

- iv. Skeleton Systems
- 7. Classification of nutrients
  - i. carbohydrate
  - ii. protein
  - iii. fat
  - iv. minerals
  - v. vitamins
- 8. Balanced diet,
- 9. Malnutrition,
- 10. Dietary guidelines for healthy eating,
- 11. Hypokinetic Diseases and their common causes,
- 12. Prevention of Hypokinetic diseases and their management
  - i. Obesity
  - ii. Diabetics
  - iii. Hypertension
  - iv. Osteoporosis
- 13. BMI.

(20 Hours)

### Module 3

- 1. Human body type
  - i. Ectomorph,
  - ii. Endomorph
  - iii. Mesomorph
- 2. Importance of correct posture
- 3. Postural deformities
  - vi. Kyphosis,
  - vii. Lordosis,
  - viii. Scoliosis,
  - ix. Knock knee,
  - x. Bow legs,
  - xi. Flat foot
  - xii. Text neck
- 4. Causes and corrective exercises
- 5. First Aid
- 6. Meaning definition and importance,

# **Physical Health & Life Skills Education**

Course Code: - PE5OPT01

## **Syllabus for Open course in Physical Education**

### **Module 1**

1. Introduction to Physical Education & Physical Fitness
2. Concept of Physical Education
3. Meaning, Definition
4. Aims and Objective of Physical Education
5. Need and Importance of Physical Education
6. Physical Fitness Components
7. Types of Fitness
  - i. Health related
  - ii. Skill/Performance related,
8. Activities for the development of physical fitness (Aerobic and Anaerobic).

(20 Hours)

### **Module 2**

1. Health & Nutrition
2. Definition and meaning of Health
3. Dimensions of Health
4. Factors affecting Health
5. Major systems in human body
  - i. Circulatory,
  - ii. Respiratory,
  - iii. Muscular and
  - iv. Skeleton Systems,
6. Effects of Exercise on Body Systems
  - i. Circulatory,
  - ii. Respiratory,
  - iii. Muscular

7. Principles of First Aid ,
8. Common injuries emergencies and their management
  - i. Sprain,
  - ii. Strain,
  - iii. Fracture,
  - iv. Dislocation,
  - v. Wound,
  - vi. Cuts,
  - vii. Drowning,
  - viii. CPR

9. Meaning, definition of Yoga.
10. Need and importance of Yoga in the modern society,
11. Benefits and effects of Asanas,
12. Surya Namaskar.

(16 hours)

#### Module 4

1. Introduction to Sports & Games, Events and Awards
  - i. International-
  - ii. Olympic Games
  - iii. winter, summer, Paralympics)
  - iv. Asian Games,
  - v. Common Wealth Games,
  - vi. National Games,
  - vii. Santhosh Trophy,
  - viii. Ranji Trophy.
  - ix. Sports Awards-
  - x. Rajiv Gandhi Khel Rethna Award,
  - xi. Dronacharya Award ,
  - xii. Arjuna Award
  - xiii. G.V Raja Award.
2. Tournaments
  - i. Type of Tournament
  - ii. Knock Out
  - iii. League



