

NEW COURSE ANNOUNCEMENT

Course Title: YMS 501T Yoga: Biomedical Science and Research

Course Eligibility: This course can only be taken by Registered Students for Credit.

Course Faculty (Instructor on Record): VaYU Visiting Professor Sat Bir Singh Khalsa, PhD.

Assistant Professor of Medicine, Harvard Medical School, Brigham and Women's Hospital, Boston, MA.

Support Faculty (for Q & A Support): Prof. Murali Venkatrao, Ph.D. (Yoga), VP of Curr. & Infra. Dev., VaYU, Los Angeles, CA.

Item	Details
College Credits	3:0
Term	Fall 2021
Duration	16 Weeks (Not included: 1 Week Fall Break + 1.5 Weeks for Final Exams)
Open House Course Promotion Date	(To be finalized by mutual convenience)
Media	Internet based – Zoom Asynchronous
Weekly Faculty-Student Q & A Zoom Synchronous Session	13 recorded 1-hour lecture sessions: available online: Dr. Khalsa Wednesdays: 13 sessions live Q&A: 3:00 PM – 3:30 PM (Pacific) – Dr. Khalsa 3:30 PM – 4:30 PM (Pacific) – Dr. Venkatrao 3 sessions student presentations: 3:00 pm – 4:30 PM
Start Date	August 23, 2021
End Date	December 15, 2021
Course Prerequisite	Junior Status - 3 rd Semester Online MS (Yoga) OR, Registrar permission

Table 1: Basic Course details.

Course Catalog Description (3-5 lines)

This course will examine the modern biomedical science and research on the underlying psychology, physiology and psychophysiology of yoga. The course will also review the biomedical research on the outcomes of yoga practice on health, well-being and quality of life on both the general population and in specific populations including workers, students and patients. Evaluation will be based on student course participation and a written report on a documented and evaluated regular 8-week home yoga practice during the course.

Course Prerequisites

VaYU course YMS 203T Research Methodology and Statistics **OR**

Completion of an undergraduate college/university science course, e.g. psychology, biology, physical sciences