

Course Code: VACFM

- **Name of the Value-Added Course:** Yoga and Meditation
- **Who should apply?**
- The Master of Physiotherapy Second year students and undergraduate & postgraduate students of any stream, as applicable
- **Course Duration:** Minimum contact hours : **30 hours**
- Assessment through Assignments would be conducted at the end of the programme
- **Value added Courses Objectives:**
- To develop insight into various values that necessarily helps one in professional development.
- To gain knowledge and skills that would help the student understand the core course in a more efficient way.
- **Value added Courses Highlights:**
 - Awareness towards the concepts and benefits of yoga and meditation
 - Learning and understanding the health effectiveness to yoga and meditation
- **Course Content:**
 - Introduction to yoga, its origin, its history, principles and disciplines
 - Introduction to the elements of yoga (Ashtanga)
 - Introduction to yogic practices with steps and its benefits – Asanas, Sukshama Vyayama, Sun Salutation
 - Role of yoga for health promotion and in prevention of various diseases
 - Introduction to meditation, its benefits, types, principles, 5 concentration practices
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