

संत गाडगे बाबा अमरावती विद्यापीठ
SANT GADGE BABA AMRAVATI UNIVERSITY

आंतर-विद्याशाखीय अभ्यास विद्याशाखा
(FACULTY OF INTER-DISCIPLINARY STUDIES)

अभ्यासक्रमिका
स्नातकोत्तर योगोपचार पदविका परीक्षा
प्रथम सत्र- -हिवाळी-२०१९
द्वितीय सत्र-उन्हाळी-२०२०

PROSPECTUS
OF

P.G. Diploma Examinations
For
Yoga Therapy
Semester Ist -Winter-2019
Semester IInd -Summer-2020



2019

PUBLISHED BY
Dr. Tushar Deshmukh,
Registrar,
Sant Gadge Baba Amravati University,
Amravati-444602

-
- © 'या अभ्यासक्रमिकेतील (Prospectus) कोणताही भाग संत गाडगे बाबा अमरावती विद्यापीठाच्या पुर्वानुमती शिवाय कोणासही पुनर्मुद्रित किंवा प्रकाशित करता येणार नाही.'
- © “ No part of this prospectus can be reprinted or published without specific permission of Sant Gadge Baba Amravati University.”

INDEX

Sr.No.	Subject/Paper Title	Page No.
1.	Special Note for Information of the Students	1
2.	Pattern of Question paper	1
3.	Direction No.23/2017	2-10
	<u>SEMESTER –I</u>	
4.	Paper- I Foundation of Yoga – I	11
5.	Paper –II Physiology of Yogic Practices – I	11
6.	Paper – III Yoga Therapy – I	12
7.	Paper – IV Alternative Therapy – I	12-13
	<u>SEMESTER –II</u>	
8.	Paper- I Foundation of Yoga – II	14
9.	Paper –II Physiology of Yogic Practices –II	14
10.	Paper – III Yoga Therapy – II	15
11.	Paper – IV Alternative Therapy – II	15-16

SANT GADGE BABA AMRAVATI UNIVERSITY

SPECIAL NOTE FOR INFORMATION OF THE STUDENTS

- (1) Notwithstanding anything to the contrary, it is notified for general information and guidance of all concerned that a person, who has passed the qualifying examination and is eligible for admission only to the corresponding next higher examination as an ex-student or an external candidate, shall be examined in accordance with the syllabus of such next higher examination in force at the time of such examination in such subjects papers or combination of papers in which students from University Departments or Colleges are to be examined by the University.
- (2) Be it known to all the students desirous to take examination/s for which this prospectus has been prescribed should, if found necessary for any other information regarding examinations etc., refer the University Ordinances Booklet the various conditions/provisions pertaining to examinations as prescribed in the following Ordinances –

Ordinances No. 1	:	Enrolment of Students.
Ordinances No. 2	:	Admission of Students
Ordinances No. 4	:	National Cadet Corps
Ordinances No. 6	:	Examination in General (Relevant Extracts)
Ordinances No. 9	:	Conduct of Examinations (Relevant Extracts)
Ordinances No. 18/2001	:	An Ordinance to provide grace Marks for passing in a Head of passing and Improvement of Division (Higher Class) and getting Distinction in the subject and condonation of deficiency of Marks in a subject in all the faculties prescribed by the Statute No.18.
Ordinances No. 10	:	Providing for Exemptions and Compartments.
Ordinances No. 19	:	Admission of Candidates to Degrees.
Ordinances No. 109	:	Recording of a change of name of a University Student in the records of the University.
Ordinances No. 6/2008	:	For improvement of Division.
Ordinances No. 159	:	Prescribed rules for Revaluation of Answer Books of Examinees at University Examinations.
Ordinances No. 19/2001	:	An Ordinance for Central Assessment Programme, Scheme of Evaluation and Moderation of answerbooks and preparation of results of the examinations, conducted by the University.

Dr. Tushar Deshmukh,
Registrar
Sant Gadge Baba Amravati University

POST GRADUATE DIPLOMA IN YOGA THERAPY (ONE YEAR) **PATTERN OF QUESTION PAPER**

The pattern of question paper as per unit system will be broadly based on the followings :-

1. All theory papers of each semester shall be of 80 Marks
2. Syllabus has been divided into units equal to the number of question to be answered in the paper. On each unit there will be a question either long answer type or a short answer type.
3. Number of question will be in accordance with the units prescribed in the syllabus for each paper i.e. there will be one question on each unit.
4. For every question a long answer type or a short answer type, there will be an alternative choice from the same unit. However, there will be no internal choice in a question.
5. Division of marks between long answer and short answer type question will be in the ratio of 40 and 60.
6. Each short answer type question shall contain 4 to 8 short sub-question with no internal choice.
7. The examinees have to attempt 5 (Five) questions out of which first question is of twenty marks and remaining four questions based on four units with internal choice will have fifteen marks each.
8. First question will consist of ten multiple choice questions of two marks each, based on four units.
9. All theory papers to be set in three languages i.e. English, Marathi & Hindi.

