

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI**

1	Name of Course	C. C. IN Yoga Therapist (W. E. F. 2015-16)																																								
2	Course Code	201134																																								
3	Max.No.of Students Per Batch	25 Students																																								
4	Duration	6 Month																																								
5	Type	Part Time																																								
6	No.Of Days / Week	6 Days																																								
7	No.Of Hours /Days	4 Hrs																																								
8	Space Required	Practical Lab = 400 Sq feet Class Room = 200 Sq feet Total = 600 Sq feet																																								
9	Minimum Entry Qualification	8 <sup>th</sup> Pass																																								
10	Objective Of Course	May work as Yoga Therapist.																																								
11	Employment Opportunity	To work as a Yoga Therapist in various centres. (gym, spas, school etc)																																								
12	Teacher's Qualification	1) Degree / Diploma in Yoga and Naturopathy awarded by Statutory University. 2) Experienced yoga and naturopathy teacher or Practioner with three years of experience. 3) 2 Years Diploma course in Yoga and Naturotheraphy Awarded by MSBVE with 2 Years Experience. 4) 1 Year Course C.C.in Yoga Teacher Awarded by MSBVE with 3 Years Experience. 5) Teacher for Anatomy and Physiology may be appointed on Clock Hours Basis.																																								
13	Training System	Training System Per Week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>						Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
Theory	Practical	Total																																								
6 Hours	18 Hours	24 Hours																																								
14	Exam. System	<table><tr><td>Sr. No.</td><td>Paper Code</td><td>Name of Subject</td><td>TH/PR</td><td>Hours</td><td>Max. Marks</td><td>Min. Marks</td></tr><tr><td>1</td><td>20113411</td><td>Anatomy and Physiology</td><td>TH-I</td><td>3 hrs</td><td>100</td><td>35</td></tr><tr><td>2</td><td>20113412</td><td>Health and Yoga</td><td>TH-II</td><td>3 hrs</td><td>100</td><td>35</td></tr><tr><td>3</td><td>20113421</td><td>Health and Yoga</td><td>PR-I</td><td>6 hrs</td><td>200</td><td>100</td></tr><tr><td></td><td></td><td>Total</td><td></td><td></td><td>400</td><td>170</td></tr></table>						Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	20113411	Anatomy and Physiology	TH-I	3 hrs	100	35	2	20113412	Health and Yoga	TH-II	3 hrs	100	35	3	20113421	Health and Yoga	PR-I	6 hrs	200	100			Total			400	170
Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks																																				
1	20113411	Anatomy and Physiology	TH-I	3 hrs	100	35																																				
2	20113412	Health and Yoga	TH-II	3 hrs	100	35																																				
3	20113421	Health and Yoga	PR-I	6 hrs	200	100																																				
		Total			400	170																																				

## **Theory I :- ANATOMY & PHYSIOLOGY**

### **Introduction of Human body with Anatomical and Physiological aspect.**

- 1 Cell tissues, organ and Body Regions.
- 2 Musculoskeletal system, Bones, Joints, Muscles.
- 3 Digestive System, metabolism, Carbohydrate, Protein and Nutrition.
- 4 Circulatory System
- 5 Respiratory System
- 6 Endocrine System
- 7 Nervous System
- 8 Excretory System - Kidney and Skin.
- 9 Reproductive System.

## **Theory - II :- Health and Yoga**

### **1) Philosophy of Yogic science.**

Definition

Aim & objective

### **2) History and present practices of Yogic science**

Patanjali muni, Jayanarayan Jaiswal B.K. Ayangar , Karandikar, Baba Ramdeo, shri shri shri ravi Shankar their contribution in yoga.

