

<b>Name of Faculty</b>		<b>Physiotherapy</b>					<b>L:1 T:1</b>
<b>Name of Course</b>		<b>BPT</b>					<b>Credits: 2</b>
<b>Subject/Paper</b>		<b>Basics of Yoga Therapy</b>			<b>Semester</b>	<b>II</b>	<b>Paper Code</b>
<b>Course Objectives:</b>		<p>At the completion of this course each student will be able to meet the following student learning objectives:</p> <ol style="list-style-type: none"> <li>1. To understand different perspectives of Philosophy.</li> <li>2. To understand different perspectives of Yoga</li> <li>3. To acquaint with the effect of Yoga on various systems of human body.</li> <li>4. To perform various Asanas correctly and to know their benefits.</li> <li>5. To perform various Pranayamas, Bandhas, Mudras and Meditation correctly and to know their benefits.</li> </ol> <p><b>(Imparting Transferable and Life Skill to practice Yoga for self being as well as to use Yoga Therapy in Treatment of various disorders to enhance the physiotherapy practice)</b></p>					
<b>Course Coordinator Name:</b>		<b>Dr. Sonia</b>			<b>Class Time:</b>	<b>Day</b>	<b>Wednesday</b>
<b>Contact:</b>		<b>09416414362</b>			<b>2:00-4:00 pm.</b>		<b>2:00-4:00 PM</b>
<b>Unit</b>	<b>Sub Units</b>	<b>Time (hrs)</b>	<b>Topic</b>	<b>Teaching Methodology</b>		<b>Assessment Method</b>	<b>Teaching Faculty</b>
<b>Unit-I</b>	<b>1.1</b>	1	Introduction, Nature, History of Yoga	Student Interactive Session		Single Response Answer	Dr. Aparna Gupta
	<b>1.2</b>	2	Brief study of six schools of Philosophy, Concept of Yoga in Indian Philosophy.	Student Seminar		Multiple Response Answer Assertion – Reasoning On Spot Group Discussion	

					Long Answer Short Answer Problem Based Question Interpretation Question	
<b>Unit-II</b>	2.1	4	<b>Asanas:</b> Meaning, Aims and Objectives, Classification, Principles, Precautions, Physiological and Therapeutic effects of Meditative, Relaxative and Cultural poses on human body.	Student Interactive Session  Student Seminar	Single Response Answer Multiple Response Answer Assertion – Reasoning On Spot Group Discussion Long Answer Short Answer Problem Based Question Interpretation Question	Dr. Aparan Gupta
	2.2	4	<b>Pranayamas:</b> Meaning, Aims and Objectives, Steps, Mechanism, Precautions, Physiological, Psychological and Therapeutic effects of Pranayamas on human body.			Dr. Aparna Gupta
	2.3	3	<b>Bandhas:</b> Meaning, Aims and Objectives, Types, Preparation, Steps, Precautions, Physiological and Therapeutic effects of Bandhas on Human Body.			Dr. Aparna Gupta
	2.4	3	<b>Mudras:</b> Meaning, Aims and Objectives, Types, Steps, Precautions, Physiological,			Dr. Aparna Gupta

	2.5	4	<p>Psychological, Therapeutic and Spiritual effects on human body.</p> <p><b>Meditative Relaxation:</b> Yoga Nidra; Meaning, Types, Techniques, Physiological and Psychological effectiveness. Nadies, Chakras, Pranas, Kosha and Kundalini: Their Concept, Meaning, Classification, Importance in Yoga practices, Meditation: Concept, Principles, Types, Techniques, Preparations, its Physiological, Psychological, Social and Spiritual effectiveness.</p>			Dr. Aparan Gupta
<b>Unit-III</b>	3.1	7	<p>Effects of yoga techniques on different systems of the body such as Musculoskeletal Skeletal System, Cardiovascular System, Respiratory System, Urinary System, Endocrine Glands, their functions (Pituitary, Thyroid, Pancreas, Adrenal and Sex glands), Nervous System, Digestive Organs.</p>	<p>Student Interactive Session</p> <p>Student Seminar</p>	<p>Single Response Answer</p> <p>Multiple Response Answer</p> <p>Assertion – Reasoning</p> <p>On Spot Group Discussion</p> <p>Long Answer</p> <p>Short Answer</p> <p>Problem Based Question</p> <p>Interpretation</p>	Dr. Aparna Gupta
	3.2	4	<p><b>Role of Yoga Therapy in</b></p>			Dr. Aparna Gupta

			<b>different disorders:</b> Obesity, Cervical Spondylosis, Arthritis, Bronchial Asthma, Constipation, Acidity, Hyper and Hypo Tension, Diabetes, Common Cold, Backache, Stress, Anxiety, Depression & Suicidal tendencies		Question	
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**Assessment: 50 Marks (10 Internal + 40 End Term)**

**Recommended Books:**

1. Gupta,S.N. Das.(1987). Yoga Philosophy in Relation to other system of Indian Thought, New Delhi, Moti Lal Banarsi Dass.
2. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Motilal Banarasidas Publishers.
3. Ghore, M.M. (2004). Anatomy and Physiology of Yogic Practices. Lonawala, (Pune), Kaivalyadhama.
4. Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.