

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 <u>Class Room = 200 Sq feet</u> Total = 600 Sq feet																																								
9	Minimum Entry Qualification	8 th 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																													
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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, arkanrdhanurasan 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** (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. Ardhmamatshedrasana, arkanrdhanurasana Ugrasan , suptavajrasana, uttith padmasana.

Standing Position Asanas : Ugrasan,Garudasan, trikonasan, 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 Dhyan, 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.
