

YSS555A PRACTICAL - VIII: ADVANCED PRACTICES – II

Learning Objectives:

To make the students

- Able to use the instruments for experiments.
- To understand the principle and procedures of the experiments.
- To show the effect of Yogic practices on certain parameters.

Learning Outcome:

After the completion of the course, the student will be able to

- Handle the instruments to carry out the experiments.
- Describe the principle and procedure of the selected experiments using instruments.
- Use the instruments to study the effect of Yogic practices/ Yoga therapy as an individual.

PART A: INSTRUMENTAL EXPERIMENTS

Experiments using the following Instruments-

- 1) Height, Weight, B.M.I
- 2) Temperature
- 3) B.P.reading.
- 4) E.C.G.
- 5) Treadmill
- 6) Spiro meter
- 7) Blood Analysis
- 8) Polyrite

PART B: ASSESSMENT OF INTERNSHIP

(Decided by the Departmental Council/Department Board of Studies)