

# St. Xavier's College Thumba

Value Added Course

## Certificate Course in Yoga



2017-18

Classes start in the first week of September

Interested students may please contact:

**Dr. Sunil C Vattappalam**  
Department of Physics  
St. Xavier's College Thumba

**Om... Sahana Vavathu, Sahanou Bhunaktu**  
**Sahaveeryam Karavavahai**  
**Thejaswina vadhitamastuMa..Vidhishavahai**  
**Om..shanti....shanti...shanti hi...**

An IQAC initiative

## Syllabus

### Paper 1: Yogaparichaya

Unit1: Origin of Yoga and its development, meaning of yoga and its importance, Yoga philosophy

Unit2: Classification of Yoga, types of Yoga, Hata Yoga, Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga, Ashtanga Yoga

Unit 3: Meaning of Asana, its types and principles- Meaning of Pranayama, its types and importance- Meaning of Kriya, its types and importance

### Paper 2: Practical demonstration of Asana, Pranayama and Sudhikriyas

Students are required to do-

Any 15 Asanas out of 25

2 Pranayama out of 7 and

2 Kriya out of 5.



**Total Class Hours : 30**

**Yoga Instructor:**

**Dr. Sunil C Vattappalam**  
Dept. of Physics  
St. Xavier's College Thumba