



# **Sree Narayana Mangalam College Maliankara**

*(Affiliated to Mahatma Gandhi University, Kottayam)*

## **SYLLABUS**

**For**

## **A CERTIFICATE COURSE IN YOGA**

Sree Narayana Mangalam College  
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### **Objectives of the Course:**

- To provide a basic understanding of the principles and philosophy of Yoga.
- To gain practical knowledge and experience in various Yoga practices.
- To promote physical, mental, and emotional well-being through Yoga.

### **Course Overview:**

- Development of theoretical knowledge about Yoga principles and practices.
- Development of practical skills in performing Yoga techniques.
- Exploration of the benefits of Yoga for overall health and wellness.

Duration of the Course: 32 Hours (16 Hours Theory + 16 Hours Practical)

### **Module 1**

Introduction to Yoga

- What is Yoga? (Theory: 1 hour)
- History and Philosophy of Yoga (Theory: 2 hours)
- Paths of Yoga: Hatha, Bhakti, Karma, Jnana, and Raja Yoga (Theory: 2 hours)
- Understanding the Yogic Lifestyle (Theory: 1 hour)

### **Module 2**

Yoga Asanas (Postures) and Pranayama (Breathing Techniques)

- Popular Yoga Asanas and their benefits (Theory: 2 hours)
- Importance of Pranayama and different techniques (Theory: 2 hours)
- Yoga Asana and Pranayama Practice (Practical: 8 hours)

### **Module 3**

Meditation and Relaxation Techniques

- Introduction to Meditation (Theory: 1 hour)
- Different Meditation Techniques (Theory: 2 hours)
- Yoga Nidra and Relaxation Methods (Theory: 1 hour)

- Guided Meditation and Relaxation Practice (Practical: 4 hours)

#### **Module 4**

##### Yogic Anatomy and Physiology

- Understanding the Energy System (Chakras and Nadis) (Theory: 2 hours)
- The Science of Breathing (Theory: 1 hour)
- Benefits of Yoga on the Nervous System (Theory: 1 hour)

#### **Module 5**

##### Yoga for Health and Wellness

- Yoga for Stress Management (Theory: 1 hour)
- Yoga for Back Pain and Postural Alignment (Theory: 1 hour)
- Yoga for Digestive Health (Theory: 1 hour)
- Yoga for Emotional Balance (Theory: 1 hour)
- Designing Personalized Yoga Practice (Practical: 4 hours)

#### **Suggested Readings:**

"The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar

"Light on Yoga" by B.K.S. Iyengar

"The Yoga Bible" by Christina Brown

"The Key Muscles of Yoga" by Ray Long