

COMPETENCY BASED DYNAMIC CURRICULUM FOR FOURTH BHMS PROFESSIONAL COURSE

(Applicable from Batch 2022-2023 onwards for 5 years or until further notification by National Commission for Homoeopathy whichever is earlier)

(Yoga for Health Promotion)



HOMOEOPATHY EDUCATION BOARD

NATIONAL COMMISSION FOR HOMOEOPATHY

MINISTRY OF AYUSH, GOVERNMENT OF INDIA

JAWAHAR LAL NEHRU BHARTIYA CHIKITSA AVUM HOMOEOPATHY ANUSANDHAN BHAVAN

No.61-65, Institutional Area, opp. 'D' block, Janak Puri, New Delhi-110 058

Subject: Yoga for Health Promotion

Subject Code: Hom UG-YOGA IV

Program Outcome (PO): The student shall learn about the include the application of Yoga and its philosophy, in various disease conditions, with a combination of theory and practical classes. Special emphasis should be given on practical methods and clinical yoga therapy.

Course Outcome (CO): The students shall be trained in therapeutic yoga in a systematic manner.

Teaching Hours: 20 hours of class (including Theory and Practical)

Course content: The topic and respective allotted hours are as follows:

Sr.No.	Topic	No. of hrs.
1.	Knowledge of yoga applications in schools, sports, stress and elderly persons	02 hrs.
2.	Basis of yoga therapy concept in health, disease, healing	02 hrs.
3.	Application of Meditation in psychological cases	02 hrs.
4.	Yoga therapy and management in disorders of CNS, CVS, Respiratory, G.I., Urinogenital, Musculoskeletal, Connective tissue disorder, Immunology	08 hrs.
5.	Practice of Bandha and Mudras	04 hrs.
6.	Dietetics in applied yoga	02 hrs.

List of Contributors:

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