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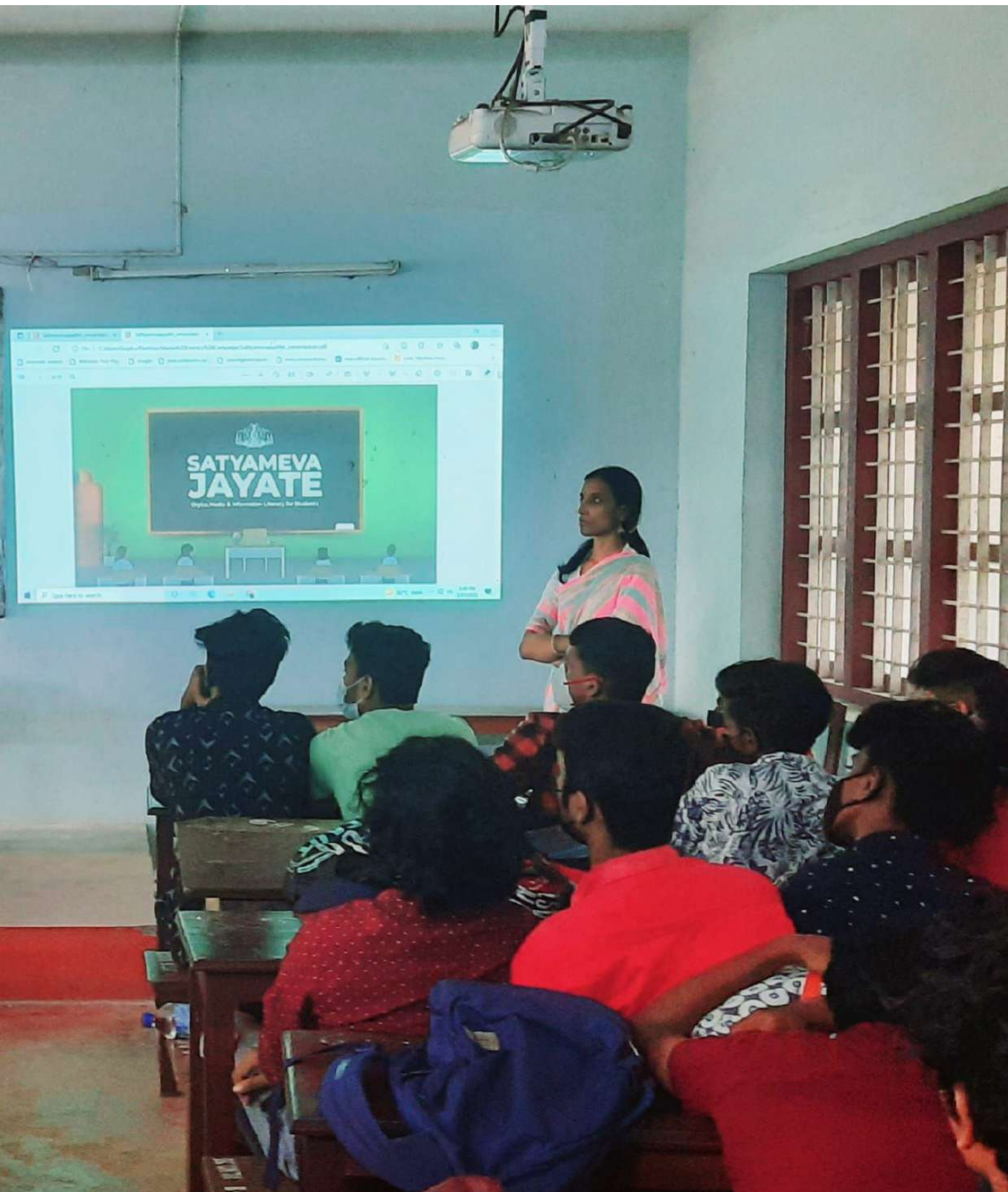
**Master Trainer and Assistant Professor,  
Sree Sankara College, Kalady**

**Date & Time: 22.03.2022 at 2 Pm**

**Venue: Seminar Hall**













45	190021096862	SRUTHI SOMAN Saimoly ✓	HIS	PHY.ED	STAT	SKT
46	190021044749	AKASH UNNI ✓	ZOO	PHY.ED	ENG	HIS
47	190021096822	ADHARSA JAYAN	HIS	PHY.ED	ECO	BOT
48	190021068678	MIDHUN SATHEESAN ✓	TAX	STAT	PHY.ED	MATH
49	190021007636	ADITHYA V R ✓	ENG	PHY.ED		
50	190021096866	KAVYA P ✓	HIS	PHY.ED	HIN	SKT
51	190021002999	SANDRA M S ✓	ECO	PHY.ED	ZOO	BOT

