|  |  |
| --- | --- |
| 1. Name of the Institute
 | LOVELY PROFESSIONAL UNIVERSITY, PUNJAB, INDIA (A unit of Lovely International Trust), An ISO 9001:2015, ISO/ISE 27001:2013 Institute |
| 1. Name / Title of the Course
 | Specialized course in integrating yoga and alternative medicine into health care system. |
| 1. Proposed Dates and Duration of the Course in Weeks / Months
 | 20th Nov 2019 to 5th Dec 20192 weeks |
| 1. Eligibility Criteria for Participants and Age Limits
 | Any GraduateMaximum Age: 50 years |
| 1. Basic outline of the course
 | Understanding Yoga and Ayurveda as traditional Vedic system of Health care, Introduction to yoga techniques; Introduction to preventive techniques for a healthy lifestyle, learning basic meditation techniques, breathing exercise, usage of plant medicine as alternative medicine |
| 1. Content of the Course

(What all would be covered in the course) | 1. Asana and pranayama
2. Shatkarma
3. Naturopathy
4. Introduction to Alternative medicine
 |
| 1. Learning Outcome
 | Understanding "Why to cure when we can prevent it from happening". Health care professionals can promote yoga and a healthy lifestyle to reduce overall healthcare cost and burden.  |
| 1. Instructional Strategy
 | Demonstration followed by participation of candidates |
| 1. Course would be relevant for what type of audience
 | Any graduate with 3 years of experience in health care officials / Administrator/ Policy makers / Academicians  |
| 1. Mode of Evaluation of Performance of ITEC Participant
 | Practical performance and viva |