

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

| 1                        | Name of Course                  | C.C. In Yoga & Naturotherapy<br>(W.E.F. 2018-19)   |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
|--------------------------|---------------------------------|--|-------|-------|---------------|---------------|--|--|--------------------------|------------|-----------------|-------|--------|---------------|---------------|---|----------|--------------------------------------|--------|-------|-----|----|---|----------|----------------------|------|-------|-----|----|---|----------|--------------|------|-------|-----|----|---|----------|--------------------------------------|------|-------|-----|----|---|----------|----------------------|------|-------|-----|----|---|----------|----------------|------|-------|-----|----|--|--|-------|--|--|-----|-----|
| 2                        | Course Code                     | 201208   |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 3                        | Max.No.of Students<br>Per Batch | 25 Students  |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 4                        | Duration                        | 1 year   |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 5                        | Type                            | Part Time  |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 6                        | No.Of Days / Week               | 6 days   |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 7                        | No.Of Hours /Days               | 7 hours  |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 8                        | Space Required                  | Practical Lab = 600 sqfeet<br>Class Room = 200 sqfeet<br>TOTAL = 800 sqfeet  |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 9                        | Minimum Entry<br>Qualification  | S.S.C. Pass  |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 10                       | Objective Of Course             | To create a skilled naturopath & Yoga Therapist  |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 11                       | Employment<br>Opportunity       | To work as an Naturopathy and Yoga Therapist in various centre.<br>(gym, spas, school etc)and self employment.   |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 12                       | Teacher's Qualification         | 1) Degree / Diploma in Yoga and Naturopathy awarded by<br>Statutory University.<br>2) Experienced yoga and naturopathy teacher or Practioner<br>with three years of experience.<br>3) 2 Years Diploma course in Yoga and Naturotherapy Awarded<br>by MSBVE with 2 Years Experience.<br>4) C.C.in Yoga Teacher (1 Year) Course Awarded by MSBVE with<br>3 Years Experience.<br>5) Teacher for Anatomy and Physiology may be appointed on Clock<br>Hours Base.   |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 13                       | Training System                 | <table><tr><th colspan="4">Training System Per Week</th></tr><tr><td>Theory</td><td>Practical</td><td colspan="2">Total</td></tr><tr><td>6 hrs</td><td>18 hrs</td><td colspan="2">24 hrs</td></tr></table>   |       |       |               |               |  |  | Training System Per Week |            |                 |       | Theory | Practical     | Total         |   | 6 hrs    | 18 hrs                               | 24 hrs |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| Training System Per Week |                                 |  |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| Theory                   | Practical                       | Total  |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 6 hrs                    | 18 hrs                          | 24 hrs   |       |       |               |               |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 14                       | Exam. System                    | <table><tr><th>Sr.<br/>No.</th><th>Paper Code</th><th>Name of Subject</th><th>TH/PR</th><th>Hours</th><th>Max.<br/>Marks</th><th>Min.<br/>Marks</th></tr><tr><td>1</td><td>20120811</td><td>ANATOMY, PHYSIOLOGY<br/>AND PATHOLOGY</td><td>TH-1</td><td>3hrs.</td><td>100</td><td>35</td></tr><tr><td>2</td><td>20120812</td><td>NATUROPATHY AND DIET</td><td>TH-2</td><td>3hrs.</td><td>100</td><td>35</td></tr><tr><td>3</td><td>20120813</td><td>YOGA THERAPY</td><td>TH-3</td><td>3hrs.</td><td>100</td><td>35</td></tr><tr><td>4</td><td>20120821</td><td>ANATOMY, PHYSIOLOGY<br/>AND PATHOLOGY</td><td>PR-1</td><td>3hrs.</td><td>100</td><td>50</td></tr><tr><td>5</td><td>20120822</td><td>NATUROPATHY AND DIET</td><td>PR-2</td><td>3hrs.</td><td>100</td><td>50</td></tr><tr><td>6</td><td>20120823</td><td>PRACTICAL YOGA</td><td>PR-3</td><td>3hrs.</td><td>100</td><td>50</td></tr><tr><td></td><td></td><td>Total</td><td></td><td></td><td>600</td><td>255</td></tr></table> |       |       |               |               |  |  | Sr.<br>No.               | Paper Code | Name of Subject | TH/PR | Hours  | Max.<br>Marks | Min.<br>Marks | 1 | 20120811 | ANATOMY, PHYSIOLOGY<br>AND PATHOLOGY | TH-1   | 3hrs. | 100 | 35 | 2 | 20120812 | NATUROPATHY AND DIET | TH-2 | 3hrs. | 100 | 35 | 3 | 20120813 | YOGA THERAPY | TH-3 | 3hrs. | 100 | 35 | 4 | 20120821 | ANATOMY, PHYSIOLOGY<br>AND PATHOLOGY | PR-1 | 3hrs. | 100 | 50 | 5 | 20120822 | NATUROPATHY AND DIET | PR-2 | 3hrs. | 100 | 50 | 6 | 20120823 | PRACTICAL YOGA | PR-3 | 3hrs. | 100 | 50 |  |  | Total |  |  | 600 | 255 |
| Sr.<br>No.               | Paper Code                      | Name of Subject  | TH/PR | Hours | Max.<br>Marks | Min.<br>Marks |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 1                        | 20120811                        | ANATOMY, PHYSIOLOGY<br>AND PATHOLOGY   | TH-1  | 3hrs. | 100           | 35            |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 2                        | 20120812                        | NATUROPATHY AND DIET   | TH-2  | 3hrs. | 100           | 35            |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 3                        | 20120813                        | YOGA THERAPY   | TH-3  | 3hrs. | 100           | 35            |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 4                        | 20120821                        | ANATOMY, PHYSIOLOGY<br>AND PATHOLOGY   | PR-1  | 3hrs. | 100           | 50            |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 5                        | 20120822                        | NATUROPATHY AND DIET   | PR-2  | 3hrs. | 100           | 50            |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
| 6                        | 20120823                        | PRACTICAL YOGA   | PR-3  | 3hrs. | 100           | 50            |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |
|                          |                                 | Total  |       |       | 600           | 255           |  |  |                          |            |                 |       |        |               |               |   |          |                                      |        |       |     |    |   |          |                      |      |       |     |    |   |          |              |      |       |     |    |   |          |                                      |      |       |     |    |   |          |                      |      |       |     |    |   |          |                |      |       |     |    |  |  |       |  |  |     |     |

