

INSTITUTE	FACULTY OF PHYSIOTHERAPY
PROGRAM	BACHELOR OF PHYSIOTHERAPY
SEMESTER	2
COURSE TITLE	YOGA BASICS
COURSE CODE	17PT0211
COURSE CREDITS	1

Objective:

- 1 Understand the philosophy and basic principles of yoga in relation to health and wellness.
- 2 Learn and practice fundamental yoga postures (asanas), breathing techniques (pranayama), and relaxation methods.
- 3 Develop self-discipline, body awareness, and mindfulness through regular yoga practice.
- 4 Appreciate the role of yoga in promoting physical fitness, mental relaxation, and stress management and to apply yoga as a complementary approach in physiotherapy for prevention, rehabilitation, and lifestyle modification.

Course Outcomes: After completion of this course, student will be able to:

- 1 Explain the fundamental principles and health benefits of yoga.
- 2 Demonstrate basic asanas, pranayama, and relaxation techniques with correct posture and safety
- 3 Apply yoga practices as supportive tools in physiotherapy for fitness, stress management, and rehabilitation.
- 4 Develop self-awareness, discipline, and mindfulness through regular yoga practice.

Pre-requisite of course:Basic knowledge of human anatomy and physiology.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
20	0	10	0	50	0	0	0

Contents : Unit	Topics	Contact Hours
1	Introduction to Yoga • Definition, history, and philosophy of yoga, • Principles of yoga and its relevance to health and physiotherapy, • Role of yoga in preventive, promotive, and rehabilitative health	4
2	Basics of Yogic Physiology and Psychology • Yogic concept of body and mind, • Effects of yoga on musculoskeletal, respiratory, cardiovascular, and nervous systems, • Stress and relaxation response through yoga	4

Contents : Unit	Topics	Contact Hours
3	Asanas • Classification: standing, sitting, prone, supine, balancing postures, • Indications, contraindications, and modifications for patients, • Therapeutic relevance in physiotherapy	6
4	Pranayama and Relaxation Techniques • Types of pranayama and their physiological effects, • Breathing exercises for relaxation and rehabilitation, • Introduction to meditation and mindfulness	4
5	Application of Yoga in Physiotherapy • Integration of yoga with physiotherapy practice, • Role in lifestyle modification, rehabilitation, and stress management	2
Total Hours		20

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Basic Asanas Practice • Introduction to yoga practice, warming-up, and stretching, basic standing asanas: Tadasana, Trikonasana, Vrikshasana, sitting asanas: Vajrasana, Paschimottanasana, Ardha Matsyendrasana, supine and prone asanas: Bhujangasana, Shalabhasana, Setubandhasana, balancing postures: Garudasana, Natarajasana (basic), relaxation postures: Shavasana, Makarasana, discussion on indications/contraindications	5
2	Pranayama Practice, Relaxation and Mindfulness • Breathing exercises: Diaphragmatic breathing, Anulom-Vilom, pranayama: Bhramari, Kapalabhati, relaxation techniques: Shavasana, Yoga Nidra (basic), meditation and mindfulness practice	3
3	Application of yoga in physiotherapy case scenarios Application of yoga in physiotherapy	2
Total Hours		10

Textbook :

- 1 Swami Satyananda Saraswati , Mudra, Bandha, Yoga Publications Trust, 2013

References:

- 1 Iyengar, B.K.S. (2015). Light on Yoga. HarperCollins Publishers, Iyengar, B.K.S. (2015). Light on Yoga. HarperCollins Publishers, HarperCollins Publishers, HarperCollins Publishers, 2015
- 2 Nagendra, H.R. & Nagarathna, R. (2015). Yoga for Health and Disease. Swami Vivekananda Yoga Prakashana, Bengaluru., Nagendra, H.R. & Nagarathna, R. (2015). Yoga for Health and Disease. Swami Vivekananda Yoga Prakashana, Bengaluru., Nagendra, H.R. & Nagarathna, R, Nagendra, H.R. & Nagarathna, R, 2015

References:

- 3 4. Kuvalayananda, S. & Vinekar, S.L. (2010). Yogic Therapy: Its Basic Principles and Methods. Central Health Education Bureau, New Delhi., 4. Kuvalayananda, S. & Vinekar, S.L. (2010). Yogic Therapy: Its Basic Principles and Methods. Central Health Education Bureau, New Delhi., 4. Kuvalayananda, S. & Vinekar, S.L. , Central Health Education Bureau, New Delhi., 2010

Suggested Theory Distribution:

The suggested theory distribution as per Bloom’s taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
20.00	30.00	25.00	15.00	10.00	0.00

Instructional Method:

- 1 Theory+Practical

Supplementary Resources:

- 1 NA