

Foreword

Gossaigaon B.Ed. College, a self financed and NAAC accredited with grade B, has set up a Yoga Centre on 7th in the month of August 2023 at the campus of the college itself to be governed by the Governing Body Gossaigaon B.Ed College. The Yoga centre will provide both short and long term courses on Yoga.

The main purpose of these 3-month Yoga Certificate course is to equip the candidates with the minimum knowledge of how to maintain good health, good mind and good life through the practice of yoga. Yoga is a philosophy which unites body, mind and soul. Our effort is to create a healthy society free from stress and fever.

The Yoga centre has decided to start 3-month Yoga certified course wef August 2023. This course covers both theory and practical. Any citizens of India and the globe irrespective of caste, sex, religion, language and region are provided admission and course. Besides theory and practical Seminar, workshop, discussion, demonstration will be provided to the candidates and the participation for all is compulsory without which no candidate will be declared passed. The certificate will be issued by the Gossaigaon B.Ed. College. Experts, trained teachers are invited for providing training besides regular teacher.

I am thankful to team members of Yoga Certificate course for their active support and cooperation for making the dream comes true the perfect time.

I am also thankful to Alangbar Swargiary, lecturer and program director for giving final shape to the syllabus of this 3-month Yoga course certificate course.

Dr. Ajit Boro, Principal
Gossaigaon B.Ed. College
Founder Director

About the Course:

Yoga is the part of health & physical education. The role of education on health & physical Education has been widely acknowledged but impact of health on education is often not recognized adequately. So, the course unfolds reciprocal relationship between health and education. In order to maintain the health and physical fitness each teacher requires a deeper and overall understanding about the children and children's behavior, especially of their intention children. This course being introductory one towards that end, tries to focus on the issues related to the child development that will equip the elementary student-teachers to understand different perspective.

The course is designed in the form of self writings, workshops, group demonstration to be exclusively monitored and evaluated in the end of external exam.

Mode of transaction:

This course is designed as a practicum and theory based learning. It would be subjected to both the external and internal assessment including demonstration program. Considering the nature of the course, the both theory classes and practical are to be conducted equally.

Objectives:

- To help and develop good health, good mind and good life.
- To develop on understanding the concept of Yoga
- To understand the importance of Yoga in school
- To develop sense of sense and self realization
- To build a holistic understanding for the concept of Yoga
- To understand the mutual linkage between health and Yoga
- To build the knowledge of teaching Yoga
- To Develop spirituality
- To Develop balance relationship between body and mind
- To help holistic development of the learners.

Unit-wise content

1.1 Concept and definition of Yoga

1.2 Scope of Yoga

1.3 Aims and objectives of Yoga

Unit 2: Patanjali Yoga

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2.1 Limbs of yoga

2.2 Yama, Nyama, Asana, Pranayama, Dhyana, Dharana

2.3 Hatha Yoga

Unit 3: Physiology and Psychology Yoga

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3.1 Meditation, Supplemental exercises, Compensation Exercise

3.2 Benefits of Yoga

3.3 Effects of Yoga on Physiological system

3.4 Importance of Yoga in daily

Unit 4: Types of Yoga for practical

4.1 Asana, Pranayama, Kriya, Mudra, Bandha, Dhyana

4.2 Sukhasana, Padmasana, Tadasana, Vrikhasana, Bhujangasana, Balasana, Dhanurasana

4.3 Adho mukha Savasana, Ustrasana, Trikonasana, Naukasana, Halasana, Sarvangasana

4.4 Matsyasana, Pachimottasana, Parvatasana, Dandasana, Savasana, Gomukhasana

4.5 Vajrasana, Mandukasana, Setubandasana, Bokasana, Chakrasana, Uttanasana, Padangusthasana, Sirsasana

4.6 Steps of Surya Namaskar:

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1. Prayer pose (Pranamasana): The prayer pose, also known as Pranamasana, is a fundamental standing yoga posture that is often the first and last pose practiced in a yoga session. It's a simple pose, but don't let its ease fool you—it comes with a wealth of benefits for both the body and mind.

Benefits: Strengthens the legs and core, increases flexibility, boosts the nervous system, improves digestion, reduces stress and anxiety, promotes feelings of gratitude and humility

Restrictions: Wrist injuries, shoulder problems, lower back pain

2. Raised arms pose (Hasta Uttanasana) : Hasta Uttanasana, also known as Raised Arms Pose, is a standing backbend that stretches and strengthens the entire front of the body, from the fingertips to the toes. It's commonly practiced in Sun Salutations but can also be done as a standalone pose.

Benefits: Stretches the entire front body, strengthens the back muscles, improves flexibility and posture, boosts energy and circulation, opens the chest and lungs, stimulates the digestive system

Restrictions: Back pain, neck injuries, high blood pressure, pregnancy

3. Hand to Foot pose (Hasta Padasana): The Hand-to-Foot Pose, also known as Hasta Padasana, is a standing forward bend that stretches the entire back of the body, from the heels to the fingers. It's a common pose seen in Hatha yoga classes and is known for its numerous benefits.