### **Theory I :- ANATOMY, PHYSIOLOGY AND PATHOLOGY**

#### **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.

#### **2) Pathology – Introduction of Pathological diseases of above systems.**

What is **pathology**?

Laboratory pathology –

(Laboratory investigation report reading.)

1. Normal & abnormal composition of –
  - Urine Routine Microscopy
  - Stool Routine Microscopy
2. Haematology & serology –
  - CBC (Complete Blood Count) , Hb %
  - ESR (Erythrocyte Sedimentation Rate)
  - Lipid Profile
  - RFT (Renal Function Test)
  - LFT (Liver Function Test)
  - Serum electrolytes → Na, K<sup>+</sup>, etc.
  - Serum calcium, serum phosphorus
  - Blood Glucose – Fasting , Post lunch
  - RA – Factor
  - Thyroid Test – T<sub>3</sub>, T<sub>4</sub>, TSH
  - CPK – CPKMB
  - LDH
  - ASO – Titre
  - Coagulation profile = PT, PC, BT, CT
  - WIDAL TEST
  - Sexually Transmitted Disease screening Test=HIV, VDRL, HbsAg
  - Identification of blood groups & cross matching
  - Alkaline phosphates, CA-125, CEA
  - Serum vitamins – Vit – B<sub>12</sub>, Vit-D, etc.
  - Glycosulated Haemoglobin
  - Serum prostate specific Antigen (PSA)
3. Test for Tuberculosis (TB):-

Sputum test, Montoux Test

#### **3) Introduction of General Bacteriology, Virology, Fungi and Parasitology.**

#### **4) Case study of Patient**

1. Case study taking of patient
  - Approach to patient
  - History taking & case sheet writing

## Theory - 2 - Naturopathy and Diet

Naturopathy principles and Philosophy.

