

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.२३१९/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 जून 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-“C” respectively.

Sd/-

Date- 13.7.2017

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

Appendix-C

Semester-I
Paper –I
Foundation of Yoga-I

80 Marks

- 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 Dhyan 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 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
९. Yog Dipika : B.K.S.Ayengar, Orient Longman N.D.

Internal assessment:-

Total Marks-20

- | | |
|----------------|----------|
| 1) Attendance | Marks-10 |
| 2) Assignments | Marks-10 |

Distribution of Marks

Time: 3 Hours

Max. Marks:100

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.

First question will consist of Ten Multiple Choice Questions of two marks each, based on four units.

Paper-II
Physiology of Yogic Practices-I

Theory-80 Marks

- Unit-I Introduction:** Meaning, nature, role and scope of yoga.
Psycho-physiological importance of yog. Importance of Yam and Niyam.
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. balancing, inverted, 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)

b) The concept of relaxation techniques describe in ancient yoga texts. A comparative study of modern relaxation techniques, yoga nidra, progressive muscular relaxtion 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) Kuvalayanand Swami & Dr.S.L.Vinekar Yogic therapy-its basic principles an 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

Internal assessment:-

- 1) Attendance
- 2) Assignments

Total Marks-20

Marks-10

Marks-10

Distribution of Marks

Time: 3 Hours

Max. Marks:100

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.

First question will consist of Ten Multiple Choice Questions of two marks each, based on four units.

Paper -III
Yoga Therapy-I

Total 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 :-
- Limitations and Scope of Yoga Therapy, Traditional approach of Yoga Therapy mention in basic Yoga texts. (Gheranda Samhita Hatapradipika)
 - Cardio- Vascular, Respiratory and Common metabolic disorders, management through Yoga Therapy.

Reference Books

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

Internal assessment:-

- Attendance
- Assignments

Total Marks-20

Marks-10

Marks-10

Distribution of Marks

Time: 3 Hours

Max. Marks:100

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.

First question will consist of Ten Multiple Choice Questions of two marks each, based on four units.

**Paper-IV
Alternative Therapy-I**

Total Marks-80

Unit-I : Naturopathy

35 Hrs.

- Principal of Nature Care, Science of Facial Expression and Hydrotherapy
- 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.
- 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.

(b)

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

25Hrs.

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 चिकीत्सा - बी.पी. नेमा
- 9) Return to Nature
- 10) वैज्ञानिक मलीश - सत्यपाल
- 11) Massage – S.Givindan
- 12) Swedish Massage

Internal assessment:-

- 1) Attendance
- 2) Assignments

Total Marks-20

Marks-10

Marks-10

Distribution of Marks

Time: 3 Hours

Max. Marks:100

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.

First question will consist of Ten Multiple Choice Questions of two marks each, based on four units.

Part-II PRACTICALS

PRACTICAL of Foundation of Yoga-I (Paper-I)	Total Marks-40
Syllabus with Examination System	
A) Asana:	Marks-16
Standing Asanas: Ardhakati Chakrasana, Trikonasana	
Sitting Asanas: Siddhasana, Padmasana, Gomukhasana, Varrasana, Vajrasana, Swastikasana.	
Prone Position: Shalbhhasana, 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	
Any one as told by examiner's choice	Marks-04
Any one by candidate's choice	Marks-04
D) Viva-vocee	Marks-04
E) Practical record	Marks-04

Physiology of Yogic Practices- I (Paper-II)

Total Marks-40

Scientific procedure of collection of data	
Body Composition, Lean Bodymass. % 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
D) Viva-vocee	Marks-04
E) Practical record	Marks-04

PRACTICAL of Yoga Therapy-I (Paper-III)

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	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-Vocee	Marks-04
D) Practical record	Marks-04

PRACTICAL of Alternative Therapy-I (Paper IV)

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) Petrissage 3) Tapotment-Cupping, Hacking, Nudging, Friction, kneading, Taping, Beating
 5) Ringing 6) Clapping 7) Choking 8) 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-Vocee **Marks-04**

E) Practical record **Marks-04**

Scheme of examination
The P.G.D.Y.T. 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	100	40
2.	Physiology of Yogic Practices	100	40
3.	Yoga Therapy	100	40
4.	Alternative Therapy	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

POST GRADUATE DIPLOMA IN YOGA THERAPY (ONE YEAR)								
Semester-I								
Part-I								
Schemes for Theory Lectures								
SR.NO	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	TEACHING SCHEME (Hours/Week)		EXAMINATION SCHEME (THEORY)		
				Theory Period	Total/Week Hrs.	Duration of paper (Hrs.)	Total Marks Max. Marks	Minimum Passing Marks
1			Foundation of Yoga-I	4	4	3	100	40
2			Physiology of Yogic Practices -I	4	4	3	100	40
3			Yoga Therapy-I	4	4	3	100	40
4			Alternative Therapy-I	4	4	3	100	40
Group Total				16	16		400	160

POST GRADUATE DIPLOMA IN YOGA THERAPY (ONE YEAR)						
Semester-I						
Part-II						
Schemes for Practicals						
Sr. No.	Sub. Code	Short Name	Name of Subject	TEACHING SCHEME		
				Total/ Week Hrs.	Max. 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
		Pr-V	Lesson plan	3	40	20
Group Total				15	200	100
Grand Total (Theory + Practical)				31		

Semester-II
Paper -I
Foundation of Yoga-II

Marks-80

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

Reference Books

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

Internal assessment:-	Total Marks-20
1) Attendance	Marks-10
2) Assignments	Marks-10

Distribution of Marks

Time: 3 Hours

Max. Marks: 100

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.

