

**ST.PIUS X COLLEGE RAJAPURAM**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**CERTIFICATE COURSE ON SPORTS YOGA**

**Syllabus**

**Module I**

Role of yoga in fitness – Yoga and sports injury recovery –yoga for strength, flexibility, balance, agility, endurance - Concentration and breathing techniques- mediation and its relevance - warming up exercises – Kriyas (8 Hrs)

Demonstration and Practice (4 Hrs)

**Module II**

Surya Namaskar - Mayur Asana – Varah asana – Naukasana - Karnapidasana - Hanuman Asana  
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Vrischik Asana - NatrajAsana – Shavasana (10 Hrs)

Demonstration and Practice (10 Hrs)