



YOGA FOR WEIGHT LOSS

C_PE2202

Department of Physical Education

All Saints' College, TVM

Organizes

YOGA FOR WEIGHT LOSS

**Starting on
17.04.2023**

conveners

Dr Margrette Leena V

(Asst Prof &HOD)

Dr Divya S R

(Asst prof.)



Name of Course:

Certificate COURSE on yoga for Weight loss

Department offering the Course:

Department of Physical Education

Course Duration:

30 Hours

Faculty In Charge:

Dr. Divya S R

Aim:

Promoting positive health, prevention of stress related health problems and weight loss through Yoga.

Objective:

- To introduce various types of Asana, learn the theories from Yoga literature and practice them.
- To familiarise learners in practicing Asanas and learning of weight loss techniques

MODULE: 1

Definition, Meaning, Importance/benefits of Yoga Yoga for Health Promotion

Introduction to Yoga and Yogic Practices, Flexibility of body through Yoga.

MODULE: 2

Therapeutic values of yoga, Techniques of stress management, Meditation

MODULE: 3

Effects of Asanas and Pranayama on physiology of human body, Methods and benefits of Asans, Pranayama and Concentration

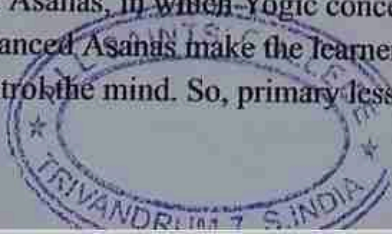
MODULE: 4

Role of Yoga practices in developing concentration, will power and discipline

MODULE: 5

Suggested list of Practical -1.Practice of Surya Namaskar 2. Practice of Halasana 3. Practice of Pawanmuktasana 4. Practice of Bhujangasana 5. Practice of Shalabhasana 6. Practice of Gomukhasana 7. Practice of Vakrasana 8. Practice of Ustrasana 9. Practice of Sasankasana 10. Practice of Janusirasana 11. Practice of Virkshasana 12. Practice of Padhastasana 13. Meditation

Outcome of the Course: Outcome of the Course: After learning basic Asanas, a learner is to be uplifted to the Advanced Asanas, in which Yogic concepts are more significantly highlighted. Practice of advanced Asanas make the learners well-handed in Yoga. Yoga is fundamentally meant to control the mind. So, primary lessons of Yoga are to familiarise the techniques for the same.



Dr. Divya S R

Reshma
Principal

All Saints' College
Thiruvananthapuram

Standard

[illegible]