52

RARVATHY Sathikumar



PHYSICAL EDUCATION OPEN COURSE

SL NO	REG.NO	NAME	Main	Opt 1	Opt2	Opt3
1	190021068624	ALEENA P JOHN	TAX	PHY.ED	ZOO	ENG
2	190021044781	AMARJITH A	ZOO	PHY.ED	ENG	PHY
3	190021068623	ALEENA HAJJU	TAX	PHY.ED	ZOO	MATH
4	190021044782	BHAGYA LAKSHMI M S	ZOO	PHY.ED	SKT	MATH
5	190021007603	APARNA JOY	ENG	PHY.ED	HIS	ZOO
6	190021044774	NIHARA A G	ZOO	PHY.ED	PHY	HIS
7	190021007612	LATHIKA M	ENG	PHY.ED	ZOO	BOT
8	190021068621	AISWARYA PRADEEP	TAX	PHY.ED	ZOO	STAT
9	190021007624	GAZALA JEBIN K T	ENG	PHY.ED	HIS	ZOO
10	190021039679	ARJUN V B	PHY	PHY.ED	SKT	CHE
11	190021007633	SRADHA G	ENG	PHY.ED	BOT	PHY
12	190021027656	SHELLY MERIN	CHE	PHY.ED	ENG	ZOO
13	190021007605	DELU DAVIS	ENG	PHY.ED	BOT	ZOO
14	190021002978	JESTIN POLY	ECO	PHY.ED	COM	STAT
15	190021044785	SNEHA SREENIVASAN	ZOO	PHY.ED	SKT	HIS
16	190021068656	ALWIN ELDHO	TAX	MATH	PHY.ED	STAT
17	190021068676	LIMY A S	TAX	PHY.ED	ZOO	ECO
18	190021096857	DEVIKA REJI	HIS	PHY.ED	SKT	ZOO
19	190021002969	ANJALI SREEKUMAR	ECO	PHY.ED	ZOO	BOT
20	190021047999	ARJUN P G	CA	PHY.ED	ECO	STAT
21	190021044769	ASWIN KRISHNA BIJULAL	ZOO	PHY.ED	BOT	HIS
22	190021023800	MALAVIKA A S	BOT	PHY.ED	ZOO	SKT
23	190021002989	APARNA K U	ECO	MATH	PHY.ED	COM
24	190021044771	JINU MOL V A	ZOO	PHY.ED	BOT	HIS
25	190021023797	FATHIMA FAMIDA	BOT	PHY.ED	ZOO	SKT
26	190021044786	VISHNU K V	ZOO	PHY.ED	BOT	HIS
27	190021002972	ARYA C M	ECO	PHY.ED	BOT	ZOO
28	190021044770	CHITHRA SASI	ZOO	PHY.ED	PHY	BOT
29	190021021887	ARJUNKUMAR N S	SKT	PHY.ED	HIS	ECO
30	190021068660	ASIF ALI	TAX	MATH	PHY.ED	STAT
31	190021003006	AYANA BABU	ECO	PHY.ED	ZOO	BOT
32	190021068679	SYAMJITH P M	TAX	STAT	PHY.ED	MATH
33	190021096846	MEERA MANOJ	HIS	PHY.ED	STAT	SKT
34	190021044758	RIDHUMOL BABY	ZOO	PHY.ED	BOT	HIS
35	190021048000	ATHUL M G	CA	PHY.ED	ECO	STAT
36	190021023821	SARASWATHI M NAIR	BOT	PHY.ED	ZOO	SKT
37	190021044778	SNEHA JACOB	ZOO	PHY.ED	PHY	BOT
38	190021068630	ASHWIN MOHAN	TAX	PHY.ED	SKT	MATH
39	190021096848	NIJU ANILKUMAR	HIS	PHY.ED	ZOO	BOT
40	190021039655	SADHIM K K	PHY	PHY.ED	ZOO	BOT
41	190021068618	ABHIRAM K M	TAX	PHY.ED	STAT	ECO
42	190021096823	AJMEERSHA V S	HIS	PHY.ED	ZOO	ECO
43	190021068673	JYOTHS TOM	TAX	STAT	PHY.ED	MATH
44	190021002974	ATUL B SHANKAR	ECO	PHY.ED	STAT	PHY



SREE SANKARA COLLEGE KALADY

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**YOGA**  
**INSTRUCTOR**

Approved by NSDC & UGC

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- ▶ Can be employed as certified 'Yoga Instructor'
- ▶ Multi disciplinary
- ▶ Expert Resource Persons
- ▶ Regular stream

**SYLLABUS HIGHLIGHTS**

Basic Sanskrit | Indian Philosophy  
Yoga Literature  
Asanas | Pranayama | Kriya  
Mudra | Bandha  
Kalari exercises : Vativu, Payattu etc.

