



**Nallamuthu Gounder Mahalingam College,
Pollachi**

(Autonomous) Re-Accredited by NAAC - An ISO 9001:2015 Certified
Institution, Affiliated to Bharathiar University
Pollachi, Coimbatore (Dt), Tamilnadu, India.



**Department of Human Excellence
Offers**

Fundamentals of Yoga Therapy

(Value added certificate course-2022)

30 Hrs

Therapeutic Yoga for all UG students

A Personalized activity for your lifestyle

- *Improves Immune system*
- *Special practices to fight against pandemics*
- *Emotional Balance*
- *Yogic diet*
- *Lifestyle Enhancement*
- *Disease based practices*
- *Improves concentration*
- *Relax with music & New relaxation techniques*



**Registration
started**

**For Registration
D.Gnanasoundari
Course co-coordinator
9659378647**

Course fee : Rs 350.

Value Added(Certificate) course
Department of Human Excellence
NGM college, Pollachi

Course Title & Name: 21VHE404-Fundamentals of Yoga Therapy		
Total Hours: 30		Credits: 2
Course Objectives: • To face health challenges at any level • Empower the student to progress towards greater health and improve the academic performance. • Enhance well-being in body, mind, feelings, thought and spirit.		
K1	CO1	Understand the Yoga Therapy is an effort to integrate traditional yogic concepts and technique with medical and psychological knowledge.
K2	CO2	Promote all around positive health as well as particular medical conditions
K3	CO3	Application of Yogic principles to achieve Physiological, Psychological and spiritual goal
K4	CO4	Using ancient yogic practices in modern context to deeper presence and awareness, able to get self-realization

Syllabus

Unit 1: Yogatherapy–Etymology–definition –Scope–Need and Importance of Yoga Therapy

Unit 2: Principles of Yoga therapy –Difference between yoga and Yoga Therapy – Eight limbs of patanjali Yoga sutra. Diet and nutrition-Types of food- Satvic, Rajas, Tamas.

Unit 3: Health and Disease according to Ayurveda-Tridoshas -Stress, Blood pressure, Diabetes Mellitus, Obesity, PCOD and Menstrual Disorders etc.. and yoga therapy. -Methods and types of asana – Therapeutic view of asana and pranayama

Reference:

1. Principles and Methods of Yoga Therapy

Dr. Ananda Balayogi Bhavanani

Chairman, International Centre for Yoga Education & Research, Pondichery. www.icyer.com

2. Fundamentals of Yoga Therapy

International yoga therapy course-IAYT

U-tube links:

<https://youtu.be/kFfrGmKdA0o> <https://youtu.be/9R9U8WD4RB>

<https://youtu.be/0LBmDs93N2M>


 Head & Assistant Professor,
 Department of Human Excellence,
 Nallamuthu Gounder Mahalingam College,
 Pollachi.


Dr. R. MUTHUKUMARAN,
 M.A., M.Phil., B.Ed., Ph.D.,
 PRINCIPAL
 N.G.M. College, Pollachi - 642 001
 Coimbatore District

CELEBRATING
THE INSPIRING LIFE OF
ARUTCHILVAR DR. N. MAHALENGAM



NM 100
1923 - 2014

CENTENARY CELEBRATIONS

CERTIFICATE OF COMPLETION



NGM COLLEGE

(Autonomous), Pollachi

Re-Accredited by NAAC and ISO 9001:2015 Certified Institution
Ranked 72nd among Colleges in India by MHRD - NIRF
Affiliated to Bharathiar University, Coimbatore



Value Added Course

This is to certify that Mr./Ms. Sandhiya of Information Technology department
has successfully completed a Value Added Course
entitled Fundamentals of Yoga Therapy and
secured a mark of 70 out of 100

D. Gu
COURSE TEACHER

A. Bala
DEAN - ACADEMIC

R. M. L.
IQAC CO-ORDINATOR

[Signature]
PRINCIPAL