



MUSLIM COLLEGE OF EDUCATION

Accredited with 'B' Grade by NAAC

No.1, New Street, Thiruvithancode,
Azhagiamandapam - 629 174, Ph: 7598353331

CERTIFICATE COURSE IN YOGA



Ulaga Samudaya Seva Sangam
Villukuri - Mob: 8148012679

Affiliated to Tamil Nadu Teachers Education University-
Chennai. CC : 10915, 10936, Recognised by SRC (NCTE) New Delhi
web : www.muslimcollegeofeducation.in, Email: muslimcollegeofeducation@gmail.com

Course Co-ordinator : **Derinoji**

Resource Person : **S. Joseph Edwin**

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CERTIFICATE COURSE IN YOGA

The 'Yoga Certificate Course' is an intensive course that provides in-depth knowledge of yoga practises and yoga pedagogy. "Yoga is an integral part of Indian culture and history. Yoga has been an integral part of our lives since ancient times. Yoga is an art of healthy living that establishes the connection between the mind and body. Yoga is the science of discipline that develops the body, mind, and will to create a complete personality. Today, everyone practises Yoga to improve their health and fitness. Therefore, yoga education is currently in such high demand. By practicing yoga, one encourages a sense of body positivity. This thereby encourages a whole other level of confidence among the students who practice yoga. This instilling of confidence also helps in reducing situations of conflict among peers, as one gains confidence in their inner self. Yoga's innate ability to cease the mental chatter and live in the moment reduces stress and anxiety, showing profound benefits in every sphere of life. Students are very stressed individuals, keen to outperform themselves and prove their worth every chance they get. Yoga helps them to deal with their stress and bring back some peace of mind. Those who regularly practice yoga not only report lower levels of stress and anxiety and subsequently improved academic performance.



The Yoga Curriculum's End Goals

The aim of the Programme is to train the 'Yoga Learners' in sectors of Health and Education. After completion of this Programme, a trainee would have -

- * Basic knowledge on Human Anatomy and Physiology
- * Understanding of Principles and Philosophy of Yoga
- * Good knowledge of Preparations and Precautions for Yogic practices;
- * Understanding of Concepts of Health, Hygiene, Diet and Yogic Culture;
- * Learning of Applications of Integrated approach of Yoga
- * Ability to conduct yoga classes and
- * Ability to train the learners.



Job Opportunities

Successful learner of the Yoga Certificate Training Programme can get the jobs as an Instructor in any Yoga Institutions, Yoga Centres, Health Clubs, Hospitals and various schools and colleges etc.

Duration of the course : One Month

IMPORTANCE OF YOGA

1. EASE STRESS AND ANXIETY LEVELS.
2. IMPROVES STRENGTH, BALANCE AND FLEXIBILITY.
3. BOOSTS METABOLISM.
4. INCREASES BLOOD FLOW.
5. KEEP DISEASES AT BAY.

