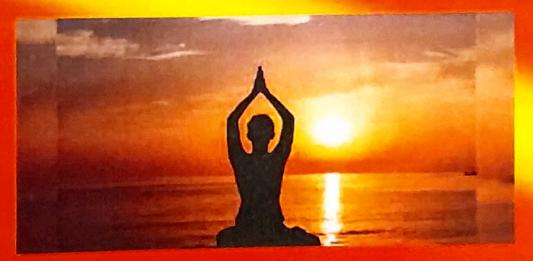


MAHATMA GANDHI COLLEGE THIRUVANANTHAPURAM POST GRADUATE & RESEARCH DEPARTMENT OF HINDI In Association with IQAC

YOGA FOR HUMANITY Webinar:

Date: 24 AUGUST 2022 Time: 07.00 PM



Resource Person

Shri Biju.B M.Sc., M.Phil.(Yoga) (Joint Secretary - Technical, Kerala Yogasana Sports Association) Yoga Teacher Kendriya Vidyalaya **AFS Akkulam**





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Dr.Ushakumari J.B. Dr.V.M.Anandakumar Principal

Dr Ratheesh Kumar V K IOAC Co-Ordinator

MAHATMA GANDHI COLLEGE

THIRUVANANTHAPURAM

Post Graduate & Research Department of Hindi

In Association with IQAC

YOGA FOR HUMANITY (INAUGURATION OF ADD-ON-COURSE) Programme Schedule

24 August 2022, 07.00 P.M

Anchor	Ý () 👎	Parvathy A (M.A Hindi II Sem. Student)
Prayer	:	Aswathy A (M.A Hindi II Sem. Student)
Acharyanusmaranam	:	Navya Gireesh C.G (M.A Hindi II Sem. Student)
Welcome	:	Dr.Lekshmy S.S (Co-ordinator)
Presidential Address	:	Dr.Ushakumari J.B (H.O.D, Dept of Hindi)
Key Note Address & Inauguration	-	Dr.V.M Anandakumar (Principal)
Felicitation	1	Dr.Ratheesh Kumar V.K (IQAC Co-ordinator)
Talk on the Topic	:	Shri. Biju.B Yoga Teacher, K.V AFS Akkulam
Vote of Thanks	:	Seethalekshmi U (M.A Hindi II Sem. Student)

MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM

POST GRADUATE AND RESEARCH DEPARTMENT OF HINDI



YOGA FOR HUMANITY – SYLLABUS

(Add-On Course)

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Course outcomes: 1. Understand the concept of Yoga.

2. Understand the objectives of Yoga.

3. To understand Yoga and diet.

4. To understand Asanas, Pranayama, Kriyas, Bandhas etc.

PART - ONE, Theory: (15 hrs)

Unit – I

- A. Opening Prayer
- B. Closing Prayer
- C. Surya Namaskar Prayer

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Page 1 of 4

Unit – II

- 1. Introduction to Yoga
- 2. Definition of Yoga
- 3. The Concept of Yoga
- 4. Aims and Objectives of Yoga

Unit – III

- 1. Streams of Yoga:
 - a. Karma Yoga
 - b. Bhakti Yoga
 - c. Jnana Yoga
 - d. Raja Yoga
 - e. Hatha Yoga
- 2. Yoga and Diet
- 3. Yoga Disciplined way of Life

Unit – IV

- 1. Asana
- 2. Pranayama
- 3. Kriya
- 4. Mudra
- 5. Bandha
- 6. Meditation

Course Outcomes: 1. To understand the breathing exercise etc.

(15 hrs)

- 2. To understand about the importance of Surya namaskar.
- 3. To understand Asanas, Pranayama etc.

PART – TWO, Practical:

Unit – V

- 1. Breathing Practice:
 - a. Hands in and out Breathing
 - b. Hands stretch Breathing
 - c. Ankle Stretch Breathing
- 2. Loosening Exercises:
 - a. Jogging

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Page 2 of 4

- b. Mukha Dhouti (Cleaning through a Single Blast Breath)
- c. Front and back bending of waist
- d. Side bending and twisting of waist
- e. Twist and breath

Unit – VI

1. Surya Namaskar

Unit – VII

- 1. Asanas
 - a. Vajrasana
 - b. Ardha Pavana Mukhtasana/Pavana Mukhtasana
 - c. Poorva Bhujangasana
 - d. Sulabha Salabhasana
 - e. Sulabha Naukasana
 - f. Uthita Eka Padasana / Uthita Dwipadasana
 - g. Sulabha Makarasana
 - h. Sulabha Ardha Dronasana/Sulabha Dronasana
 - i. Eka Pada Hasthasana/Pada Hasthasana
 - j. Sulabha Chakrasana
 - k. Vakrasana
 - I. Janu Sirasana

Unit – VIII

- 1. Pranayama
 - a. Swasanamarga Sudhi
 - b. Kapalabhati
 - c. Nadi Sudhi Pranayama

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Page 3 of 4



Reference Text Books:

- Asana Pranayama Mudra Bandha By Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India.
- Hatha Yoga Pradipika, By Swami Muktibodhananda, Yoga Publications Trust, Mungar, Bihar, India.
- Surya Namaskara, A Technique of Solar Vitalization By Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India.
- History and Development of Yoga By Directorate of Distance Education, Annamalai University.

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8.	12522 1180 44	Siva Korshnan A.C.	30
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MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM

POST GRADUATE AND RESEARCH DEPARTMENT OF HINDI

ADD-ON COURSE - YOGA FOR HUMANITY

QUESTION PAPER

Total Marks 50

(Each Question Carries 2 Marks)

Time 30 Min.

