

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Course	C.C. In Yoga & Naturotherapy (W.E.F. 2015-16)																																																														
2	Course Code	201208																																																														
3	Max.No.of Students Per Batch	25 Students																																																														
4	Duration	1 year																																																														
5	Type	Full Time																																																														
6	No.Of Days / Week	6 days																																																														
7	No.Of Hours /Days	7 hours																																																														
8	Space Required	Practical Lab = 600 sqfeet Class Room = 200 sqfeet TOTAL = 800 sqfeet																																																														
9	Minimum Entry Qualification	S.S.C. Pass																																																														
10	Objective Of Course	To create a skilled naturopath & Yoga Therapist																																																														
11	Employment Opportunity	To work as an Naturopathy and Yoga Therapist in various centre. (gym, spas, school etc)and self employment.																																																														
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 Naturotherapy Awarded by MSBVE with 2 Years Experience. 4) C.C.in Yoga Teacher (1 Year) Course Awarded by MSBVE with 3 Years Experience. 5) Teacher for Anatomy and Physiology may be appointed on Clock 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>12 hrs</td><td>30 hrs</td><td colspan="2">42 hrs</td></tr></table>							Training System Per Week				Theory	Practical	Total		12 hrs	30 hrs	42 hrs																																													
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14	Exam. System	<table><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><tr><td>1</td><td>20120811</td><td>ANATOMY, PHYSIOLOGY 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 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. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	20120811	ANATOMY, PHYSIOLOGY 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 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
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C. C. IN YOGA & NATUROTHERAPY

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

What is **pathology**? Its definition, Province, various Branches(general, clinical, special and experimental) and Laboratory pathology.

General Bacteriology.

Theory - 2 - Naturopathy and Diet

Naturopathy principles and Philosophy.

Our Existence.

Mahattava and Prakruti. (astada 8)

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

Five elements and harmony and disharmony, health and Disease.

Panchmahabhoutic treatment.

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 poultices 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

Mud therapy

Introduction and History.

Preparation of mud for various mud application

Magnetotherapy

Basic Principle.

Instruments used.

Belts and type of magnets.

5) Space: Akash tatva

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.

Swedish massage.

Acupressure and foot reflexology.

Fasting therapy

Philosophy of fasting.

Physiology of fasting

Fasting in acute and chronic diseases.

Indication and contraindication.

Healing and disease crisis.

6) 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.

7) Legends in Naturopathy.

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

8) 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.

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 and don't's.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 Tratak.

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 :-

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.
