

Markanda National College Shahabd Markanda

Ladwa Road Shahabad



## Value Added Course

Session -2021-22

<b>Title</b>	<b>:</b>	<b>Yoga</b>
<b>Code</b>	<b>:</b>	<b>CY21</b>
<b>Certification</b>	<b>:</b>	<b>Grading Pattern</b>
<b>Duration</b>	<b>:</b>	<b>Minimum 30 Hours</b>
<b>Mode of Assessment</b>	<b>:</b>	<b>Pen and Paper</b>
<b>Offered By</b>	<b>:</b>	<b>Department of Health and Physical Education Markanda National College Shahabad Markanda</b>

**Course Coordinator: Dr. Bhupinder Singh Tanwar**

Principal  
Markanda National College  
Shahabad Markanda (Haryana)

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The final certificate of completion will be awarded in grade point system given below.

<b>S. No</b>	<b>Percentage of Marks</b>	<b>Grade</b>
<b>1</b>	<b>85 % and above</b>	<b>A+</b>
<b>2</b>	<b>75% to 84%</b>	<b>A</b>
<b>3</b>	<b>65% to 74%</b>	<b>B</b>
<b>4</b>	<b>50% to 64 %</b>	<b>C</b>
<b>5</b>	<b>40% to 50 %</b>	<b>D</b>
<b>6</b>	<b>Below 40%</b>	<b>No Grade</b>

01744-240152



# MARKANDA NATIONAL COLLEGE

Shahabad Markanda - 136 135 (Kurukshetra)

Ref. No.

Date.....

02.08.2021

## NOTICE

Department of Physical Education and Yoga of our college is going to start Certificate Course in Yoga and Health for the session 2021-22. Interested students may give their names to Prof. Incharge Sh. Sukhbir Singh for registration in the above said course.

Principal



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**CERTIFICATE COURSE IN YOGA**

**Marks Allotments Final Sheet**

<b>Sr. No.</b>	<b>Name</b>	<b>Theory 40</b>	<b>Practical 60</b>	<b>Total 100</b>
1	Parvinder Singh	30	40	70
2	Aakash	32	42	74
3	Virender Sharma	35	40	75
4	Ravi Ram	31	35	66
5	Gagan	34	42	76
6	Kuldeep Singh	32	35	67
7	Ajay Singh	30	31	61
8	Sahil Saini	32	43	75
9	Akashdeep	34	44	78
10	Vikas	29	38	67
11	Vishal Singh	36	41	67
12	Ashu	35	36	71
13	Kuldeep Kumar	33	37	70
14	Krishan Pal	35	44	79
15	Sandalpreet	36	46	82
16	Dinesh Kumar	32	34	66
17	Manmeet Singh	31	30	61
18	Sahil	36	36	72
19	Mandeep	34	41	75
20	Karan Kumar	30	40	70
21	Priyanka	36	48	84
22	Gurjinder Kaur	35	32	67
23	Neha Devi	37	43	80
24	Ajay	31	34	65
25	Vineet	34	38	72



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**CERTIFICATE COURSE IN YOGA**

**Scheme of Examination:**

For each paper of 100 marks. The examination will be in two parts. There shall be an objective online theory examination of 40 marks duration 01 hour and a practical examination of 60 marks duration 3 hours.

**Classification of Successful Candidates:**

- I. Minimum for pass shall be 40% in both theory and practical
- II. The classification of successful candidates and award shall be as under:

70 % and above	1 <sup>st</sup> class with distinction
Above 60% and less than 70%	1 <sup>st</sup> class
Above 50% and less than 60%	2 <sup>nd</sup> class
Above 40% and less than 50%	Pass

***Less than 40% considered as a failure in such case students will not be eligible for certification, has to rewrite the exam.***

- **There shall be no award of ranks in these course**



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**CERTIFICATE COURSE IN YOGA**

**SYLLABUS:**

**PRACTICAL:**

**A) PRIMARY ASANA –**

- |                               |                       |
|-------------------------------|-----------------------|
| i. Ardhalasana with both legs | ii. Simple Matsyasana |
| iii. Naukasana                | iv. Makrasana         |
| v. Ardhasalbh asana           | vi. Makrasana         |
| vii. Tadasana                 | viii. Janushirasana   |
| ix. Vajrasana                 | x. Ardha Padmasana    |
| xi. Vakrasana                 | xii. Ustrasana        |
| xiii. Shashankasana           | xiv. Yogmudra         |
| xv. Trikonasana               | xvi. Vrikchasan       |
| xvii. Ardhatichakrasana       | xviii. Gomukhasana.   |

