

COMPETENCY BASED DYNAMIC CURRICULUM FOR THIRD 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 III

Program Outcome (PO): The student shall learn the application of Yoga and its philosophy. 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 in various disease conditions.

Teaching Hours: 20 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.	Advance yoga practices	02 hrs
2.	Yoga therapy and application	02 hrs
3.	Teaching and practical skills	02 hrs
4.	Yogic management of lifestyle disorders	02 hrs
5.	Importance of yoga in homeopathy	05 hrs
6.	Indian culture and historical concept of yoga	02 hrs
7.	Concept of Prana and Vital force	01 hrs
8.	Guided meditation sessions	01 hrs
9.	Understanding the core concepts and principles of yoga	02 hrs
10.	Practical application of yoga principles in the context of homeopathic treatment	01 hrs

List of contributors:

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