

SRI UMA PRAGATHI FIORST GRADE COLLEGE
Kyathsandr, Maidala Road, Tumkur – 572104

SYLLABUS FOR YOGA

CERTIFICATE COURSE - 2019-20

1. Name of the Course - **Certificate Course in Yoga**

2. Duration of the Course - **30 Period**

3. Objectives - **Aims of Yoga**

a) Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.

b) Integral approach of Yoga to common ailments.

c) Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities.

d) Invoke scientific attitude and team spirit to channelise their energies in to creative and constructive endeavours.

e) To enable them to establish Yoga centres in the service of common man.

4. Syllabus

The syllabus is made to fulfil these objectives containing theory Through Vivo Voce, And practical and project work with clinical experience. consists of the following evaluation schedule.

Theory Through Vivo Voce.	10
Practical Through Yoga Positions	30
Discipline	10
Total Marks	50


PRINCIPAL

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Kyathsandra, TUMKUR - 572 104
KARNATAKA STATE

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SYLLABUS FOR SELF DEFENCE

CERTIFICATE COURSE - 2019-20

1. Name of the Course - Certificate Course in Self Defence
2. Duration of the Course - 30 Period
3. Objectives - Aims of Self Defence

a) Promoting positive health, prevention of stress related health problems and rehabilitation through Self Defence .

- Confidence
- Improve Focus
- Develop Skills
- Physical Health
- Street awareness
- Learning something new
- Overall fitness and Toned muscles
- Balance
- Self-discipline

b) Type of Self Defence Skills covered following area

1. Introduction of Self Defence
2. Taekwondo

c) Imparting skills in them to introduce Self Defence for total personality development of students in Colleges and Universities.

d) Invoke scientific attitude and team spirit to channelise their energies in to creative and constructive endeavours.

4. Syllabus

The syllabus is made to fulfil these objectives containing theory Through Vivo Voce, And practical and project work with clinical experience. consists of the following evaluation schedule.

Theory Through Vivo Voce.	10
Practical Through Skills.	30
Discipline	10
Total Marks	50


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