

PECC01 YOGA FOR WELLNESS

Course Description:

The "Yoga for Wellness" certificate course is designed for individuals seeking to enhance their understanding of yoga as a holistic practice for physical, mental, and emotional well-being. Participants will explore various yoga styles, mindfulness techniques, and the principles of anatomy and physiology as they relate to wellness. This course combines theory with practical sessions, equipping students with the knowledge and skills to integrate yoga into daily life and potentially share it with others.

SYLLABUS

PECC01 YOGA FOR WELLNESS

Course Objectives:

1. Understand the fundamental principles of yoga and wellness.
2. Learn various yoga poses and their benefits for health.
3. Develop mindfulness and breathing techniques for stress reduction.
4. Create personalized yoga practices for specific wellness goals.

COURSE OUTCOME:

CO1- It demonstrate knowledge of yoga principles

CO2- Able to perform and explain asana easily

CO3- It apply mindfulness and breathing techniques

CO4- It create personalized yoga practices

CO5- It integrate yoga into daily life

Module 1: Introduction to Yoga and Wellness

- History and philosophy of yoga
- Different styles of yoga
- The mind-body connection

Wellness Concepts

- Understanding wellness: physical, mental, and emotional aspects
- The role of yoga in promoting holistic health

Module 2: Asanas (Yoga Poses)

Foundations of Asanas

- Introduction to asanas
- Standing (Vrikshasana, Padahasthasana)
- Sitting (Vajrasana, Padmasana)

- Prone lying (Bhujangasana, Salabhasana)
- Supine poses (Uttitha Padasana, Noukasana)
- Relaxative (Savasana)

Module 3: Mindfulness and Breathing Techniques

Pranayama (Breath Control)

- Introduction to pranayama techniques (e.g., Diaphragmatic Breathing, Alternate Nostril Breathing)
- Benefits of breath work for wellness

Mindfulness Practices

- Meditation techniques and their applications
- Integrating mindfulness into daily life

Module 4: Creating a Personal Practice

Designing a Yoga Sequence

- Principles of sequencing for different wellness goals
- Developing a personal yoga practice

Teaching and Sharing Yoga

- Tips for sharing yoga with others
- Ethical considerations in teaching

RELATED EXPERIENCES:

- Basic Asanas practices
- Pranayama techniques
- Meditation techniques
- Personal yoga practice

Reference:

1. Biju Lona K (2023) Physical education and yoga, Maximum publishers Kinfra park, Koratty
2. Muktibodhananda, S. (2008). Hatha Yoga Pradipika. Munger, Bihar. India: YogaPublications Trust.
3. Iyengar, B. K. S. (2008). Light on life: The journey to wholeness, inner peace and ultimate freedom. Pan Macmillan.
4. Nagendra, H.R., (2004) Yoga its basics and application, Bangalore: Vivekanandha Kendra Yoga Publication.
5. Prbhavananda Swami., (2002) Patanjali Yoga Sutras, Chennai: Sri Ramakrishna Math.

SCHEME OF EVALUATION

METHOD OF EVALUATION			
Assessment Methods	Criteria	Marks	Weightage
Formative Assessment (FA)	Attendance	4	25%
	Assignment/Project/Activities/Reports	6	
Summative Assessment (SA)	Practical Assessment	30	75%
	Total	40	100

ATTENDANCE

Attendance	Marks
90-100%	4
85-89.9%	3
80-84.9%	2
75-79.95	1
<75%	0

GRADING POLICY

Grade	Percentage of total marks (FA+SA)
A	80% & above
B	60-79.9%
C	50-59.9%
D	40-49.9%
Not qualifying	<40%