Five elements and three gunas. (satvsa, raja and tama / vat, phita and cough.)

Five elements and harmony and disharmony, health and Disease.

Punchmahabhutatmac chikitsa :-

### 1) Sun: Tej Tatva

Chromotherapy.

Seven colours of sun and characteristics.

Sunbath

### 2) Water (Hydro-therapy) AAP-TATVA

Introduction and history.

Various hydrotherapy treatments.

Hip Bath, immersion bath , sitz bath, arm and foot bath, steam bath, local steam and spinal bath.

Fomentation hot and cold.

Compresses and packs to all parts of the body.

Internal use of water.

Enema and different types.

Hot and cold water drinking.

### 3) Air: Vayu tatva air bath etc.

### 4) Earth: Prithvi tatva

#### a) Mud therapy

Introduction and History.

Preparation of mud for various mud application

#### b) Magneto therapy

Basic Principle.

Instruments used.

Belts and type of magnets.

### 5) Space: Akash tatva :-

Fasting therapy -

Philosophy of fasting.

Physiology of fasting

Fasting in acute and chronic diseases.

Indication and contraindication.

Healing and disease crisis during fasting

### 6) Massage Therapy

Introduction and History

Rules and regulation.

Techniques and various steps

Full body massage.

Local massage

Massage to infants and children.

Massage for stress management.

Fascial massage for beauty.

Four Zone massage therapy Swedish massage.

### 7) Acupressure and Reflexogy.

### 8) Naturopathy :-

Detoxification treatments.

Life style: ideal / polluted life style.

Panchatantra for maintain of good health.

History and development of nature cure.

Ten fundamental principles of naturopathy.

Concept of diseases and health according to naturopathy.

Vitality.

Unity of disease and unity of cure.

9) Legends in Naturopathy.

Henry lindalhr, father nipp, Louis kuhne, Shelton, kellogge, vinoba bhava,  
Mahatma Gandhi, jainarayan Jaiswal.

10) Basics in Diet and Nutrition.

Constituents of food.

Diet is the medicine.

Types of diet (Eliminative, Constructive, soothing, boiled, raw acid –alkaline,  
sattvik, rajasi and tamasi, mono diet and high and low calorie, kalp therapy.

Juice therapy and wheat grass juice.

Cooking methods of food according to Naturopathy.

Disease cure by Herbs : Panchatatva herbal therapy

Panchagavya & Organic Farming

Balanced Diet.

# Theory - 3 - Yoga Therapy

## 1) Yoga

Concept and definition of yoga.

Astang yog by Patangali.

Various asans with its postures like standing , supine, prone and sitting do's & don't before and after performing asans.

Role of yoga and maintain physical mental and spiritual well being.

Pranayama definition types and techniques.

Yogic shuddhikriya. Shatkarma.

Bandh and Mudra. And Drishti

## Practical - 1 - Anatomy, Physiology and Pathology.

- 1) Spotters of system. Organs and spine.
- 2) Massage and Acupressure
- 3) Local massage and foot Reflexology
- 4) Blood pressure and TPR Chart.
- 5) Reading of all pathological reports.
- 6) Case History and examination of the patient.

## Practical 2 Practical naturopathy

## Practical - 2 - NATUROPATHY AND DIET

### 1) Hydrotherapy.

Baths: Hip bath, immersion bath, sitz, hot and cold water bath, arm and foot bath , spinal and steam and local.

Compresses and pack: chest pack, leg ,full wet sheet pack, cold compress and hot compress. GH Pack.

Fomentation: Hot water bag, mustard fomentation, clay and sand.

### 2) Mud Therapy.

Mud packs, full body application and local application.

Preparation of mud and various mud applications.

