

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

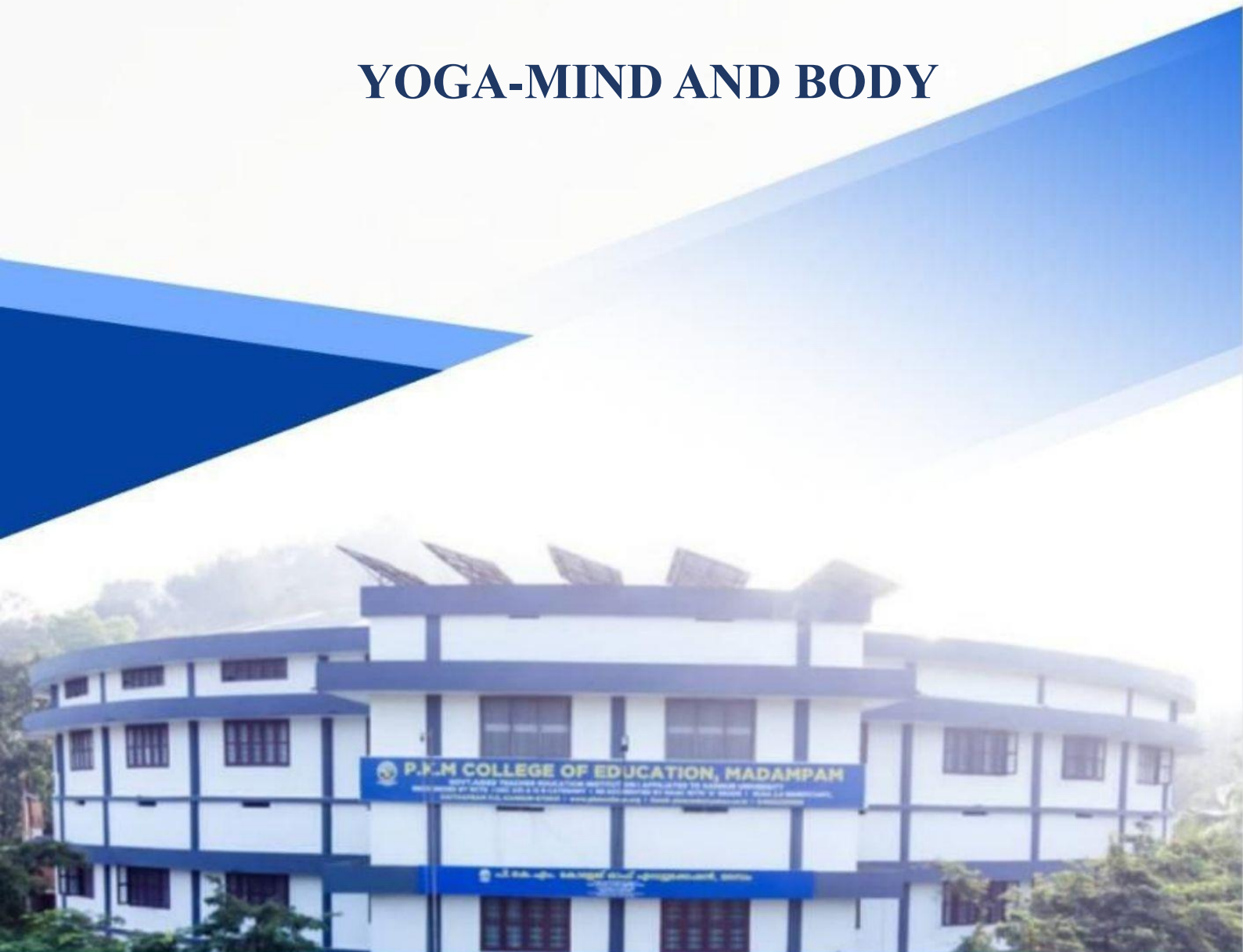
Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary

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-MIND AND BODY



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-Mind and Body

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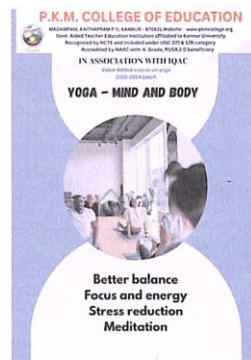
IN ASSOCIATION WITH IQAC
Value Added course on yoga
2022-2024 batch

YOGA - MIND AND BODY

**Better balance
Focus and energy
Stress reduction
Meditation**

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Report of the value-added course "Yoga Mind and Body - 2022-2024"



The value-added course "Yoga Mind and Body" aimed to provide students with comprehensive knowledge and practical techniques to manage stress effectively and enhance overall well-being. The course, conducted over a period of eight weeks, 14/01/2023 to 13/01/2024, witnessed the active participation of 21 students, each seeking to explore diverse aspects of stress management and personal growth through the practice of yoga.