Sree Sankara College, Kalady established in 1945, is affiliated to Mahatma Gandhi University, Kottayam and is included under section 2(f) and 12(B) of the UGC Act 1956. The college offers 9 post graduate programmes and 18 undergraduate programmes which includes three B. Voc Degree programmes and three Diploma programmes under NSQF. In addition six departments are elevated to approved research departments. The college is one among the first institutions in Kerala to be sanctioned DDU Kaushal Kendra for conducting skill based programmes with focus employability.

Contact

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Reg.No	Name in Full	Address	Category	Date of Admission	Marks					Date of full fee payment	Remarks
					I Sem Internal	I Sem Main	II Sem Internal	II Sem Main	Consolidated		
DYI2021001	ABIN C R		General	17- 01- 2021	78	265					
DYI2021002	AISWARYA I R		General								
DYI2021003	AISWARYA S	Konikkuzhi(H), Chunanguveli, Erumathala.P.O,Aluva.	SC/ST	17 - 01 -2021	59	162					
DYI2021004	AISWARYA T S		SC/ST								
DYI2021005	AJILKUMAR N S	Naduvil purakkal (H), Cherali.P.O	OBC								
DYI2021006	AKHIL ASHOK	SANRA -53, Sankar Nagar, Kannadikkadu, Maradu.P.O, Ernakulam.	General	17 - 01 - 2021	80	297					
DYI2021007	ANIL V		General								
DYI2021008	ANJANA G		General								
DYI2021009	ANJITHA E S	Erattaplamootil (H), Mattoor, Kalady.P.O	OBC	17 01-2021	81	340					
DYI2021010	APARNA P R	Parankithodath, Nambiapuram, Palluruthy, Ernakulam.	OBC								
DYI2021011	ARAVIND M V	akkattillam, Aim Company, Kadandu.	General								
DYI2021012	ARAVIND VELAYUDHAN		General								
DYI2021013	ATHIRA P R		General								
DYI2021014	BHAGYALAKSHMI K		OBC	17 -01-2021	44	176					
DYI2021015	BINDU VIPIN	Thekkedath (H), MRA 65, Deepam lane, Mamangalam, Palarivattom.	General	17 - 01 -2021	74	261					
DYI2021016	BINI K S	Alunkal (H), Methala.P.O, Perumbavoor, Ernakulam	OBC	17 - 01 -2021	80	303					
DYI2021017	DEVADAS K H		General								
DYI2021018	DILJITH K S		SC/ST	17 01 -2021							
DYI2021019	DRUSYA C S		SC/ST	17 - 01 -2021	63	222					
DYI2021020	GOVIND M N	Manakkattillom, Mariyathuruthu.P.O Thiruvattu,Kottayam	General	17 -01 - 2021							
DYI2021021	GREESHMA RATHEESH	Parepparambil (H), Keezhmedu, Thottumukham.P.O, Aluva	SC/ST	17 -01- 2021	80	240					
DYI2021022	HARINDRANATH SOMAN	Karukampilly panikkasseril (H), Thabore.P.O Poothamkuttu	OBC	17 - 01 -2021							
DYI2021023	HARISANKAR BHATTATHIRIPAD		General	17 -01 -2021							
DYI2021024	HARISANKAR R	Krishna Nilvas, Sree Sankara College Road, Mattur, Kalady	General	17 - 01 - 2021							
DYI2021025	HEMA MOHAN	Vazhappanail (H), Okkal .P.O Chelammatton, Ernakulam Dst.	General	17 - 01-2021	80	299					
DYI2021026	JAYALAKSHMI V M		OBC								
DYI2021027	JIBIN BABU	Oreethayil(H), Peralam, Kamballur.P.O, Cherupuzha.	General	17 -01 -2021	77	242					
DYI2021028	JIBISA N K	Nedungattukudy (H), Okkal .P.O, Okkal.	OBC	17 - 01 - 2021	78	237					
DYI2021029	JISHNU MANOJ		OBC	17 -01 - 2021	81	259					
DYI2021030	JITHU KRISHNA R	Kalarikkal House, Madakkumpady.P.O, Mala, Trissur	OBC	17-01 - 2021	82	355					
DYI2021031	LAKSHMI VINAYAKUMAR	Kakkattu (H), Elambakappilly.P.O Elambakappilly.	General	17 -01 - 2021	80	330					
DYI2021032	MANJU MANOHARAN	Nadumuri House, P.O.Kombathukadavu, Puthenchira, Trissur..	OBC	17 - 01 - 2021	81	308					
DYI2021033	MOHANAN M N		General	17 - 01 - 2021							
DYI2021034	NAMYALAKSHMI R	SreeSankaran (H), Mattur, Kalady.	General	17 - 01 - 2021	65	243					
DYI2021035	NEERAJA RAJAGOPAL	Parambath (H), Madavoor.P.O Muvattupuzha.	General	17 - 01 - 2021	82	383					
DYI2021036	RAGHUL REGHU		OBC	17 - 01 - 2021	79	299					
DYI2021037	RAGI S	Thoppil (H), Neeleeswaram.P.O, Kalady	OBC	17- 01 - 2021	77	260					
DYI2021038	RAKESH KRISHNAN		General	17 - 01 - 2021							
DYI2021039	RENJITH VIJAYAKUMAR		General	17 - 01 - 2021							
DYI2021040	SADASIVANKUNJI. V. M		General	17 - 01 - 2021							
DYI2021041	SAIKRISHNA LAL	Kizhakkaparthukudi(H), Okkal.P.O, Okkal.	OBC	17 - 01 - 2021							
DYI2021042	SANIKA M B	Manely (H), Okkal.P.O, Thannipuzha Perumattom.	OBC	17 - 01 - 2021	75	292					
DYI2021043	SATHEESAN K R	Kalathil Vettil (H), Kumbalam .P.O Ernakulam.	OEC	17 - 01 - 2021	76	231					
DYI2021044	SETHUNADHU P A	Pazhamayil(H), Manalumkal .P>O, Anikkau, Kottayam.	OBC	17- 01 - 2021	76	263					
DYI2021045	SINDHU K S	Thottathil (H), Kumaranasan lane, Injakkal Temple, Maradu	OEC	17 - 01 - 2021	62	179					
DYI2021046	SUMAL PETER C A	Chakkalakkal (H), Near South Pulluparakkal, Nettur.P.O	OBC	17 - 01 - 2021	0	0					
DYI2021047	SWATHY M S		General	17 - 01 - 2021	78	319					
DYI2021048	T S DEVIKA SEKHARAN		SC/ST	17 - 01 - 2021							
DYI2021049	VRINDHA R		OBC	17 - 01 - 2021	78	291					



