

Sri Krishna Dutt Academy

(Affiliated to University of Lucknow, Approved by NCTE)

2D/HS-1, VRINDAVAN YOJNA, RAIBAREILLY ROAD, LUCKNOW

Value added/Certificate Course for

YOGA & MEDITATION

Duration (30 Hours)

Course Objective :- Following are the main objectives of this course.

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of conscious.
- To make a stability between body and soul.

Unit-1 (10 hours)

Yoga Etymology, definition, Am, objective and misconception text, Yoga origin, history and development, Rules and regulations to be followed by yoga practitioners, Introduction to Major schools of Yoga (Janan, Yoga Bhakti, Yoga Karma, Patanjali, Hatha), Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas).

Unit-II (05 hours)

Introduction and study of Patanjali Yoga Sutra Introduction and study of Bhagavad Gita, Introduction of Hata Pradpika, Introduction and study of Gheranda Samhita.

Unit-III (05 hours)

Brief introduction to human body, Role of yoga for health promotion, Yogic attitudes and practices, Holistic approach of yoga towards the health and diseases, Introduction to yoga diet and its relevance and importance in yoga Sadhana, Dincharya and Ritucharya with respect of yogic Lifestyle.

Unit-IV (10 hours)

Practices of various Asanas like (NadiShudhi, Sukshnavyayama, Surya Namaskar, Halasana, Pawanmuktasana, Bhujangasana, Gomukhasana, Vakrasana, Ustrasana,

Mandukasana, Sasankasana, Janusirasana, Virkshasana, Padhastasana, Dhyana Mudra,
Meditation)

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Assessment Criteria/Award of certification:

Participants who secured 75% attendance shall be awarded the completion certificate.

Theory-50

Practical:- 30

Assignment:-20