**B) SECONDARY ASANA –**

- |                         |                     |
|-------------------------|---------------------|
| i. Sarvangasana         | ii. Chakrasana      |
| iii. Dhanurasana        | iv. Satubandh asana |
| v. Halasana             | vi. Padmasana       |
| vii. Paschimotanasana   | viii. Karan Peedana |
| ix. Ardh Matsyendrasana | x. Surya Namaskar   |

**C) PRANAYAM – Anulomvilom, Nadishodhan, Bhastrika, Shitali, Shitkari.**

**D) SHATKARMA – Jal and Rubber Neti, Trataka, Kapalbhati.**

**E) MEDITATION – Techniques for relaxation of body and mind.**



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**CERTIFICATE COURSE IN YOGA**

**SYLLABUS:**

**THEORY PART:**

**Unit – I:**

Introduction i. Meaning and Importance of Yoga. ii. History of Yoga. iii. The Yoga Sutra: General Consideration. iv. Misconceptions about Yoga.

**Unit - II:**

Foundation of Yoga i. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. ii. Yoga in the Bhagavadgita - Karma Yoga, Gayan Yoga and Bhakti Yoga.

**Unit – III**

Asanas and Paranayama i. Meaning of Asanas, Classifications of Asanas and Principles of Asanas. ii. Meaning of Paranayam, Different Types of Paranayams and Principles of Paranayams. iii. Meaning and types of Meditations

**Unit IV**

Meaning of Shatkarm and types of Shatkarmas: Jal and Rubber Neti, Trataka, Kapalbhati.



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## CERTIFICATE COURSE IN YOGA

### ➤ PROGRAMME OUTCOMES:-

- Develop conceptual understanding of Traditional Yoga.
- Enhance knowledge of Yoga Sutra.
- Enhance and apply the knowledge of Asthang Yoga for the well-being of people.
- Develop and apply knowledge of Gyan Yoga, Karma Yoga, and Bhakti Yoga.
- Select and demonstrate different yogic activities like Asanas, Pranayamas and Shudhi Kriyas for promotion of health.
- Learners will be able to comprehend the acquire knowledge during the Program of study.
- Learners will be able to reflect on the issues relating to the discipline- 'Education'.
- Learners will be able to discuss and solve the problems relating to the discipline and life.
- Learners will be able to state and follow the ethical issues relating to the discipline and society.

### **Eligibility and Criteria for Admission:**

Candidate who has passed 12<sup>th</sup> Examination of any affiliated board and may pursue Bachelor's Degree or Master's Degree Course (B.A./B.SC./B.COM/M.A. ENG) in MN College Shahabad (M) is eligible for admission to the *Certificate Course in Yoga*.

### **Scheme of Instruction:**

Certificate course in Yoga shall have total 100 marks, 60 marks for practical and 40 marks for theory examination.

Certificate course in Yoga will have 30 hours of total teaching including 10 hours for theory lecture and 20 hours for practical.





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**CERTIFICATE COURSE IN YOGA**

The Department of Yoga and Physical Education introduced Certificate Course in Yoga to enhance the awareness about physical, mental and spiritual health and to develop internal personality.

Course Title	Certificate Course In Yoga
Students Intake	25
Date of Implementation	31.05.2022
Duration	30 hours
Classes Per Week	06
Examination Method	Objective and Practical
Date of Valediction	30.06.2022

**Course Coordinator:**

Sukhbir Singh  
Assistant Professor, Yoga  
Email Id: [Sukhbir\\_singh@mncshahabad.com](mailto:Sukhbir_singh@mncshahabad.com)  
Mob. No.: 8295474002

**Head of Department:**

Dr. Bhupinder Tanwar  
Associate Professor  
Dept of Physical Education  
Mob. No. : 9896100177



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**CERTIFICATE COURSE IN YOGA**

**Students Enrolment List**

Sr. No.	Name	Class
1	Parvinder Singh	BA Second Year
2	Aakash	BA Second Year
3	Virender Sharma	BA Second Year
4	Ravi Ram	BA Final Year
5	Gagan	BA Final Year
6	Kuldeep Singh	BA Final Year
7	Ajay Singh	BA Final Year
8	Sahil Saini	BA Final Year
9	Akashdeep	BA Final Year
10	Vikas	BA Final Year
11	Vishal Singh	BA Final Year
12	Ashu	BA First Year
13	Kuldeep Kumar	BA Final Year
14	Krishan Pal	BA Final Year
15	Sandalpreet	BA Final Year
16	Dinesh Kumar	BA Final Year
17	Manmeet Singh	BA Second Year
18	Sahil	BA First Year
19	Mandeep	BA First Year
20	Karan Kumar	BA Second Year
21	Priyanka	BA Final Year
22	Gurjinder Kaur	BA Final Year
23	Neha Devi	BA First Year
24	Ajay	BA First Year
25	Vineet	BA Second Year
		BA Final Year