First question will consist of Ten Multiple Choice Questions of two marks each, based on four units.

Paper-II **Physiology of Yogic Practices**

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. shankhprakashan

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. Spondylitis ,
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, Dhyana 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 Guyton
- 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) Kavalayanand Swami & Dr.S.L.Vinekar Yogic therapy-its
basic principles and methods” Central health education & bureau, Government of
India, New Delhi.
- 7) Kavalayanand Swami “ASANAS” Kaivalyadham, Lonavala
- 8) Kavalayanand Swami “Pranayama” Kaivalyadham, Lonavala
- 9) Dr.K.K.Date, M.L.Gharote “YOGA & Your heart” Lonavala

Internal assessment:-

- 1) Attendance
- 2) Assignments

Total Marks-20

Marks-10

Marks-10

Distribution of Marks

Time: 3 Hours

Max. Marks:100

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.

First question will consist of Ten Multiple Choice Questions of two marks each, based on four units.

**Paper-III
Yog Therapy-II**

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.

Internal assessment:-

- 1) Attendance
- 2) Assignments

Total Marks-20

Marks-10

Marks-10

Distribution of Marks

Time: 3 Hours

Max. Marks:100

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.

First question will consist of Ten Multiple Choice Questions of two marks each, based on four units.

Paper-IV
Alternative Therapy-II

Total Marks-80
30 Hrs.

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; Cyma 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

30Hrs.

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) 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 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 प्रकृतिक 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

Internal assessment:-	Total Marks-20
1) Attendance	Marks-10
2) Assignments	Marks-10

Distribution of Marks

Time: 3 Hours

Max. Marks:100

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.

First question will consist of Ten Multiple Choice Questions of two marks each, based on four units.

Part-II PRACTICALS

PRACTICAL of Foundation of Yoga-II (Paper-I)

Total Marks-40

Syllabus with Examination System

A) Asana:

Marks-16

Standing Asanas: Tadasana, Garudance, Vrukshasana

Sitting Asanas: Badhapadmasna, Paschimottanasana, Janusirasan, Bhednusan, Dandasna,

Prone Position: Shalbhasana, Makarasana, Bhujangasana,

Supine Position: Shavasana, Viparitkarani, Sarvangasana,

Balancing Asamas: Bakasana, Vatayanasana, Veerasan, 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

Any one as told by examiner's choice Marks-04

Any one by candidate's choice Marks-04

D) Viva-vocee

Marks-04

E) Practical record

Marks-04

Physiology of Yogic Practices-II (Paper-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 Yoga Therapy-II (Paper-III)

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

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 Alternative Therapy-II (Paper IV)

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-Vocece Marks-04

E) Practical record Marks-04

Scheme of examination

The P.G.D.Y.T. 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	100	40
2.	Physiology of Yogic Practices	100	40
3.	Yoga Therapy	100	40
4.	Alternative Therapy	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 for Theory and Practicals Examinations

POST GRADUATE DIPLOMA IN YOGA THERAPY (ONE YEAR)								
Semester-II								
Part-I								
Schemes for Theory Lectures								
SR.NO	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	TEACHING SCHEME (Hours/Week)		EXAMINATION SCHEME (THEORY)		
				Theory Period	Total/Week Hrs.	Duration of paper (Hrs.)	Total Marks Max. Marks	Minimum Passing Marks
1			Foundation of Yoga-II	4	4	3	100	40
2			Physiology of Yogic Practices -II	4	4	3	100	40
3			Yoga Therapy-II	4	4	3	100	40
4			Alternative Therapy-II	4	4	3	100	40
Group Total				16	16		400	160

POST GRADUATE DIPLOMA IN YOGA THERAPY (ONE YEAR)						
Semester-II						
Part-II						
Schemes for Practicals						
SR.NO	SUBJECT CODE	SHORT NAME	NAME OF SUBJECT	EXAMINATION SCHEME		
				Total/Week Hrs.	Max. Marks	Minimum Passing Marks
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
		Pr-V	Project Work	3	40	20
Group Total				15	200	100
Grand Total (Theory + Practical)				31		

Workload of teachers for P.G.D.Y.T. 28 hrs per week for a batch of 40 students

Teaching periods in the various subjects are as follows:

For P.G.D.Y.T. Examinations:

1. Foundation of Yoga : Paper I

Four theory periods and four practical's of one hour per week

2. Yoga Therapy: Paper II

Four theory periods and Two practical's of one each per week

3. Physiology of Yogic Practices: Paper III

Four theory periods and Two practical per week

4. Alternative Therapy: Paper IV

Four theory periods and four practical's of one hour each per week