# Sree Sankara College Kalady

## Diploma in Yoga Instructor Course - 2020-21

### SYLLABUS

SEMESTER I						
Course Code	Course Name	Contact Session (Hrs)	Credit	Internal Marks	External Marks	Total Marks
SSCDPY01	Basic Sanskrit & Yoga Philosophy	90	6	20	80	100
SSCDPY02	Yogic Concept of Ayurveda and Naturopathy	120	8	20	80	100
SSCDPY03	Kriya, Pranayama, Mudra and Bandha	120	8	20	80	100
SSCDPY04	Asana	120	8	20	80	100

SEMESTER II						
Course Code	Course Name	Contact Session (Hrs)	Credit	Internal Marks	External Marks	Total Marks
SSCDPY05	Hathayogapradipika & Patanjala Yoga Sutras	90	6	20	80	100
SSCDPY06	Therapeutic Yoga	120	8	20	80	100
SSCDPY07	Kalari & Yoga	120	8	20	80	100
SSCDPY08	Advanced Asanas	120	8	20	80	100

**SREE SANKARA COLLEGE KALADY**

**YOGA INSTRUCTOR DIPLOMA COURSE**

Semester 1

Paper 1 - SSCDPY01 - **BASIC SANSKRIT AND YOGA PHILOSOPHY**

**Contact Hours: 90**

**Credits: 6**

**Marks: 80**

**Outcome of the Course:** Yoga; one among the six orthodox philosophical systems of Bharath, is to be learned basically in its philosophical aspect. Since basic texts and commentaries of Bharatiya Darsanas are in Sanskrit, learners should familiarise with basic lessons of Sanskrit.

