

# 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-YOUNG AND HEALTHY



**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-Young and Healthy**

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MADAMPAM, KAITHAPRAM P O, KANNUR - 670631. Website: - www.pkcollege.org  
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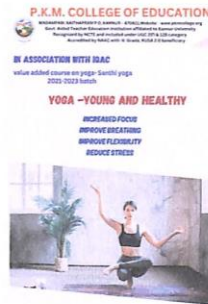
**IN ASSOCIATION WITH IQAC**  
value added course on yoga- Santhi yoga  
2021-2023 batch

**YOGA -YOUNG AND HEALTHY**

**INCREASED FOCUS  
IMPROVE BREATHING  
IMPROVE FLEXIBILITY  
REDUCE STRESS**


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## Report of Value-Added Course on Yoga Young and Healthy - 2021-2023



The Yoga Course at PKM College of Education for 2021-2023 batch spanned 30 hours, with a maximum marking of 50. Engaging 21 participants, the program covered a spectrum of yoga principles. The course duration was from 11/06/2022 to 10/06/2023. Beginning with an exploration of yoga's etymology, history, and various schools, the course delved into wellness aspects by defining health, exploring yogic principles for healthy living, and introducing the significance of a yogic diet. Stress management was a focal point, comparing human psyche in both yogic and modern contexts, analyzing stress factors, and highlighting the role of yoga in effective stress management. The practical component included developing skills for Surya Namaskar and various asanas, emphasizing proper guidelines, and understanding dos and don'ts. The culmination of the course saw all 21 participants successfully completing the program and being awarded certificates, attesting to their proficiency in both theory and practice.



  
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**PKM COLLEGE OF EDUCATION MADAMPAM**

**YOGA – YOUNG AND HEALTHY- 2021-2023**

**SYLLABUS (30 HOURS)**

**MAXIMUM MARKS -50**

**COURSE CODE: HYPKM21**

**Learning Outcomes**

- Develop a comprehensive understanding of the fundamental principles and philosophy of yoga.
- Acquire practical skills in various yoga asanas (poses) and pranayama (breath control).
- Explore the connections between yoga, mindfulness, and overall well-being.
- Foster self-awareness and personal growth through the integration of yogic principles into daily life.
- Understand the importance of ethical considerations and professionalism in teaching yoga.
- Successfully complete practical assessments, demonstrating competence in teaching and practicing yoga.

**Unit 1: Introduction to Yoga**


Explore the Etymology and Definitions of Yoga.

Delve into the Origin, History, and Development of Yoga.

Discuss the Aims, Objectives, and Common Misconceptions about Yoga.

Examine Different Schools of Yoga and Understand the Benefits of Practicing Yoga.



  
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### **Unit 2: Yoga for Wellness**

Define Health and Its Yogic Conceptions.

Explore Yogic Principles of Healthy Living.

Introduce the Yogic Diet and Nutrition for Holistic Well-being.

### **Unit 3: Yoga & Stress Management**

Compare Human Psyche in Yogic and Modern Concepts.

Analyze Frustration, Conflicts, and Psychosomatic Disorders.

Examine the Relationship between Mind and Body.

Understand Well-being, Happiness, Mindfulness, and Positivism.

Explore the Concept of Stress from both Modern Science and Yoga Perspectives.

Emphasize the Role of Yoga in Effective Stress Management.

### **Unit 4: Surya Namaskara & Asanas**

Develop Knowledge and Demonstration Skills for Surya Namaskar.

Familiarize Students with Key Joint Movements in the Body.

Demonstrate Ability to Perform Asanas with Proper Guidelines.

Explore Dos and Don'ts of Asanas, including Standing, Sitting, Prone, and Supine Postures.



  
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### 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

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



  
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**YOGA**

**STUDENT LIST – 2021-22**

<b>Value Added Course On YOGA 2021-2023 Batch</b>			
<b>SL NO.</b>	<b>REGISTER NO.</b>	<b>NAME OF THE CANDIDATE</b>	<b>OPTIONAL SUBJECT</b>
1	PM21EDEN01	AMITHA GEORGE	ENGLISH
2	PM21EDEN02	ANUSREE K	ENGLISH
3	PM21EDML01	ALEX JOSE	MALAYALAM
4	PM21EDML02	JISHNU T P	MALAYALAM
5	PM21EDML07	SRUTHI P V	MALAYALAM
6	PM21EDMM01	AKHILA JAMES	MATHEMATICS
7	PM21EDMM02	HARITHA P V	MATHEMATICS
8	PM21EDMM08	SNEHA V	MATHEMATICS
9	PM21EDNS01	EMIL THANKACHAN	NATURAL SCIENCE
10	PM21EDNS02	AISWARYA MANOJ	NATURAL SCIENCE
11	PM21EDNS04	ANJANA T	NATURAL SCIENCE
12	PM21EDNS05	ATHIRA T C	NATURAL SCIENCE
13	PM21EDPS01	ANAND RAVI	PHYSICAL SCIENCE
14	PM21EDPS02	VAISHAKH K	PHYSICAL SCIENCE
15	PM21EDPS03	AHANA THOMAS	PHYSICAL SCIENCE
16	PM21EDPS05	ANN KURIAN	PHYSICAL SCIENCE
17	PM21EDPS06	ARYA K I	PHYSICAL SCIENCE
18	PM21EDSS02	JOMOL JOY	SOCIAL SCIENCE
19	PM21EDSS04	ANUMOL A M	SOCIAL SCIENCE
20	PM21EDSS06	HITHA K	SOCIAL SCIENCE
21	PM21EDSS08	SIMNA N P	SOCIAL SCIENCE



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# CERTIFICATE

of participation

PKM/2023/IYD/01

THIS IS TO CERTIFY THAT

**AMITHA GEORGE**



2021-2023 batch of P. K. M. College of Education, Madampam has successfully completed the 30 hours santhi yoga Value added Course from 2022 june 21 to 2023 june 21 conducted by P. K. M. College of Education, Madampam 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

Director  
Santhi Yoga

