

# 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**

## YOGA BALANCE BASICS



**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: Yoga Balance Basics**

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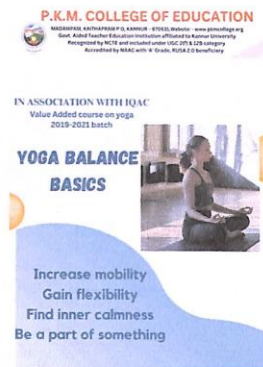
IN ASSOCIATION WITH IQAC  
Value Added course on yoga  
2019-2021 batch

**YOGA BALANCE  
BASICS**

Increase mobility  
Gain flexibility  
Find inner calmness  
Be a part of something

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## Report on "Yoga Balance Basics" Value Added Course (2019-2021)



The "Yoga Balance Basics" course aimed at providing a comprehensive understanding of yoga principles to the 2019-2021 batch students at PKM College of Education, Madampam.

The 30-hour course covered five units, emphasizing foundational yoga philosophy, anatomy, breath control, asanas, meditation, and ethical considerations. The duration of the course was from 11/01/2020 to 13/02/2021.

The course Developed foundational understanding of yoga philosophy and history. Proficiency in fundamental yoga poses with proper alignment and breath control. Cultivated mindfulness through meditation and breathing exercises.

Gained awareness of the mind-body connection and stress management techniques.

Emphasized ethical conduct and self-awareness in yoga practice.



  
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The "Yoga Balance Basics" course significantly impacted the 2019-2021 batch students, fostering a deeper connection to yoga's physical, mental, and ethical dimensions. A total of 16 students' participants successfully completed the course, with all receiving certificates, marking a successful integration of yoga into the academic experience at PKM College of Education, Madampam.




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**PKM COLLEGE OF EDUCATION MADAMPAM**  
**“YOGA BALANCE BASICS”- 2019-2021- Value Added Course on Yoga**  
**SYLLABUS (30 HOURS)**  
**MAXIMUM MARKS -50**  
**COURSE CODE: THPKM19**

**LEARNING OUTCOMES**

- Understand the foundational principles of yoga philosophy and its historical roots.
- Develop proficiency in fundamental yoga poses, focusing on proper alignment and breath control.
- Cultivate mindfulness through meditation and breathing exercises.
- Learn about the benefits of yoga for physical and mental well-being.
- Explore various styles of yoga and their unique characteristics.
- Foster a regular yoga practice for improved flexibility, strength, and balance.
- Gain awareness of the mind-body connection and its role in overall health.
- Develop techniques for stress management and relaxation through yoga.
- Explore the importance of ethical conduct and self-awareness in the practice of yoga.
- Build a foundation for lifelong learning and exploration of advanced yoga practices.



  
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### **UNIT 1: Introduction to Yoga**

Historical overview and philosophy. The significance of yoga in modern life. Yogic Anatomy and Physiology, Understanding the body's systems in relation to yoga practice. Anatomy of key muscle groups and joints. Comprehensive study and practice of fundamental yoga poses, Alignment principles and adjustments.

### **UNIT 2: Breath and Energy**

Pranayama Techniques, Exploration of various breathing exercises.

Breath awareness and control. Chakras and Energy Centers, In-depth study of the body's energy system. Practices for balancing and aligning chakras.

### **UNIT 3: 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 4: Meditation and Mindfulness**

Meditation Techniques, Various meditation practices and their benefits.

Integrating meditation into yoga classes. Mindfulness in Yoga

Applying mindfulness principles to asana and daily life.



  
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## UNIT 5: Yogic Philosophy and Ethics

Eight Limbs of Yoga, Deep dive into the ethical and moral aspects of yoga.

Application of yoga philosophy in contemporary society. Ethics for Yoga Teachers.

### TASKS


Designing a Mindfulness Poster: Develop an informative poster on the benefits of mindfulness or meditation. Include visuals and concise text for easy understanding

Creating a Yoga Challenge: Propose and lead a week-long yoga challenge within your class. Encourage participants to share their progress and experiences.

Write any two yoga poses and steps involved in its practice with the help of diagram

Write essay on the topic importance of yoga in modern life.



  
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YOGA

STUDENT LIST – 2019-2020

Value Added Course On YOGA 2019-2021 Batch			
SL NO.	REG. NO.	NAME	OPTIONAL SUBJECT
1	PM19EDEN01	JOHNS BIJU	ENGLISH
2	PM19EDEN03	RAHUL K	ENGLISH
3	PM19EDEN04	JOFIA JOSE	ENGLISH
4	PM19EDEN06	RASIKA K P	ENGLISH
5	PM19EDML03	LAYA K BABY	MALAYALAM
6	PM19EDML05	SNETHA K	MALAYALAM
7	PM19EDMM01	RAGESH T	MATHEMATICS
8	PM19EDMM02	AMBILI JOSEPH	MATHEMATICS
9	PM19EDMM07	RIBISHA E	MATHEMATICS
10	PM19EDNS08	JISHNA C H	NATURAL SCIENCE
11	PM19EDNS09	SHAHANAS K	NATURAL SCIENCE
12	PM19EDPS02	ASHISH SASEENDRAN	PHYSICAL SCIENCE
13	PM19EDPS07	ATHIRA C K	PHYSICAL SCIENCE
14	PM19EDPS10	SWEETYMOL SHAJI	PHYSICAL SCIENCE
15	PM19EDSS03	ANJU A	SOCIAL SCIENCE
16	PM19EDSS04	ATHIRA V K	SOCIAL SCIENCE



  
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MADAMPAM, KANNUR, KERALA, INDIA

PKM/2021/VACC/BB10

# CERTIFICATE

of participation



THE FOLLOWING AWARD IS GIVEN TO

*Johns Biju*

2019 -2021 batch of PKM college of education, Madampam has successfully completed the 30 hours Value Added course "YOGA BALANCE BASICS" from 2020 January to 2021 February, in association with IQAC, PKM College of education, Madampam.

Principal  
PKM College of education  
KAITHAPRAM P.O, MADAMPAM  
SREEKANDAPURAM, KANNUR DT.,-670631

Course Coordinator  
PKM College of education

IQAC Coordinator  
PKM College of education