The "Yoga Mind and Body" course proved to be a transformative experience for the 21 participants, offering valuable insights and practical tools for managing stress and enhancing overall well-being. By exploring diverse aspects of stress management, fostering self-discovery, and promoting the utilization of yoga for relaxation and personal growth, the course empowered students to lead healthier, more fulfilling lives both personally and professionally.




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YOGA FOR MIND AND BODY - 2022-2024

SYLLABUS (30 HOURS)

MAXIMUM MARKS -50

COURSE CODE: MYPKM22

Learning Outcomes

- Explore diverse aspects of stress management and well being.
- Foster an in-depth understanding of the multifaceted nature of stress.
- Emphasize techniques for personal benefit and for sharing with others.
- Take time for self-discovery and personal growth.
- Improve physical, mental, and emotional health.
- Use yoga to relax deeply and relieve stress.

UNIT 1: Introduction to Yoga: Philosophy and Origin

Basic Yoga Etiquette and Practice Guidelines

Warm-up exercises and Sun Salutations

Breath Awareness (Pranayama): Introduction to Diaphragmatic Breathing

UNIT 2: Asana Practice


Standing Poses: Tadasana, Uttanasana, Warrior Poses

Seated Poses: Sukhasana, Padmasana, Forward Bends

Supine Poses: Bridge Pose, Corpse Pose

Introduction to Vinyasa Flow




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UNIT 3: Yoga Alignment and Adjustments

Understanding Proper Alignment in Asanas
Partner Work and Adjustments
Integration of Breath with Movement

UNIT 4: Systems of Yoga

Hatha Yoga: Balance of Sun and Moon Energies
Vinyasa Yoga: Flow and Sequencing
Iyengar Yoga: Precision in Alignment
Kundalini Yoga: Awakening Energy

UNIT 5: Pranayama and Meditation

Advanced Pranayama Techniques: Nadi Shodhana, Bhramari
Introduction to Meditation: Mindfulness and Concentration
Developing a Personal Meditation Practice

UNIT 6: Yoga Philosophy and Lifestyle

Patanjali's Eight Limbs of Yoga
Ethics in Yoga: Yamas and Niyamas
Integrating Yoga into Daily Life

TASKS

Perform advanced pranayama techniques, showcasing control and awareness of breath.
Lead a 20-minute yoga session, incorporating a variety of poses and proper cueing for classmates.
Complete a written exam covering theoretical knowledge, philosophy, and the history of yoga.
Design and present a well-structured yoga sequence for a specific goal





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YOGA
STUDENTS LIST 2022-2024 Batch

Value Added Course On YOGA			
Sl no.	Reg No.	Name	Optional Subject
1.	PM22EDEN04	DEVIKA K K	ENGLISH
2.	PM22EDEN05	JOSNA JOSE	ENGLISH
3.	PM22EDEN06	JYOTHIS CYRIAC	ENGLISH
4.	PM22EDML01	AISWARYA K	MALAYALAM
5.	PM22EDML02	ALEENA JAMES	MALAYALAM
6.	PM22EDML05	HASEENA C M	MALAYALAM
7.	PM22EDML07	MARIYA BABY	MALAYALAM
8.	PM22EDMM03	ARCHANA K	MATHEMATICS
9.	PM22EDMM04	CHAITHANYA C K	MATHEMATICS
10.	PM22EDMM06	LIYA	MATHEMATICS
11.	PM22EDNS01	AISWARYA P V	NATURAL SCIENCE
12.	PM22EDNS02	ANJU M J	NATURAL SCIENCE
13.	PM22EDPS01	ANITTA ROY	PHYSICAL SCIENCE
14.	PM22EDPS02	ANJU T MATHEW	PHYSICAL SCIENCE
15.	PM22EDPS04	ANUSHA V	PHYSICAL SCIENCE
16.	PM22EDPS06	DIVYA K S	PHYSICAL SCIENCE
17.	PM22EDSS01	ADITHYA RAJ T K	SOCIAL SCIENCE
18.	PM22EDSS02	ANAGHA K	SOCIAL SCIENCE
19.	PM22EDSS03	ANJU V	SOCIAL SCIENCE
20.	PM22EDSS04	APARNA PRADEEP P V	SOCIAL SCIENCE
21.	PM22EDSS06	TINCY THOMAS	SOCIAL SCIENCE




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 SREEKANDAPURAM, KANNUR DT.,-670601



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(Govt Aided Teacher Education Institution affiliated to Kannur University)
MADAMPAM, KANNUR, KERALA, INDIA

CERTIFICATE

PKM/2024/VACC/YB1

OF PARTICIPATION

This certificate is proudly presented to:

Devika K K

2022 -2024 Batch of PKM college of education, Madampam had successfully completed the 30 hours Value Added Course "YOGA-MIND & BODY from 2023 Jan to 2024 Jan in association with IQAC, PKM College of education, Madampam.


Principal

Pkm college of Education
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KAITHAPRAM P.O, MADAMPAM
TIRUKANDAPURAM, KANNUR DT.,-670631


IQAC coordinator




Course Coordinator

PKM College of education

