



॥ न हि ज्ञानेन सदृशं । पवित्रमिह विद्यते ॥

Shriram Shikshan Sanstha's

Shriram Institute of Information Technology, Paniv

Tal-Malshiras, Dist-Solapur. Pin-413113.

NAAC Accredited with 'B' Grade

Yoga Course

Website-www.siiitpaniv.org Email-siiitpaniv@gmail.com Contact NO-02185274011

BROUCHER

Yoga Course

Vision

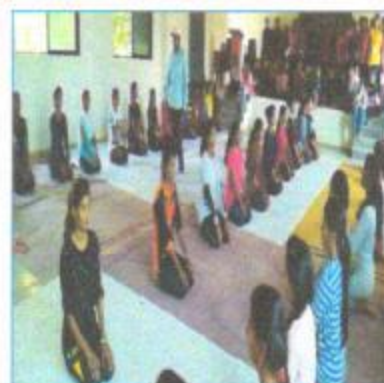
It is our vision to attain global standing in technical, technological education and contribute to the enhancement and empowerment of the society, country and in turn of the whole mankind. Our main objective is to focus upon the rural youth, their training and their career development in information technology and its related field. We want to create social awareness among the students in particular and in the society in general. We want to develop scientific attitude in the students and make them judge everything on the basis of scientific knowledge, social justice, humanitarian attitude and cultural values.

Mission

Our dedicated mission is to impart value and time- based technical, Information and technology based view. We want to inculcate and cherish moral values and good interpersonal human relationship among the people in India and humanity at large.

Aim

1. To provide quality education and practical based training to all the students in every field related to information technology and education in general.
2. To achieve academic excellence through our own channelized pattern of teaching-learning processes.
3. To promote research activities among the students and teachers.
4. To enhance industry-institute interaction to provide practical industrial exposure to the students and upgrade the knowledge of the faculty in respect to advanced trends in technical fields.
5. To bring about all round development of the students through various Personality Development Programmers.
6. To develop the awareness of social responsibilities national Integration, Cultural values, humanitarian attitude among the students so as to make them ideal citizens of India.





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2023-24

Yoga Course



CERTIFICATE COURSE IN YOGA



1. General Objectives of the Course:

- 1) To enable student to become competent and committed professionals willing to Perform as Yoga trainer.
- 2) To make student to use competencies and skills needed for becoming an effective Yoga trainer.
- 3) To enable student to understand the types of the types of Yoga.
- 4) To acquaint student with the practical knowledge of Yogasana, Kriyas, Bandhas, Mudras, Yogic Therapy and Pranayama.
- 5) To enable student to prepare the Yoga programme.

2. Duration of the Course:

The duration of the course shall be of 3 Months. (30 Day's).





SYLLABUS



The course consists of Theory, Practical, Teaching methods and practical training on teaching.

· Yogic Therapy through Traditional Understanding

1. Asanas

2. Pranayama

3. Kriyas

4. Bandhas and Mudras

5. Yogic Therapy

· Theoretical understanding of yoga and Modern Psychology

· Mental Health (its meaning, determinants and applications) The Yogic concept of

"Swasthya"

· Concept and models of Normality in Yoga and Modern Psychology

· Role of Ashtang Ashtang Yoga Yamas, Niyamas, Asana, Pranayama and Dhyana,

Dharana, Pratyahar

· Stress Management : Modern and Yogic perspectives

· Tackling ill-effects of Frustration, Anxiety and Conflict through modern and Yogic

Methods

· Meditation Techniques

· Suryanamaskar

· Meaning and Scope of Teaching Methods

· Sources of Teaching Methods

· Class Management

ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES

· Introduction to Human Body and systems in brief with special reference to Respiratory, Digestive, Muscular and Nervous systems.

· Postural Physiology with reference to Asana.

· Asana - Definition and Classification, Similarities and dissimilarities between Asana and Exercise.

· Pranayama - Definition and Classification. Difference between pranayama and deep breathing. Importance of Rechaka, Kumbhaka, Puraka.

· Introduction to Kriyas, Mudras and Bandhas in brief.



AASAN'S

Sr. No.	Name	Sr. No.	Name
1	Shrishasana	28	Padma - Bakasana
2	Crocodile Practices (Four variations	29	Baddha -padmasana
3	Pavanmuktasana	30	.Akarmadhanurasana
4	Naukasana	31	Ugrasana
5	Viparitakarani	32	Parvatasana
6	Sarvangasana	33	.Janushriasana
7	. Matsyasana	34	Tolangulasana
8	. Halasana	35	Muktasana
9	Karnapidasana	36	Virasana
10	Bhujangasana	37	Guptasana
11	Shalabhasana	38	.Sankatasana
12	Sarpasana	39	Uttanamandukasana
13	.Dhanurasana	40	Vrishabhasana
14	.Vakrasana	41	.Padangusthasana
15	.Ardha-Matsyendrasana	42	.Garbhasana
16	.Paschimatanasana	43	Bhadrasana
17	Supta Vajrasanai	44	.Kapotasana
18	Yoga Mudra	45	.Ekpadaskandhasna
19	Simhasana	46	.Chakrasana (Sideward)
20	.Gomukhasana	47	.Chakrasana (Backward)
21	.Matsyendrasana	48	Virkshasana
22	.Mayurasana	49	.Tadasana
23	.Kukkutasana	50	Pada - hastasan
24	Uttana Kurmasana	51	Utkatasana
25	Ushtrasana	52	Natarajasana
26	.Gorakshasana	53	.Vatayanasana
27	.Garudasana	54	Shirh-padangusthasana

B.PRANAYAMA

1. Anuloma-viloma
2. Ujjayi
3. Shitali
4. Sitkari
5. Bhastrika
6. Bhramari
7. Suryabhedana
8. Chandrabhedana
9. Murccha(Theory only)
10. Plavini(Theory only)

C.BANDHAS AND MUDRAS

1. Jalandhara Bandha
2. Uddiyana Bandha
3. Jicha Bandha
4. Mula Bandha

D.KRIYAS

1. Jala Neti
2. Sutra Neti
3. Dhauti (Vamana,Danda,Vastra)
4. Nauli
5. Kapalabhati
6. Trataka





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Admission Form of Certification Course

Course Name -

- Yoga
 Spoken English and Personality Development
 Cloud Computing
 Artificial Intelligence
 Web Programming

Name of Students - _____

Gender -

- Male Female

Academic Program -

- B.C.A. B.Sc.(ECS) M.Sc.(Comp. Sci.)

Part -

- I II III

Academic year - _____

Mobile No - _____

Category -

SC / OBC / NT / Open / ST

Address - _____

Student Signature

Faculty Members



Institute Facilities

- 1) Qualified staff.
- 2) Computer Lab With Internet Facilities.
- 3) ICT enabled classrooms.
- 4) Library with reading room.
- 5) Campus Interview.
- 6) Purified Drinking Water.
- 7) Green Campus.
- 8) Girls And Boys hostel.
- 9) Sports and cltural activites.
- 10) Mess, Cantin facilites.



Our Programs

- 1) Bachelor of Computer Application (B.C.A.)
- 2) Bachelor of Science (Entire Computer Science) (B.Sc. (ECS))

Course Co-ordinator

HOD

Incharge Principal

Prof. Pawar G.R.

Prof. Dawkare R.R.

Dr. Gadre M.P.

Mb.No. 7387864834

Mb.No.7875872000

Mb.No.8983079399