YOGA FOR WEIGHT LOSS

| Admission No. | | No. in Standard | Name | DATE APRIL 1977 - MAY 27, 2003 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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12/31/86 | 1/7/87 | 1/14/87 | 1/21/87 | 1/28/87 | 2/4/87 | 2/11/87 | 2/18/87 | 2/25/87 | 3/4/87 | 3/11/87 | 3/18/87 | 3/25/87 | 4/1/87 | 4/8/87 | 4/15/87 | 4/22/87 | 4/29/87 | 5/6/87 | 5/13/87 | 5/20/87 | 5/27/87 | 6/3/87 | 6/10/87 | 6/17/87 | 6/24/87 | 7/1/87 | 7/8/87 | 7/15/87 | 7/22/87 | 7/29/87 | 8/5/87 | 8/12/87 | 8/19/87 | 8/26/87 | 9/2/87 | 9/9/87 | 9/16/87 | 9/23/87 | 9/30/87 | 10/7/87 | 10/14/87 | 10/21/87 | 10/28/87 | 11/4/87 | 11/11/87 | 11/18/87 | 11/25/87 | 12/2/87 | 12/9/87 | 12/16/87 | 12/23/87 | 12/30/87 | 1/6/88 | 1/13/88 | 1/20/88 | 1/27/88 | 2/3/88 | 2/10/88 | 2/17/88 | 2/24/88 | 3/2/88 | 3/9/88 | 3/16/88 | 3/23/88 | 3/30/88 | 4/6/88 | 4/13/88 | 4/20/88 | 4/27/88 | 5/4/88 | 5/11/88 | 5/18/88 | 5/25/88 | 6/1/88 | 6/8/88 | 6/15/88 | 6/22/88 | 6/29/88 | 7/6/88 | 7/13/88 | 7/20/88 | 7/27/88 | 8/3/88 | 8/10/88 | 8/17/88 | 8/24/88 | 8/31/88 | 9/7/88 | 9/14/88 | 9/21/88 | 9/28/88 | 10/5/88 | 10/12/88 | 10/19/88 | 10/26/88 | 11/2/88 | 11/9/88 | 11/16/88 | 11/23/88 | 11/30/88 | 12/7/88 | 12/14/88 | 12/21/88 | 12/28/88 | 1/4/89 | 1/11/89 | 1/18/89 | 1/25/89 | 2/1/89 | 2/8/89 | 2/15/89 | 2/22/89 | 2/29/89 | 3/6/89 | 3/13/89 | 3/20/89 | 3/27/89 | 4/3/89 | 4/10/89 | 4/17/89 | 4/24/89 | 5/1/89 | 5/8/89 | 5/15/89 | 5/22/89 | 5/29/89 | 6/5/89 | 6/12/89 | 6/19/89 | 6/26/89 | 7/3/89 | 7/10/89 | 7/17/89 | 7/24/89 | 7/31/89 | 8/7/89 | 8/14/89 | 8/21/89 | 8/28/89 | 9/4/89 | 9/11/89 | 9/18/89 | 9/25/89 | 10/2/89 | 10/9/89 | 10/16/89 | 10/23/89 | 10/30/89 | 11/6/89 | 11/13/89 | 11/20/89 | 11/27/89 | 12/4/89 | 12/11/89 | 12/18/89 | 12/25/89 | 1/1/90 | 1/8/90 | 1/15/90 | 1/22/90 | 1/29/90 | 2/5/90 | 2/12/90 | 2/19/90 | 2/26/90 | 3/5/90 | 3/12/90 | 3/19/90 | 3/26/90 | 4/2/90 | 4/9/90 | 4/16/90 | 4/23/90 | 4/30/90 | 5/7/90 | 5/14/90 | 5/21/90 | 5/28/90 | 6/4/90 | 6/11/90 | 6/18/90 | 6/25/90 | 7/2/90 | 7/9/90 | 7/16/90 | 7/23/90 | 7/30/90 | 8/6/90 | 8/13/90 | 8/20/90 | 8/27/90 | 9/3/90 | 9/10/90 | 9/17/90 | 9/24/90 | 10/1/90 | 10/8/90 | 10/15/90 | 10/22/90 | 10/29/90 | 11/5/90 | 11/12/90 | 11/19/90 | 11/26/90 | 12/3/90 | 12/10/90 | 12/17/90 | 12/24/90 | 12/31/90 | 1/7/91 | 1/14/91 | 1/21/91 | 1/28/91 | 2/4/91 | 2/11/91 | 2/18/91 | 2/25/91 | 3/4/91 | 3/11/91 | 3/18/91 | 3/25/91 | 4/1/91 | 4/8/91 | 4/15/91 | 4/22/91 | 4/29/91 | 5/6/91 | 5/13/91 | 5/20/91 | 5/27/91 | 6/3/91 | 6/10/91 | 6/17/91 | 6/24/91 | 7/1/91 | 7/8/91 | 7/15/91 | 7/22/91 | 7/29/91 | 8/5/91 | 8/12/91 | 8/19/91 | 8/26/91 | 9/2/91 | 9/9/91 | 9/16/91 | 9/23/91 | 9/30/91 | 10/7/91 | 10/14/91 | 10/21/91 | 10/28/91 | 11/4/91 | 11/11/91 | 11/18/91 | 