Direction

No. 23/2017

Date : 13/7/2017

Subject :- Examinations leading to the Post Graduate Diploma (पदव्युत्तर पदविका), in Yoga Therapy (One year), Direction 2017,

Whereas, Adult, Continuing Education & Extension Services Board was constituted in the University under provision of 39 of the Maharashtra Universities Act-1994 previously,

AND

Whereas, the nomenclature of the said Board has been changed as the "Lifelong Learning & Extension Board" under the provision of section 45 of the Maharashtra Universities Act-2016, which has been implemented w.e.f. date of 1st march, 2016 in the state for non-Agricultural Universities,

AND

Whereas, the State Government has notified the change in nomenclature vide its letter no. म.सा.वि.अ.-२०१५/प्र.क्र.३१९/विशि-४/दि. ६ मार्च २०१७,

AND

Whereas, the University has instituted the Board of Deptt. Of Lifelong Learning & Extension in the University instead of Adult, Continuing Education as per the Maharashtra Public Universities Act-2016 and the said notification of the State Government,

AND

Whereas, The University ought to have implemented the objects determined under the provision of section 45 of the Maharashtra Public Universities Act-2016,

AND

Whereas, The Board of Lifelong Learning & Extension in its meeting held on 14.10.2016 has resolved to introduce some courses in the University availing the facility of Lifelong Learning to the public,

AND

Whereas, The Board of Lifelong Learning & Extension in its meeting held on 14.10.2016 vide item no.9 has resolved to resume the Post Graduate Diploma course in the subject Yoga Therapy (One year) and appointed a committee for structuring the Scheme of teaching & examinations & syllabi,

AND

Whereas, the Academic Council in its meeting held on 6.6.2017 vide item no. 66 has approved the draft syllabi & scheme of teaching & examinations leading to the Post Graduate Diploma in Yoga Therapy (One year) under the faculty of Social Sciences,

AND

Whereas, the Academic council in its meeting held on 6/6/2017 Vide item No. 39 has further resolved to distribute the existing Board of Studies under the Faculty of Social Sciences to the reconstituted Faculty of Interdisciplinary Studies and the Management Council has approved the said resolution of Academic Council in its meeting held on 20.06.2017 Vide item No. 108.

AND

Whereas, the Government of Maharashtra Vide its letter No. संकीर्ण- २०१७/ प्र क्र. २७९/विशि-३, दि. २२ जुन २०१७ has merged the Faculties defined under Maharashtra University Act, 1994 in the Faculties reconstituted by the Maharashtra Public Universities Act, 2016. It is therefore implied to merge the above said subject under the Faculty of Interdisciplinary Studies.

AND

Whereas, the Management Council in its meeting held on 20.6.2017 vide item no. 155 has resolved to institute the said Post Graduate Diploma course in the University under the Deptt. Of Lifelong Learning & Extension.

AND

Whereas, this matter is required to be regulated by the ordinance ,

AND

Whereas, making an ordinance in this respect is time consuming process,

AND

Now, therefore, I Dr. M.G. Chandekar, Vice-Chancellor, Sant Gadge Baba Amravati University, Amravati in exercise of powers conferred upon me under sub-section (8) of Section 12 of the Maharashtra Public Universities Act-2016 do hereby direct as under-

- 1) This Direction may be called "Examinations leading to the Post Graduate Diploma (पदव्युत्तर पदविका), in Yoga Therapy (One year), Direction 2017"
- 2) This Direction shall come into force w.e.f. the date of its issuance.
- 3) There shall be two examinations held in a year leading to the Post Graduate Diploma in Yoga Therapy (One year), namely;
The P.G. Diploma (one year) Semester-I & II at the end of each Semester.
- 4) The duration of each Semester shall be six months.
- 5) The subjects under this course of study shall be comprised in the faculty of Inter-disciplinary Studies.
- 6) This course of study shall be implemented from the session 2017-18.
- 7) This course shall be conducted by the Deptt. Of Lifelong Learning & Extension of the University and examinations related shall be conducted by the University.
- 8) An applicant for admission to an examination specified in paragraph 3) above shall prosecute regular course of study prescribed for the examinations concerned.
- 9) The Scheme of teaching & examinations & syllabi prescribed for this course is appended with this Direction by Appendix-"A & B" respectively.

Date- 13.7.2017

Sd/-
(Dr. M.G. Chandekar)
Vice-chancellor,
Sant Gadge Baba Amravati University

Appendix-A

POST GRADUATE DIPLOMA IN YOGA THERAPY (ONE YEAR)

Scheme for Theory and Practicals Examinations

Semester-I

The P.G. Diploma in Yoga Therapy Examination shall consist of three parts

Part-I	Theory Examination	Max. Marks : 400	
Paper	Compulsory Subjects	Total Marks	Min. Passing Marks
1.	Foundation of Yoga- I	100	40
2.	Physiology of Yogic Practices - I	100	40
3.	Yoga Therapy - I	100	40
4.	Alternative Therapy - I	100	40
Part-II	Practical-I	40	20
	Practical-II	40	20
	Practical-III	40	20
	Practical-IV	40	20
Part-III	Practical-V (lesson plan)	40	20
Total		600	260

Scheme of Teaching and Examinations Semester- I (Part-I)							
Sr. No	Name of Subject	Teaching Scheme (Hours/Week)		Examination scheme for Theory			Minimum Passing Marks
		Theory Period (Per Week)	Total Teaching Hours (Per Week)	Duration of Paper (Hrs.)	Maximum Marks		
					Theory	Internal Assessment	
1	Foundation of Yoga-I	4	4	3	80	20	40
2	Physiology of Yogic Practices -I	4	4	3	80	20	40
3	Yoga Therapy-I	4	4	3	80	20	40
4	Alternative Therapy-I	4	4	3	80	20	40
Total		16	16	-	400		160

Scheme of Internal Assessment Marks

(For Theory)

(Total 20 Marks)

1) Attendance	10Marks
2) Assignments	10 Marks

Scheme of Practical Examinations

Semester- I

(Part-II)

