

ADD-ON COURSE  
ON  
**BASIC COURSE IN YOGA & MEDITATION (BYM01)**

Offered by

**NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA**



In Association with

**NIRMALA YOGA CENTRE. MUVATTUPUZHA**

**Venue: college Auditorium**  
**COURSE STARTS From September 2018 ONWARDS**

**Course Co-ordinator**

Prof.Dr.DEEPA JOSE, Vice Principal,  
Nirmala College of Pharmacy,  
Muvattupuzha

**Recourse Person**

Sr. INFANT THRESA F.C.C.C,  
Yoga therapist,  
Nirmala yoga centre, Muvattupuzha

## **AIM**

The purpose of this course is to help students develop professional skills by teaching them the basics of yoga and meditation as effective ways to reduce stress

## **OBJECTIVE**

The objective is to empower students to improve their lifestyle and enhance their physical, mental, and emotional well-being through yoga and meditation

## **COURSE OUTCOME**

By the end of this course, students will be able to:

1. Comprehend the fundamental principles of yoga and meditation
2. Acquire practical skills in yoga as well as yogic practices such as meditation and relaxation.

**DURATION OF COURSE: 30HRS**

## **ADMISSION ELIGIBILITY**

**CANDIDATES STUDYING IN B PHARM / PHARM D/M PHARM COURSE AT  
NIRMALA COLLEGE OF  
PHARMACY, MUVATTUPUZHA, ERNAKULAM**

## **ASSESSMENT MODE**

**Theory Exam (Multiple choice questions) & Yoga Practical Exam (1Hr)**

## **PASSING CRITERIA**

- CANDIDATE SHOULD HAVE AT LEAST 80% ATTENDANCE IN BOTH THEORY & PRACTICAL AND MUST SCORE AT LEAST 50% MARKS IN THE EXAMINATION**
- A CERTIFICATE IN BASIC YOGA AND MEDITATION WILL BE ISSUED TO THE CANDIDATE WHO SUCCESSFULLY COMPLETES THE COURSE.**