11/25/91 | 12/2/91 | 12/9/91 | 12/16/91 | 12/23/91 | 12/30/91 | 1/6/92 | 1/13/92 | 1/20/92 | 1/27/92 | 2/3/92 | 2/10/92 | 2/17/92 | 2/24/92 | 3/2/92 | 3/9/92 | 3/16/92 | 3/23/92 | 3/30/92 | 4/6/92 | 4/13/92 | 4/20/92 | 4/27/92 | 5/4/92 | 5/11/92 | 5/18/92 | 5/25/92 | 6/1/92 | 6/8/92 | 6/15/92 | 6/22/92 | 6/29/92 | 7/6/92 | 7/13/92 | 7/20/92 | 7/27/92 | 8/3/92 | 8/10/92 | 8/17/92 | 8/24/92 | 8/31/92 | 9/7/92 | 9/14/92 | 9/21/92 | 9/28/92 | 10/5/92 | 10/12/92 | 10/19/92 | 10/26/92 | 11/2/92 | 11/9/92 | 11/16/92 | 11/23/92 | 11/30/92 | 12/7/92 | 12/14/92 | 12/21/92 | 12/28/92 | 1/4/93 | 1/11/93 | 1/18/93 | 1/25/93 | 2/1/93 | 2/8/93 | 2/15/93 | 2/22/93 | 2/29/93 | 3/6/93 | 3/13/93 | 3/20/93 | 3/27/93 | 4/3/93 | 4/10/93 | 4/17/93 | 4/24/93 | 5/1/93 | 5/8/93 | 5/15/93 | 5/22/93 | 5/29/93 | 6/5/93 | 6/12/93 | 6/19/93 | 6/26/93 | 7/3/93 | 7/10/93 | 7/17/93 | 7/24/93 | 7/31/93 | 8/7/93 | 8/14/93 | 8/21/93 | 8/28/93 | 9/4/93 | 9/11/93 | 9/18/93 | 9/25/93 | 10/2/93 | 10/9/93 | 10/16/93 | 10/23/93 | 10/30/93 | 11/6/93 | 11/13/93 | 11/20/93 | 11/27/93 | 12/4/93 | 12/11/93 | 12/18/93 | 12/25/93 | 1/1/94 | 1/8/94 | 1/15/94 | 1/22/94 | 1/29/94 | 2/5/94 | 2/12/94 | 2/19/94 | 2/26/94 | 3/5/94 | 3/12/94 | 3/19/94 | 3/26/94 | 4/2/94 | 4/9/94 | 4/16/94 | 4/23/94 | 4/30/94 | 5/7/94 | 5/14/94 | 5/21/94 | 5/28/94 | 6/4/94 | 6/11/94 | 6/18/94 | 6/25/94 | 7/2/94 | 7/9/94 | 7/16/94 | 7/23/94 | 7/30/94 | 8/6/94 | 8/13/94 | 8/20/94 | 8/27/94 | 9/3/94 | 9/10/94 | 9/17/94 | 9/24/94 | 10/1/94 | 10/8/94 | 10/15/94 | 10/22/94 | 10/29/94 | 11/5/94 | 11/12/94 | 11/19/94 | 11/26/94 | 12/3/94 | 12/10/94 | 12/17/94 | 12/24/94 | 12/31/94 | 1/7/95 | 1/14/95 | 1/21/95 | 1/28/95 | 2/4/95 | 2/11/95 | 2/18/95 | 2/25/95 | 3/4/95 | 3/11/95 | 3/18/95 | 3/25/95 | 4/1/95 | 4/8/95 | 4/15/95 | 4/22/95 | 4/29/95 | 5/6/95 | 5/13/95 | 5/20/95 | 5/27/95 | 6/3/95 | 6/10/95 | 6/17/95 | 6/24/95 | 7/1/95 | 7/8/95 | 7/15/95 | 7/22/95 | 7/29/95 | 8/5/95 | 8/12/95 | 8/19/95 | 8/26/95 | 9/2/95 | 9/9/95 | 9/16/95 | 9/23/95 | 9/30/95 | 10/7/95 | 10/14/95 | 10/21/95 | 10/28/95 | 11/4/95 | 11/11/95 | 11/18/95 | 11/25/95 | 12/2/95 | 12/9/95 | 12/16/95 | 12/23/95 | 12/30/95 | 1/6/96 | 1/13/96 | 1/20/96 | 1/27/96 | 2/3/96 | 2/10/96 | 2/17/96 | 2/24/96 | 3/2/96 | 3/9/96 | 3/16/96 | 3/23/96 | 3/30/96 | 4/6/96 | 4/13/96 | 4/20/96 | 4/27/96 | 5/4/96 | 5/11/96 | 5/18/96 | 5/25/96 | 6/1/96 | 6/8/96 | 6/15/96 | 6/22/96 | 6/29/96 | 7/6/96 | 7/13/96 | 7/20/96 | 7/27/96 | 8/3/96 | 8/10/96 | 8/17/96 | 8/24/96 | 8/31/96 | 9/7/96 | 9/14/96 | 9/21/96 | 9/28/96 | 10/5/96 | 10/12/96 | 10/19/96 | 10/26/96 | 11/2/96 | 11/9/96 | 11/16/96 | 11/23/96 | 11/30/96 | 12/7/96 | 12/14/96 | 12/21/96 | 12/28/96 | 1/4/97 | 1/11/97 | 1/18/97 | 1/25/97 | 2/1/97 | 2/8/97 | 2/15/97 | 2/22/97 | 2/29/9 |