SR. NO.	SHORT NAME	NAME OF SUBJECT	TEACHING SCHEME		
			Total Weekly Hrs.	Maximum Marks	Minimum Passing Marks
1	Pr- I	Practical of Foundation of Yoga -I	3	40	20
2	Pr -II	Practical of Physiology of Yogic practices -I	3	40	20
3	Pr-III	Practical of Yoga Therapy -I	3	40	20
4	Pr- IV	Practical of Alternative Therapy -I	3	40	20
5	Pr-V	Lesson plan	3	40	20
Group Total			15	200	100
Total Teaching Work load (Theory+ Practical)			31	-	-

Syllabus and Examination System
Part-II – PRACTICALS
Semester- I

PRACTICAL OF (Paper- I) FOUNDATION OF YOGA-I

Total Marks-40

A) Asana:

Marks-16

- Standing Asanas:** Ardhakati Chakrasana, Trikonasana
Sitting Asanas: Siddhasana, Padmasana, Gomukhasana, Varrasana, Vajrasana, Swastikasana.
Prone Position: Shalabhasana, Makarasana, Bhujangasana,
Supine Position: Shavasana, Viparitkarani, Sarvangasana,
Balancing Asanas: Bakasana, Vatayanasana, Veerasana, Utkatason

System of Examination

1. Any two asanas based on examiners choice four marks each ... Marks-08
2. Any two asanas of candidate's choice four marks each. ... Marks-08

B) Shatkarma (Kriya):

Marks-08

1. Neti : jala and Sutra
2. Dhauti Vamana, Vastra

System of Examination:

Shatkarmas divided in two groups

1. With Instrument

1. Any one based on examiners choice
(Danda Dhanti, Vastra Dhauti) ...Marks-04
2. Any one Kriya of candidate's choice
(Sutra Neti Jalnt) ... Marks-04

C) Pranayam (Without Kumbhaka)

Marks-08

- 1) Breathing awareness
2) Sectional breathing
3) Yogic breathing
4) Anulom-vilom (Alternate nostril breathing)

System of Examination

- 1) Any one as told by examiner's choice ... Marks-04
2) Any one by candidate's choice Marks-04

D) Viva-Voce

Marks-04

E) Practical Record

Marks-04

PRACTICAL of (Paper-II) PHYSIOLOGY OF YOGIC PRACTICES- I

Total Marks-40

Scientific procedure of collection of data

Body Composition, Lean Body mass . % Percentage of Fat, BMI, Steadiness tester,
Reaction time (Auditory & visual)

Use of Scientific Instruments:-

(A) Any two of examiners choice 08 marks each **Marks-16**

(B) Any two of examiners choice 08 marks each **Marks-16**

C) Viva-Voce **Marks-04**

D) Practical Record **Marks-04**

PRACTICAL of (Paper-III) YOGA THERAPY-I

Total Marks-40

Section-I:

Therapeutic Yogic Practices

- i. Yogic Practices with mechanical aids as – ropes, belts, cushions blankets, chairs.
- ii. Dyana (Transdental Meditation, Moon Meditation, Preksha Dhgana, etc.) Yoga Nidra..

Name of Asanas:

- | | |
|-----------------------------|-----------------------------|
| 1. Suptaveerasana on bench | 2. Sarvangasana |
| 3. Suptaveerasana on ground | 4. Upavistakonasana |
| 5. Suptabandhdkonasa | 6. Merudandasana |
| 7. Vipareeta Dandasana-1 | 8. Vipareeta Danadasana |
| 9. Vipareeta Dandasana-3 | 10. Kapotasana-I |
| 11. Kapotasana-2 | 12. Tadasana |
| 13. Trikonasana | 14. Urdhwadhanurasana |
| 15. Parswakonasana | 16. Setubandha Sarvangasana |
| 17. Veerbhadrasana-I | 18. Veerbhadrasana-2 |
| 19. Veerbhadrasana-3 | 20. Shavasana |

Equipments: Bolster-28 Inches Long Weight approx 3.5kg.
Pillow-Breadth-16 Inches, length-26 Inches approx 1.5kg., Chair, Benches.

iii. Practical Record Book-

- (a) Description of the above practices, their techniques, precautions and benefits.
- (b) Personal Experience of these practices with their therapeutic importance

System of Examination:

- | | |
|----------------------------------------------------------------------------------|-----------------|
| A) Asanas- | Marks-16 |
| 1) Any two based on examiners choice | Marks-08 |
| 2) Any two based on candidates choice | Marks-08 |
| B) Use of Therapeutic Equipments
(Bolster, Pillow, Chair and Benches.) | Marks-16 |
| 1) Any two based on examiners choice | Marks-08 |
| 2) Any two based on candidates choice | ... Marks-08 |
| C) Viva-Voce | Marks-04 |
| D) Practical Record | Marks-04 |

PRACTICAL of (Paper IV)ALTERNATIVE THERAPY-I

Total Marks-40

- | | |
|-----------------------------------------------------------------------------------|-----------------|
| A) Naturopathy | Marks-16 |
| a) Spinal Douche, Alternate Douche | |
| b) PACKS-Chest packs, Trunk pack, T.packs, leg packs, Local,Full Wet Sheet Packs. | |
| c) BATHS-Hip Bath, Sitz Bath, Immersion Baths. | |
| d) Vapor Baths, Steam Baths, Air Baths and Ice treatments | |

System of Examination

- 1) Any one technique by examiner's choice ... Marks-08
- 2) Any one technique by candidate's choice Marks-08

