

## **A certificate course in YOGA training**

**“Yoga is the Journey of the SELF... Through the SELF to the SELF”**

**BHAGWAT GEETA**

### **Yoga Training programme:**

The Institution is committed to create an environment where students feel empowered to improve upon their learning behavior for which mere academic inputs is not enough. Going beyond it, they are provided with the training that contributes in their capacity building by motivating them to train their inner self through emotional management, Self-understanding and positive thinking. Yoga training can help students to strengthen their potentials.

Following value added courses are provided to students:

Institution conducts a certificate course in Yoga training for students in view with making them conscious of the importance of physical and mental wellbeing.

Objectives of yoga training programme are as follows:

- To enhance the capacities of students for physical and mental wellbeing through self-help.
- To develop healthy habits for better health
- To empower student teachers to create a harmonious classroom at workplace.

The yoga course is one of the value added course that the Institution offers. It is research based course wherein the effectiveness of the course is studied through students' post training feedback and pre-test and post achievement tests.

Before commencing with the yoga training, students are given pre-test where their knowledge or awareness about yoga is checked. On the basis of the outcomes of the pre-test, the programme is designed or modified to make it more need based for trainee students.

The modified version of the Training package is then implemented. The course is conducted by the expert Yoga teachers who are invited to run the course. The content of the course include theory as well as practical demonstrations and practice of different types of pranayama and Yogasans.

The achievement test including practical and theory is administered to check the learning outcomes in terms of knowledge and awareness about yoga. The students' feedback too is taken to find the effectiveness of the programme. The students are awarded with the course completion certificates.

For the current year, complete package of 20 hours training programme in a span of 10 to 11 days was designed in collaboration with the well-known Patanjali Yoga Samiti from Mumbai region. It included developing understanding of the concept of Yoga, theoretical and scientific bases for the Yogasans and

pranayama and practice sessions for learning these asana and pranayama. Similarly, students were trained in Surya Namaskar and yogic jogging. These sessions were conducted by the trained yoga teachers. Finally the Practical and theory examination was held. As discussed above pre-test and post-test were taken. Achievement test was taken to see their performance level. Quantitative assessment was done and marks were assigned. Students are awarded with the certificate endorsed by the Yoga Samiti.

As the quote implies, Institution thus pays equal importance to provide platform for facilitating self-understanding among students through self-training for mind, body and heart.

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**Web link for the quote:**

<http://www.sheknows.com/health-and-wellness/articles/1032671/inspirational-yoga-quotes>



