MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,MUMBAI - 51

1	Name of Syllabus	**C. C. IN Life Style Management (411159)**
2	Max.Nos of Student	25 Students
3	Duration	6 Month
4	Type	Part Time
5	Nos Of Days / Week	6 Days
6	Nos Of Hours /Days	4 Hrs
7	Space Required	Workshop = 300 Sq feet Class Room = 200 Sq feet TOTAL = 500 Sq feet
8	Entry Qualification	SSC Pass
9	Objective Of Syllabus/ introduction	To provide systematic training in yoga, health, psychology and to improve life standards and also, to reduce stress. etc.
10	Employment Opportunity	Job opportunities in health institutes, hospitals, beauty parlors.
11	Teacher's Qualification	Graduate in psychology with aurveda's knowledge.
12	Training System	**Training System Per Week**

Theory	Practical	Total
6 Hours	18 Hours	24 Hours

13 Exam. System

Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks
1	**41115911**	Life style management with Ayurveda	TH-I	3 hrs	100	35
2	**41115912**	Life style management with Yoga and psychology	TH-II	3 hrs	100	35
3	**41115921**	Life style management with Ayurveda	PR-I	3 hrs	100	50
4	**41115922**	Life style management with Yoga and psychology	PR-II	3 hrs	100	50
		Total			**400**	**170**

Theory - I - Life style management with Ayurveda

Definitionof ayurveda

Knowledge of samhitas

Def of life, ayu according to ayurveda

Knowledge of sharer, mana, atma, pachendriya

Concet of dosha-dhatu-mala

Yoga

Types of yoga

Def of swatha

Dincharya

Rutcharya

Diet

Hitkarak and ahitkarka dravye

Practical - I - Life style management with Ayurveda

Definitionof ayurveda

Knowledge of samhitas

Def of life, ayu according to ayurveda

Knowledge of sharer, mana, atma, pachendriya

Concet of dosha-dhatu-mala

Yoga

Types of yoga

Def of swatha

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Theory - II - Life style management with Yoga and psychology

Yoga

Relation of yoga and ayurveda

Abhayanga mardana- basic principles

Anatomical and physiological study of body elements

Different methods of Abhayanga mardana

Detailed study of mana atma psychomatic aspect of sress, anger, depression etc on body and

Mind - its influence on life style

Sress management with ayurveda and yoga

Practical - II - Life style management with Yoga and psychology

Yoga

Relation of yoga and ayurveda

Abhayanga mardana- basic principles

Anatomical and physiological study of body elements

Different methods of Abhayanga mardana

Detailed study of mana atma psychomatic aspect of sress, anger, depression etc on body and

Mind - its influence on life style

Sress management with ayurveda and yoga

List of ref books

1 Mssage therapy in aurveda by bhagwan das

2 yoga and nisrgopchar by prama joshi

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