- | | |
|------------------------------|-----------------|
| B) Massage Techniques | Marks-08 |
|------------------------------|-----------------|

- 1. Effleurage
- 2. Patrissage
- 3. Tapotment-Cupping, Hacking, Nudging, Friction, kneading, Taping, Beating
- 4. Ringing
- 5. Clapping
- 6. Choking
- 7. Stroking

System of Examination

- 1) Any one technique by examiner's choice ... Marks-04
- 2) Any one technique by candidate's choice ... Marks-04

C) Acupressure

Marks-08

Path and points of any two meridian

System of Examination

- 1) Any one meridian by candidate's choice ... Marks-04
- 2) Any one meridian by candidate's choice Marks-04

D) Viva-Voce

Marks-04

E) Practical Record

Marks-04

Appendix-B

**POST GRADUATE DIPLOMA IN YOGA THERAPY (ONE YEAR)
Scheme for Theory and Practical Examinations
Semester-II**

The P.G. Diploma in Yoga Therapy Examination shall consist of three parts

Part-1	Theory Examination	Max. Marks : 400	
Paper	Compulsory Subjects	Total Marks	Min. Passing Marks
1.	Foundation of Yoga -II	100	40
2.	Physiology of Yogic Practices -II	100	40
3.	Yoga Therapy -II	100	40
4.	Alternative Therapy -II	100	40
Part-II	Practical-I	40	20
	Practical-II	40	20
	Practical-III	40	20
	Practical-IV	40	20
Part-III	Project work Examination	40	20
Total		600	260

Scheme of Teaching and Examinations Semester-II (Part-I)							
Sr. No	Name of Subject	Teaching Scheme (Hours/Week)		Examination scheme for Theory			Minimum Passing Marks
		Theory Period (Per Week)	Total Teaching Hours (Per Week)	Duration of Paper (Hrs.)	Maximum Marks		
					Theory	Internal Assessment	
1	Foundation of Yoga-II	4	4	3	80	20	40
2	Physiology of Yogic Practices -II	4	4	3	80	20	40
3	Yoga Therapy-II	4	4	3	80	20	40
4	Alternative Therapy-II	4	4	3	80	20	40
Total		16	16	-	400		160

Scheme of Internal Assessment Marks

(For Theory)

(Total 20 Marks)

1) Attendance	10Marks
2) Assignments	10 Marks

Scheme of Practical Examinations

Semester- II

(Part-II)

SR.NO	SHOR T NAME	NAME OF SUBJECT	TEACHING SCHEME		
			Total Weekly Hrs.	Maximu m Marks	Minimum Passing Mark
1	Pr- I	Practical of Foundation of Yoga -II	3	40	20
2	Pr -II	Practical of Physiology of Yogic Practices -II	3	40	20
3	Pr-III	Practical of Yoga Therapy -II	3	40	20
4	Pr- IV	Practical of Alternative Therapy -II	3	40	20
5	Pr-V	Project Work	3	40	20
Group Total			15	200	100
Total Teaching Work load (Theory+ Practical)			31	-	-

Syllabus and Examination System

Semester II

Part-II PRACTICALS

PRACTICAL of (Paper-I) FOUNDATION OF YOGA-II

Total Marks-40

- A) Asana: Marks-16**
- Standing Asanas :** Tadasana, Garudance, Vrukshasana
Sitting Asanas : Badhpadmasna, Paschimottanasana, Janusirasana,
 Bhednusan, Dandasna,
Prone Position : Shalbhasana, Makarasana, Bhujangasana,
Supine Position : Shavasana, Viparitkarani, Sarvangasana,
Balancing Asamas : Bakasana, Vatayanasana, Veerasana, Utkatason

System of Examination

- 1) Any two asanas based on examiners choice four marks each ... Marks-08
 2) Any two asanas of candidate's choice four marks each. ... Marks-08
- B) Shatkarma (Kriya): Marks-08**
- 1.Trataka : Samip and Sudur
 2.Kapalabhati ,
 3. Udiyan,
 4. Agnisar

System of Examination:

- (1) Without Instrument**
- 1) Any one based on examiners choice .. Marks-04
 2) Any one Kriya of candidate's choice .. Marks-04
 (Udiyan, Tratak, Agnisar)
- C) Pranayam (Without Kumbhaka) Marks-08**
- 1) Breathing awareness
 2) Sectional breathing
 3) Yogic breathing
 4) Anulom-vilom (Alternate nostril breathing)

System of Examination

- | | | | |
|----|--------------------------------------|-----|----------|
| 1) | Any one as told by examiner's choice | ... | Marks-04 |
| 2) | Any one by candidate's choice | ... | Marks-04 |

- | | | |
|-----------|-------------------------|-----------------|
| D) | Viva-Voce | Marks-04 |
| E) | Practical Record | Marks-04 |

PRACTICAL of (Paper-II) PHYSIOLOGY OF YOGIC PRACTICES-II

Total Marks-40

Measurement of Pulse, Temperature, Blood Pressure, Respiratory rate, vital Capacity, Tidal volume, Heart sounds, spirometry, E.C.G . & E.E.G (Demonstration) only

Use of Scientific Instruments :

- | | | | |
|----|------------------------------|-----|----------------------|
| A) | Any two of examiners choice, | ... | 16 marks each |
| B) | Any two of examinees choice, | ... | 16 Marks |
| C) | Viva-voce | ... | 04 Marks |
| D) | Practical record | ... | 04 Marks |

PRACTICAL of (Paper-III) YOGA THERAPY-II

Total Marks-40

Section-I:

Therapeutic Yogic Practices

- Yogic Practices with mechanical aids as – ropes, belts, cushions blankets, chairs.
- Dyana (Transdental Meditation, Moon Meditation, Preksha Dhgana, etc.) Yoga Nidra.

