

P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P. O., KANNUR – 670 631

(Govt. Aided Teacher Education Institution affiliated to Kannur University)

Recognized by NCTE included under UGC 2(f) & 12(B) category

Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary

1.2.2: Average Number of Value-added courses offered during the last five years

&

1.2.3: Percentage of Students enrolled in the Value-added courses mentioned at 1.2.2 during the last five years

EASE INTO YOGA



1.2.2: Average Number of Value-added courses offered during the last five years

&

1.2.3: Percentage of Students enrolled in the Value-added courses mentioned at 1.2.2 during the last five years

Name of the Course: Ease Into Yoga

P.K.M. COLLEGE OF EDUCATION
MADAMPAM, KAITHAPRAM P O, KANNUR - 670631, Website: - www.pkmcollge.org
Govt. Aided Teacher Education Institution affiliated to Kannur University
Recognized by NCTE and included under UGC 2(f) & 12B category
Accredited by NAAC with 'A' Grade, RUSA 2.0 beneficiary

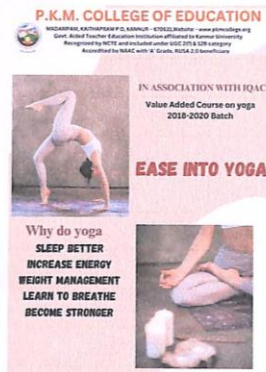
IN ASSOCIATION WITH IQAC
Value Added Course on yoga
2018-2020 Batch

EASE INTO YOGA

Why do yoga
SLEEP BETTER
INCREASE ENERGY
WEIGHT MANAGEMENT
LEARN TO BREATHE
BECOME STRONGER

PRINCIPAL
P.K.M. COLLEGE OF EDUCATION
KAITHAPRAM, P. O., MADAMPAM
SREEKANDAPURAM, KANNUR DT.,-670631

REPORT OF VAC: EASE INTO YOGA 2018-2020



The Yoga Value-Added Course, 'Ease into Yoga', at PKM College of Education, Madampam, for the 2018-2020 batch aimed to provide students with a holistic educational experience by integrating yoga into their curriculum. The course commenced from 12/01/2019 to 11/01/2020. Fourteen students had enrolled for the course and received course completion certificate. The yoga course had a positive impact on physical and mental well-being. Students reported increased flexibility,

reduced stress levels, and improved concentration, contributing to a positive learning environment.

Successfully integrated into the academic curriculum, the yoga program provided students with a balanced approach to education. They were able to apply yoga principles to enhance. The Yoga Value-Added Course at PKM College of Education, Madampam, for the 2018-2020 batch demonstrated positive outcomes in enhancing students' overall well-being and integrating yoga into the academic experience. Addressing challenges and refining the course structure will further improve the success of similar initiatives in the future




PRINCIPAL
P.K.M. COLLEGE OF EDUCATION
KATHAPRAM P.O., MADAMPAM
SREEKANDAPURAM, KANNUR DT.,-670631

PKM COLLEGE OF EDUCATION MADAMPAM

VAC: EASE IN TO YOGA -2019-2020

SYLLABUS (30 HOURS)

MAXIMUM MARKS -50


COURSE CODE: EYPKM18

LEARNING OUTCOMES

- Develop a foundational understanding of key yoga principles, including breath control (pranayama) and postures (asanas).
- Enhance flexibility, balance, and strength through the practice of various yoga poses.
- Cultivate mindfulness and awareness by focusing on the present moment during yoga sessions.
- Explore relaxation techniques and stress reduction methods through guided meditation and relaxation exercises.
- Foster a sense of community and support among participants through shared experiences in the class.
- Promote overall well-being by incorporating yoga philosophy and lifestyle principles into daily routines.
- Provide tools for self-care and stress management that extend beyond the classroom setting.
- Inspire a lifelong appreciation for the holistic benefits of yoga, both physically and mentally.

p




PRINCIPAL
P.K.M. COLLEGE OF EDUCATION
KAITHAPRAM P.O, MADAMPAM
SREEKANDAPURAM, KANNUR DT., -670631

UNIT 1- Introduction To Yoga

History Of Yoga, Meaning of Yoga, Understanding the origins and philosophy of yoga

Overview of different yoga paths (Hatha, Vinyasa, Kundalini, etc.),

Importance of yoga in modern life, Systems of Yoga, Patanjali Yoga.