- The word yoga derived from the Sanskrit Root ?
 a. Yog b. Yuj c. Yok d. Yoga
- Who is known as Father of Yoga ?
 a.Maharshi Aravind b. Maharshi Pathanjali c.Maharshi Vyas d. Maharshi Veda
- Which one is not comes under streams of Yoga ?
 a.Budha Yoga b. Karma Yoga c. Njana Yoga d. Bhakthi Yoga
- 4. Meaning of Asana in English is ? a.Body b.Force c. Posture d.Stand
- 5. Prone Asana means ? a.Standing b.Sitting c. Lying position facing upwards d.Lying position facing downwards
- 6. What is Prana ? a.Life Force b.Energy c.Breathing d.Inhalation
- 7. Which one is not a Kriya as per yogic Science ? a.Tradaka b.Kapalabathi c.Nadisudhi d.Neti
- 8. Mudra Means ? a.Posture b.Gesture c.Meditation d.Kriya
- 9. Bandha in Yogic Science means ? a.Stop b.Pranayama c.Breathing d.Lock
- 10. Sanskrit word of Meditation ? a.Silence b.Breathing c.Dhyana d.Force
- Which one is not a standing Asana ?
 a.Pada Hastasan b.Vajrasan c.Ardha Chakrasan d.Trikonasan
- 12. Name any two Sitting Asanas ?

Page 1 of 2

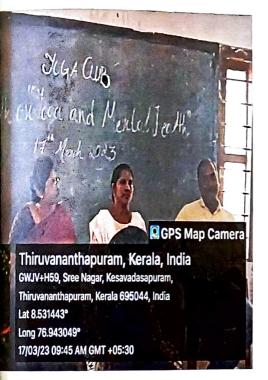
- 13. Write down any FOUR Shat Karmas?
- 14. Write down any TWO Bandhas?
- 15. Write down first three Surya Namaskar Mantras in order ?
- 16. Name any two Breathing Exercises ?
- 17. Name any two Pranayamas?
- 18. What is the English name of "Vajrasan" ?
- 19. Name of the asana which can perform immediate after food ?
- 20. Meaning of Pranayama?
- 21. What is the English name of "Makarasan" ?
- 22. Write down two types of NETI Kriya?
- 23. What is the meaning of SHAT in the word Shat Karma ?
- 24. Write down any two hasta Mudras ?
- 25. Write down two benefits of Yoga ?

MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM 31/12/2022 POST GRADUATE & RESEARCH DEPARTMENT OF HINDI ADD-ON COURSE YOUA FOR HUMANITY The word yoga derived from sanskrit word - yuj () $(\mathbf{2})$ Maharshi Patanjali . 3 Budha Yoga 3 Posture Lying position facing downwards S ٢ Life Force, Ŧ Nadisudhi 8 Gesture (9) Lock 19 🕑 Dhyana $(\mathbf{1})$ Vajrasan Vajrasan and Sukhasan (12)Kapalabathi, Thradalca, Neti & Nauli (13) -Galan Jalandhar bandha, Udiyana bandha (ru) (15) Om Mitraya Namaha Om Ravaye Namaha Om Sooryaya Namaha Hands in and out breating, Hands streeth breathing. (6) Nadisudhi pranayama, Brahamasi pranayama (17)Thunderbolt posture (18) 2 (13) Vajoasan Regulation breath (Prana + Ayama) 20)

MAH TMA GANDHI COLLEGE

Yoga & Mental Health ' Talk on 'Meditat n' by Yoga Club in Association with Yoga for Humanity (Add on Course – Dept. of Hindi)

17- March 2023







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MAHATMA GANDHI COLLEGE KESAVADASAPURAM, THIRUVANANTHAPURAM (Accredited with B+ Grade by NAAC) POST GRADUATE AND RESEARCH DEPARTMENT OF HINDI

YOGA FOR HUMANITY CERTIFICATE

This is to certify that ______has actively participated and completed the Add-on course-YOGA FOR HUMANITY conducted by Post Graduate and Research Department of Hindi , Mahatma Gandhi College, Thiruvananthapuram during the year 2022-2023 .

Dr.Ratheesh Kumar.R ::IQAC:Co-ordinator Dr. Lekshmy.S.S Co-ordinator Dr.Usha Kumari.J.B Head of the Department Dr.R.L Sakthi Babu Principal

PG & RESEARCH DEPARTMENT OF HINDI Mahatma Gandhi College, Thiruvananthapuram

Add-On Course - Yoga for Humanity SUMMARY REPORT

An Add-On Course "Yoga for Humanity" has started in the PG and Research Department of Hindi, Mahatma Gandhi College, Thiruvananthapuram in the year 2022.

The inauguration of the course has conducted on 24th August 2022. In the beginning 30 students were enrolled and later on the number has increased to 60. During the academic year 2022-2023 several classes were conducted for a duration of 30 Hours. This includes Theory as well as Practical sessions, which were handled by experts in the yoga fields.

There was a very good response for this course from the students as well as from their parents. Those students reported to college after the pandemic situation, it helped a lot to release their emotional as well as mental stress.

There was a special class conducted with the help of Yoga Club, Mahatma Gandhi College, Thiruvananthapuram in Yoga and Mental Health including Meditation Practice. For this program also very 900d response was received from the participants.

Based on the responses from the students of this Add on Course "Yoga for Humanity" the Department of Hindi has decided to continue ^{this} course in the coming years also.

Teacher in charge.

Page 1 of 1