Name of Asanas:

- | | |
|-----------------------------|-----------------------------|
| 1. Suptaveerasana on bench | 2. Sarvangasana |
| 3. Suptaveerasana on ground | 4. Upavistakonasana |
| 5. Suptabandhdkonasa | 6. Merudandasana |
| 7. Vipareeta Dandasana-1 | 8. Vipareeta Danadasana |
| 9. Vipareeta Dandasana-3 | 10. Kapotasana-I |
| 11. Kapotasana-2 | 12. Tadasana |
| 13. Trikonasana | 14. Urdhwadhanurasana |
| 15. Parswakonasana | 16. Setubandha Sarvangasana |
| 17. Veerbhadradasana-I | 18. Veerbhadradasana-2 |
| 19. Veerbhadradasana-3 | 20. Shavasana |

Equipments: Bolster- 28 Inches Long Weight approx 3.5kg.
Pillow-Breadth-16 Inches, length-26 Inches approx 1.5kg., Chair, Benches

iii.) **Practical Record Book-**

- Description of the above practices, their techniques, precautions and benefits.
- Personal Experience of these practices with their therapeutic importance

System of Examination:

- | | | |
|-----------|---------------------------------------|-----------------|
| A) | Asanas- | Marks-16 |
| | 1) Any two based on examiners choice | ... Marks-08 |
| | 2) Any two based on candidates choice | ... Marks-08 |
| B) | Use of Therapeutic Equipments | Marks-16 |
| | (Bolster, Pillow, Chair and Benches.) | |
| | 1) Any two based on examiners choice | ... Marks-08 |
| | 2) Any two based on candidates choice | ... Marks-08 |
| C) | Viva-Voce | Marks-04 |
| D) | Practical Record | Marks-04 |

PRACTICAL of (Paper IV)ALTERNATIVE THERAPY-II

Total Marks-40

- A) Su-jok, Auriculo Therapy** **Marks-16**
Main, mini and insect correspondence.

System of Examination

- 1) Any two by candidate's choice ... Marks-08
2) Any two by candidate's choice ... Marks-08

- B) Ayurveda and Diet:** **Marks-08**
Panchakarma and Sign and symptoms of Selected Vitamins & Minerals
(Such as Vit. A, Vit.B6, B12, Vit.C,D,E,Calcium, Potassium, Zinc, Megnesium, Phosphorus)

System of Examination

- 1) Any one by examiner's choice ... Marks-04
2) Any one by candidate's choice ... Marks-04

- C) Physiotherapy and EFT, NLP & Hand Mudra:** **Marks-08**

Uses and application of Physiotherapy Equipments such as
Short wave diathermy, Ultrasound, Wax bath, Infrared, Cycle ergo meter,
Should wheel): Indications of selected Ten Hand Mudra.

System of Examination

- 1) Any one by examiner's choice Marks-04
2) Any one by candidate's choice Marks-04

- D) Viva-Voce** **Marks-04**
E) Practical Record **Marks-04**

P.G. Diploma in Yoga Therapy
Syllabus prescribed for
Semester-I
Paper –I
Foundation of Yoga-I

Max. Marks : 80

- Unit I :-** a) Yoga: Meaning, Concept, Aim and Objectives.
b) Introduction to Historical background of Yoga and introductory aspects of Yogic samhita : Hath Yog Pradeepika, Gherand Samhita, Goraksha samhita and Shiva Samhita.
- Unit II :-** a) Types of Yoga: Bhavana Yoga and Pransayama Yoga. Introduction to Dnyana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga.
b) Sankhya Yoga: : Introduction to 25 entities and their impact on Body- Mind relationship.
- Unit III:-** a) Patanjali Yog sutra : Introduction to Chitta, Vrittis. Kriya yog and Concept of Ishwar.
b) Chitta Vikshepa, Panchklesha and Antaraya.
- Unit IV :-** a) Ashatang Yog : Yama, Niyama, Asanas, Pranayama, Pratyahar, Dharna Dhyana and Samadhi.
b) Yogic life style, Yogic diet, Yogic concepts of Fasting.

Reference Books :

1. Sampurna Yog Vidya : Rajeev Jain, Manjul Publication House Pvt. Ltd, Bhopal
2. Asana, Pranayam, Mudra : Swami Satyanand saraswati, Yog Publication Bhandha Trust, Munger (Bihar)
3. Palanjali Yog Sutra : Dr.P.V. Karambelkar, Kaivalyadham, Lonavala
4. Rog Aur Yog : Swami Satyanand Saraswati, Yog Publication Trust, Munger (Bihar)
5. Gherand Samhita : Swami Digambarji and M.L. Gharote Kaivalyadham, Lonavala
6. Hathapradeepika : Dr.M.L.Gharote, Yoga Institute, Lonavala
7. Yogic Therapy : Swami Kuvalyanand and Dr.Vinegar Kaivalyadham, Lonavala
8. योग स्वास्थ्य की कुंजी : डॉ.ए.ए.खोडस्कर, अमरावती
9. Yog Dipika : B.K.S.Ayengar, Orient Longman N.D.

