



Department of Sports Science and Yoga

Ramakrishna Mission Vivekananda Educational and Research Institute
(Declared by Govt of India as Deemed University u/s 3 of UGC Act, 1956)

Belur Math, Howrah 711202, West Bengal

SIX MONTHS CERTIFICATE COURSE IN YOGA **(RKMVERI Belur Campus)**

Objectives

The CCY programme has been designed with following objectives

- i. To introduce Yogic postures and Practices
- ii. To introduce the practices of Shatkarmas, Suryanamaskar, Asanas, Breathing practices and Pranayama

Subject : **Yoga Practical**

Subject Code: **CCY-P 104**

Contentss:

1. Yogic Sukshma Vyama :

Free hand Exercises, Griva Shakti Vikasaka, Bhuja Valli Shakti Vikasaka Purna Bhuja Shakti Vikasaka, Kati Shakti Vikasaka, Jangha Shakti Vikasaka, Pada-mula shakti Vikasaka

2. Yogic Surya Namaskara with Mantra

3. Yogasanas:

Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Trikonasana, Standing Parvatasana, Vajrasana, Padmasana, Siddhasana, Gomukhasana, Bhadrasana, Ushtrasana, Paschimottanasana, Purvottanasana, Bhujangasana, Salavasana, Dhanurasana, Setubandhasana, Utthanapadasana, Sarvangasana

4. Breathing Exercises:

Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing), Yogic Deep Breathing, Anuloma-Viloma/ Nadi Shodhana

5. Pranayama:

Bhastrika Pranayama, Shitali Pranayama, Sitkaari Pranayama, Bhramaari Pranayama

6. Body Relaxation Process: DRT, QRT, Yoga Nidra

7. Teaching Skills -

1. Making lesson plan. 2. Presentation for specific Practice. 3. Assessment of a Yoga class., Lecture cum demonstration in Yoga