



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

Sector-01, Kamothe, Navi Mumbai - 410 209

Tel 022-27432471, 022-27432994, Fax 022 - 27431094

E-mail : registrar@mgmuhs.com | Website : www.mgmuhs.com

Value Added Course

Value added course in Yoga


Dr. Rajesh B. Goel
Registrar
MGM INSTITUTE OF HEALTH SCIENCES
(DEEMED UNIVERSITY u/s 3 of UGC Act, 1956)
NAVI MUMBAI- 410 209


Dr. Shashank D. Dalvi
Vice Chancellor
MGM INSTITUTE OF HEALTH SCIENCES
(DEEMED UNIVERSITY u/s 3 of UGC Act, 1956)
KAMOTHE, NAVI MUMBAI

MGM's Medical College, Aurangabad

Name of the Department: Physiology

Value added course in Yoga:

The MGM's Medical College, Aurangabad is committed to create an environment where students feel empowered to improve upon their learning behavior for which mere academic inputs is not enough. Going beyond it, they are provided with the training that contributes in their capacity building by motivating them to train their inner self, through emotional management, Self-understanding and positive thinking. Yoga training can help students to strengthen their potentials.

Institution conducts a value added course in Yoga programme for students in view with making them conscious of the importance of physical and mental wellbeing.

Objectives of yoga training programme are as follows:

- To enhance the capacities of students for physical and mental wellbeing through self help.
- To develop healthy habits for better health
- To empower student teachers to create a harmonious classroom at workplace.

The yoga course is one of the value added course that Dept of Physiology offers. It is research based course wherein the effectiveness of the course is studied through students' post training feedback and pre-test and post achievement tests.

Before commencing with the yoga training, students will be given pre-test where their knowledge or awareness about yoga is checked. On the basis of the outcomes of the pre-test, the programme is designed or modified to make it mode need based for trainee students.

The modified version of the Training package is then implemented. Theory lectures on yoga will be conducted by Department of Physiology & practical demonstration will be done by expert Yoga teachers who are invited to run the course. The content of the course include theory as well as practical demonstrations and practice of different types of pranayama and Yogasans.

The achievement test including practicals and theory is administered to check the learning outcomes in terms of knowledge and awareness about yoga. The students' feedback too will be taken to find the effectiveness of the programme. The students will be awarded with the course completion certificates.

Complete package of 20 hours training programme in a span of 3 months is designed in collaboration with the well-known Yoga Center at MGM's Camus in Aurangabad. It includes developing understanding of the concept of Yoga, theoretical and scientific bases for the Yogasans and pranayama and practice sessions for learning these asana and pranayama. These sessions will be conducted by the trained yoga teachers. Finally the Practical and theory examination will be held. As discussed above pre-test and post-test will be taken. Achievement test will be taken to see their performance level. Quantitative assessment will be done and marks will be assigned. Students will be awarded with the certificate endorsed by Department of Physiology, MGM's Medical College, Aurangabad.

Value added course in Yoga

1. Introduction to Yoga. (Introduction of participants, faculty, what is Yoga? History, Fundamental of Yoga, Why to Practice?)	2 Hour
2. Practical demonstration of Pranayama	3 Hours
3. Practicing Pranayama	5 Hours
4. Practical demonstration of Asanas	3 Hour
5. Practicing Asanas	5 Hours
6. Assessment	2 Hour
Total:	20 Hours