

# JSS College of Arts Commerce and Science

B.N. Road, Mysuru

## Department of Yoga

Students Practicing different Poses of yoga



**Vrikshasana- Tree pose**





**Ushtrasana**







## Department of Physical education

**Gymnasium: Where college students find their strength**





**JSS MAHAVIDYAPEETHA**

**JSS COLLEGE OF ARTS, COMMERCE AND SCIENCE**

(Autonomous, 'A' Grade and 'College with Potential for Excellence')

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**Yoga Syllabus**

## Basics of Yoga and Naturopathy

### ❖ Yoga Theory

#### I. Human Anatomy

Introduction of human body with reference to Gastro Internal system, Muscular system, Respiratory system.

Introduction to Special sense organs and skeletal system.

#### II. History and Development of Yoga

Principles of Yogic Practice

Basics of Ashtanga Yoga, Vinyasa and Pathanjali Yoga Sutras.

#### III. Suryanamaskara

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### ❖ Yoga Practical

#### **PRANAYAMA**

AnulomVilom

Surya Bhedan

Chandra Bhedan

Bhastrika Pranayama

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#### **ASANA**

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#### **STANDING ASANA**

Tadasana

Trikonasana

AshtaChandrasana

Vrikshasana

Malasana

Padahasthasana



## **SITTING ASANA**

Vajrasana

Swasthikasana

Purvothanasana

Dandasana

Baddhakonasana

Gomukhasana

## **SUPINE ASANA**

Navasana

Mathsyasana (Beginner)

Anandabalasana

Suptabhaddhakonasana

Setubhandhasana

Pavanamukthasana

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## **NATUROPATHY**

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- Basics of Philosophy of naturopathy
- Philosophy of Yoga
- Philosophy of Nature care
- Fasting Nutrition and Therapy
- Community Health and Medicine