



Swarnnim Startup and Innovation University
Aarihant Ayurvedic Medical College and Research Institute,
Gandhinagar

VALUE ADDED COURSE (2022-23)

Swasthavritta and Yoga Department

Course name – Certificate Course in Yogic Science

Organizing Department – Swasthavritta and Yoga Department

Course code – SWCYS1

Course co-ordinators – Dr. Sonali P. Ladhi, & Dr. Tejal J. Ganvit

Duration – 30 hours

Date – 1st June 2022 to 5th July 2022

Preamble

Swasthasya Swasthya Rakshanam, Aturasya Vikara Prashamanm Ch” – Preserving the health of Healthy Persons and curing the diseases of diseased person– this is the principle of Ayurved for promoting healthy life style, dietary habits and getting treatment of various diseases with various therapies. Swasthavritta department is includes *Dinacharya, Ratricharya & Ritucharya, Aaharvidhi, Sadvritta, Achara Rasayana*. Department also promotes Yoga & *Naturopathya*. With extended thoughts, Yoga for everyone, we need expert yoga professionals.so we are conducting this certificate course in Yogic science (CYS). Hope our Aim to educate people for healthy lifestyle through Yoga through our Yoga experts.

Aims

The aim is to produce Yoga professionals such that someone will have minimum / basic common standards of Yoga knowledge and expertise irrespective of which institute he or she is certified from.

Objectives

- Outline the goals of the yoga course, such as improving physical health, mental well-being, and teaching yoga techniques.
- To practice mental hygiene.
- To enable the students to have good health.

Content of the course

Sr.no.	Module	Duration
1.	Introduction to Yoga	1 hours
2.	History of Yoga	1 hour
3.	Definition of Yoga	1 hour
4.	Yogasidhshikar Bhava	1 hour
5.	Yoga Pratibandhatmka Bhava	1 hour
6.	Ahara During Yoga	1 hour
7.	Yoga Asanas: Sitting Asanas, Standing Asanas, Prone Asanas, Supine Asanas	1 hours
8.	Pranayama	2 Hours
9.	Breathing techniques	1 Hour
10.	Meditation	2 Hours
11.	Techniques	1 Hour
12.	Practices	2 Hours


Teaching aids- Videos, Demonstration, and Discussion, PPTs.

Teaching Methodology: How to instruct and guide others

Intake capacity- 60

Assessment Criteria:- Exam will be conducted offline at Swasthavritta and Yoga Department. Assessment will be done with oral examination, assignments, and practical. Online students must activate their video cameras for attendance to be recorded.

Eligibility Criteria:- Medical Students – UG, PG students / Teachers of BAMS, BHMS, BUMS, BYNS, BPT, MBBS, Nursing


Principal
Aarohant Ayurvedic Medical
College and Research Institute

