



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Paramedical Science
Choice-Based Credit System (CBCS) in Light of NEP-2020
Vocational Course, III 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				
VUPMS301	Vocational Course	Yoga and Acupressure therapy	00	00	00	60	00	2	0	4	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 therapy.

CEOs 2: To know about important acupressure points for common health & different disease.

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

COs 1: Understand the concept of Therapy.

COs 2: Understand the concept of Acupressure.

COs 3: Yoga and Acupressure as a Therapy.

COs 4: Understand the Importance of Yoga and Acupressure for daily life.

COs 5: Learn health tips.

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Vishwavidyalaya, Indore

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VUPMS301	Vocational Course	Yoga and Acupressure therapy	00	00	00	60	40	2	0	4	4

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Syllabus

Unit-1

General Introduction to Yoga Therapy

Brief introduction of Yoga, Aim and Objective of Yoga, Importance and Benefits of Yoga for overall Health, Yoga as a therapy.

Unit-2

Concept of Acupressure

History of Acupressure, Meaning of Acupressure, Principles of Acupressure, types of Acupressure therapy, Benefits & Limitation of Acupressure.

Unit-3

Sujok Therapy

Correspondence theory, Basic stages of Locating correspondence points correctly, Face, Neck, Spinal column, lungs, heart, intestine, Pressure Techniques.

Unit-4

Acupressure & Yoga Tools

Use of Jimi, Magnet, paper tap, seeds, Power ball, Foot roller, Ring, Power thumb, Different type of Massager, Yoga mate, Yoga belts, Bricks.

Unit-5

Yoga and Acupressure for common disease

HBP, LBP, Diabetes, Arthritis, Obesity, Headache, Constipation, Indigestion, ENT problem, Asthma, Back pain.

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VUPMS301	Vocational Course	Yoga and Fitness	00	00	00	60	40	2	0	4	4

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Suggested Books:

1. Saraswati, S. N. (2012). *Gheranda Samhita*. Yoga Publication Trust, Munger, Bihar, India.
2. Rawat, Anuja (2021). *Yoga and Yogi*. Satyam Publishing House, India.
3. Satyananda Swami (1996). *Asana Pranayama Mudra Bandha* (3rd rev.). Yoga Publications Trust, Munger, Bihar, India.
4. Swami Sivananda (1971), *The Science of Pranayama*, Chennai: A divine life Society publication, Thirumalai.
5. Kumar S. & Indira S., (2011), *Yoga in your Life*, Chennai: The Parkar Publication.
6. Chen, Feisong (2019) *Hand Reflexology and Acupressure*
7. Singh, Kamaljit, (January 2023), *Acupressure (Holistic Approach To Make Life Better)*, Rigi Publication
8. Singh Dr. Atter, *Acupressure (Do It Yourself Therapy A Guide to Perfect Health Book)* (Aug. 2022)
9. Tiwari O.P. (1998), *Asanas-Why and How*, Lonavala: Kaivalyadham Ronghe Prafulla.

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