### **3) Preliminary preparation of yoga**

### **4) Onkar sadhana:** Various ways of onkar chanting, its benefits ,effects on the body.

### **5) Prayers**

Various Prayers

### **6) Preliminary movements**

### **7) Pranayam :** Meaning, vital energy and its applications.

- B) Various asnas:** To study asnas in **supine** like Pavanmuktasan, uttanpadasn, Naukasan, Shavasan. Sarvangasan, Halasan, Matsyasan, Ashwini mudra, Chakrasan.
- Prone position** they are Makarasan ,Bhujangasan, Ardshshalabhasan, Naukasan. Niralamb bhujangasan, Niralamb shalabhasan, Dhanurasan.
- Sitting Position** they are Padmasan ,Sahajasan ,Samasan ,Vajrasan Swastikasan, Paschimottanasan, vakrasan, parvatasan. Ardhmamatchedrasan, arkarndhanurasan Ugrasan, suptavajrasan, uttith padmasan.
- Standing Position:** Ugrasan,Garudasan, trikonasan, virasan. Along with this we will learn their indications and effects on the body and duration.
- C) Bandh:** Meaning. Types of bandh like Mul, Jivah,udiyan
- D) Mudra:** To learn Gyan mudra, vayu mudra ,shantmudra, suryamudra ,pranavmudra, dronmudra, sivh mudra,Kaki Mudra etc.their effects and indications.
- E) Nadi abhyas:** 3 main Nadies, Sushumna, Ida, Pingala. To Study these with location and process of cleansiness. (Siddhasana,Nadi shudhi pranayam and shuddhi Kriya-shatkarma.)
- F) Mantra Chikitsa** (social and self)it includes Gayatri mantra, Shantipath, Mahamrutunjaya,
- G) Shuddhi Kriya:** Meaning, indications of **a) Dhouti** (Jaldhauti, Kapalrandhra, Dantmool, karna,) **b) Neti** (Jalneti, Sutraneeti) **c) Kapalbhathi.** **d) Basti** (laghushankhprakashan), **Netrabasti,** **e) Nauli,** **f) Tratak.**
- H) Dhyan :** It will include Pratyahar, Dharna then shravan dhyan, gandh dhyan, ras dhyan and sparsh dhyan, sapta chakra dhyan (Muladhar, swadhishtan, Nabhi, anahat,vishudh and adnya) Vipasshana dhyan with their effects.
- I) Astang Yog:** It includes 8 stages they are yam, niyam, asan, pranayam, pratyahar dharna dhyan and samadhi with their details
- J) Health :-**
- 1) Its definitions (it includes webster's, W.H.O. Ayurvedic)
  - 2) Various concepts of Health. Modern Medicine Concept, Total Health etc.
  - 3) Health and its contributing factors : Physical, mental, social ,Philosophical emotional, Functional and educational.
  - 4) Factors affecting Health and Disease: Genetics, Natural and environmental, Life style, economy.
  - 5) Disease and Hygiene : Definitions, cause of disease, Different concepts of diseases (Louie pastuer, theory of germs) Modes of transmission of the diseases.
  - 6) Basic Principal of Diet.

## **PRACTICAL - I :- Health and Yoga.**

**(A) Identification of various Parts of Bodies.**

**(B) Yogic Science**

**1) Preliminary preparation of yoga**

**2) Onkar sadhana:** Various ways of onkar chanting, its benefits ,effects on the body.

**3) Prayers :** Prayers for self and social. To chant guruvandana, shantipath and devi stotra.

**4) Pranayam : Panchpran** (Pran, apan, saman,udan,yuan).

Nadi shodhan, Ujaie, Suryabhedan ,Brahmari, Bhastrika, Shitali, Sitkari and Plavini.

**(C) Various asnas:** Practice of asnas in **supine** like Pavanmuktasan, uttanpadasn, Naukasan, Shavasana. Sarvangasan, Halasan, Matsyasan, Ashwini mudra, Chakrasana.

**Prone position Asanas** Makarasan, Bhujangasan, Ardhsalabhasana, Naukasan. .

**Sitting Position Asanas** Padmasana, Sahajasan, Samasan, Vajrasana Swastikasan, Paschimottanasana, vakrasana, parvatasana. Ardhmarmachandrasana, arkanandhanurasana Ugrasana , suptavajrasana, uttith padmasana.

**Standing Position Asanas :** Ugrasana,Garudasana, trikonasana, virasana. To observe the indications and effects of Asanas on the body duration of the asanas.

**(D) Bandh :** Practice of Bandh like Mul, Jivah, udiyan

**(E) Mudra :** Practice of Gyan mudra, vayu mudra ,shantimudra, suryamudra ,pranavmudra, drommudra, sivh mudra,Kaki Mudra etc. To observe their effects and indications.

**(F) Therapeutic Yoga**

**(G) Practice of Dhyan, Vipassana**

### **LIST OF THE INSTRUMENTS, TOOLS AND FURNITURE REQUIRED To be available in Institute**

<b>Sr.No.</b>	<b>Item</b>	<b>Quantity</b>
<b>1</b>	Jalneti pot	25
<b>2</b>	Yoga Mat for asnas etc.	25
<b>3</b>	Watch	01
<b>4</b>	Dual desk / Benches	25
<b>5</b>	Charts of concerned subjects.	As per requirement
<b>6</b>	Provision for Drinking Water.	As per requirement
<b>7</b>	Notice Board for information for the students.	As per requirement
<b>8</b>	Human Skeleton.	As per requirement
<b>9</b>	Stethoscope	05 No.
<b>10</b>	Blood Pressure machine.	02 No.
<b>11</b>	Weighing machine	02 No.
<b>12</b>	Table 6' x 3' x 2 ½'	02 No.

\*\*\*\*\*