



Yoga for health and wellness

(Value added course)



Department of Integrative Medicine

Sri Devaraj Urs Academy of Higher Education and Research

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Course will be offered from 10th December 2021

About the course

Yoga is an ancient Indian system, rooted in Indian Philosophy. Basically Yoga is widely used in promoting mental and physical wellbeing. In last 2 to 3 decades, research in the field of Yoga across the globe provided substantial tag of evidence based Complementary and Alternative Therapy. Yoga has potential for both prevention of diseases and promotion of health. Yoga popularity across the globe, lead to opening abundance 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 prevent stress related health problems in students.

Aim

To introduce the fundamental principle and practices of Yoga for health and wellness

Objectives

- To introduce fundamental principles & practices of yoga for health and wellbeing.
- 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 number of hours: 22 hours

- Practical: 14 hours
- Theory: 08 hours

Attendance

Every candidate should have attendance not less than 75% of the total classes conducted.

Examination and Evaluation

Marks: 25

- Practical: 10
- Theory: 10
- Internal: 05

Course content

Theory

1. Introduction to yoga
2. Introduction to Astanga yoga
3. Concept of Panchakosha
4. Concept of stress, disease and Yoga therapy
5. Introduction to practices and its benefits
6. Evidence based yoga

Practical

1. Starting prayer
2. Loosening exercise
3. Yogasana
 - i. Standing Asanas: Tāḍāsana, Vṛkṣāsana, Pāda-Hastāsana, Ardha Cakrāsana, Trikoṇāsana
 - ii. Sitting Asanas: Bhadrāsana., Vajrāsana/ Vīrāsana, Ardha Uṣṭrāsana (for beginners), Uṣṭrāsana, Śaśakāsana, Uttāna Maṇḍūkāsana, Marīchyāsana / Vakraśana
 - iii. Prone Asanas: Makarāsana, Bhujāṅgāsana, Śalabhāsana
 - iv. Supine Asanas: Setubandhāsana, Uttānapādāsana, Ardhalāsana, Pavanamuktāsana
4. Kapālabhāti
5. Pranayama
 - i. Naḍīsodhana / Anuloma Viloma Prāṇāyāma
 - ii. Śītalī Prāṇāyāma
 - iii. Bhrāmarī Prāṇāyāma
6. Dhyāna (Meditation)
7. Saṅkalpa (Resolve)
8. Ending prayer
9. Suryanamaskara:
10. Relaxation techniques
 - Yoga nidra / Deep relaxation technique (DRT)

About the department

Department of Integrative Medicine was established in the year 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), BSc(Nursing) in Yoga], outreach activities, and Clinical services offered to R L Jalappa Hospital and Research Center, the teaching hospital of the academy.



Registration: Use the link given below or Scan the QR code

<https://forms.gle/zfpg19J8eYj2T8zw8>



Contact

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