**Objective:** To understand basic lessons of Sanskrit language such as types of nouns and verbs, Vibhaktis, Lakaras, Sentence construction, communicative Sanskrit and basics of Bharatiya Darsanas with special reference to Yoga

**Course Outline**

**Module 1**

Communicative Sanskrit, Subanta, Tinganta, Sentence Creation, Subhashithas

**Module 2**

Systems in Indian Philosophy

**Module 3**

History and Development of Yoga Philosophy

**Module 4**

Jnanayoga, Bhaktiyoga, Rajayoga and Karmayoga

**References:**

Sanskrtasubodhini

Outlines of Indian Philosophy

Rajayoga

Karmayoga

Jnanayoga

Bhaktiyoga

**SREE SANKARA COLLEGE KALADY****YOGA INSTRUCTOR DIPLOMA COURSE**

Semester 1

Paper 2 - SSCDPY02 - **YOGIC CONCEPTS OF AYURVEDA AND NATUROPATHY****Contact Hours: 120****Credits: 8****Marks: 80**

**Outcome of the Course:** Ayurveda and Naturopathy are in deep contact with Yogic concepts. A Yoga practitioner should be able to understand the basic concepts of both.

**Objectives:** To introduce the fundamental theories of Ayurveda and Naturopathy for the well being and to introduce the literature of Ayurveda for the expanded learning.

**Course Outline****Module 1**

Basic principles of Ayurveda, Tridosha Sidhanta, Panchabhuta Sidhanta, Panchaprana Sidhanta

**Module 2**

Basic principles of Dinacharya and Ritucharya

**Module 3**

Diet in Naturopathy

**Module 4**

Principles of Naturopathic therapy

**References:**

Ashtangahrdayam

Praktijivanam, Dr.Utpalakshan



**SREE SANKARA COLLEGE KALADY****YOGA INSTRUCTOR DIPLOMA COURSE**

Semester 1

Paper 3 - SSCDPY03 - **KRIYA, PRANAYAMA, MUDRA AND BANDHA****Contact Hours: 120****Credits: 8****Marks: 80**

**Outcome of the Course:** Yoga is fundamentally meant to control the mind. So, primary lessons of Yoga are to familiarise the techniques for the same.

**Objectives:** To learn the theories and practice the techniques of Kriya, Pranayama, Mudra and Bandha

**Course Outline****Module 1**

Shadkriyas - Thrataka, Nauli, Kapalabhati, Nethi, Dhauti, Vasti

**Module 2**

Breathing exercises and Ashtakumbhakas - Chandrabhedhi, Bhramari, Sitali, Sithkari, Bhastrika, Ujjai, Plavini, Murcha

**Module 3**

Adimudra, Chinmudra, Chinmayamudra, Brahmamudra, Aswinimudra

**Module 4**

Tribandhas - Mulabandha, Uddyanabandha, Jalandharabandha

**References:**

Hathayogapradipika

Yogopanishads

Kherandasamhita

**SREE SANKARA COLLEGE KALADY**

**YOGA INSTRUCTOR DIPLOMA COURSE**

Semester 1

Paper 4 - SSCDPY04 - **ASANA**

**Contact Hours: 120**

**Credits: 8**

**Marks: 80**

**Outcome of the Course:** Yoga is well known for its specialities of practicing physical positions. It is not only for physical well-being but also meant for spiritual and mental health. Exercises are to be learned in such a way to attain physical as well as mental/spiritual enlightenment.

**Objectives:** To introduce various types of Asana, learn the theories from Yoga literature and practice them.

**Course Outline**

**Module 1**

Loosening and Stretching exercises

**Module 2**

Suryanamaskaram

**Module 3**

Vrkshasana, Katichakrasana, Arthakatichakrasana, Padahastasana, Arthachakrasana, Trikonasana, Parivrtatrikonasana, Parsvakonasana, Virabhadrasana, Sasankasana,

**Module 4**

Vajrasana, Suptavajrasana, Ushtasana, Paschimottanasana, Vakrasana, Bhujangasana, Salabhasana, Dhanurasana, Merudandasana, Halasana, Matsyasana, Viparitakarani, Sirshasana, Sarvangasana

**References:**

Hathayogapradipika  
Kherandasamhita

**SREE SANKARA COLLEGE KALADY**

**YOGA INSTRUCTOR DIPLOMA COURSE**

**Semester 2**

**Paper 5 - SSCDPY05 - PATANJALAYOGASUTRA AND HATHAYOGAPRADIPIKA**

**Contact Hours: 90**

**Credits: 6**

**Marks: 80**

**Outcome of the Course:** The nature, objectives and theories of modes operandi of Yoga are clearly explained in its literature. Textual learning of Yoga Sutras with its known ancient commentaries are inevitable for a Yoga practitioner. So that a learner of Yoga should have completely gone through the fundamental literature of Yoga to avoid infiltrations of foreign elements into the subject, which will be harmful to the practitioners later.

