

**Organizing,
Value Added Course On:**

Physiological Intercepts of Yoga
Brochure



Name of the Department: Physiology, J.N. Medical College.

Course Co-ordinator : Dr Nirmala Anand

Venue : Department of Physiology

Sr.No	Details	
1.	Name of the Value Added Course	“Physiological Intercepts of Yoga”
2.	Need of the course	Yoga is the greatest Gift of Traditional Indian Culture to the world across. Yoga has been associated with a spiritual, physical and mental well -being. Health is not just a mere absence of disease but a state of social, physical and mental wellbeing. Through this course we conceptualize the scientific basis of understanding and correcting the homeostatic imbalances associated with disease. In this course we introduce Yoga and its neuro-physiological basis as a means of Holistic well -being and not mere performance of Yoga Asanas. During the course the student will be able to understand the concept of Preventive Healthcare, Promotion of Positive Health and Personality Development through Yoga

3.	Objectives of the course	<p>At the end of the course the student should be able to,</p> <ul style="list-style-type: none"> . To know and explain the physiological basis underlying various asanas in yoga. To demonstrate electrophysiological recordings (EEG&AFT) effectively to corroborate bodily changes in response to yoga To promote the concept of holistic mind -body interface with the help of yogic techniques.
4.	Target Group	<ul style="list-style-type: none"> UG, MBBS Phase I students
5.	Duration-	16 hrs
6.	Conducted	Total 8 Weeks (On Every Saturday, Time: 10:00pm to 12:00pm)
7.	Frequency	Once a year
8.	Teaching Methods	Interactive Lectures, Guest Lectures, think pair share, Student led seminars, Buzz sessions, Hands on demonstrations
9.	Fees	Rs 100/
10.	Assessment and Certification Done	Yes
11.	Feedback collected	Yes
12.	Pre Tests & Post Tests	Yes

“Physiological Intercepts of Yoga”

Venue : KLEEC, Belagavi

Sl.No.	Date & Time	Topics	Teaching – Learning Method
1	19.2.25, WEDNESDAY 2 - 6pm	<ul style="list-style-type: none"> Pre- Test Introduction to yoga Definition of Yoga, Health and Wellness. Yogic Concept of Health and wellness Classification of various Asanas and their physiological basis Differences between Yoga and Exercise, Introduction to Pranayama and various asanas and their neuro- physiological basis Introduction to Meditation and its neuro- physiological basis 	Interactive Lectures & A/V aids Guest Lecture
2	20.2.25, THURSDAY 2 - 6pm	<ul style="list-style-type: none"> Introduction to Electrophysiological basis of all biopotential recordings Orientation to Octopus Neuropack and AFT 	Hands on / DOAP sessions
3	21.2.25 FRIDAY 2 - 6pm	<ul style="list-style-type: none"> EEG recording on a regular Yoga asana practitioner and its interpretation AFT recording on a regular Yoga asana practitioner and its interpretation 	Hands on/ DOAP Sessions
4	22.2.25 SATURDAY	Introduction to Meditation <ul style="list-style-type: none"> Transcendental Meditation- Neuro- Physiological basis 	Group discussion

	11 -1pm	<ul style="list-style-type: none"> • Introduction to Yogic Diet • Student Group Poster presentation 	<ul style="list-style-type: none"> • Interactive lecture • Guest Lecture 	
5	23.2.25 SUNDAY 11-1pm	<ul style="list-style-type: none"> • Online Link • Student activity • Post- test • Feedback by students 	<ul style="list-style-type: none"> • Student led seminars • Think Pair share • Buzz session 	

Instructions:

- Wear comfortable clothes, Use a yoga mat for comfort and safety.
- Focus on deep, steady breathing throughout.
- Avoid overstretching or forcing poses; adapt as needed.
- Attendance will be taken at the end of each day and 100% attendance is mandatory for issue of Certificate.

Resource person Mr. Nayeem M Sheikh (NIMAAl) Yoga instructor Mobile no 9986572634



For Further details contact-

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KAHER'S JNMC

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**Belagavi
15-02-2025**

**Professor and Head
Department of Physiology**