

# COMPETENCY BASED DYNAMIC CURRICULUM FOR FIRST 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 I

**Program Outcome (PO):** The student shall learn the basic concept of Yoga and its philosophy, with a clear idea of the different sections of asana, pranayama, kriya and meditation, 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 understanding the relationship between Yoga and Homoeopathy in a wholistic approach, and the point of application of yoga in part of treatment.

**Teaching Hours:** 30 hours of class (including Theory and Practical)

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

<b>S. No.</b>	<b>Topic</b>	<b>No. of hrs.</b>
1.	Yoga definition, concept, types, benefits, and origin.	01 hr
2.	History and Patanjali, yoga philosophy and development of yoga.	01 hr
3.	Astanga, yoga, hatha yoga.	01 hr
4.	Asana-types, examples, benefits.	01 hr
5.	Correlation of vital force and prana.	01 hr
6.	Meditation-types, methods, benefits.	01 hr
7.	Kriya-types, methods, benefits.	01 hr
8.	Relationship of yoga and homoeopathy on wholistic plane.	01 hr
9.	Application of yoga in terms of Hahnemann's accessory circumstances.	01 hr
10.	Pranayama, types, benefits.	01 hr
11.	Practical learning about asanas (postures)-Pawanmuktasana, backstreching, sun salutation, classical sequences.	05 hrs
12.	Practical learning about Breathing, pranayama including abdominal, thoracic, clavicular, hasthamudra, vilom, lung sensitizing.	05 hrs
13.	Practice of relaxation, tense and relax, short yoganidra, extended, savasana, yoganidra, sankalpa.	05 hrs
14.	Meditation practice, sitting posture, kaya sthairam, omchanting, tratata.	05 hrs

**List of Contributors:**

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