



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA
Department of Yoga Studies
Tejaswini Hills, Periyar PO, Kasaragod - 671 316





MINUTES OF THE YOGA SYLLABUS REVIEW COMMITTEE MEETING

Venue: Dept. of Economics, Kaveri Block, CUK, Periyar, Kasaragod.

Date: December 05, 2018

Time: 3:00 P.M.

Members Present:

1. Prof. (Dr.) K. C. Baiju (Chairman)  5/12/18
2. Dr. Rajendra Pilankatta (Member)  5/12/18
3. Dr. Mohan A.K. (Member)  5/12/18
4. Dr. Subramanya Pailoor (Convener)  5/12/18

Meeting began with the welcoming of the members by the Chairman Prof. (Dr.) K.C. Baiju, Professor, Dept. of Economics. The committee discussed the Guidelines in detail for the initiation of MSc. in Yoga Therapy in the Dept. of Yoga, CUK and the following recommendations were made;

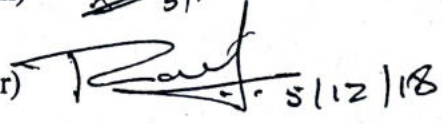
1. The committee recommended to limit the credits of core courses as four (4) and Three (3) for electives. The total credits for core courses will be sixty (60), whereas for elective it will be twelve (12), altogether arrived the total of seventy-two (72) for the entire programme as detailed in the semester wise breakup.
2. The workload of fourth semester has been reduced to 28 Hrs. from 34Hrs. by reallocating the course (MYG5491: Yoga Practical VI) to the third semester, making the total workload of the third semester as 28Hrs. instead of 22 Hrs. as in the pre-revised curriculum.
3. The committee opined to indicate the workload for the Dissertation as 8 Hrs. and 10 Hrs. for Clinical Internship/field work in the fourth semester.

The committee finalised the syllabus based on the incorporation of the above mentioned points (1 to 3), subject to the ratification of the forthcoming Academic Council and the competent authorities concerned.

1. Prof. (Dr.) K. C. Baiju (Chairman)


5/12/18

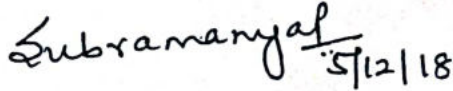
2. Dr. Rajendra Pilankatta (Member)


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CENTRAL UNIVERSITY OF KERALA
DEPARTMENT OF YOGA STUDIES
M.Sc. YOGA THERAPY

MYG5203 Human Biology II

Course Code	MYG5203	Semester	II
Course Title	<i>Human Biology II</i>		
Credits	4	Type	Core

Course Description

This course oriented to develop in the knowledge in human body system that enhances the employability as a Yoga Therapist of the student undergoing this course. The course provides a deep understanding about the anatomy and physiology of human body. The knowledge about the body system is essential for doing yoga therapy effectively. The course discusses each system in detail and how it is significant in the yoga therapy.

Course Outcome

- **After completing this course students get knowledge about the anatomical and physiological functions of the human body.**
- **Ability to Synchronising the modern concept of human body along with the practice of yogic techniques.**
- Basic knowledge about yoga therapy.
- **Ability to understand health condition of person**
- **The course will improve the skill in the application of Yoga Therapy.**

Course Structure

The following is a detailed syllabus MYG5203 Human Biology II

Module:

This module is focussed in human anatomy and physiology. First and second unit teaches anatomy and physiology of nervous system and special senses. Third unit teaches functions of endocrine system. Fourth unit teaches excretory system and fifth unit teaches reproductive system.

Unit I. Nervous system. (14 hours)

- Anatomy and Physiology of Nervous system.
- Classification of Central nervous system and Peripheral nervous system.
- Autonomous nervous system , Sympathetic and Parasympathetic mechanisms.

Unit II. Special senses. (10 hours)

- Introduction to Special senses, Structure and functions of Eye.
- Structure of function of Ear and Balance.
- Structure and function of Nose and Tongue.

Unit III. Endocrine system (14 hours)

- Anatomy of Glands , Hormones and Action.
- Functions of Pineal Gland, Thyroid Gland.
- Functions of Pancreas, Adrenaline.

Unit IV. Excretory system.**(12 hours)**

- Anatomy of Excretory system, Functions of Excretory system.
- Glomerulus, renal tubules, compositions of urine, micturition.
- Function of Skin, Temperature regulation.

Unit V. Reproductive system**(10 hours)**

- Male Reproductive System and Female Reproductive System.
- Major Functions of Reproductive System.
- Menstrual Cycle and Basics of Pregnancy.

Testing & Evaluation**Internal Assessment - 40 marks.**

Internal examination I - 15 marks, internal examination II - 15 marks, Assignments 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References

1. Evelyn C Peace, Anatomy and Physiology for Nurses, Jaypee Brothers, New Delhi, India 1997.
2. Gore M.M, Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala-2003.
3. Ross and Wilson Anatomy and Physiology, 11th edition, Churchill Livingstone, London, 2019.
4. Dr. Shambu Lingam, Prema Sembu Lingam, Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi -2012.