

Department of Physiology

CERTIFICATE COURSE IN YOGA

Preamble

Yoga or yogasanas are considered as art and science of healthy living by our ancient gurus. It is method to bring harmony of body and mind for general well being. Yoga is considered as one of the greatest gifts to the world by Indians for healthy living. Students in particular are benefitted by learning yoga.

Keeping its various advantages and proved evidence in improving the health, efficiency and managing stress related problems, it was decided to start the certificate course in yoga for all the students of BLDE (DU). It will be a optional value added course with credit points and certification.

GOAL: At the end of successful completion of the course, the student will be able to understand the scientific basis of Yoga and practice various yogasanas effectively and correctly for the personal benefit.

General Objectives of the Course:

1. To promote yoga in medical education
2. To teach medical students about the basic concept of yoga and types of yoga
3. To enhance knowledge on Indian traditional holistic mind-body medicine
4. To train medical student on importance of mind-body therapy and its clinical benefits
5. To promote research on yoga

Duration of the Course

The duration of the course will be for eight weeks (40 hours). Each working day shall consist of one hour of teaching (practical/theory).

Eligibility for Admission

Any Candidate who is a student of BLDE (DU) will be eligible for the admission to the certificate course in Yoga course.

Medium of Instruction and Examination

- a) Medium of Instruction of the Certificate Course in Yoga will be in English
- b) CGPA based evaluation. Evaluation of course will be on the basis of attendance, behavior & discipline, practical knowledge obtained during training period. There will be no theory written examination.

Credits awarding methodology

Every four hours of attending the teaching-learning session will be awarded one credit.

40 hours=10 credits

Successful completion of the evaluation/examination= 1 credit

Certificate will be issued with the credit hours by the Deemed to be University.

Teaching –Learning methodology

The classes will be mainly interactive with brief description of the various asanas, its scientific basis and will be taught how to perform the asana correctly with adequate practice sessions.

Students will be encouraged to interact freely and practice in the presence of tutors so that appropriate correction and suggestions can be made.

Later they will be encouraged to use the learnt content with their peers, faculty and support staff.

Examination: Practical examination concentrating on performing the asana and explanations for the same. [100 marks for one hour]

SYLLABUS

The course consists of theory and practical training on yoga therapy.

THEORY SYLLABUS

Sl. No.	Content	Hours
1	Introduction to yoga	01
2	Yogic concept of mind & body	02
3	Streams of yoga	02
4	Difference between yoga and exercise	01
5	Physiological of asanas	01
6	Physiological of pranayama	01
7	Physiological of meditation	01
8	Yoga diet	01
	Total	10

PRACTICAL SYLLABUS

Sl. No.	Content	Hours
1	Loosening practices (Sithila vyama) i. Neck rotation ii. Shoulder rotation iii. Wrist rotation iv. Hip rotation v. Forward and backward bending vi. Side bending vii. Twisting	01
2	Suryanamaskar Suryanamaskara or sun salutation involving 12	03

	Asanas are trained in a sequence in synchronization with breath control	
3	Standing asanas <ol style="list-style-type: none"> i. Tadasana ii. Padhastasana iii. Ardachakrasana iv. Trikonasana v. Parvritt trikonasana vi. Vriksasana vii. Garudasana viii. Katrichakrasana 	03
4	Sitting asanas <ol style="list-style-type: none"> i. Vajrasana ii. Shashankasana iii. Suptavajrasana iv. Ustrasana v. Paschimottansana vi. Janusirsana vii. Ardha matsendriyasana 	03
5	Prone asanas <ol style="list-style-type: none"> i. Makrasana ii. Bhujangasana iii. Shalabhasana iv. Dhanurasana 	03
6	Supine asanas <ol style="list-style-type: none"> i. Sarvangasana ii. Matysasana iii. Halasana iv. Chakrasana v. Ardha chakrasana vi. Ardha halasana vii. Naukasana viii. Markatasana ix. Setubandhasana x. Shavasana 	04
7	Kriyas <ol style="list-style-type: none"> i. Jala Neti ii. Sutra Neti iii. Dhauti (Vamana) iv. Kapalabhati 	03

	v. Nauli vi. Trataka	
8	Pranayama i. Anuloma-viloma ii. Ujjayi iii. Shitali iv. Sitkari v. Bhastrika vi. Bhramari vii. Suryabhedana viii. Chandrabhedana	03
9	Meditation i. Om meditation ii. Nadanusandhana iii. Cyclic Meditation	03
10	Bandhas & Mudras i. Jalandhara Bandha ii. Uddiyana Bandha iii. Jicha Bandha iv. Mula Bandha	02
11	Relaxation techniques	02
	Total	30

Reference books:

1. Light on yoga by B.K.S Iyengar
2. The yoga sutras of Patanjali by B.K.S Iyengar
3. Integrated approach of yoga therapy for positive health by H.R.Nagendra
4. Pranayama: The art and science by H.R.Nagendra
5. A monograph on Pranayama by Ishwar Baswaraddi, Morarji Desai National Institute of Yoga
6. A monograph of yogasanas by Ishwar Basawaraddi, Morarji Desai National Institute of Yoga
7. Understanding basic physiology by R.L.Bijlani

COURSE CO –ORDINATOR.

Dr. Satish Patil, Asst Prof of Physiology and trained in Yoga therapy.

Additional faculty of our University who are trained in yoga will be included.

External visiting faculty who are trained yoga trainers will be appointed on need base.