### 3) Magnetotherapy and its use.

### 4) Preparation of Various Diet / kadas etc.

### 5) Music Therapy

### 6) Bach flower remedy

### 7) Bio-chemic and musico Spino Therapy

### 8) Scrapping Therapy

### 9) Acupressure

### 10) Sanvahnna Massage

## Practical - 3 - Yoga

- 1) Various yogasanas with its postures (sitting ,standing ,supine and prone.)  
Suryanamsakar.  
Pranayam: Nadi shuddhi, kapalbhati, ujjai, bhastrica, shitali, sitkari etc
- 2) Yogic Shudhikriya: Neti ( jalneti and sutraneti)  
Vaman or kunjjar  
Enema and tratak  
Yognidra and meditation
- 2) Sujok and Musico spino Treatments

## Tools & Instruments required to be available in Institute

| Sr.No. | Name of Items          | Quantity |
|--------|------------------------|----------|
| (01)   | Stethoscope            | 05       |
| (02)   | B.P. Instrument        | 02       |
| (03)   | Weighing machine       | 02       |
| (04)   | Thermometer            | 05       |
| (05)   | Enema Pot and Catheter | 02       |

|      |   |    |
|------|---|----|
| (06) | Lcebage                                     | 04 |
| (07) | Hot Water Bag                               | 04 |
| (08) | Steam Bath Cabinet.                         | 02 |
| (09) | Facial Steam                                | 02 |
| (10) | Hip Bath Tub                                | 02 |
| (11) | Foot Bath Tub                               | 02 |
| (12) | Full Bath Tub                               | 02 |
| (13) | Spinal Bath Tub                             | 02 |
| (14) | Twister                                     | 01 |
| (15) | Walker                                      | 01 |
| (16) | Jogger                                      | 01 |
| (17) | Vibrator                                    | 01 |
| (18) | Exercycle                                   | 01 |
| (19) | Magnets and Magnet Belts                    | 01 |
| (20) | Acupressure Jimmy, Rollers & Sandles.       | 01 |
| (21) | Faradic & Galvanic Generator.               | 01 |
| (22) | Infra Red Lamp                              | 01 |
| (23) | Juicer                                      | 01 |
| (24) | Jalneti Pot and Yoga Dress                  | 01 |
| (25) | Electro Vibro Massager                      | 01 |
| (26) | Cloth for various hydrotherapy packs.       | 01 |
| (27) | Plastic Trays for mud and wheat grass       | 01 |
| (28) | Coloured glass bottles or chromo Thermoleum | 01 |
| (29) | Massage Oil                                 | 01 |
| (30) | Clay  | 01 |
| (31) | Towels and Napkins                          | 01 |
| (32) | Tables for Examination, massage etc.        | 01 |
| (33) | Flower Remedies and bio-chemic              | 01 |
| (35) | Scrapping gausa                             |    |
| (36) | Iron Beds                                   | 04 |
| (37) | Sitz Bath tub                               |    |
| (38) | Steam Bath Cabinet                          | 02 |
| (39) | Vibrating Belts                             | 02 |
| (40) | Massage Belt Machine                        | 02 |
| (41) | Acupressure Kit                             | 02 |
| (42) | Small Kitchen with all Accessories          | -- |

**Note :-** 1) Separate Treatment Room Should be made available for Ladies and Gents with Separate Wash Room  
2) Kitchen arrangement should be made available.

### Books for Reference :-

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|--|--|
| 1. Reflexology - way to better health by Nicola Hall | 7. Positive health in Tibetan Medicine by Satguru Publication. |
| 2. Beginners guide to Homeopathy by T.S. Lyer        | 8. Nature's matetia Medica by Dr. Jussavala.                   |
| 3. A unique book on Nature cure.                     | 9. Philosophy & practice of Nature cure by G.K. Bakharu.       |
| 4. Art of Healthy living by Dr. Jussawala            | 10. Nature Cure by Mahatma Gandhi.                             |
| 5. Technique of Massage by S. Govindan               | 11. Fundamental Laws of Health by Dinshah Mehta                |
| 6. Speaking of Nature cure by K.L. Sharma.           | 12. Born Again through Naturopathy by Dr. Alber.               |

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