



**Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore**  
**Shri Vaishnav Institute of Paramedical Science**  
**Choice-Based Credit System (CBCS) in Light of NEP-2020**  
**General Electives (PG 2024 – 25), II SEM**

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GPPMS201	GE	Yoga & Alternative Therapy for Common Disorder	60	20	20	-	-	4	0	0	4

**Legends:** L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; \*

**Teacher Assessment** shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

**Course Educational Objectives (CEOs): The students will:**

**CEOs 1:** To understand the importance of Yoga, Health, and Alternative Therapy

**CEOs 2:** To know about limbs of yoga their techniques, benefits, and precautions according to ancient yoga texts.

**Course Outcomes (COs): Students should be able to:**

**COs 1:** Understand the concept of yoga & Alternative Therapy

**COs 2:** Understand the concept of Disease and Disorders.

**COs 3:** Understand the application of Yoga in day-to-day life.

**COs 4:** Learn different yoga practice methods, precautions, benefits, and limitations.

**Unit-1**

**General Introduction to Yoga**

- Brief introduction of Yoga in Yogic texts, Meaning and Definition of Yoga, Aim and Objective of Yoga, and Benefits of Yoga.

**Unit-2**

**Alternative Therapy**

Meaning of Alternative Therapy, Types of Alternative therapy: Acupressure, Marma Therapy, Ayurveda, Pranic Healing, Physio therapy.

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GUPMS201	GE	Yoga & Alternative Therapy for Common Disorder	60	20	20	-	-	4	0	0	4

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**Unit-3**

**Yoga Practice**

- Shatkarma, Suryanamaskar, Shukhsma Vyayam, Asanas, Pranayama, Mudra, Bandh and Dhyana

**Unit-4**

**Yoga and Alternative Therapy for Common Disease**

- Headache, ENT, Constipation, Diabetes, High Blood Pressure, Low Blood Pressure, Acidity, Back Pain, cervical Spondylosis, Menstruation Cramps

**Unit-5**

**Yoga and Alternative Therapy for Common Disorder**

- Stress, Anxiety, Depression, Insomnia, schizophrenia, OCD, Eating disorders.

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GUPMS101	GE	Yoga for Holistic Health	60	20	20	-	-	4	0	0	4

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**Suggested Books:**

1. Saraswati, S. N. (2012). *Gheranda Samhita*. Yoga Publication Trust, Munger, Bihar, India.
2. Satyananda Swami (1996). *Asana Pranayama Mudra Bandha* (3rd rev.). Yoga Publications Trust, Munger, Bihar, India.
3. Iyengar, B. K. S. (2007). *BKS Iyengar Yoga: The Path to Holistic Health*. Penguin.
4. Swami Karmanand, (2001). *Yogic Management of Common Disorder*, Yoga Publication Trust, Munger Bihar
5. Swami Satyanand Saraswati, (2009), *Yoga and Cardiovascular Management*, Yoga Publication Trust, Munger Bihar
6. Swami Shankardevanand Saraswati, (2006), *Yoga and Cardiovascular Management*, Yoga Publication Trust, Munger Bihar
7. M. Shobhita(2023), *Yoga for Disease and Holistic Health*, Allied Publishers private limited

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