UNIT 2: Asanas (Yoga Poses)

Classification of Asana- Padmasana, Sukhasana, Vajrasana, Samasana, Vakrasana, Matyasana, savasana. Detailed study of fundamental asanas, Alignment, adjustments, and modifications, Sequencing and creating balanced yoga routines, Guidelines for practicing Asanas.

UNIT 3: Pranayama (Breath Control)

Introduction to pranayama, Concepts of Pranayama, Various pranayama techniques, Importance of breath in yoga practice, incorporating breathwork into asana practice, breath awareness and yogic breathing, Nadishodhan, sitkari, sitali, bhramari, Bhattarika, pranayama, practices leading to meditation, yoga Nidra.

UNIT 4: Meditation and Mindfulness

Introduction to meditation and mindfulness practices

Techniques for cultivating a focused and calm mind

Mind-body connection in yoga



PRINCIPAL
P.K.M. COLLEGE OF EDUCATION
KAITHAPRAM P.O, MADAMPAM
SREEKANDAPURAM, KANNUR DT., -670631

UNIT 5- Yoga & Stress Management

Human Psyche: Yogic and modern concepts, behavior and consciousness, Frustration, conflicts and Psychosomatic disorder, Relationship between mind and body, Understanding the concept of wellbeing, happiness, mindfulness and positivism in life, Concept of stress according to modern science and yoga, Role of yoga in stress management.


UNIT 6: Anatomy and Physiology

Basic anatomy relevant to yoga practice
Understanding the skeletal, muscular, and nervous systems
Injury prevention and safe practice

TASKS

1. Write any two yoga poses and steps involved in its practice with the help of diagram
2. Write essay on the topic importance of yoga in modern life.





PRINCIPAL
P.K.M. COLLEGE OF EDUCATION
KAITHAPRAM P.O, MADAMPAM
SREEKANDAPURAM, KANNUR DT.,-670631

P.K.M. COLLEGE OF EDUCATION, MADAMPAM
YOGA
STUDENT LIST- 2018-19

Value Added Course On YOGA 2018-2020 Batch			
SL. NO.	Register Number	Name of the candidate	Optional subject
1	PM18EDEN06	MEENU T C	ENGLISH
2	PM18EDEN07	REVATHI PRAMESWARAN	ENGLISH
3	PM17EDEN01	JOSNA JOSEPH	ENGLISH
4	PM18EDML02	GOKULA E	MALAYALAM
5	PM18EDMM01	ANUMOL MATHEW	MATHEMATICS
6	PM18EDMM02	AYONA VINCENT	MATHEMATICS
7	PM18EDMM04	JISHNA KARIYIL	MATHEMATICS
8	PM18EDMM08	RAJINA P P	MATHEMATICS
9	PM18EDMM10	SOUPARNIKA J	MATHEMATICS
10	PM18EDNS03	JAHIRA K	NATURAL SCIENCE
11	PM18EDNS06	PRIYANKA THALIYIL	NATURAL SCIENCE
12	PM18EDNS07	RAMYASREE M V	NATURAL SCIENCE
13	PM18EDPS07	RIYA ROSE MATHEW	PHYSICAL SCIENCE
14	PM18EDSS07	SUJINA T V	SOCIAL SCIENCE




PRINCIPAL
P.K.M. COLLEGE OF EDUCATION
KAITHAPRAM. P. O., MADAMPAM
SREEKANDAPURAM, KANNUR DT.,-670631



P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P O, KANNUR – 670631, Website: - www.pkmcollege.org
Govt. Aided Teacher Education Institution affiliated to Kannur University
Recognized by NCTE and included under UGC 2(f) & 12B category
Accredited by NAAC with 'A' Grade, RUSA 2.0 beneficiary

PKM/2020/VACC/EY1

CERTIFICATE

THE FOLLOWING AWARD IS GIVEN TO

Meenu T C

2018-2020 batch of P.K.M. College of Education, Madampam has successfully completed the 30 hours yoga training Value Added course 'Ease into yoga' from 2019 jan to 2020 jan in association with IQAC, P. K. M. College of Education, Madampam

Principal
P.K.M. COLLEGE OF EDUCATION
KAITHAPRAM P.O, MADAMPAM
SREEKANDAPURAM, KANNUR DT.,-670631



IQAC Coordinator
P. K. M. College of Education

Course Coordinator
P. K. M. College of Education

