



Certificate Course in Yoga

St. Xavier's College, Burdwan

Course approved by
Dept. of Lifelong Learning
The University of Burdwan



Information Brochure : Admission 2024



Why Yoga?

Yoga is an invaluable gift of ancient Indian tradition, based on an extremely subtle science, which focuses on bringing harmony between mind, body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being.

Derived from the Sanskrit root meaning 'to join' or 'to unite', Yoga leads to the union of individual consciousness with universal consciousness.

This course seeks to introduce Yoga as a science of holistic living and not merely as yoga postures.

Why Xavier's?

- Qualified Instructors
- Well-equipped classrooms
- Library & e-resources
- Marksheet and Course Completion Certificate to be issued by **The University of Burdwan**

Course Details

Course Duration: Six Months

Commencement of classes : 12 February 2024 (Tentative)

Eligibility : 10+2 qualified

Course Fee : Rs. 3500*

Age Limit : 65 years

Objectives

- To introduce basic wellness principles and practices of Yoga to common people
- To bring awareness of the fundamentals of Yoga for wellness in their daily lives
- To bring peace and harmony in the society at large
- To train enthusiasts and create teachers to teach Yoga for wellness

Scheme of Teaching

- Introduction to Yoga and Yogic Texts
- Human Anatomy and Physiology
- Yoga for Wellness
- Teaching Techniques
- Yoga Practical
- Field Work



Course Admission form can be downloaded from the college website www.sxcb.edu.in or can be collected from the college office

*Excluding Examination Fees

Syllabus

Introduction to Yoga and Yogic Texts

Unit I: General Introduction to Yoga

Unit II: Streams of Yoga

Unit III: Introduction to Hatha Yoga and its Texts

Unit IV: Introduction to Patanjala Yoga



Human Anatomy and Physiology

Unit I: Cell and Tissue, Musculo Skeletal and Digestive System

Unit II: Excretory, Respiratory and Cardiovascular System

Unit III: Neuro Endocrine System

Unit IV: Lymphatic and Immune System



Yoga for Wellness

Unit I: Concept of Wellness and Illness

Unit II: Yogic Life Style Prescription according to Various Yogic Texts

Unit III: Yogic Concept of Holistic Health

Unit IV: Yoga as Preventive Health Care



Teaching Techniques

Unit I: Principles and Methods of Teaching Yoga

Unit II: Basics of Yoga Class Management and Educational Tool



Yoga Practicum

Unit I: Shatkarmas

Unit II: Suryanamaskar

Unit III: Asanas

Unit IV: Breathing Practices

Unit V: Pranayama Practices



Field Work

Unit I: Teaching Internship for Certificate Students

Unit II: Lecture Demonstration, organizing Yoga Camps and Workshops

Unit III: Worksheet and Presentation



For Admission Contact : St. Xavier's College, Burdwan
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