

YMS 404P: BASIC CLINICAL YOGA THERAPY

Course Faculty (Instructor on Record): Prof (Dr.) Indranill Basu-Ray, MD (Med), DNB (Card), FACP, FACC.

Support Faculty (for Q &A Support): Ayush Sinha, Gaurav Singh

Course Credits: 2:1

Pre-Requisite: All 10 Core Courses of VaYU Online MS (Yoga) program

Course Catalog Description (3-5 lines)

Yoga therapy has provided significant benefits for several chronic health conditions. In this course, through evidence-based studies and asynchronous lecture presentations, clinician and basic scientist faculty will

- (i) Review the anatomy of body systems and basic pathophysiology of cardiovascular, metabolic and mental health disorders
- (ii) Analyze the use of Yoga therapy in supportive management of these health challenges.

Detailed Course Description

Course Student Learning Outcomes:

Upon successful completion of this course, students will:

- Apply anatomical terminology to identify and describe locations of major organs of each body system covered.
- Understand basic pathophysiology and apply medical terminology in various cardiovascular, metabolic and mental health disorders.
- Evaluate how the above health conditions affect an individual's overall physical, mental, emotional and spiritual milieu.
- Analyze evidence-based research studies done to support the use of Yoga therapy in the management of the above health conditions.
- Recognize the choices of various Yoga techniques for effective management of each health condition.

Student Responsibilities

- ***Mandatory for students to attend and participate in Weekly Office Hours sessions.***
- Students should complete all assigned work on their own by the assigned due dates.
- Students are responsible for learning how to navigate through the course LMS.
- Students are responsible for checking their course on a regular basis for course announcements and reminders.

- Establish communication with the faculty if you are having trouble with any of the material or assignments.
- It will be necessary to utilize the Internet in completing assignments and viewing interactive video presentations. You will need access to a computer with the appropriate, necessary plugins and extensions.

Evaluation

Students will be assessed at the end of every week through quiz assignments based on the lecture and a cumulative final exam, with a minimum of 80% to be considered as a passing grade.

Course Faculty

This course will be taught by multiple faculty. Below are their names and designations:

<p>Julie Basu Ray, Ph.D.</p> <p>Associate Professor Department of Biology and Division of Health Sciences Christian Brothers University Memphis, Tennessee, USA</p>
<p>Indranill Basu Ray, MD</p> <p>Chairman, American Academy of Yoga and Meditation. Staff Cardiologist and Cardiac Electrophysiologist, Memphis VA Medical Center Adjunct Professor, The University of Memphis Cardiac Electrophysiology, Tulane Heart and Vascular Institute New Orleans, LA Texas Heart Institute, Baylor College of Medicine, Houston, TX Cardiovascular Disease, Harvard Medical School Boston, MA All India Institute of Medical Sciences, Rishikesh</p>
<p>Sridip Chatterjee, Ph.D</p> <p>Assistant Professor, Department of Physical Education, Jadavpur University, Kolkata, India</p>
<p>Adesh Saini, MD</p> <p>Dean, Medical School, Professor, Department of Biotechnology, Maharishi Markandeshwar (Deemed to be University), Mullana, Haryana, India</p>
<p>Prachi Garodia, MD</p> <p>Internal & Lifestyle Medicine Specialist,</p>

In-Charge: Whole Health Initiative,
Veteran Health Administration Hospital
White City, Oregon, USA

Harminder Grewal, MD

Family Medicine, Associate Prof of Medicine,
New York Upstate University,
Program Director in Family Medicine Residency.
Madison-Irving Medical Center
Syracuse, New York, USA

Anindya Mukherjee, MD

Interventional Cardiologist, Department of Cardiology, Nilratan Sircar Medical College, Calcutta,
India

Chandana Velluri, MD

Primary Care, Women's Health Initiative.
Veterans Administration Hospital

Rajashree Ray, MD

Assistant Professor at Vivekananda Institute of Medical Sciences, Kolkata, West Bengal
Co-Chairperson in the Task Force Group of Yoga and Meditation