

Yoga for wellness

(Value added course)

Regulations & Syllabus



Department of Integrative Medicine

Sri Devaraj Urs Academy of Higher Education and Research

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About the course

Yoga is an ancient Indian system, rooted in Indian Philosophy. Basically, Yoga is widely used in promoting mental and physical well-being. In the last 2 to 3 decades, research in the field of Yoga across the globe provided a substantial tag of evidence-based Complementary and Alternative Therapy. Yoga has potential for both prevention of diseases and the promotion of health. Yoga popularity across the globe, lead to opening abundance of opportunity in the field of education, therapy and research. Yoga for health and wellness course is designed to bring orientation in basic principles and practices of Yoga. Thereby promote positive health and preventing stress-related health problems in students.

Aim

To introduce the fundamental principles and practices of Yoga for wellness.

Objectives

- To acquire knowledge about the basic concepts of yoga
- Self-management of stress and anxiety
- To attain optimum level of health.
- To promote positive health through yoga.

Eligibility

Minimum educational qualification: 10+2 pass or any other equivalent

Health criteria

A medical fitness certificate or self-certification of health status is necessary.

Teaching hours: Total: 30

Theory: 10 hours

Practical: 20 hours

Attendance

Every candidate should have attendance not less than 80% of the total classes conduct

Assessment: Total: 50 Marks

Both theory and practical assessment will be conducted for eligible students

Course content

Theory

- Unit-I: Introduction to Yoga, Physiology behind yogic practices, Different Types / Schools of Yoga: Raja Yoga, Bhakti Yoga, Karma Yoga, Jnana Yoga, Hatha Yoga, Astang Yoga,
- Unit-II: Introduction to Astanga Yoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Smadhi
- Unit-III: Introduction of Patanjali Yoga Sutra, Bhagavad Geeta Concept of Pancha-Kosha,
- Unit-IV: Shatkriyas: Neti, Dhouti, Nauli, Kapalabhati, Basic and Trataka
- Unit-V: Meditation and Relaxation techniques
- Pranayamas- their types and effects
- Breathing exercises
- Therapeutic application of yoga
- Role of Nurses in Yoga practices

Practical

- Sukshma Vyayama (Loosening Exercises)
- Surya Namaskara
- Yogasanas
 - Standing, Sitting, Supine, Prone
- Breathing Exercises
 - Sectional breathing: Abdomen, Chest, Clavicular and Full Yogic Breathing
 - Kaphalabhati
 - Nadisuddi Pranayama (Alternate nostril breathing)
 - Ujjayi Pranayama
 - Bramari
- Relaxation Techniques:
 - Instant Relaxation Technique (IRT)
 - Quick Relaxation Technique (QRT)
 - Deep Relaxation Technique (DRT)
 - Yoga Nidra

About the department

Department of Integrative medicine was established in 2014 by upgrading the division of Yoga under the Department of Allied Health Sciences. Department of Integrative Medicine is actively engaged in the research (EMR & IMR projects), academics [PhD and M.Sc. in Yoga and providing the training as elective or value-added courses offered to MBBS, BPT, BSc (CND), BASLP, BSc (Nursing) in Yoga], outreach activities, and Clinical services provided to R L Jalappa Hospital and Research Center, the teaching hospital of the academy.



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