[illegible]



CERTIFICATE

This is to certify that Ms **ANAKHA B ANILKUMAR**, (Student of BA History) Batch 2022-2023 has successfully completed the 30 hour certificate course on **YOGA FOR WEIGHT LOSS** from 17.04.2023 to 27.05.2023, which has organized by Department of Physical Education, All Saints' College, Trivandrum..


~~Course Co-ordinator~~
Dr Divya S R


HOD, Physical Education
Dr MARGRETTE LEENA V


PRINCIPAL





CERTIFICATE

This is to certify that Ms **DIVYA NETTO**, (Student of BA Economics) Batch 2022-2023 has successfully completed the 30 hour certificate course on **YOGA FOR WEIGHT LOSS** from 17.04.2023 to 27.05.2023, which has organized by Department of Physical Education, All Saints' College, Trivandrum.

Course Co-ordinator

Dr Divya S R

HOD, Physical Education

Dr MARGRETT LENA V

PRINCIPAL



ALL SAINTS' COLLEGE
TRIVANDRUM



CERTIFICATE

This is to certify that Ms **MRIDULA S B**, (Student of BA History) Batch 2022-2023 has successfully completed the 30 hour certificate course on **YOGA FOR WEIGHT LOSS** from 17.04.2023 to 27.05.2023, which has organized by Department of Physical Education, All Saints' College, Trivandrum..


Course Co-ordinator

Dr Divya S R


HOD, Physical Education

Dr MARGRETTE LEENA V


PRINCIPAL





CERTIFICATE

This is to certify that Ms **ASHAMOLA**, (Student of BA History) Batch 2022-2023 has successfully completed the 30 hour certificate course on **YOGA FOR WEIGHT LOSS** from 17.04.2023 to 27.05.2023, which has organized by Department of Physical Education, All Saints' College, Trivandrum.


Course Co-ordinator
Dr Divya S R


HOD, Physical Education
Dr MARGRETTE LEENA V


PRINCIPAL





CERTIFICATE

This is to certify that Ms **SMRITHI SANKAR M**, (Student of History) Batch 2022-2023 has successfully completed the hour certificate course on **YOGA FOR WEIGHT LOSS** for 17.04.2023 to 27.05.2023, which has organized by Department Physical Education, All Saints' College, Trivandrum.


Course Co-ordinator
Dr Divya S R


HOD, Physical Education
Dr MARGRETE LEENA V




Principal
PRINCIPAL

Principal
All Saints' College
Trivandrum