

B.Sc. in Yoga

Program outcome

- The aim of the programme is to produce "Yoga therapists for a clinical set up"
- Students will be able to demonstrate a comprehensive understanding of the history and philosophies that underpin the Yoga tradition.
- Students demonstrate the correct form for the discipline of Yoga practice.
- Students demonstrate effective teaching skills of Yoga.
- Students will have knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga therapy

Program specific outcome

- To introduce Yoga therapy, its principles and practices of Yoga to people with various
- lifestyle disorders.
- To make the people aware of the therapeutic and preventive value of Yoga.
- To bring peace and harmony in the society at large by introducing the Yogic way of life.
- To create therapists of high calibre to make the society free free from stress and lifestyle related diseases.

Bachelor of Science in Yoga (B.Sc.- Yoga)

B.Sc. in Yoga First Year

Human of Anatomy & Physiology Subject Code : BYOG-101

Min. Hrs - Theory : 100 Hrs. & Practical : 100 Hrs.

Outcome:

- Students will be able to learn the terminology of the subject.

- Provide basic knowledge of cells, tissues, blood and to understand anatomy and physiology of human body.
- This subject will develop an understanding of the structure and function of organs and organ systems in normal human body.

Fundamentals of Clinical Biochemistry

Subject Code : BYOG-102

Objective:

- To enable the student to understand the chemical characteristics of different classes of nutrients.

Outcome

- The student will have knowledge of different nutrients, how they function biochemically and physiologically.
- The student will get information about the role of diet and the nutrients present in them.

Medical Terminology

Subject Code : BYOG -103

Min. Hrs - Theory : 120 Hrs.

Objectives

This course introduces the elements of medical terminology. Emphasis is placed on building familiarity with medical words through knowledge of roots, prefixes, and suffixes. Topics include: origin, word building, abbreviations and symbols, terminology related to the human anatomy, reading medical orders and reports, and terminology specific to the student's field of study. Spelling is critical and will be counted when grading tests.

Outcomes

On the completion of this course, the students will be able:

- To know the elements of medical words.
- To develop sense of correctness of medical terms.
- To gain an understanding of standard medical abbreviations.
- To understand the relationship between medical terms and their synonyms in common usage.
- To spell correctly the medical terms, to detect the meaning of unfamiliar medical terms, by analysis into their elements, and to follow directions given in medical phraseology

- To appreciate the logical order of medical terms, the exactness of concepts in medical terms, and the importance of medical terminology consciousness and continuous study

Fundamentals of Yoga

Subject Code : BYOG -104

Min. Hrs - Theory : 100 Hrs. & Practical : 100 Hrs.

Outcome:

On the completion of the course, students shall be able to

- Understand the applied value of Yoga in different domain.
- Have an idea about the role of Yoga for school, sports, technostress and geriatric care.

Computer

(Not for university Examination)

(Min. Hrs - Theory : 30 Practical : 30)

Outcome:

On the completion of the course, students shall be able to

- Understand the applied value of computers in yogic sciences

English

(Not for university Examination)

(Min. Hrs - Theory : 40 Hrs.)

Outcome:

On the completion of the course, students shall be able to

- Learn about practical skills of using English as a language

Yoga and Physical Culture

Subject Code: BYOG-201

Min. Hrs - Theory : 100 Hrs. & Practical : 100 Hrs.

Outcome:

On the completion of the course, students shall be able to

- Understand the applied value of Yoga in different domain with respect to physical culture

General Pathology & General Microbiology

Subject Code : BYOG-202

Min. Hrs - Theory : 100 Hrs. & Practical : 100 Hrs.

THEORY

Outcome:

On the completion of the course, students shall be able to

- The criteria of bacterial and virological classification.
 - The architecture of the bacterial, fungal and protozoal cell and the structure of the viral particles.
- The metabolism and bacterial growth: the production of bacterial spores.
- The basics of bacterial and viral genetics: transformation, transduction, bacterial conjugation, viral genetic variability.
 - The pathogenic action of bacteria and viruses: transmission routes and stages of the infectious process.
- The process of toxin production and explain the mechanisms of action of exotoxins and endotoxins.
 - The general characteristics of viral polymerases e viral genetic variability
- The basics about innate immunity and cell-mediated immunity.
- The characteristics of immune sera and vaccines.
 - The general principles for the diagnosis of diseases caused by pathogenic microorganisms
 - The main pathogens associated with infection of orthopedic/physiotherapeutic interest
- The basics of microbiological pharmacology: notes on anti-bacterial and antiviral drugs and resistance mechanisms Applying knowledge and und

Community Medicine

Subject Code: BYOG-203

Min. Hrs. : 80 Hrs.

Outcome:

On the completion of the course, students shall be able to

- The student should be able to diagnose and manage common health problems at the individual, family and community levels.
- Use epidemiology as a scientific tool to make rational decisions relevant to community and individual.

- He should be able to describe the importance of water and sanitation in human health and understand the principles of health economics, health administration, health education in relation to community and National health programs

Biostatistics and Research Methodology

Subject Code: BYOG - 204

Min. Hrs. : 100 Hrs.

Outcome:

On the completion of the course, students shall be able to

- Describe the basic principles of research and methods applied to draw inferences from the research findings
- Discuss the basic concepts of Biostatistics
- Explain Design, Methodology of Experiment/Survey, Demography & vital statistics, Sampling & interpretation of Dat.

Yogic Diet & Yoga for Common Health
Subject Code: BYOG - 301
Min. Hrs - Theory : 80 Hrs. & Practical : 80 Hrs.

Outcome:

On the completion of the course, students shall be able to

- Understand the learn the concept of diet and yoga for common health

Advanced Yogic Therapy
Subject Code: BYOG - 302
Min. Hrs - Theory : 100 Hrs. & Practical : 100 Hrs.

Outcome:

On the completion of the course, students shall be able to

- Understand basics of advanced yoga therapies
- Understand fundamental of advanced yoga therapies

Yoga & Mental Health
Subject Code: BYOG - 303
Min. Hrs - Theory : 80 Hrs. & Practical : 80 Hrs.

Outcome:

On the completion of the course, students shall be able to

- Understand basics of Mental Health
- Understand fundamental Psychiatric Disorders
- Understand about Personality
- Understand application of Yoga for Mental health

Allied Yogic Sciences
Subject Code: BYOG - 304
Min. Hrs - Theory : 100 Hrs. & Practical : 100 Hrs.

Outcome:

On the completion of the course, students shall be able to

- Understand basics of Allied Yogic Sciences
- Understand Applications of allied yogic sciences and diseases