



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;

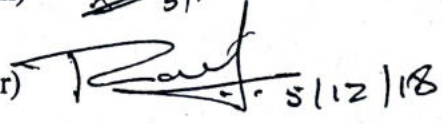
1. The committee recommended to limit the credits of core courses as four (4) and Three (3) for electives. The total credits for core courses will be sixty (60), whereas for elective it will be twelve (12), altogether arrived the total of seventy-two (72) for the entire programme as detailed in the semester 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

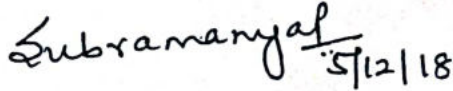
2. Dr. Rajendra Pilankatta (Member)


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3. Dr. Mohan A.K. (Member)


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

MYG5103 Human Biology I

Course Code	MYG5103	Semester	I
Course Title	<i>Human Biology I</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

- Students get knowledge about the anatomical and physiological functions of the human body.
- 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 MYG5103 Human Biology I

Module :

This module intended to teach Human musculoskeletal system, Cardiovascular system, Digestive system, Respiratory system and Blood and lymphatic system.

Unit I. Musculo-skeletal system

(12 hours)

- Skeletal System: Skeleton, Functions of skeleton, Classification of bones, Types of Joints; Structure and function of Synovial joint.
- Muscular System: Types of Muscles in the body, Characteristics, structure and functions of the Skeletal Muscles.
- Smooth Muscles and Cardiac Muscles and its Function.
- Tendons and Cartilages.

Unit II. Cardiovascular system

(12 hours)

- Functional anatomy of the Heart, arteries, veins and Capillaries.
- Organization of Systemic and Pulmonary Circulation, Cardiac Cycle.
- Cardiac Output and Venous Return.
- Blood Pressure, Regulation of Blood Pressure, Electrocardiogram.

Unit III. Digestive system

(12 hours)

- Anatomy of Digestive system.
- Functions of Saliva, Gastric juice, Pancreatic juice, Bile, Intestinal secretion.
- Digestion and absorption of food.
- Peristalsis movement and Formation of stools.

Unit III. Respiratory system

(12 hours)

- Anatomy of Respiratory System
- Mechanics of Breathing
- Exchange of gases, Control of respiration.
- Pulmonary function tests and lung volumes

Unit V. Blood and lymphatic system

(10 hours)

- Types of Blood cells, RBC, WBC, Platelets.
- Composition of Blood, Blood Grouping.
- Lymphatic system and Lymph Nodes.
- Immune system.

Testing & Evaluation

Internal assessment - 40 marks.

Internal examination - 20 marks, Assignments - 10, Overall performance 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, India1997.
2. Gore M.M, Anatomy and Physiology of Yogic practices, Kanchan Prakshan, Lonavala-2003.
3. Ross and Wilson Anatomy and Physiology,11'th 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.