

From

The Head of the Department

Dept.Of Physical Education

MES Keveeyam College, Valanchery

To

The principal

MES Keveeyam College, Valanchery

Sir,

Sub: Request for the Approval of Certificate Course

The Department of Physical Education is planning to conduct a certificate Course on "Yoga Therapy" of 30 hours duration for the first year UG students. So kindly grant permission for the same.

Thanking You

Yours faithfully,

Dinil S



Place:Valanchery

Date : 09/06/2018



From

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Assistant professor & head

Dept.of Physical Education

MES Keveeyam College,Valanchery

To

The Principal

MES Keveeyam College,Valanchery

Sir,

Sub : Request for the Approval of Board of Studies for the Certificate Course in Yoga Therapy

The following academicians may be included in the Board of Studies for Certificate course in "Yoga Therapy" to be conducted by the department.

1. Prof. Dr. Sudheer Kumar, Associate Professor, Dept. of Physical Education, NSS College, Manjeri
2. Prof . Irshad Hassan, AssistantProfessor, Dept. of Physical Education, Faroke College, Feroke
3. Prof. Dr.K S Haridayal, Assistant Professor, Dept. of Physical Education, Sree Krishna College, Guruvayoor

Kindly do the necessary action to constitute the Board of Studies with these members.

Thanking you

Yours faithfully



Place :Valanchery

Date : 09/06/2018





M E S KEVEEYAM COLLEGE

Re-accredited by NAAC with A Grade
(Affiliated to the University of Calicut)

Valanchery – 676552, Malappuram Dt., Kerala

Phone: 0494 – 2644380, 2642670, 2641347(Fax), www.meskvcollege.org

Email: principal@meskvcollege.org

Order No.Acs/2018-19/01

Date: 13/6/2018

Proceedings of the Principal, MES Keveeyam College Valanchery

(Present: Capt(Dr) C Abdul Hameed)

Ref: (1) Request for the Approval of Certificate Course, dated 09/06/2018
(2) Request for the Approval of Board of Studies for the short term course, dated 09/06/2018

ORDER

As per reference cited (1), request was received from the HOD, Department of Physical Education to start a Certificate Course on “Yoga Therapy”. The Head of Department has also proposed for a panel of academicians to be included in the Board of Studies (2).

The department of Physical Education is hereby given sanction to conduct a short term course on Yoga Therapy to the students of the college.

The Board of Studies for the above course is constituted with the following members

1. Prof. Dr. Sudheer Kumar, Associate Professor, Dept. of Physical Education, NSS College, Manjeri
2. Prof. Irshad Hassan, Assistant Professor, Dept. of Physical Education, Faroke College, Feroke
3. Prof. Dr. K S Haridayal, Assistant Professor, Dept. of Physical Education, Sree Krishna College, Guruvayoor

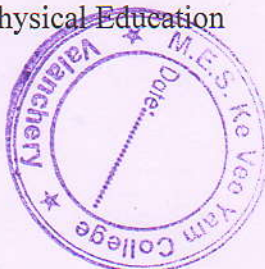
Order is issued accordingly.

Capt(Dr) C Abdul Hameed

Principal

Copy to

1. HOD, Department of Physical Education
2. File



MINUTES OF BOARD OF STUDIES MEETING

VENUE : MES KEVEEYAM COLLEGE

DATE 17/06/2018

AGENDA: Approval of the syllabus of short term course

Decisions :

1. Discussions were done on the draft syllabus
2. Approval can be given to syllabus



Members present:

Dr SUDHEER KUMAR

Prof. IRSHAD HASSAN

Dr. K S HARIDAYAL



MES KEVEEYAM COLLEGE VALANCHERY
DEPARTMENT OF PHYSICAL EDUCATION

SHORT TERM COURSE ON

CC/PE/97-CERTIFICATE COURSE ON YOGA THERAPY

(2018-2019)

Objectives

- Give an awareness about Yoga and Its benefits
- Promote Health Related Fitness
- Reduces the risk of Hypo kinetic diseases

Outcomes

- To develop concentration among the students and reduces Stress and Anxiety
- To develop the fitness components

Course Contents

- Practical : 20 Hours duration
- Theory : 10 Hours duration

Scheme of Evaluation

- | | |
|-------------------------|------------|
| • Practical Examination | : 25 Marks |
| • Theory Examination | : 25 Marks |
| Total | : 50 Marks |

A Grade: 80% and above, B Grade: 60-79% %, C Grade: 40-59%%, Below 40% D Grade



CC/PE/97-CERTIFICATE COURSE ON YOGA THERAPY

(2018-2019)

SYLLABUS

UNIT-I

Origin of Yoga & its brief development.ii) Meaning of Yoga & its importance iii) Yoga as a Science of Art (Yoga Philosophy).iv) Meaning of meditation and its types and principles.

UNIT-II

Classification of Yoga/Types of Yoga ii) Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga. iii) Asthang Yoga.

UNIT-III

Principles of Yogic Practices. ii) Meaning of Asana, its types and principles. iii) Meaning of Pranayama, its types and principles. iv) Meaning of Kriya its types and principles.

Yoga AsanasPadmasana, Bhujangasana, Shalabhasana, Halasana, Dhanurasana, Shavasana, Vajrasana, Chakrasana, Trikonasana, Halasana, Sarvangasana, Pachimotanasana,Arthamatsyendrasana,Gomukhasana.



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