Benefits: Stretches the hamstrings, calves, and lower back, strengthens the core, improves posture, stimulates the digestive system, reduces stress and anxiety, increases blood flow

Restrictions: Lower back injuries, High blood pressure, Headaches, Pregnancy

4. Equestrian pose (Ashwa Sanchalanasana): Equestrian Pose, also known as Ashwa Sanchalanasana, is a yoga posture that resembles a horse rearing up on its hind legs. It's a challenging pose that requires strength, flexibility, and balance, but it also offers a multitude of benefits for both the body and mind.

Benefits: Stretches the lower back, hip, and calf muscles, strengthens the leg muscles and core, improves balance and coordination, increases lung capacity, stimulates the digestive system, reduces stress and anxiety.

Restriction: Knee injuries, ankle injuries, hip pain, high blood pressure, pregnancy.

5. Mountain pose (Parvatasana): Mountain Pose, also known as Tadasana, is a fundamental standing yoga posture that may seem simple, but it packs a powerful punch. It's often the first and last pose practiced in a yoga session, and for good reason.

Benefits: Strengthens the legs and core, increases flexibility, boosts the nervous system, grounding and centering.

Restrictions: Limited ankle mobility, knee injuries, back pain

6. Ashtanga Namaskara: Ashtanga Namaskara, also known as the Sun Salutation, is a sequence of 12 yoga poses that are performed in a flowing, rhythmic manner. It is a great way to warm up your body, improve your flexibility, and increase your strength.

Benefits: Improves flexibility, increases strength, improves balance, reduces stress, improves overall health.

Restriction: Injuries, pregnancy, high blood pressure, migraines

7. Cobra poses (Bhujangasana): The Cobra Pose, or Bhujangasana in Sanskrit, is a fundamental backbend in yoga that stretches and strengthens the entire front of the body, from the fingertips to the toes. It's a powerful pose that can offer a variety of benefits, but it's important to be aware of its limitations as well.

Benefits: Stretches and strengthens the spine, opens the chest and lungs, strengthens the core and abdomen, improves digestion, reduces stress and anxiety, increases energy and circulation.

Restrictions: Back injuries, neck injuries, high blood pressure, pregnancy.

8. Mountain pose (Parvatasana): Mountain Pose, also known as Tadasana in Sanskrit, is a fundamental standing yoga posture that forms the foundation for many yoga flows. It's a seemingly simple pose, but it requires focus, alignment.

Benefits: Strengthens legs and core, increases flexibility, boosts nervous system.

Restriction: Limited ankle mobility, knee concerns, lower back pain.

9. Equestrian pose (Ashwa Sanchalanasana): Equestrian Pose, or Ashwa Sanchalanasana in Sanskrit, is a challenging yet rewarding yoga posture that resembles a rearing horse. It tests your strength, flexibility, and balance, and offers a multitude of benefits for both your body and mind.

Benefits: Improves balance and coordination, increases lung capacity, stimulates digestion, reduces stress and anxiety.

Restrictions: Knee injuries, ankle injuries, hip pain, high blood pressure, pregnancy

10. Hand to foot pose (Hasta Padasana): The Hand-to-Foot Pose, also known as Hasta Padasana in Sanskrit, is a common standing forward bend in Hatha yoga. While it may appear simple, it packs a powerful punch, offering a range of benefits for both the body and mind.

Benefits: Improves posture, stimulates digestion, reduces stress and anxiety, increases blood flow, mental clarity

Restrictions: Lower back injuries, high blood pressure, headaches, pregnancy

11. Raised Arms pose (Hasta Uttanasana): Raised Arms Pose, also known as Hasta Uttanasana in Sanskrit, is a standing backbend that gracefully combines stretching and strengthening. It's a common pose in Sun Salutations and various yoga styles, offering a surprising range of benefits despite its seemingly simple form.

Benefits: Stretches and strengthens, increases blood flow, boosts energy and mood, reduces stress and anxiety, activates Vishuddhi chakra.

Restrictions: Lower back injuries, high blood pressure, neck issues, pregnancy.

12. Standing Mountain pose (Tadasana): Standing Mountain Pose, also known as Tadasana in Sanskrit, may appear deceptively simple, but don't let its unassuming nature fool you! This fundamental pose offers a surprising range of benefits for both your body and mind, making it a cornerstone of many yoga practices.

Benefits: Strengthens legs and core, increases flexibility, boosts nervous system, grounding and centering

Restrictions: Limited ankle mobility, knee concerns, lower back pain, balance issues.

Internal Assessment

- Assignment 5
- Practical of Yoga 20

N.B.: The concern teacher will conduct and practice the practical class six days a week

Guidelines:

1. 3 (three) month Yoga Certificate Course is provided by Gossaigaon B.Ed. College.
2. Only the authorized teacher will provide teaching both theory and practical.
3. The classes will be held six days a week.
4. Participants will put their signature while attending the class everyday.
5. Minimum percentage of class attendance is 75.
6. Students will attend the classes with Yoga mat and dress of their own.
7. The theory and practical examination will be conducted at the end of 3-month.
8. Any citizens of globe irrespective of caste, sex, religion, language, region and community are eligible for admission.
9. Course completion certificate will be issued by the college and signed by Founding Director and Program Director at the completion of the 3-month course.

**Management Committee Yoga Centre
Gossaigaon B.Ed. College**



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Founding Director**



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