



Faculty of Paramedical

Skill Development Program in Importance of Yoga in Physiotherapy

COURSE DETAILS	NAME COURSE	DURATION	TEACHING HOURS	EXAM		STUDY LEVEL	COURSE CONTENTS
				T	P		
Short term Certificate Course	Importance of Yoga in Physiotherapy	30 Day's	30 hrs 20T 10 P	1	1	Starter / Basic Level	Introduction to Basic concepts

COURSE OBJECTIVE:

The purpose of the Certificate Course in Yoga is to give a basic knowledge of Indian philosophy.

Yoga texts relevant to the Yoga theory, human biology, and practice of yoga to help them to gain the basic theoretical and scientific perspective on yoga.

Syllabus Content:

Theory :

Unit -1

Meanings, Definitions and development of Yoga; The aim, objectives and scope of Yoga Traditional Literature on Yoga; Introduction to Yoga Sastra of Bhagavat Gita.

Unit-2

Branches of Yoga: Karma Yoga; Bhakti Yoga; Jnana Yoga; Kundalini Yoga.

Techniques of Hatha Yoga: Shat Kriyas; Asanas; Pranayamas; Bandhas and Mudras.

Unit-3



Introduction to Yoga Darshan: structure of Yoga Sutras; Definition of Yoga: Chittav ritties: Abhyaasa & Vairagya; concept of Ishwara: Yoga obstacles, Pancha kleashas: Astanga Yoga.

Unit-4

Yoga and Physical Exercises: Curative aspects of Yoga techniques: Yoga, Mental Health and enhancement of human potential: Yoga and Modern life; Meditation: definition: methods and benefits of meditation scientific studies on Yoga techniques.

Unit-5

Basic knowledge of human body: Skeletal, digestive; respiratory; circulatory: excretory: and endocrine, Yogic Anatomy & Physiology, Concept of moderate diet.

Practical :

1. Kriyas

Kapalabhati, jalanethi, Sutraneti Jala Dhouti. Trataka.

Pawanmukta Series Part-1 & Surya Namaskaras

2. Meditative Asanas

Sukhasan. Vajrsan, Ardha padmasan, padmasan and Swastikasana

3. Relaxation Asanas

Makharasana; Niralambasann, Advasana, Matsya kridasana, and Savasana

4. Standing Asanas

Tiryak Tadasana, Katichakrasan. Trikonasan, Parsva Konasan, Veerabhadrasan, Utkatasan.

5. Balancing Asans

Tadasana, Virkshasan, Natarajnsan, Garadasan, Angustasan

6. Sitting Asanas

Vajrsan, Ustrasana, Janu sirshasan, Paschimottanasan. Vakensan, Ardha Matsyendrasan. Yoga Mudrasan, Baddakonasan, Uttitapadmasan, Gomukhasan, Shasankasan. Marjalasan



7. Prone Asanas
Sarpaannn, Bhujangasan, Shatalbhasan. Dhanurasan
8. Supine Asanas
Pawanmuktasan, Uttanapadasan, Navasan, Sethubandhasan, Chakrasan. Matsyasan and Jatar Parivrittanasana
9. Inverted Asanas
Vipareeta karni, Sarvangasan, Halasan. Sirshasan
10. Pranayama
Sectional breathing techniques, Anuloma & Viloman. Ujjays, Sitali: Sitkari: Suryabedana; Bhastrika
11. Bandhia
Jalandhara Bandha: Uddiyana Bandha: Moois Banda