

## Foundation Course on Yoga

<b>Duration</b>	30 Hours
<b>Eligibility</b>	Candidate must have passed standard 12th (H.S.C.) Examination.
<b>Objective of the Program:</b>	Yoga is a mental, spiritual and physical practice that helps one attain inner peace. Yoga not only relaxes an individual but also keeps the human body fit. Apart from physical fitness, yoga is also beneficial for reducing respiratory disorders, hypertension, and helps in the management of diseases like diabetes, depression, stress etc.
<b>Program Outcome:</b>	<ol style="list-style-type: none"> <li>1. Thinking creatively</li> <li>2. Co-ordination</li> <li>3. Flexibility</li> <li>4. Judgment and Decision Making</li> <li>5. Learning Strategies</li> <li>6. Cure Physical Disease</li> <li>7. Cure Mental Health</li> </ol>
<b>Medium of Instruction:</b>	English and Hindi

		Hours		
		Theory	Practical	Total
1	<b>Asanas</b>	1	5	6
	1. Basic yoga postures			
	2. Postural alignment			
	3. Deep relaxation with autosuggestion			
	4. Release of blocked energy			
2	<b>Sun salutation</b>	1	3	4
3	<b>Pranayama</b>	1	6	7
	1. Expanding the capacity of lungs			
	2. Awakening the inner spiritual energy			
	3. Kapalabhati (lung cleansing exercise)			
	4. Relaxing the nervous system			
	5. Anuloma Viloma (alternate nostril breathing)			
	6. Purifying the nadis (subtle energy channels)			
	7. The three bandhas: Jalandhara, Moola, Uddiyana			
	8. Ujjayi, Surya Bheda, Bhastrika, Sitali, Sitkari, Bhramari			
4	<b>Kriyas</b>	1		
	1. Tratak			
	2. Nauli			
	3. Kapalabhati			
	4. Neti			
5	<b>Meditation</b>	1	5	6
<b>Total Hours</b>		<b>5</b>	<b>25</b>	<b>30</b>