

COMPETENCY BASED DYNAMIC CURRICULUM FOR SECOND 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 II

Program Outcome (PO): The student shall learn therapeutic yoga in a systematic manner with a combination of theory and practical classes. Special emphasis should be given on practical methods and clinical yoga therapy.

Course Outcome (CO): The student shall become competent enough in the application of Yoga and its philosophy, in various disease conditions.

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

Course Content: The topic and respective allotted hours are as follows:

S. No.	Topic	No. of hrs.
1.	What are the benefits of Asanas in the human body	02 hrs
2.	Yogic principles of yoga therapy and its application to various health conditions	02 hrs
3.	Human biology in yoga	02 hrs
4.	What is the concept of human body in yoga	02 hrs
5.	Health and yogic hygiene	02 hrs
6.	Benefits of Shatkarma kriyas	02 hrs
7.	Methods of Surya namaskar [sun salutation] and its benefits	02 hrs
8.	What are the 4 most important Yogas and their usefulness to human health and life	02 hrs
9.	How Hatha yoga helps with stress management and personality development	05 hrs
10.	Yogic concepts of health, disease and stress	05 hrs
11.	Asanas [yogic postures]	02 hrs
12.	Yogic concepts of diet and nutrition	02 hrs

List of Contributors:

AMRITA GHOSH

Yoga Therapist

Dr. M. P. K. Homoeopathic Medical College Hospital and Research Centre

Jaipur

Rajasthan