**Objectives:** To make learners well aware of the philosophy of Yoga and its fundamental doctrines through Patanjala Yoga Sutras and Hathayogapradipika

**Course Outline**

**Module 1**

Selected sutras from four chapters of Patanjala Yoga Sutras

**Module 2**

Selected sutras from four chapters of Patanjala Yoga Sutras

**Module 3**

Selected sutras from Hathayogapradipika

**Module 4**

Selected sutras from Hathayogapradipika

**References:**

Patanjala Yoga Sutras

Hathayoga Pradipika



**SREE SANKARA COLLEGE KALADY****YOGA INSTRUCTOR DIPLOMA COURSE**

Semester 2

Paper 6 - SSCDPY06 - **YOGA THERAPY****Contact Hours: 120****Credits: 8****Marks: 80**

**Outcome of the Course:** Yoga as a traditional method of therapeutic science, is very important to avoid diseases of modern era. Asanas and Pranayama are successfully established to cure various illnesses in nowadays. A learner should be capable to practice such therapeutic aspects of Yoga in legally supported cases.

**Objectives:** To learn and practice therapeutic system of Yoga for the prevention of diseases.

**Course Outline****Module 1**

Yoga therapy for Gastric Intestinal disorders

**Module 2**

Yoga therapy for Neurological disorders

**Module 3**

Yoga therapy for Rheumatic disorders

**Module 4**

Yoga therapy for Cardiovascular disorders

**References:**

Yogic Therapy, Shivanatha Saraswathy

**SREE SANKARA COLLEGE KALADY**

**YOGA INSTRUCTOR DIPLOMA COURSE**

Semester 2

Paper 7 - SSCDPY07 - **KALARI AND YOGA**

**Contact Hours: 120**

**Credits: 8**

**Marks: 80**

**Outcome of the Course:** Kalari is the well known martial art of Bharath, which is highly established in Kerala. It gives much importance to the physical, mental as well as spiritual well-being of human being. There are lot of similarities between Yoga and Kalari. Fundamental knowledge in Kalari is preferred to a Yoga practitioner to establish and co-operate possible aspects of Kalari in their practice.

**Objectives:** To introduce the types of Vativu and Payattu and practice them.

**Course Outline**

**Module 1**

Ashtavativu Part I

**Module 2**

Ashtavativu Part II

**Module 3**

Meypayattu Part I

**Module 4**

Meypayattu Part II

**References:**

കടത്തനാടൻ കളരിപ്പയറ്റ് - അടിസ്ഥാനതത്വങ്ങൾ, കടത്തനാട് ചന്ദ്രൻ ഗുരുക്കൾ, കടത്തനാട് കെ.പി.സി.ജി.എം കളരിസംഘം, പുതുപ്പണം

**SREE SANKARA COLLEGE KALADY****YOGA INSTRUCTOR DIPLOMA COURSE**

Semester 2

Paper 8 - SSCDPY08 - **ADVANCED ASANAS****Contact Hours: 120****Credits: 8****Marks: 80**

**Outcome of the Course:** After learning basic Asanas, a learner is to be uplifted to the Advanced Asanas, in which Yogic concepts are more significantly highlighted. Practice of advanced Asanas make the learners well-handed in Yoga. They should turn into a researcher's mode by deep references in the literature of Yoga such as Hathayogapradipika.

**Objective:** To familiarise learners in practicing advanced Asanas and literary learning of Hathayogapradipika.

**Course Outline****Module 1**

Swastikasana, Gomukhasana, Virasana,

**Module 2**

Kurmasana, Kukkutasana, Uttana Kurmasana,

**Module 3**

Dhanurasana , Matsyasana, Mayurasana

**Module 4**

Uttana Kurmasana, Savasana, Siddhasana

**References:**

Hathayogapradipika