①

**MARKANDA NATIONAL COLLEGE, SHAHABAD (M)**  
**ADMISSION FORM FOR CERTIFICATE COURSE**  
**ON**  
**YOGA AND HEALTH**  
**SESSION: - 2021-22**

1. Name : Parwinder Singh

2. Father's Name : Gurmail Singh

3. Class : B.A 2nd

4. Roll : 120211002009

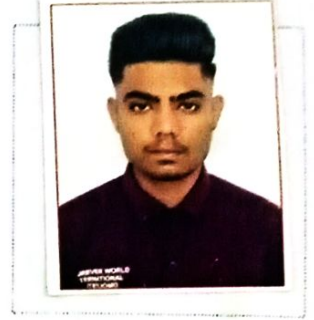
5. Uni. Regn. No. : 20-MS-6

6. Address : Village - Ramli , V.P.O - Rawra

7. Phone No. : Home 9467572487 Mobile 9466938847

8. Email Id : parwinder.singh27104@gmail.com Aadhaar No. 521329599287

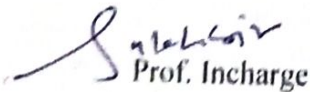
9. Course Opted : Certificate in Yoga and Health



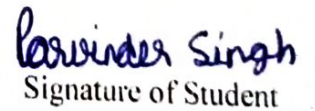
**DECLARATION :**

- I shall abide by the rules and regulations of the University/UGC regarding Add-on-Courses.
- I have also informed my parents regarding the admission in this course.
- I am willing to pay extra fee for this course fixed by the College/Kurukshetra University, Kurukshetra

Signature of Parents

  
Prof. Incharge

Co-ordinator

  
Signature of Student



Principal

Principal  
Markanda National College -  
Shahabad Markanda (Haryana)



MARKANDA NATIONAL COLLEGE, SHAHABAD (M)  
ADMISSION FORM FOR CERTIFICATE COURSE  
ON  
YOGA AND HEALTH  
SESSION: - 2021-22

1. Name : Vinender Sharma  
2. Father's Name : Pardeep Kumar  
3. Class : B.A 2nd year  
4. Roll : 120211002064  
5. Uni. Regn. No. : 20-MS-49  
6. Address : V. P. O Deeg



7. Phone No. : Home 7988351673 Mobile 8307220903  
8. Email Id : subalmarubal431@gmail.com Aadhaar No. 508055600584  
9. Course Opted : Certificate in Yoga and Health

**DECLARATION :**

- I shall abide by the rules and regulations of the University/UGC regarding Add-on-Courses.
- I have also informed my parents regarding the admission in this course.
- I am willing to pay extra fee for this course fixed by the College/Kurukshetra University, Kurukshetra

Signature of Parents

Sulokh Sir  
Prof. Incharge

Co-ordinator

Vinender  
Signature of Student

Subal Kumar  
Principal  
Markanda National College  
Shaheed Markanda (Haryana)

















# MARKANDA NATIONAL COLLEGE

SHAHABAD MARKANDA, DIST. KURUKSHETRA, HARYANA (INDIA)

(Affiliated to Kurukshetra University, Kurukshetra)

<https://mncs.ac.in>

email: [mncshahabad@yahoo.co.in](mailto:mncshahabad@yahoo.co.in)

Ph: +91-01744-240152

Sr. No. 04

Dated: 10/12/2021

## CERTIFICATE

This is to certify that Mr./Miss RAVI RANA

S/D/O RAVINDER SINGH

has completed the value Added Certificate course titled

YOGA AND HEALTH

conducted by Dept of Physical Edu & Yoga

from 20/8/21 to 3/12/21 for 45 hours.

He/She secured grade A.

Principal

Markanda National College

Shahabad Markanda (Haryana)

Course Coordinator

Principal Signature & Seal

Marks Percentage  
Grade

85% above  
A+

75-84%  
A

65-74%  
B

50-64%  
C

40-50%  
D



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(Affiliated to Kurukshetra University, Kurukshetra)

<https://mnccs.ac.in>

email: [mncshahabad@yahoo.co.in](mailto:mncshahabad@yahoo.co.in)

Ph: +91-01744-240152

Sr. No. 05

Dated: 10/12/2021

## CERTIFICATE

This is to certify that Mr./Miss GAGAN

S/D/O SH RAJBIR

has completed the value Added Certificate course titled  
YOGA AND HEALTH

conducted by Dept of Physical Edu & YOGA

from 20/8/21 to 3/11/21 for 45 hours.

He/She secured grade A.

Course Coordinator

Principal  
Markanda National College  
Shahabad Markanda (Haryana)

Principal Signature & Seal

Marks Percentage	85% above	75-84%	65-74%	50-64%	40-50%
Grade	A+	A	B	C	D