

DINABANDHU MAHAVIDYALAYA

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NAAC ACCREDITED-2016(2nd cycle)
Affiliated to West Bengal State University & Formerly under University of Calcutta
Registered under 2(f) & 12(B) of U.G.C. Act 1956
ESTD: 1947

Course Title: **Yoga for Wellness: A 40-Hour Holistic Course** Course Duration: **14 Day Course (40 Hours)**

Course Objectives:

- Understand the concept of yoga and its significance for overall wellness.
- Master breathing techniques (pranayama) for relaxation and stress reduction.
- Gain insights into yoga philosophy and its relevance to modern life.
- Understand the eight limbs of yoga according to Patanjali's Yoga Sutras.
- Incorporate yogic principles into daily life for holistic wellness.
- Cultivate mindfulness and awareness through meditation practices.
- Regulate emotions and manage stress through yoga poses and breathing exercises.
- Enhance concentration, mental clarity, and cognitive function through yoga practices.

Course Outcomes:

Upon completion of the course, students will:

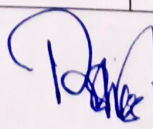
- Demonstrate an understanding of yoga principles and their application to overall wellness.
- Exhibit proficiency in basic yoga postures (asanas) and breathing techniques (pranayama).
- Apply yoga philosophy to daily life for holistic well-being.
- Cultivate mindfulness and awareness through meditation practices.
- Manage emotions and stress effectively through yoga practices.
- Enhance concentration, mental clarity, and cognitive function through yoga.
- Develop a personalized plan for integrating yoga into daily life for long-term wellness.

Biswajit Ghosh
Principal
Dinabandhu Mahavidyalaya
Bongaon, 24 Pgs (N)

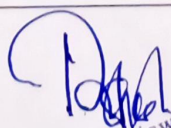
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Detailed Course Curriculum:

Topics	No of Days	Hours
Session 01 : Introduction to Yoga and Wellness- Understanding the concept of yoga and its significance for overall wellness, Introduction to different yoga practices and their benefits, Basic yoga postures (asanas) for beginners, Breathing techniques (pranayama) for relaxation and stress reduction	1 day	2 hours
Session 02: Yoga Philosophy and Lifestyle- Exploring the philosophy behind yoga and its relevance to modern life Understanding the Eight limbs of yoga according to Patanjali's Yoga Sutras Incorporating yogic principles into daily life for holistic wellness	1 day	4 hours
Session 03: Mindfulness and Meditation Introduction to mindfulness and its importance in stress management, Practicing mindfulness meditation techniques, Cultivating awareness of thoughts, emotions, and sensations through meditation	1 day	3 hours
Session 04: Yoga for Strength and Flexibility Intermediate level yoga asanas focusing on strength and flexibility Learning proper alignment and modifications for individual body types Understanding the role of yoga in improving physical health and flexibility	1 day	3 hours
Session 05: Yoga for Stress Reduction Exploring yoga techniques for stress reduction and relaxation Practicing restorative yoga poses and guided relaxation Incorporating mindfulness and breathing exercises for stress relief	1 day	3 hours
Session 06: Yoga for Balance and Stability Balancing yoga poses for physical and mental equilibrium Core strengthening exercises for stability and posture improvement Understanding the connection between balance on the mat and in daily life	1 day	3 hours
Session 07: Yoga for Energy and Vitality Dynamic yoga sequences to boost energy and vitality Exploring the concept of prana (life force) and its role in yoga practice Practicing energizing breathing techniques (pranayama)	1 day	3 hours
Session 08: Yoga for Digestive Health Yoga poses to aid digestion and improve gut health Understanding the connection between yoga, digestion, and overall well-being	1 day	3 hours


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Practicing mindful eating habits and yoga techniques for better digestion		
Session 09: Yoga for Emotional Balance Exploring the mind-body connection in yoga practice Yoga poses and breathing exercises to regulate emotions Techniques for managing stress, anxiety, and negative emotions through yoga, Mindfulness Based Stress Reduction (MBSR) Technique	1 day	3 hours
Session 10 : Yoga for Better Sleep for Students Yoga sequences and relaxation techniques to promote restful sleep Creating a bedtime yoga routine for improved sleep quality Tips for overcoming insomnia and sleep-related issues through yoga	1 day	3 hours
Session 11: Yoga for Mental Clarity and Focus Yoga practices to enhance concentration and mental clarity Mindfulness meditation techniques for improving focus and attention Incorporating yoga into daily routines for enhanced cognitive function	1 day	3 Hours
Session 12: Yoga for Inner Peace and Wellbeing Cultivating a sense of inner peace and contentment through yoga Practicing gratitude and self-compassion as integral parts of yoga practice Yoga nidra (yogic sleep) for deep relaxation and inner healing	1 day	3 hours
Session 13: Yoga for Self-Compassion and Self-Care Cultivating self-compassion and self-care practices through yoga Understanding the importance of self-love and acceptance in holistic wellness Exploring meditation techniques for self-compassion and inner healing Creating a personalized self-care plan incorporating yoga, meditation, and other nurturing practices for ongoing well-being for students	1 day	1 hours
Session 14: Practical Exam and Integration Exam Preparation: Reviewing key concepts, techniques, and practices covered throughout the course, Clarifying any doubts or questions regarding yoga philosophy, asanas, pranayama, and meditation Practical Exam: Demonstrating proficiency in yoga postures (asanas), breathing techniques (pranayama), and meditation practices Performing sequences and exercises with proper alignment, breath awareness, and mindfulness Receiving feedback and guidance from instructors to improve technique and execution	1 day	3 hours
Total =	14	40 Hours


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