

A Value Added Course on

# BASICS OF YOGA



## Course Details

---

### About This Course

This course is designed for UG students of RIHS, Bhograi with an objective to enable the student to have good health and to practice mental hygiene along with emotional stability.

---

### Duration

The entire course is of 3 months duration only. The classes are to be conducted on off-hours. There must be at least 24 classes to cover the entire course. Each class will be of 45 minutes duration only.

---

### Certificate

Certificate of Completion will be given to each student having 75% of attendance and after the final assessment

Rural Institute of Higher Studies, Bhograi  
Affiliated to F. M. University, Balasore

# SYLLABUS

---

## Module-I: Asana

- Pawanmuktasana Part 1 (Anti-Rheumatic Series)
  - Pawanmuktasana Part 2 (Digestive / Abdominal Group)
  - Pawanmuktasana Part 3 (Energy Bock Series)
  - Back Strengthening Exercises
  - Sun Salutation (Surya Namaskar)
  - Classical Sequence
- 

## Module-II: Pranayama

- The Foundations (i. Abdominal Breathing ii. Thoracic (mid-chest) breathing iii. Clavicular or upper chest breathing iv. The Complete Yoga Breath)
  - Hasta Mudras & A-U-M
  - Pre Pranayama Practices (i. Viloma the 'paused breath' ii. Lung Sensitizing Postures)
  - Pranayama Techniques (i. Breathing Ratios ii. Nadi Shodhana (Alternate Nostril Breathing) iii. Ujjayi or the 'whispering breath' or the 'psychic breath' iv. Bhramari or Humming Bee breath)
- 

## Module-III:Relaxation

- Quick Relaxation techniques (i. Tense & Relax ii. Short Yoga Nidra or Power Nap iii. Extended Shavasana)
  - Yoga Nidra
  - Sankalpa
- 

## Module-IV: Meditation

- Develop a good, comfortable sitting posture
- Kaya Sthairyam (Body Stillness)
- Om Chanting
- Trataka (Concentrated Gazing)