

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

REPORT ON THE CERTIFICATE COURSE IN FOUNDATION OF YOGA

The Department of Physical Education and Sports organized a '**CERTIFICATE COURSE IN FOUNDATION OF YOGA**' from 06 August to 15 September, 2019 (Monday to Friday) in the college premises for college students and staff members.

The duration of the course was 40 hours spread over a period of one month. Physical Classes were conducted five days per week from 7:30 am to 9:00 am each day.

Course Fee: For Students Rs.100/-

For Staff Rs.250/-

There were 62 students/ staff members enrolled in the course.

At the end of the course, there was a practical and theory exam. Those who had secured minimum 90% attendance were eligible for appearing in the practical examination. Certificates were awarded to the 52 candidates who had cleared the practical examination.

Course Description: Theory & Asanas

| | |
|-----------------------------|---|
| ➤ Standing Posture | Tadasana, Padahasthasana, Katichakrasana, Trikonasana, Utkatasana, Hanumanasana and Trikonasana |
| ➤ Sitting Posture | Dandasana, Padmasana, Vajrasana, Shashankasana, Ushtrasana, Paschimottanasana, Ardhamatsyendrasana, Suptavajrasana, and Yoga mudra. |
| ➤ Supine Posture | Shavasana, Sarvangasana, Halasana, Karna Peedasana, Chakrasana, and Pawanmuktasana. |
| ➤ Prone Posture | Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Noukasana, |
| ➤ Balancing Postures | Vrikshasana, Natarajasana, Ashvasthasana, utkatasana (in variation), |
| ➤ Pranayama | Anulom- vilom, Suryabhedan, Ujjayi, Bhrameri, Shetaali, Sheetkari |

➤ Others

Suryanamaskar&Niti (Jal & Sutra)



Dr. Bimla Pawar
Assistant Professor
Physical Education & Sports Science