Paper-II
Physiology of Yogic Practices-I

Max. Marks : 80

- Unit-I: Introduction:** Meaning, nature, role and scope of yoga.
Psycho-physiological importance of yog. Importance of Yama and Niyama.
Mental health and Yama —Niyamas.
A) Postural therapy: Different postures, Benefits of different postures. Postural reflexes.
- Unit-II:** A) **Physiology of yogasana:** Definition, aim and objective of asanas. Classification of asanas : g. ba lanc ing, inver t ed, relaxation. Different correct postures.
B) Various test for detecting defective postures. Application of asanas for different postural deformity.
- Unit-III:** A) **Respiratory system:** Mechanism and control of respiration. Respiratory volumes, Transport of oxygen and carbondioxide.
B) Aim and objectives of pranayam, special features.
Difference between normal and deep breathing.
- Unit-IV:** A) **Therapeutic value** of Patanjali and Hath yogic pranayama.
Anatomico-physiological role of **Bandhas** and **Mudras** in Pranayama.
B) **Yogic cleansing kriyas** (Shat karma or shudhikriya)
C) The concept of relaxation techniques describe in ancient yoga texts. A comparative study of modern relaxation techniques, yoga nidra, progressive muscular relaxation etc.

Reference Books :

1. Text book of Physiology by Gyeton
2. Text book of Physiology by Charkavarti Sahana
3. Text book of Physiology by Bijlani A.I.M.S. Delhi.
4. M.M.Gore : Anatomy & physiology of yogic practices.
5. Dr.P.N.Ronghe: Physiology of yoga, Amravati
6. Kuvalyanand Swami & Dr.S.L.Vinekar: Yogic therapy-its basic principles an methods” Central health education & bureau, Government of India, New Delhi.
7. Kuvalyanand Swami : “ASANAS” Kaivalyadham, Lonavala
8. Kuvalyanand Swami : “Pranayama” Kaivalyadham, Lonavala
9. Dr.K.K.Date, M.L.Gharote: “YOGA & Your heart” Lonavala

Paper –III Yoga Therapy-I

Max. Marks : 80

- Unit I :** a) Concept of health, Factors affecting Health.
b) Yogic Concept of health.
- Unit II :** a) Types of Diseases- Infectious, Functional, Stress induced diseases, Chronic, Genetical, Viral, Endocrinal etc.
b) Concept of diseases according to Yogic texts.
- Unit III:** a) Concepts and misconception about Yoga Therapy, Aims and Objectives of Yoga Therapy.
b) Historical background, Holistic nature of Yoga Therapy, Methods of Yoga Therapy.
- Unit IV :** a) Limitations and Scope of Yoga Therapy, Traditional approach of Yoga Therapy mention in basic Yoga texts. (Gheranda Samhita Hatapradipika)
b) Cardio- Vascular, Respiratory and Common metabolic disorders, management through Yoga Therapy.

Reference Books :

1. Anatomy and Physiology : Anne Waugh and Alison Churchill Living Stone d.
2. Human Anatomy : Chourasia B.DC.B. S. Publications, Delhi.
3. Anatomy and Physiology of Yogic Practices : Dr. M. M. Gore, Lonavala. New Age books New Delhi.
4. शरीर क्रीया विज्ञान पुर्णचंद्र जैन: चौखंबा दिल्ली.
5. प्राकृतिक आयुर्विज्ञान: डॉ.गंगाप्रसाद गौड नाहर, आरोग्य सेवा प्रकाशन, युपी.

Paper-IV Alternative Therapy-I

Max. Marks : 80

Unit-I : Naturopathy

- A) Principal of Nature Care, Science of Facial Expression and Hydrotherapy**
- i) The Principal of Nature Care, Gandhian Philosophy of Nature., Panchtantra and laws of Nature. Method of Nature of Preservation and importance, general health, fasting Natural diet, Exercise, Regular habits, Rest and Relaxation hunger etc. How to acquire natural immunity to diseases? Healing Crisis and Diseases Crises., Toxins and Anti toxins and their elimination., Suppression of diseases and its consequences., The importance of right mental attitude., Vaccination and their ill effects.
- ii) **Science of Facial Expression**
Foreign matter theory-Definition and formation of foreign matter., Accumulation of foreign matter, liquids and solids, dry and gaseous form., Bad habits and accumulation of foreign matter., Encumbrances-types and characters., Elimination of foreign matter and how to increase the vitality.

B) Hydrotherapy

The technique of Hydrotherapy

- (a) Water drinking
(b) Effusions
(c) Irrigation-irrigation of nose, stomach, colon and rectum.
(d) Douches, Scotch douche, Spinal Douche, Alternate Douche
(e) PACKS- Chest packs, Trunk packs, T. packs, Leg packs, Local packs, Full Wet Sheet Packs.
(f) BATHS- Hip Bath, Spinal Bath, Sitz, Foot Bath Immersion Baths.
(g) Vapor Baths, Steam Baths and Air Baths, Ice treatments.

Unit II:- A) Mud Therapy , Chromo Therapy and Fasting

i) Mud Therapy

- a) Types of Mud.
b) Collection and properties of mud.
c) Mud Poultice.
d) General and Local Mud Applications.
e) The Physiological and Pathological effects and Contraindications.

ii) Chromo Therapy

- a) Types of colors-Primary & secondary.
b) Chromo philosophy Chromo Hygiene.
c) Limitations of Chromo therapy.
d) Physiological use of Violet, Indio, Blue, Green, Yellow, Orange, Red, Infra-Red and Ultra-Violet. Charging of Air Water, Oils, Foodstuffs, Glycerin Vaseline, Raw Sugar, Milk, and Rose- Water etc.

