

National Institute of Technical Teachers' Training & Research, Bhopal
Training Programme on “Universal Holistic Health: Cure & Prevention of Disease (Yoga, Ayurved Exercise” (G20-2)

1. Rationale:

Yoga and Ayurveda are two sides of the same coin that need each other to be fully and completely fulfilled. These are two complementary systems of health and wellness that originated in India over 5000-years-ago. Ayurvedic yoga is a practice that supports the self-healing process within the body, mind, and consciousness while achieving physical and mental wellbeing through different poses and breathing techniques.

Ayuryoga is the integration of these two ancient systems, combining the principles of Ayurveda with the practice of yoga to promote physical, mental, and spiritual health. Ayurveda provides a framework for understanding the unique needs of each individual, while yoga offers a way to address those needs through specific postures and breathing techniques.

Through this training, you will develop the skills to spread this education and awareness to others so they can too understand the importance of balancing your doshas to achieve maximum health and spiritual awareness.

2. Program Outcomes

The Participant will be able to:

- Understand human anatomy and physiology
- Practice yoga -asans, pranayama & meditation in daily life.
- Develop good food habits for healthy life.
- Apply the principles of Ayurveda for good health.
- Apply different asanas to balance vata, pitta, and kapha.
- Balance agni (digestion) and remove ama (accumulated toxins)
- Apply principles of Bhagwat Gita in our life.

3. Programme Contents:

Foundations of Yoga, Human Anatomy and Physiology, Patanjali Yoga Darshana, Yoga and Holistic Health, Basis of Yoga Therapy, asana, pranayama, and meditation, Yogic Management of Lifestyle-related disorders ,different asanas to balance vata, pitta, and kapha, balance agni (digestion) and remove ama (accumulated toxins),effects of different practices on srotamsi (bodily channels), organs, dhatus (seven bodily tissues), and subdoshas, Essence of Bhagavad Gita for Personality Development.

4. Instructional Strategy:

Following training strategies will be used: Interactive Lectures, Demonstrations, Input-cum-Discussions, analogies, Interactive learning, Visit to related organizations, case study analysis, team teaching, assignments, , presentations .

5. Assessment & Grading:

- Assignments
- Individual Tasks
- Summative Assessment through MCQ-based test.

6. Target Group:

The faculties from AICTE recognized technical Institutes.

7. Venue and dates: NITTTR Bhopal, 3 to 7 July 2023

8. Program Team:

- Prof. M.C.Paliwal -Coordinator, DCEEE, NITTTR, Bhopal
(Email- mcpaliwal@nitttrbpl.ac.in) (Mobile --+919407271980)
- Experts from renowned institutions/Organisations.

9. Programme Schedule:

Day	Session I 10.0 - 11.30	Session II 11.45-1.15	Session III 2.15 - 3.45	Session IV 4.00- 5.30
1.	Registration and Program Orientation.	Human Anatomy and Physiology	Foundation of Yoga	Patanjali Yoga Darshana
2.	Yoga and Holistic Health		Good food habits for healthy life.	
3.	Asana, pranayama, and meditation		Yogic Management of Lifestyle-related disorders	
4.	Different asanas to balance vata, pitta, and kapha.		Balance agni (digestion) and remove ama (accumulated toxins)	
5.	Essence of Bhagavad Gita for Personality Development		General discussions & presentation	Achievement Test followed by Feedback & Valedictory function.