

9. **Name of the Course: 36-hour Add-on Certificate Course on  
Yoga  
(2021-22)**

Syllabus on Yoge:



**P. N. DAS COLLEGE**

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**NAAC ACCREDITED - 2016**

Ref.: .....

Date .....

**Yoga Syllabus**  
DURATION: 36 Hrs  
Total Marks: 50

**Unit - 1: Introduction to Yoga and Human Anatomy (20 Marks)**

Meaning and definition of the term Yoga, types, aim, misconceptions and important of Yoga, History of Yoga, Fundamental Principles of Yoga, Kriyas, Patanjali Yoga Sutra, Astanga Yoga, Hatha Yoga, Need of Yoga for a positive health for the modern people, Utilitarian value of Yoga in modern age. Introduction to human Anatomy and Physiology.

**Unit - 2: Practical (30 Marks)**

1. Surya Namaskar
2. Asanas
  - Standing Position (Ardhachandrasana, Brikshasana, Padahasthasana)
  - Sitting Position (Ardhakurmasana, Paschimottanasana, Gomukhasana)
  - Supine Position (Setubandhasana, Halasana, Matsyasana)
  - Prone Position (Bhujangasana, Salvasana, Dhanurasana)
  - Inverted Position (Sarbangasana, Shirsasana, Bhagrasana)
3. Pranayama (Any two)
  - Kapalbhathi, Bhramri, Anulam, Vilom.
4. Presentation or Demonstration of Skills

Principal  
P.N. Das College  
Palta, Bengal Enamel, N. 24 Pgs.