

**Course Name: Value Add Course on Yoga and Holistic
Development**

Date: 1st September, 2021 – 15th September, 2021

Course Outline/Syllabus/Curriculum:

Module 1: (6Hrs)

- Surya Namaskar
- Adho Mukha Svanasana
- Tadasana
- Virabhadrasana I
- Virabhadrasana II
- Utthita Parvakonasana

Module 2: (6Hrs)

- Utthita Trikonasana
- Viparita Virabhadrasana
- Malasana
- Ardha Uttanasana
- Parsvottanasana

Module 3: (6Hrs)

- Urdhva Hastasana
- Vrksasana
- Chakravakasana
- Setu Bandha Sarvangasana
- Bhujangasana
- Ashtanga Namaskara
- Dandasana

Module 4: (6Hrs)

- Baddha Konasana
- Sukhasana
- Ardha Matsyendrasana
- Janu Sirsasana
- Paschimottanasana

Module 5: (6Hrs)

- Upavistha Konasana
- Ananda Balasana
- Supta Matsyendrasana
- Balasana
- Savasana

Assessment Procedure:

Assessments are done through yoga related viva-voce, quizzes and yoga asans. All students successfully completed the yoga course for the given year.

Summary Report with outcomes:

This program was offered to students of all disciplines. 176 students attended this course. This was organized on understanding and relevance of yoga in the modern life style where materialistic values have become prominent. This course motivated the students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat because Yoga offers physical and mental health benefits.

Benefits of some of the asans:

Adho Mukha Svanasan: Adho Mukha Svanasana or the downward facing dog pose is one of the most popular yoga poses. The pose works several muscles of your body and engages your core. Adho Mukha Svanasana tones your lower abdominal region.

Tadasana: Mountain pose, called Tadasana in Sanskrit, is a classic pose that acts as the foundation of all standing yoga poses. It may help your body feel better by improving flexibility, relieving pain, building strength

Virabhadrasana I: This asana strengthens back muscles, butts and hamstrings and helps with improving balance. Strengthens biceps and triceps and helps open and create strength and stability in the shoulder joints.

Utthita Parvakonasana: Extended Side Angle strengthens and stretches the legs, hips, and hamstrings. It also opens the chest and shoulders, which can be beneficial if you have any stiffness in your shoulders or back.

Utthita Trikonasana, or extended triangle pose, is a yoga pose based on triangle pose. Extended triangle is great for either beginner or a more advanced yogis, and can benefit both physical and mental health.

Viparita Virabhadrasana (Reverse Warrior): Strengthens the legs, opens the side body, improves spinal mobility, and improves balance and core strength.

Malasana improves balance, concentration, and focus. It can also increase circulation and blood flow

Ardha Uttanasana stretches and lengthens your hamstrings, calves, and front and back torso. It also strengthens the back and spine, improving posture. Practicing this pose stimulates the abdominal organs and belly, improving digestion

Parsvottanasana: Strengthens the legs, ankles, and the feet: This intense pose, along with the deep stretch at the legs, ankles and feet, strengthens the ankles and the foot rooting the foot firm to the floor in order to maintain the balance and give strength to the entire body.

Urdhva Hastasana stretches the sides of the body, spine, shoulders, armpits, and belly. It tones the thighs, improves digestion, and helps to relieve anxiety and fatigue. It also helps to create space in the chest and lungs, which is therapeutic for asthma and congestion.

Vrksasana: Tree Pose strengthens the legs and core while opening the hips and stretching the inner thigh and groin muscles.

chakravakasana: It is exceptional for spinal flexibility. It does wonders for your lower, upper, and middle back stiffness. This also promotes healthy digestion and elimination of bad fat. This helps in improving abdominal strength of your body.

Setu Bandha Sarvangasana: It Stretches the chest, neck, spine, and hip and Strengthens the back, buttocks, and hamstrings. It also Improves circulation of blood, helps in alleviate stress and mild depression

All participants were benefited from asanas as they were able to effectively practice it after joining this course .



SLC (University of Delhi) Shyam Lal College

Department of Physical Education & IQAC

In collaboration with

Maa Ratni

present

Value Add Course on Yoga & Holistic Development

Duration: 30 Hrs

◆ **Date: 1st September 2021 – 15th September 2021**

STAY FIT STAY HEALTHY

Surya Namaskar

Tadasana

Malasana

Bhujangasana

Sukhasana

Vrksasana



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