

Value added course by Department of Yoga Studies

Course code and title	MYG5008 Yoga for Healthy Living		
Course nature	Professional and life skill developing course.		
Total hours	30 hours	Credits	Nil
Total marks: 50	Formative Assessment : 20;	Course End Assessment 30	

Course Description

Management of health is an essential skill, especially world is facing the difficult situation created by COVID-19. Apart from that there are increased rate of lifestyle diseases because of improper management of lifestyle. Therefore it is essential to create a common awareness about the significance of maintaining health, and introduce a systematic plan to maintain it. This course is intended to provide the knowledge about the lifestyle management to improve the health. This course is intended to understanding the concept of Yoga, and principles and practice of Yogic techniques to maintain optimum health.

Learning outcome-

- Students gets the basic understanding of Yoga
- Students get the knowledge of health concepts.
- Students will get detailed knowledge on how to manage themselves to be healthy.
- Students will get a knowledge about the food and best eating practices.
- Students get practical experience of yogic techniques.

Course Content

Unit I- Introduction to Yoga (6 hours)

- Definitions of Yoga, History of Yoga, Schools of Yoga.
- Ashtanga Yoga; meaning, Purpose, Practice.
- Definition of Asana, Pranayama, Meditation, Principle of Mental wellbeing.
- Meaning of spiritual well-being, in holistic approach.

Unit II – Concept of Health (6 hours)

- Definition of Health according to WHO, Modern concept of health in Biomedical approach, Psychosocial concept, Holistic concept
- Definition of Health in Indian concepts. Details on Physical, Mental, Social and Spiritual Health. Holistic health and wellbeing.
- Salutogenic approach of well being

Unit III - Healthy Lifestyle and Yoga (6 hours)

- Lifestyle as a medicine. Primordial prevention of the diseases.

- Significance of Physical fitness and prevention of the diseases.
- Benefits of practicing yogic techniques to maintain health
- Yogic concept of diet and Common Home Remedies for Common Ailments.

Unit IV- Yogasanas

(6 hours)

- Sookshma Vyayamas- Head to toe,
- Tadasana, Padahasthasana
- Trikonasana, Parsvakonasana, Paschimottanasana
- Vakrasana, Pavanamukthasana, Bhujangasana. Dhanurasana and Shavasana.

Unit V Pranayama and Meditation

(6 hours)

- Nadishuddhi Pranayama,
- Bhastrika
- Sithkari Pranayama.
- Bhramari Pranayama
- SOHAM Meditation,

Practicum

- Research paper analysis
- Demonstration of Yoga techniques
- Reflective analysis

Mode of Transaction

- Lecture
- Practical demonstration
- Discussion and debate
- Video demonstration

Learning Activities

- Document analysis
- Demonstration of the yoga
- Case study analysis.
- Narration of lived experiences

Assessment Rubrics

- Continuous and Comprehensive evaluation
- Micro tests and assignments.
- Peer evaluation
- Self-appraisal

Suggested Reading

1. V.M Kulkarni, Naturopathy; Art of Drugless Healing, Satguru Publications, Shakthi Nagar, North Delhi; 1986
2. Swami Satyananda Saraswathi, A Systematic Course in the ancient Tantric Techniques of Yoga and Kriya, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar, 1989.
3. Dr. Swami Karmananda Saraswati, Yogic Management of Common Diseases, Yoga Publication Trust, Bihar School of Yoga, Munger, Bihar;1992
4. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
5. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.

Research articles

6. indström B, Eriksson MSalutogenesis*Journal of Epidemiology & Community Health* 2005;**59**:440-442.
7. Bauer, Georg & Roy,*et al.* (2019). Future directions for the concept of salutogenesis: a position article. *Health Promotion International*. 34. 10.1093/heapro/daz057.
8. Leijssen, Mia. (2013). Existential well-being counseling.
9. https://www.researchgate.net/publication/216400598_Lifestyle_Medicine_Managing_disease_of_lifestyle_in_the_21st_Century_2e.
10. Woodyard C. (2011). Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International journal of yoga*, 4(2), 49–54. <https://doi.org/10.4103/0973-6131.85485>

Timestamp	Name of the student (As Requi gender	Email	Department	Registration Number	Programme of Study	Current semester	Contact number (WhatsApp)	
9/15/2021 21:39:54	Syed Amaan Raza Rizvi	Male	razarizviamaan@gmail.com	English and Comparative Literature	LEC052044	MAECL	3	8770255882
9/15/2021 21:43:58	SINYA.K	Female	diyaera@gmail.com	Department of Law	LLM072001	Ph.D	Third	7012106279
9/15/2021 21:45:33	Sinya.K	Female	diyaera@gmail.com	Department of Law	LLM072001	Ph.D	Third	7012106279
9/16/2021 6:50:17	K Chandrasekhar	Male	jcbbhagathkollur430@gmail.com	International relations and politics	GIR052019	Yoga	2nd sem	8185948407
9/16/2021 11:23:02	Mahindra Naik	Male	mahindranaik56@gmail.com	IR and policies	9556662751	MA in ir and politics	Just finished 2nd sem	9556662751
9/16/2021 13:05:59	S Mahesh	Male	sabavatmahesh001@gmail.com	International relations and politics	GIR052037	Yoga for healthy living	3 rd semister	9704886899
9/17/2021 14:35:36	FATHIMATH THAMEEMA M.P	Female	fathimaththameema10@gmail.com	INTERNATIONAL RELATIONS	GI2052012	MA INTERNATIONAL RE	Second	8138083964
9/17/2021 16:59:25	Devulapalli Harsha Vardhan Re	Male	hisharshadevulapalli@gmail.com	Mathematics	PMA052019	Msc (mathematics)	03	9949944068
9/17/2021 17:12:40	AJITH SURESH	Male	ajithkizhuvallikal1@gmail.com	Mathematics	PMA052004	MSc Mathematics	3rd semester	7025236837
9/17/2021 17:16:50	GUGLAVATH NAVEENNAYAK	Male	guglavathnaveen321@gmail.com	Master of social work	SSW 052027	Social work	3	9177878055
9/17/2021 18:39:45	MOGILUJU NAVEEN	Male	sonoframesh00@gmail.com	Mathematics	PMA052029	M.sc	3rd	70931 81335
9/17/2021 19:39:06	ANJITHA V S	Female	anjinair11@gmail.com	Mathematics	PMA052009	Msc Mathematics	2	9400403453
9/18/2021 10:59:54	Megha Prakash	Female	meghaprakash013@gmail.com	Department of English and Comparative	LEC052030	MA English and Compara	3	6235408441
9/19/2021 18:52:58	ARDRA A.P	Female	ardrakeerthana@gmail.com	English and Comparative Literature	LEC052013	M.A ENGLISH AND COM	3rd	7510676380