B) Fasting :

Definition, Difference between fasting and starvation, Types of fast, short fast, intermittent fast, long fast, Treatment during fast, How to start fast, how to continue and how to breakfast, Crisis during the fast and its treatment, Methods of fasting-Complete fast, Partial Fast, Water Fast, Juice Fast, Saline Fast, Fruit Fast, Mono-Diet Fast.

Unit-III: - Massage

a) What is Massage? Definition of massage, Basic needs of Massage, characteristics of a masseur, Therapeutic use of different types of oil, Massage techniques

Manipulative Treatment:

Theory of massage, Therapeutic use of massage, Physiological effects of massage-upon skin, muscular system, Circulatory system, Digestive system and nervous system.

b) **Massage Manipulation :** Hacking, Stroking, Percussion, Patrissage, Friction, Tapotment, Vibration and Shaking. Massage techniques for different parts of the body, Physiological effects and uses of massage, Massage techniques in different diseases Contra - indications of Massage.

Unit IV : a) Acupressure

What is acupressure? Concept of yin and yang, Concept of physical and metaphysical, Points of Acu-Pressure and their manipulation methods, uses and limitations. Organ clock. Concept and definition of meridian, Fourteen Chinese meridians (Lung, Large Intestine, Kidney, Urinary bladder, Liver).

b) Gallbladder, Heart Small Intestine, Pericardium, Triple warmer, Spleen & Stomach, Conception vessels meridian and Governing vessels meridian. Some important points–distal points, organ source point, xi-cleft points, etc. Some important points– Alarm points, emergency points, etc, Some important diseases and their treatment:–

- i) Single point treatment,
- ii) Multiple point treatment.

Reference Books :

1. Clinical Acupuncture by Dr. Antou Jayswla
2. Clinical Acupuncture Dr. Agrawal
3. Su-Jok by Park Jae woo
4. Thumb is head by Park Jae woo
5. Emergency-Su-Jok by Park Jae woo
6. Practice and Philosophy of Naturopathy (Part-I & II) by M.D. Lindlhar.
7. Auriculo therapy by Pack Jac woo
8. सूर्य किरण चिकित्सा - बी.पी.नेमा
9. Return to Nature
10. वैज्ञानिक मालीश - सत्यपाल
11. Massage – S.Givindan
12. Swedish Massage

Semester-II
Paper -I
Foundation of Yoga-II

Max. Marks- 80

- Unit I : a) Patanjali concepts of Asanas
b) Hatha Yoga concepts of Asanas with special reference to performing Asanas, their importance in stability, painlessness, effortlessness, mental concentration and final position.
- Unit II : a) Effects and benefits of Asanas on different parts of human body.
b) Distinction between Yoga Asana and non Yogic exercises.
- Unit III : a) Hatha Yoga : Introduction to Shatkarma, Pranayam, Bandha and Mudra. Sadhak tattwa - Badhak Tattwa (Causes of failure & Successes).
b) Nadis, Kundalini, Shatchakra and Panchkosh.
- Unit IV :- **Communication Skill :**
a) Knowledge and Demonstration ability, Describing the Yogic practice to Individuals, Pairs and Groups.
b) Daily Teaching Plan and Course Schedule, Questions-Answers and feedback.

Reference Books

1. Sampurna Yog Vidya : Rajeev Jain, Manjul Publication House Pvt LTD, Bhopal
2. Asana, Pranayam, Mudra Bhandha : Swami Satyanand saraswati, Yoga Publication Trust, Munger (Bihar)
3. Palanjali Yog Sutra : Dr.P.V. Karambelkar, Kaivalyadham, Lonavala
4. Rog Aur Yog : Swami Satyanand Sarswati, Yog Publication Trust, Munger (Bihar)
5. Gherand Samhita : Swami Digambarji and M.L. Gharote Kaivalyadham, Lonavala
6. Hathapradeepika : Dr.M.L.Gharote, Yoga Institule, Lonavala
7. Yogic Therapy : Swami Kuvalyanand and Dr. Vineger Kaivalyadham, Lonavala
8. योग स्वास्थ्य की कुंजी : डॉ.ए.एन.खोडस्कर, अमरावती.
9. Yog Dipika : B.K.S.Ayengar, Orient Longman N.D.

Paper-II
Physiology of Yogic Practices-II

Max. Marks-80

- Unit-I :** a) **Digestive system:** Mechanism of digestion, absorption of various nutrients in various parts of digestive system.
b) Peristaltic movements of intestine, its importance. Constipation, bloating etc. shankhaprakshalan
- Unit II :** a) **Cardio-vascular system:** Circulation of blood, Cardiac cycle, heart sounds, Stroke volume, cardiac output, Blood pressure etc.
b) **Endocrine glands hormones** and their importance in therapy.
Limitation of yoga therapy in cardiac, Asthma, Diabetes, Blood pressure and other chronic disease problems. Spondylies, backache etc.
- Unit-III :** a) **Nervous system:** Different parts of brain and their functions in detailed.
Cranial nerves, Autonomous nervous system. Spinal cord, Reflex action.
b) **Physiology importance** of Pratyhar, Dharana, Dhyan or mediation and Samadhi
- Unit-IV :** a) **Physiological and biochemical** changes during meditation.
The concept of relaxation techniques describe in ancient yoga texts.
b) A comparative study of modern relaxation techniques, yoga nidra, progressive muscular relaxation etc. Chakras center of energy (shakti Kendra) distribution. Kundali yog.

