

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

1	Name of Course	<b>C. C. IN Yoga Therapist (W. E. F. 2015-16)</b>																																								
2	Course Code	<b>201134</b>																																								
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 <u>Class Room = 200 Sq feet</u> 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	<ol style="list-style-type: none"> <li>1) Degree / Diploma in Yoga and Naturopathy awarded by Statutory University.</li> <li>2) Experienced yoga and naturopathy teacher or Practioner with three years of experience.</li> <li>3) 2 Years Diploma course in Yoga and Naturotherapy Awarded by MSBVE with 2 Years Experience.</li> <li>4) 1 Year Course C.C.in Yoga Teacher Awarded by MSBVE with 3 Years Experience.</li> <li>5) Teacher for Anatomy and Physiology may be appointed on Clock Hours Basis.</li> </ol>																																								
13	Training System	Training System Per Week																																								
		Theory		Practical		Total																																				
		6 Hours		18 Hours		24 Hours																																				
14	Exam. System	<table border="1"> <thead> <tr> <th>Sr. No.</th> <th>Paper Code</th> <th>Name of Subject</th> <th>TH/PR</th> <th>Hours</th> <th>Max. Marks</th> <th>Min. Marks</th> </tr> </thead> <tbody> <tr> <td>1</td> <td><b>20113411</b></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><b>20113412</b></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><b>20113421</b></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 align="center"><b>Total</b></td> <td></td> <td></td> <td><b>400</b></td> <td><b>170</b></td> </tr> </tbody> </table>						Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	<b>20113411</b>	Anatomy and Physiology	TH-I	3 hrs	100	35	2	<b>20113412</b>	Health and Yoga	TH-II	3 hrs	100	35	3	<b>20113421</b>	Health and Yoga	PR-I	6 hrs	200	100			<b>Total</b>			<b>400</b>	<b>170</b>
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3	<b>20113421</b>	Health and Yoga	PR-I	6 hrs	200	100																																				
		<b>Total</b>			<b>400</b>	<b>170</b>																																				

## **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, drommudra, 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** (Jaldhuti, Kapalrandhra, Dantmool, karna,) **b) Neti** (Jalneti, Sutraneiti) **c) Kapalbhati.** **d) Basti** (laghushankhprakashalan), **Netrabasti,** **e) Nauli,** **f) Tratak.**
- H) Dhyana** : It will include Pratyahar, Dharna then shravan dhyana, gandh dhyana, ras dhyana and sparsh dhyana, sapta chakra dhyana (Muladhara, swadhishtana, Nabhi, anahata,vishudha and adnya) Vipasshana dhyana with their effects.
- I) Astang Yog:** It includes 8 stages they are yama, niyama, asana, pranayama, pratyahara dharna dhyana 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. Ardhmamatchedrasana, arkanrdhanurasana Ugrasan , suptavajrasana, uttith padmasana.
- Standing Position Asanas :** Ugrasan,Garudasan, trikonasana, virasan. 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, dronmudra, sivh mudra,Kaki Mudra etc. To observe their effects and indications.
- (F) Therapeutic Yoga
- (G) Practice of Dhyana, Vipassana

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

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

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