana and Savasana – procedure and benefits
24	Assessment Hour – 1	Practical Test on Padhahastasana and Vrikshasana
25	Assessment Hour – 2	Practical Test on Padhahastasana and Vrikshasana
26	Assessment Hour – 3	Practical Test on Ardachakrasana and Trikonasana
27	Assessment Hour – 4	Practical Test on Ushtrasana and Padamasana
28	Assessment Hour - 5	Practical Test on Salabhasana, Halasana and Savasana



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Hour	Delivery Mode and Activity	Topics to be Covered
29	Assessment Hour – 6	Course End Assessment
30	Assessment Hour - 7	Course End Assessment

15. ASSESSMENT COMPONENTS

Total Marks: 100

CLASSROOM AND GROUP PARTICIPATION: 20 Marks. This component aims at testing the course content understanding and the reflection skills and their attainment levels.

COURSE WORK: 30 Marks. This component aims at testing the skill attainment levels of the learners in analysing and implementing the real-world problem.

MID-COURSE ASSIGNMENT: 20 Marks. This component aims at testing the module-wise attainment levels of the course objectives and course outcome and module outcomes.

END-COURSE ASSESSMENT: 30 Marks. This component aims at testing overall attainment levels of the course with respect to course objectives, course outcome and module outcomes.

16. COURSE EVALUATION & GRADING

The course evaluation is done/coordinated entirely by the course coordinator. The following 10-point Indirect Grading System is used for awarding grades to students:

Percentage of Mark	Letter Grade	Interpretation	Class
95 and above	O	Outstanding	First Class with Distinction



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Percentage of Mark	Letter Grade	Interpretation	Class
85 to below 95	A+	Excellent	First Class with Distinction
75 to below 85	A	Very good	First Class with Distinction
65 to below 75	B+	Good	First Class
55 to below 65	B	Satisfactory	First Class
45 to below 55	C	Average	Second Class
35 to below 45	P	Pass	Third Class
Below 35	F	Failure	Fail
Incomplete	I	Incomplete	Fail
Absent	Ab	Absent	Fail

The grade is awarded by the course-coordinator by considering the overall performance of the learner in all the assessment component of the course.

17. GRIEVANCE REDRESSAL

The grievances, if any, can be submitted to the Head of the Department for its redressal. Those grievances that cannot be redressed by HoD can be forwarded to Academic Council of the College for final decision on the matter.

18. ISSUANCE OF CERTIFICATES

The Course Completion Certificate will be issued to all the successful candidates showing the Total Marks and Grade Obtained.



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