

Course details and Syllabus for Diploma Course in Yoga and Self Defense

A yoga and Self-Defense Course combines elements of both disciplines to provide participants with a comprehensive program that enhances physical fitness, mental well-being, and personal safety. The course aim to empower individual by promoting physical fitness, mental well-being, and personal safety skills. It combines the physical and mental aspects of yoga with practical self-defense techniques to provide a holistic training experience.

Duration: The duration of the Diploma course is one year.

Eligibility: The minimum eligibility of this course is HS Passed.

Objectives: 1.To enable the students to have good health.

2. To practice mental hygiene.

3. To attain higher level of Consciousness.

4. To survive and escape without injury by deterring or stopping aggressive behavior.

Course Outcome: 1. Improve Physical fitness that strength, Flexibility and Balance through regular practice of yoga postures.

2. Basic Self-Defense techniques that participants will learn fundamental Self-Defense moves, such as strikes,blocks,kicks etc.

3. Stress reduction, yoga incorporates breathing techniques and meditation, which can help manage stress,promote relaxation, and improve overall mental well-being.

4. Improved physical fitness and Co-ordination.

Admission procedure:

1. Candidate can collect admission form from the office of the BHB. College, Sarupeta.

2. Minimum admission fees to enroll in the course are Rs.300 (Three hundred) only.

Total student enroll in the Course.

Year	Total student enroll	Completion of the Course.
September, 2022	15	Ongoing.

Total Marks =100

Part-A : Theories on Yoga

25 marks

Unit 1 : Introduction to Yoga

- Concept of Yoga and its Importance

Unit 2 : Types Of Yoga

- Bhakti ; Gyana ; Karma and Astanga Yoga

Unit 3 : Yoga as practice

- Asana; Pranayama and Meditation

Part-B: Practical on Yoga

25 marks

Unit 4: Ashana

- Padmashan ; Ardha Padmashan ; Ardha Halashan ; Pavana ; Nauka Ashana ; Ardha Salbhashan ; Makarashana; Dhanurashan; Bhujangashana ; Gomukhashana ; Swastikashana ; Vajrashana ; Sirshashana ; Sabashan ; Sarbangashana ; Matshashan ; Halashan

Unit 5: Mudra

- Surya Namaskar

Unit 6: Meditation & Pranayama

- Kapal Bhati
- Anulom Bilom.

[Group B]

Part-A: Theories on Self-Defense

25 marks

Unit 1: Introduction

- Meaning and importance of Self-defense

Unit 2: Perform skill

- Footwork ; Striking ; Blocking ;Kicking ; Punching Throwing ; Falling ; Escaping etc .

Unit 3: Strategies for avoiding danger

- Strategies for recognizing and avoiding danger in the home , car and street.

Part-B: Practical on Self-Defense

25 marks

Unit 4: Hammer Strike

Unit 5: Groin Kick

Unit 6: Heel Palm Strike

Unit 7: Elbow Strike

Unit 8: Alternative Elbow Strike

Unit 9: Kicking

Unit 10: Punching

B.H.B. College, Sarupeta