

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

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

YOGA FOR CLEAN MIND

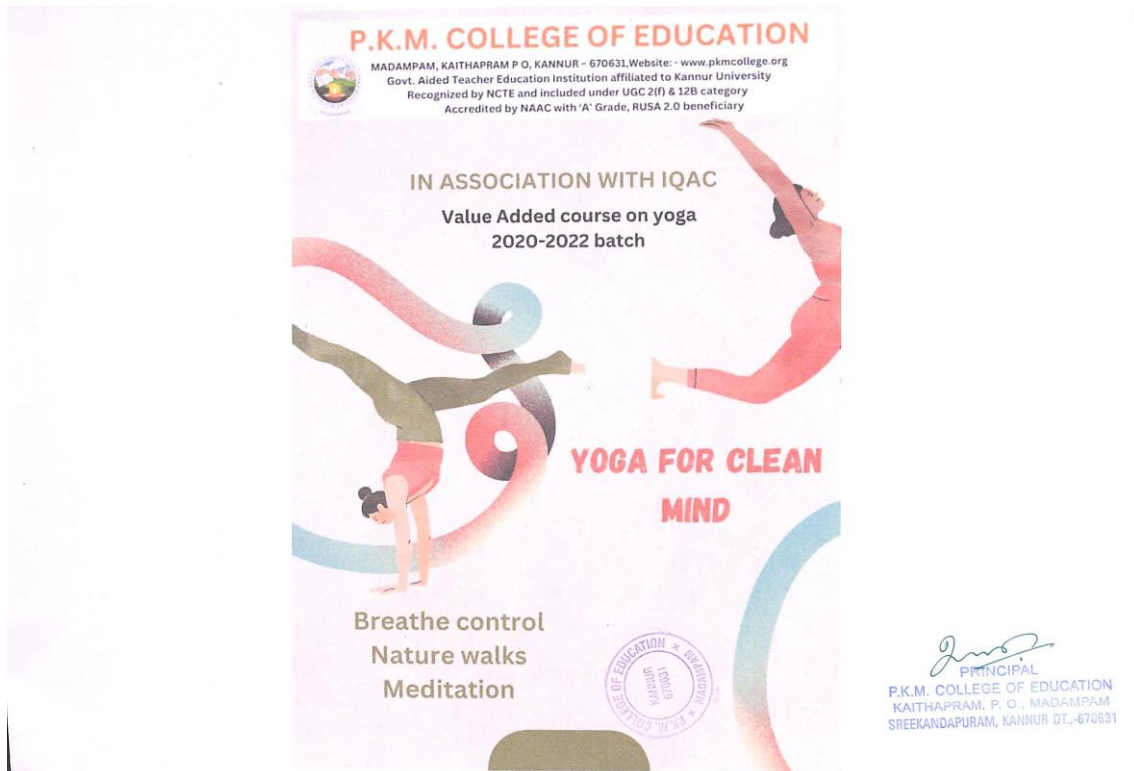


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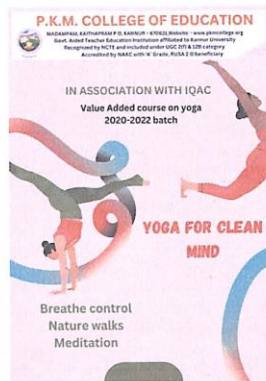
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1.2.3: Percentage of Students enrolled in the Value-added courses mentioned at 1.2.2 during the last five years

Name of the Course: Yoga for Clean Mind



Report of VAC: "Yoga for clean mind 2020-2022




The value-added course on "Yoga for clean mind" conducted by PKM College of Education, Madampam, for the 2020-2022. The duration of the course was from 09/01/2021 to 12/02/2022. It aimed at providing comprehensive insights into various facets of yoga, aligning with a syllabus designed to foster physical, mental, and spiritual well-being.

A total of 16 students actively participated in the course, demonstrating dedication to their holistic well-being journey. All participants successfully completed the course and were awarded Certificates of Course Completion, recognizing their commitment to the transformative path of yoga.

The value-added course on "Yoga for Holistic Well-being" at PKM College of Education not only equipped students with profound knowledge of yoga but also empowered them to integrate its principles into their personal and professional lives.




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PKM COLLEGE OF EDUCATION MADAMPAM

“YOGA FOR CLEAN MIND” 2020- 2022

A Value Added Course on Yoga

SYLLABUS (30 HOURS)

MAXIMUM MARKS -50

COURSE CODE: CYPKM20

COURSE OUTCOMES

- Improve flexibility, strength, and balance with different yoga poses.
- Reduce stress through relaxation techniques and meditation.
- Learn controlled breathing for better overall well-being.
- Create harmony between your thoughts and physical movements.
- Build a supportive community: Connect with others on their yoga journey.
- Take time for self-discovery and personal growth.
- Improve physical, mental, and emotional health.


UNIT 1: Introduction to Yoga

Etymology of yoga and definitions of yoga in different classical yoga tasks, Brief introduction to origin, history and development of yoga, Aims, objectives and misconceptions about yoga, Schools of yoga, Benefits of practicing yoga.

UNIT 2: Yoga for Wellness

Health, it's meaning and definitions, Yogic concept of health and diseases, Yogic principles of healthy living, Introduction to yogic diet and nutrition




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UNIT 3: Yoga & Stress Management

Human Psyche: Yogic and modern concepts, behaviour 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 4: 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 5: 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.

TASKS

- 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- 2020-21

Value Added Course On YOGA 2020-2022 Batch			
SL NO.	REGISTER NO	NAME OF THE CANDIDATE	OPTIONAL SUBJECT
1	PM20EDEN02	ARUN SHAJI	ENGLISH
2	PM20EDEN03	ALBY ANN STEPHEN	ENGLISH
3	PM20EDEN04	DIVYASHREE ARAVIND	ENGLISH
4	PM20EDEN06	LITTY SUNDER	ENGLISH
5	PM20EDEN07	RAJINA M P	ENGLISH
6	PM20EDML04	APARNA U	MALAYALAM
7	PM20EDML05	ARCHANA K C	MALAYALAM
8	PM20EDMM03	ARCHANA MADHUSOODANAN	MATHEMATICS
9	PM20EDMM04	ASWATHI	MATHEMATICS
10	PM20EDMM08	SANDHRA BIJU	MATHEMATICS
11	PM20EDNS04	KAVYA V	NATURAL SCIENCE
12	PM20EDNS07	MARIA BABY	NATURAL SCIENCE
13	PM20EDPS02	ANAGHA K K	PHYSICAL SCIENCE
14	PM20EDPS04	ASHLY THOMAS	PHYSICAL SCIENCE
15	PM20EDPS06	AYANA K	PHYSICAL SCIENCE
16	PM20EDSS01	HAIBIN MATHEW	SOCIAL SCIENCE
17	PM20EDSS03	ANASWARA K	SOCIAL SCIENCE
18	PM20EDSS04	ANU PHILIP	SOCIAL SCIENCE
19	PM20EDSS08	MUKTHA SASINDRAN	SOCIAL SCIENCE




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CERTIFICATE

PKM/2022/VACC/YC1



OF PARTICIPATION

This certificate is presented to:

Arun shaji

2020-2022 batch of P. K. M. College of Education, Madampam has successfully completed the 30 hours value added Course 'Yoga for clean Mind' from 2021 jan to 2022 feb in association with IQAC, P. K. M. College of Education, Madampam

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IQAC Coordinator
K. M. College of Education

Course Coordinator
P. K. M. College of Education

