

**Shaheed Rajguru College of Applied Sciences For Women**  
**University of Delhi**  
*(Department of Physical Education & Sports)*

**CERTIFICATE COURSE IN FOUNDATION OF YOGA**

Yoga is an ancient form of exercise which was originated in India and has been practiced for more than 500 years. Yoga is not a religion but it's a way of life. Maharishi Patanjali was the first person to structure Yoga in systematic way and divided it into eight limbs such as Yama, Niyama, Asana, Pranayam, Pratiyahara, Dhyana, Dharna and Samadhi. Presently we are only focussing on asana because of the limitations of time in the existing curriculum. Due to globalization and with the development of advance technologies students are forgetting to engage themselves in physical fitness activities which leads them to suffer from many physical and mental ailments. The main goal of starting this course is to educate students about various asanas so that they can perform it correctly and practice it every day. The beauty of Yoga is that it is accessible to everyone, you don't need equipment, partner and much space. After having practiced the course, students can master the art of yoga and reap its benefits for lifelong.

**Name of the Course:** Certificate Course in Foundation of Yoga.

**Duration of the course:** The duration of the course will be 40 hours, over a period of one month. Classes will be conducted five days per week, Monday to Friday for one and half hours from 7:30 am to 9:00 am each day from 6<sup>th</sup> August to 15<sup>th</sup> September, 2019.

**Aim of the Course:** Aim of this course is to make the students and staff aware of the importance of health and wellness and to motivate them to take part in health and fitness activities so as to have a healthy mind and sound body.

**Objectives of the Course:**

1. To highlight the benefits of performing different yoga asanas.
2. To overcome everyday's stress
3. To develop healthy lifestyle through the practice of Yoga
4. To highlight therapeutic aspects of Yoga and promote health.
5. To teach scientific way of performing asanas, pranayams and to deliberate on the precautions to be taken while performing them.


**Eligibility:** All the students and staff members (Teaching and Non-teaching) are eligible to join this course.

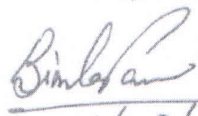
**Medium of instruction:** Hindi / English

**Required Fitness:** No person with acute/ chronic/ communicable diseases should join this course. The applicant must therefore be in good mental and physical health.

**Dress Code:** T-Shirt and trousers or Salwar- kameez.

**Course Timings:** The tentative course timing for conducting this programme is 7:30 am to 9:00 am pm each day. However, the timings may be changed as per the convenience of the Institute.

  
प्राचार्य/Principal  
शाहीद राजगुरु कॉलेज ऑफ  
एप्लाइड साइंसेस फॉर वुमैन  
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असुंधरा एनक्लेव, नई दिल्ली-110096  
Asundhara Enclave New Delhi-110096

  
01/08/2019

**Course Fee:** For Students Rs.100/-

For Staff Rs.250/-

**Award of Certificate:** At the end of the course there will be a practical exam. Only those candidates who have secured minimum 90% attendance will be eligible for appearing in the practical examination. Certificate will be awarded to the candidates who clear the practical examination.

**Rules & Regulations:**

- Each participant should maintain discipline during the class and not disturb other participants.
- Candidates are advised to attend the daily practical classes on empty stomach (two hours after meal) or as may be advised by the Yoga experts.
- Department of Physical Education reserves the right to change, delete, alter and add any of the rules and regulations as and when necessary, without prior notice and its decision will be final.

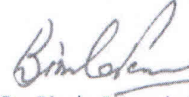
**Course Description: Theory & Asanas**

➤ Standing Posture	Tadasana, Padahastana, Katichakrasana, Trikonasana, Utkatasana, Hanumanasana and Trikonasana
➤ Sitting Posture	Dandasana, Padmasana, Vajrasana, Shashankasana, Ushtrasana, Paschimottanasana, Ardhamatsyendrasana, Supta vajrasana, and Yoga mudra.
➤ Supine Posture	Shavasana, Sarvangasana, Halasana, Karna Peedasana, Chakrasana, and Pawanmuktasana.
➤ Prone Posture	Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Nourkasana,
➤ Balancing Postures	Vrikshasana, Natarajasana, Ashvasthasana, utkatasana (in variation),
➤ Pranayama	Anulom- vilom, Suryabhedan, Ujjayi, Bhrameri, Shetaali, Sheetkari
➤ Others	Suryanamaskar & Niti ( Jal & Sutra)



प्राचार्य/Principal

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vasundhara Enclave New Delhi-110096



(Dr. Bimla Pawar) 01/08/19.

Assistant Professor  
Physical Education & Sports