

**Subject Code: HomUG-Yoga I****Subject: Yoga for Health Promotion**

The syllabus of Yoga for the 1st BHMS students should include the basic concept of Yoga and its philosophy, with a clear idea of the different section of asana, pranayama, kriya and meditation. Total 30 hours of class will include practical training. The students will be trained in understanding the relationship between Yoga and Homoeopathy in a wholistic approach, and the point of application of yoga in part of treatment.

The topic and respective allotted hours are as follows-

Sr.no.1	TOPIC	CLASS
1.	Yoga definition, concept, types, benefits, and origin.	Hours 1
2.	History and patanjali, yoga philosophy and development of yoga.	Hours 1
3.	Astanga, yoga, hathayoga.	Hours 1
4.	Asana-types, examples, benefits.	Hours 1
5.	Corelation of vital force and prana.	Hours 1
6.	Meditation-types, methods, benefits.	Hours 1
7.	Kriya-types, methods, benefits.	Hours 1
8.	Relationship of yoga and homoeopathy on wholistic plane.	Hours 1
9.	Application of yoga in terms of hahnemann's accessory circumtanses.	Hours 1
10.	Pranayanam, types, benefits.	Hours 1
11.	Practical learning about asanas (postures)-pawanmuktasna, backstreching, sunsalutation, classical sequences.	Hours 5
12.	Practical learning about Breathing, pranyama including abdominal, thoracic, clavicular, hasthamudra, vilom, lung sensitising.	Hours 5
13.	Practice of relaxation, tense and relax, short yoganidra, extended, savasana, yoganidra, sankalpa.	Hours 5
14.	Meditation practice, sitting posture, kaya sthairam, omchanting, trataka.	Hours 5