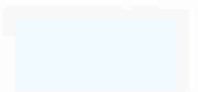
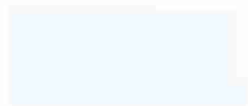




YOGA FOR GOOD HEALTH C_PE2201 &



**Department of Physical
Education, All Saints'
College, Tvm
Organizes**

CERTIFICATE COURSE

**YOGA FOR
GOOD
HEALTH**



**Starting on
17.04.2023**

**Conveners
Dr Margrette Leena
V (Asst. Prof&HOD)
Dr Divya S R (Asst.
Prof)**

SYLLABUS

Name of Course	Certificate COURSE on yoga for good health
Department offering the Course	Department of Physical Education
Course Duration	32 Hours
Faculty In Charge	Dr.MargretteLeena V

Aim:

The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends. Modern life style leads to diseases, which are mostly due to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body.

Objective:

- To learn the theories and practice the techniques of various asanas,
- To adopt Yoga as a way of life and propagate the same
- To connect one's own spiritual self and one's purpose in life

Module I:

Definition and Meaning of Yoga, Aims and Objectives, Historical Development of Yoga, Relevance of yoga in modern age and scope and Misconceptions about yoga.

Module II:

Concept of Health and Disease, Factors affecting Health, Yogic approach to Health. Ashtanga Yoga (Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyan, Samadhi)

Module III:

Definition, meaning, objective and classification of Asana.

Module IV:

Definition, meaning, objectives and classification of Pranayama. Raja Yoga, Hatha Yoga, Bhakti Yoga, Gyana Yoga, Karma Yoga, Surya Namaskara (Sun Salutation)

Practicals- basic Yogic asanas-Standing, sitting and lying asanas and Pranayama

1. Practice of Tadasana 2.Practice of ArdhaChakrasana 2.Practice of Padamasana 3.Practice of Vajrasana 4.Practice of Parvatasana 5.Practice of Setubandhasana 6.matsyasana 7. Practice of Shavasana etc.

Course Outcomes

The course outcomes of this course are to enable the student to:

1. Promoting positive health and holistic wellness, to enable students to become competent and committed professionals willing to perform as Yoga Trainer.



Reshmi
Principal
All Saints' College
Kuvananthapuram-7

Yoga for good health.

Register of Attendance for the month of20

Admission No.	No. in Standard	Names	APRIL 2023																															May	
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
140-23210001		AARONRA. S.U	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
02		ALLI. S.N	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
03		AMEKSHA. GORAL	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
04		ANCI. S. KOMAR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
05		ANNIR. S. KUMAR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
06		ASHANTH. G.A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
07		CHANDRA. C.M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
08		DENA. S.SODS	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
09		DEVIKHA. K.R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
10		LATHINIA. T.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
11		QARAL. S. DEEP	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
12		QARAKA. T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
13		HARIPRIYA. R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
14		KANVA. S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
15		KEERTHY. B. RAJIR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
16		SHAKIRAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
17		SONA. M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
18		TINSH. T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
19		ABHIRAMYA. R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
20		ABHIRAM. R.R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
21		AUTHYA. T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
22		ASHWEEVA. T.P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
23		ADITHA. T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
24		AKSARAN. T. MANU	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
25		ANBATHA. BOBAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
26		ANDINA. KRISHNA. R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
27		ANDEYA. S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
28		ANUSIE. R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
29		ANUPAMA. A.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
30		ARVYA. S. RAIR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
31		ARVYA. ANUD	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
32		ARVYA. UR	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
33		ATHIRA. S.R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
34		ATTUVA. N.T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
35		BINDHITHA. B.M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
36		DESHAYIA. A.V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
37		FATHIMA. R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
38		FATHIMA. SHARIFA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
39		GANGA. ASOK	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
40		GEETHA. KASHAN	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
41		GIRESHA. S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
42		HEENA. S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
43		TINIRAS. T.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
44		TINIRU. B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
45		KARUNIKA. PERINEER	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Other Addressee																																			
Strength																																			
Percentage of Daily Attendance																																			
Total of Class Register																																			
No. of Roll in the beginning of the Month																																			
No. of School Days																																			
The collector / Class																																			
Attn																																			
Avg. Absence																																			
Total																																			

No. List	Average No. of Paid	Average No. of Free	Percentage of Attendance	Fee	Total	Signature of Parent	Date of Payment	Signature of Class Teacher	Remarks
140-23210001			25						
02			27						
03			28						
04			28						
05			28						
06			28						
07			29						
08			26						
09			26						
10			26						
11			27						
12			27						
13			26						
14			27						
15			27						
16			27						
17			27						
18			27						
19			26						
20			28						
21			27						
22			28						
23			28						
24			28						
25			27						
26			27						
27			27						
28			26						
29			26						
30			28						
31			27						
32			26						
33			27						
34			27						
35			26						
36			27						
37			27						
38			26						
39			26						
40			26						
41			27						
42			26						
43			26						
44			26						
45			26						

Dr. MARCHANDIA IFFAN V
Principal
Date: 15/10/2020
Signature of Parent: [Signature]
Signature of Class Teacher: [Signature]

Yoga for Good Health

My Apartment _____
 Agency Address _____
 Tel. _____ Toll _____

No. of the set of the exam:	For	Set
Percentage of Attendance		
Signature		



CERTIFICATE

It is to certify that Ms NIKITHA M, (Student of BA History
Batch 2022-2023 has successfully completed the 30 hours
certificate course on **YOGA FOR GOOD HEALTH** from 17.04.2022
to 27.05.2023, which has organized by Department of Physical
Education, All Saints' College, Trivandrum.

Course co-ordinator


Dr MARGARET LEENA V




PRINCIPAL

All Saints' College
Thiruvananthapuram-7



CERTIFICATE

It is to certify that Ms JAMEELA FARSANA H, (Student of B.A. Honors) Batch 2022-2023 has successfully completed the 30 hours certificate course on **YOGA FOR GOOD HEALTH** from 17.04.2023 to 27.05.2023, which has organized by Department of Physical Education, All Saints' College, Trivandrum.

Course co-ordinator

Dr MARGRETTE LEENA V



PRINCIPAL

Thiruvananthapuram



CERTIFICATE

is to certify that Ms ABHAYARAJ R J , (Student of B4
Economics) Batch 2022-2023 has successfully completed the 30
hour certificate course on **YOGA FOR GOOD HEALTH** for
17.04.2023 to 27.05.2023, which has organized by Department
Physical Education, All Saints' College, Trivandrum.

Course co-ordinator

Dr MARGRETT LEENA V



PRINCIPAL

Thiruvananthapuram



CERTIFICATE

This is to certify that Ms DEVIKA M NAIR , (Student of B/Economics) Batch 2022-2023 has successfully completed the 17.04.2023 to 27.05.2023, which has organized by Department of Physical Education, All Saints' College, Trivandrum.

Course co-ordinator

Dr MARGRETT LEENA V



PRINCIPAL

Thiruvananthapuram



CERTIFICATE

is to certify that Ms NAYANA J D, (Student of BA Economics
batch 2022-2023 has successfully completed the 30 hour
certificate course on **YOGA FOR GOOD HEALTH** from 17.04.2023
to 27.05.2023, which has organized by Department of Physi
Education, All Saints' College, Trivandrum.

Course co-ordinator

Dr MARGRETTE LEENA V



PRINCIPAL

Thiruvananthapuram-7

Leslie