

APPRECIATION COURSE IN YOGA SCIENCE FOR THE STUDENTS, FACULTIES AND OTHER MEMBERS OF LEIBNIZ UNIVERSITY, HANNOVER

Preamble:

Yoga is an ancient heritage of India. Yoga is a holistic health care system, known for prevention of disease, and promotion of health with therapeutic potential. Yoga mainly emphasizes the mind remaining calm. Yoga is not just asanas (Postures), it also consists of breathing exercises (Pranayamas), relaxation techniques, Meditation, Yogic diet and Yogic counselling derived from traditional Yoga texts. Yoga therapy can play a prominent role in the management of many psychosomatic/chronic medical conditions such as obesity, hypertension, anxiety, depression, back pain, migraine, epilepsy, bronchial asthma, dyslipidemia, diabetes mellitus and others.

With its multifold advantages it is becoming a part of education. Scientific research across the globe has validated the potential of yoga in lowering exam and other forms of stress and improving co-ordination, flexibility, concentration, memory, sleep quality and appetite among students. Hence, Yoga will be useful for students and faculties to improve their academic performance by improving their cognition and general well being. Therefore, Hochschulsports, Leibniz University, dedicated to sports activities, now focused on integrating Yoga with the Sports by implementing Yoga classes to the students and faculties, and other members of Leibniz University with this short-term appreciation course.

Aims and Objectives of the program

1. To reduce stress and improve their academic performance, work performance and general well-being.
2. To introduce basic principles and practices of yoga science to the students/faculties/members to make them aware about fundamentals of the yoga for inculcating yoga in their daily life.
3. To integrate the system of yoga with exercise and sports science in the mainstream healthcare delivery system.

Duration: This is a part time course for FitCard Gold Members

06/11/2017 – 22/01/2018 from 7am - 8 am

2 days in a week: Monday and Wednesday for 2 months.

Venue: Budo-Halle, Ground Floor, SportCAMPUS, Leibniz University, Hannover

Intake capacity: Maximum of 50 participants

Dress code and Yoga mat: T – Shirt/Track pant and Yoga Mats

Medium of Instruction: English

Attendance: Minimum 80% of attendance is compulsory.

Participation Certificate: Successful candidates will be issued a ‘Participation Certificate’.

SCHEME OF YOGA PRACTICAL TRAINING (7 am-7.50 am)

First 2 weeks: (Monday and Wednesday)

Sr. No	Practical (1 Hour)
1.1	Loosening exercises (Sukshma vyayama), Cultural asanas (Postures) and relaxation techniques
1.2	Loosening exercises (Sukshma vyayama), Cultural asanas (postures) and relaxation techniques
1.3	Loosening exercises (Sukshma vyayama), Cultural asanas (postures) and relaxation techniques
1.4	Loosening exercises (Sukshma vyayama), Cultural asanas (postures) and relaxation techniques

Third & fourth Week: (Monday and Wednesday)

Sr. No	Practical (1 hour)
2.1	Loosening exercises+Yogic Sun Salutation (Suryanamaskar)+Cultural asanas
2.2	Loosening exercises+Yogic Sun Salutation (Suryanamaskar) + cultural asanas
2.3	Loosening exercises+Yogic Sun Salutation (Suryanamaskar)+cultural asanas +Pranayama/kriya
2.4	Loosening exercises +Yogic Sun Salutation (Suryanamaskar)+Cultural asanas+ Meditative poses + Relaxation asanas+ Pranayama (Breathing exercises)/Kriya (Cleansing techniques)

Fifth and sixth week: (Monday and Wednesday)

Sr.No	Practical
3.1	Loosening exercises+Yogic Suryanamaskar + Relaxation technique (Yoga Nidra)
3.2	Loosening exercises+Yogic Suryanamaskar + Cultural asanas +Pranayama
3.3	Loosening exercises+Yogic Suryanamaskar + Cultural asanas +Pranayama
3.4	Loosening exercises+Yogic Suryanamaskar + Cultural asanas +Pranayama

Seventh and Eighth Week: (Monday and Wednesday)

Final 4 days, there will be revision of all the Yoga practices taught in the previous weeks along with correction and discussion

Sr.No	Practical
4.1	Eye exercises
4.2	Meditation technique
4.3	Revision of Yoga practices
4.4	Revision of Yoga practices

Yoga theory:

Yoga theory classes with question and answer sessions will be held every day for 10 minutes between 7.50 and 8 am. The list of theory classes will be covered is mentioned below

1. Yoga Philosophy-Historical perspective of Yoga
2. Importance of Yogic diet for general well-being
3. Basic principles of Yoga and Yogic practices
4. Efficacy of Yoga on Mental health and General well-being
5. Effect of yoga on different systems of the body
6. Yoga and Musculoskeletal disorders/sports injuries

Yogasana Practices:

Sukshma & Stula Vyayama (Loosening Exercises)

Shat Kriya: Kapalabhati

Meditative asanas: Padmasana, Vajrasana, Sukhasana

Cultural Asanas:

1. Standing Asanas: Tadasana, Vrikshasana, Ardha Chakrasana, Padma Hasthasana, Trikonasana, Parshwa Konasana
2. Supine Series of Asanas : Pawanmuktasana, Sarvangasana, Matsyasana, Halasana
3. Prone Series of Asanas: Bhujangasana, Shalabhasana, Dhanurasana
4. Sitting Series of Asanas : Paschimottasana, Sankasana, Vakrasana, Ardhamatsendrasana, Ustrasana, Gomukhasana, Marjaryasana

Relaxative Asanas: Shavasana, Makarasana

Relaxation Technique: Yoga Nidra, QRT (Quick relaxation Technique)

Pranayama (Breathing Practices):

1. Yogic breathing
2. Nadishodana pranayama
3. Anuloma viloma pranayama
4. Bhastrika pranayama
5. Sheetali, Shitali and Santana Pranayama
6. Bhramari pranayama

Meditation : Pranava japa (OM)

Books for reference:

1. For practical

- Swami dhirendra brahmachari : Yogasana vignana, Dhirendra yoga publications, New Delhi, 1953
- Iyengar ,B.K.S : Light on pranayama, Harper Collins Publishers, London, 1992
- Nagendra H.R : The art and science of Pranayama, V.K. Yogas, Bangalore 1993

- Swami Sathyananda saraswati : Asana, Pranayama, Mudra and bandha
Bihar school of yoga ,Munger,1983
- Nagendra H.R : Promotion of positive health
V.K.Yogas, Bangalore 1993

2. For Theory:

- Swami dhirendra brahmachari : Yogasana vignana,Dhirendra yoga publications,
New Delhi,1953
- Iyengar ,B.K.S : Light on pranayama,Harper Collins
Publishers, London, 1992
- Nagendra H.R : The art and science of
Pranayama, V.K.Yogas, Bangalore 1993
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Bihar school of yoga ,Munger,1983
- Nagendra H.R : Promotion of positive health
V.K.Yogas, Bangalore 1993
- Gore M.M : Anatomy and physiology of yogic practices
Kanchana prakashana,Lonavala 2004
- Commentary brahmananda :Hatha yoga pradipika
Adyar library and research centre, 1972
- Swamy kuvalyananda :Yogic therapy (Ministry of health govt of India ,New
NewDelhi, 1963
- Nagarathna R and Nagendra H.R :New perspectives in stress management
V.K.Yogas, Bangalore 1988

Programme Co-ordinators:

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