Reference Books :

1. Text book of physiology by Gyeton
2. Text book of physiology by Charkavarti Sahana
3. Text book of physiology by Bijlani A.I.M.S. Delhi.
4. M.M.Gore, Anatomy & physiology of yogic practices.
5. Dr.P.N.Ronghe, physiology of yoga, Amravati.
6. Kuvalayanand Swami & Dr.S.L.Vinekar Yogic therapy-its basic principles and methods. Central health education & bureau, Government of India, New Delhi.
7. Kuvalayanand Swami "ASANAS" Kaivalyadham, Lonavala.
8. Kuvalayanand Swami "Pranayama" Kaivalyadham, Lonavala.
9. Dr.K.K.Date, M.L.Gharote "YOGA & Your heart" Lonavala.

Paper-III Yoga Therapy-II

Max. Marks-80

- Unit I :-** a) Spinal disorders spondylisys- cervical, lumber
b) Postural deformities and their management by yoga therapy.
- Unit II :-** a) Disorders of urine genital system, menstrual disorders, and prenatal, postnatal pregnancy.
b) Theory of Panchakosh. Role of panchakosha in health and disease.
- Unit III:-** a) Mental Health-concepts, affecting factors of mental health, characteristic of mentally healthy person.
b) Meaning and concept of emotions. Frustration, depression and their management through yoga therapy.
- Unit IV :-** a) Yogic treatment for psychological disorders like anxiety neurosis, phobia, insomnia.
b) Holistic approach to treat the mental diseases. Reference

Books:

1. Anatomy and Physiology- Anne Waugh and Alison Churchill Living Stone d.
2. Human Anatomy- Chourasia B.DC.B. S. Publications, Delhi.
3. Anatomy and Physiology of Yogic Practices-Dr. M. M. Gore, Lonavala. New Age books New Delhi.
4. शरीर क्रीया विज्ञान - पुर्णचंद्र जैन चौखंबा दिल्ली
5. प्राकृतिक आयुर्विज्ञान - डॉ. गंगाप्रसाद गौड नाहर, आरोग्य सेवा प्रकाशन, युपी.

Paper-IV Alternative Therapy-II

Max. Marks-80

- Unit-I :** a) **Su-jok**
Five element theory, Introduction of Su-jok, Correspondence Theory, Theory of six- ki and treatments, Treatments with seeds, Magnets and color , Five element theory, The insect correspondence treatment system, the mini correspondence treatment systems
- b) **AURICULO THERAPY** :Advantages; Indications; Contraindication; Anatomy of the auricle; Auricular area; Nerve supply of the auricle. Distribution and Description of the Auricular Acupuncture Points
Auricular lobule; Tragus (corresponds to nose and pharynx); Supratragic (heart and external ear); Anti-tragus (head region); Antihelices (trund); Triangular fosse (deltoid fossa); Crus of helix; Helix; Scapha; Cymba conchae; Cavum conchae (thoracic region); Cranial Surface of the auricle
- Unit II :** a) **Magnet Therapy:** The History of Magnet Therapy, The Theory of Magnet Therapy, Effect of magnet Therapy , The Principles of Applying Magnets For Treatment, The Advantages of Magnet Therapy, Special Merits and Demerits of Magnet Therapy, The Principles of Applying Magnets For Treatment
- b) **Ayurveda**
Introduction of Ayurveda, Introduction of Panchakarma in Ayurveda and its uses, indication and contraindications.
- Unit III:** a) **Yogic diet**
i) **Familiarity with the Triguna**
ii) **Familiarity** with an *Ayurvedic* approach to diet and nutrition; and the ethical and spiritual reasons for a *saatvik* vegetarian diet.
- b) i) **Familiarity with** the different diets, and its effects on the anatomy and physiology, Yogic diet – a lacto vegetarian, *saatvik* approach to food.
ii) **Familiarity with** the benefits of Yogic diet on the physical and mental well-being and as an enabler for further practice of Yoga

- Unit IV:**
- a) **Physiotherapy:** Basic knowledge of Physiotherapy instruments such as traction (mechanical & electronic), short wave diathermy, ultrasound, wax bath, Infrared, Static cycle, Nerve Stimulator, Muscle Stimulator, Swiss Ball, shoulder wheel & exercises.
 - b) **EFT , NLP and Hand Mudra:** Introductions and application of emotional freedom technique for psychosomatic disorders. Brief introductions and application of selected Neuro linguistic programming(NLP). Introduction to Hand Mudra ,Procedure and indications of selected Hand Mudras.

Reference Books :

1. Clinical Acupuncture by Dr.Anton Jaysuria
2. Clinical Acupuncture Dr.Agrawal
3. Su-Jok by Park Jae woo
4. Thumb is head by Park Jae woo
5. Emergacy-Su-Jok by Park Jae woo
6. Practice and Philosophy of Naturopathy (Part-I & II) by M.D. Lindlhar.
7. Auriculo therapy by Pack Jac woo
8. सूर्य किरण चिकीत्सा - बी.पी.नेमा
9. Return to Nature
10. वैज्ञानिक मलीश - सत्यपाल
11. Massage – S.Govindan
12. Swedish Massage
13. Science of facial expression: by Louis Kuhne
14. वैज्ञानिक प्रत्कृतीक चिकीत्सा - राकेश जिन्दल
15. मुद्रा.
16. The Power of Subconscious mind by Joseph Murphy.
17. Awaken The jaunts by Anthoni Robinson
18. Unlimited power by Anthoni Robinson
19. Emotional Freedom technique – Garry kregg.
20. Fasting-Shelton