DEPARTMENT OF YOGA STUDIES
SCHOOL OF MEDICINE AND PUBLIC HEALTH
CENTRAL UNIVERSITY OF KERALA

Tentative schedule for Value added course

MYG5008-Yoga for Healthy Living

Day	Subjects	Time
MONDAY	MYG5008	3:45PM-4:45PM
TUESDAY	MYG5008	3:45PM-4:45PM
WEDNESDAY	MYG5008	3:45PM-4:45PM
THURSDAY	MYG5008	3:45PM-4:45PM

Please Note: The class started from September 22, 2021.



Subramanyal
Head of the Department/Chairman
औद्योगिक समन्वयक / Academic Co-ordinator
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Central University of Kerala
तेजस्विनी हिल्स, पेरिया हिल्स / Tejaswini Hills, Periya
कासरगोड, केरल / Kasaragod, Kerala- 671 316

Signature of the HoD



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

Attendance summary for the month of September-2021

Department : Yoga Studies

Course Code & Title: MYG5008-Yoga for Healthy Living

Nature of the Course: Value added Course

No.of actual instructional days :

6

SL.No.	Name of Student	Total days	No. of days Present	No. of days Absent	Percentage	Remarks
1	ACHARI MEENAKSHI MURALIDHARAN	6	5	1	83%	
2	AFINA SHAMSUDEEN	6	4	2	67%	
3	AJITH SURESH	6	5	1	83%	
4	ANJITHA V S	6	5	1	83%	
5	ANUJA A	6	6	0	100%	
6	ARDRA A.P	6	5	1	83%	
7	DEVULAPALLI HARSHA VARDHAN REDDY	6	4	2	67%	
8	DR. VIDHYA K	6	4	2	67%	
9	FATHIMATH THAMEEMA M.P	6	6	0	100%	
10	GUGLAVATH NAVEENNAYAK	6	4	2	67%	
11	GUNDRAPALLY VIMALA	6	5	1	83%	
12	K CHANDRASEKHAR	6	5	1	83%	
13	KAVYA P	6	5	1	83%	
14	MAHINDRA NAIK	6	5	1	83%	
15	MAKANI HARSHAVARDHAN	6	6	0	100%	
16	MARIYA JOHN	6	6	0	100%	
17	MEGHA PRAKASH	6	5	1	83%	
18	MOGILOJU NAVEEN	6	5	1	83%	
19	S MAHESH	6	5	1	83%	
20	SANIDHYA N K	6	5	1	83%	
21	SHAIK AASHIQ	6	5	1	83%	
22	SINYA.K	6	6	0	100%	
23	SYED AMAAN RAZA RIZVI	6	4	2	67%	



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Central University of Kerala
तेजस्विनी हिल्स, तेजस्विनी बस् / Tejaswini Hills, Periyar
कासरगोड, केरल / Kasargod, Kerala- 671 316

Signature of the HoD with seal & date



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10

SL.No.	Name of Student	Total days	No. of days Present	No. of days Absent	Percentage	Remarks
1	ACHARI MEENAKSHI MURALIDHARAN	10	8	2	80%	
2	AFINA SHAMSUDEEN	10	7	3	70%	
3	AJITH SURESH	10	7	3	70%	
4	ANJITHA V S	10	8	2	80%	
5	ANUJA A	10	9	1	90%	
6	ARDRA A.P	10	8	2	80%	
7	DEVULAPALLI HARSHA VARDHAN REDDY	10	7	3	70%	
8	DR. VIDHYA K	10	7	3	70%	
9	FATHIMATH THAMEEMA M.P	10	9	1	90%	
10	GUGLAVATH NAVEENNA YAK	10	8	2	80%	
11	GUNDRAPALLY VIMALA	10	7	3	70%	
12	K CHANDRASEKHAR	10	8	2	80%	
13	KAVYA P	10	7	3	70%	
14	MAHINDRA NAIK	10	7	3	70%	
15	MAKANI HARSHAVARDHAN	10	9	1	90%	
16	MARIYA JOHN	10	8	2	80%	
17	MEGHA PRAKASH	10	7	3	70%	
18	MOGILOJU NAVEEN	10	7	3	70%	
19	S MAHESH	10	8	2	80%	
20	SANIDHYA N K	10	9	1	90%	
21	SHAIK AASHIQ	10	8	2	80%	
22	SINYA.K	10	9	1	90%	
23	SYED AMAAN RAZA RIZVI	10	7	3	70%	



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Google meet link of the class: qxp-hjyy-gqw

