



PRAKASH SHIKSHAN MANDAL'S

**LOKNETE RAJARAMBAPU PATIL AYURVEDIC MEDICAL
COLLEGE, HOSPITAL, POST GRADUATE INSTITUTE AND
RESEARCH CENTER, ISLAMPUR**

**VALUE ADDED
COURSE
IN
YOGA**

(DESIGNED BY DEPT. OF SWASTHAVRITTA)

Aim :

To enhance and enriched applied aspect of yoga in life style.

Course Objectives:

1. To teach Basic concept of Yoga
2. To teach proper procedure of asanas, pranayam.
3. To teach therapeutic use of yoga.

Rational of Course:

Now a days people are facing more stressful conditions. So, relaxation of stress and physical fitness is so much necessary. So, for reducing mental stress and physical fitness and wellbeing this course is must.

Scope of Course:

1. Students will be capable do conduct yoga courses and also
2. Capable to give guidance to their patients.
3. Students can maintain their physical and mental fitness.

Eligibility Criteria: III BAMS Students.

Course Design:

Name of the Course	Value Added Course in Yoga
College Code	122113
Course Code	VACSV
Duration	1& ½ Months
Teaching Scheme: Lecture/ practical	30 hrs
Evaluation Scheme	Method of Examination: Practical Examination 50 marks Passing Criteria : Minimum 50% Marks
Course Language	Sanskrit & Marathi
Intake Capacity	30

Course Content:

Development of Yoga according to different period – 2 hrs

- Rajayoga – philosophy of Patanjali according to Yogasutras
- Hathayoga - according to Hathayogapradipika and Gheranda Samhita
- Karmayoga – Philosophy according to Bhagavad Gita
- Yoga in Ayurveda

Astanga yoga- 20 hrs

- Yama, Niyama
- Asana and its importance
- Standing Postures-
Ardhakatichakrasana, Padahasthasana, Ardhashakrasana, Trikonasana.
- Sitting postures-
Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana, Siddhasana.
- Supine Postures –
Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana.
- Prone postures –
Bhujangasana, Shalabhasana, Dhanurasana, Makarasana. Suryanamaskara – procedure and benefits.

Pranayama - 6 hrs

- Benefits of pranayama, time of practice, avara-pravara-madhyama lakshana, yukta-ayukta lakshana
- NadishudhiPranayama .
- Kumbhaka bheda – surya bhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari , Murcha, Plavini.
- Nadishudhilakshana

Pratyahara, Dharana, Dhyana, Samadhi - 2 hrs

Physiological effect of Yoga on different systems of Body, therapeutic yoga

Reference Books:

- Hathayoga Pradipika - Swatmaram ogendra
- Yoga Deepika - Shri B.K.S.Iyener
- Yoga & Nisargopchara - Vd.Prama Joshi
- Yoga a game for women- Geeta S Iyengar