



Non-Residential Yoga Training Camp- 2016-17

Organized by:-

NARAJOLE RAJ COLLEGE



Department of Physical Education

IN COLLABORATION WITH

MIDNAPORE TOWN CARE & CURE

INSTITUTE OF YOGA, PHYSIOTHERAPY

& REHABILITATION

[REGD.NO.:S/2L/38777]

**MIDNAPORE TOWN CARE & CURE
INSTITUTE OF YOGA, PHYSIOTHERAPY &
REHABILITATION**

SYLLABUS

Total practice schedule:-120 minutes

Theory class:- 45 minutes

Break: - 15 minutes

Practical class:- 60minutes

Theory class (14 Hours)

1. A) meaning and definition of yoga, scope, aim and objectives of yoga.
- B) conception and misconception about yoga
- C) Patanjali yoga sutra and concept of eight limbs of yoga (yama, niyama, asana, pranayama, pratyahara, dharana, dhyan and sasmadhi,)
- d) yoga application in physical education and sports.
- e) yoga life style and privation of diseases.
- f) Application of yoga in the management of stress dis-orders.

Practical schedule (21 Hours)

- a. Surja namesake.
- b. Prayer "OM"
- c. Light exercising Neck Banding, shoulder stretching, shoulder rotation, Trunk Twisting, Knee movement.
- d. Asana :- Tadasana, Vikshasana, padaahastasana, Ardh-chkrasana, Trikonasana, Dandasana, Bhadrasana, vajrasana, Ardha-ushtrasana, shashankasana, uttara-mardakarsana, vakrasana, makarasana, bhujangasana, setudhasana, uttara-padasana, Ardh-Halasanana, pavanmuktasana, savasan.
- e. Sat Karma:- Kabalbhati.
- f. Pranayam:- Nadish Odhane (Anubma- Biloma)
- g. Benefit and open dissension.

Total --- [35 Hours]