

Tamil Nadu Physical Education and Sports University**Chennai****Directorate of Distance Education****Department of yoga**

Name of the course	PG Diploma in Yoga and Naturopathy
Eligibility	Any Degree
Stream	Distance Education
Duration	1 year
Medium	English
Attendance	Minimum 80%
Year	2014 – 15 onwards

**TAMIL NADU PHYSICAL EDUCATION AND
SPORTS UNIVERSITY**

POST GRADUATE DIPLOMA COURSE IN YOGA AND NATUROPATHY (PGDYN)

SCHEME OF EXAMINATION

DURATION: 3 HOURS

MAXIMUM MARKS: 100

Sl.	Paper	Subject code	Title of Paper	Marks		Total Marks
				INT	EXT	
1.	Theory Paper - I	PGDYN-T1	Applied Anatomy and Physiology	25	75	100
2.	Theory Paper - II	PGDYN-T2	Naturo Therapy	25	75	100
3.	Theory Paper - III	PGDYN-T3	Theory of Asanas, Pranayama, Mudras, Bhandas, Kriyas	25	75	100
4.	Theory Paper - IV	PGDYN-T4	Yoga Therapy	25	75	100
5.	Practical I	PGDYN-P1	Practice of Suryanamaskar, Asanas, Pranayama, Mudras, Bandhas, Kriyas & Preparation of Diet Chart and Yoga Chart for specific diseasesy	25	75	100
6.	Practical II	PGDYN-P2	Teaching Practicals in Yoga and Presentation of Naturopathic food	25	75	100
Grand Total				150	450	600

TERMS AND CONDITIONS:

1. Minimum for a pass in each examination paper, a student should obtain at least 50 % both in Internal and External separately

2. Question paper will be both in English and Tamil

3. Re-evaluation is applicable on payment of Rs.400/- per paper by means of Demand Draft drawn in favour of " The Registrar", Tamil Nadu Physical Education and Sports University, payable at Chennai within 15 days from the date of publication of University results.

4. Re – totalling is also permitted on payment of Rs.100/- per paper by means of Demand Draft drawn in favour of " The Registrar", Tamil Nadu Physical Education and Sports University, payable at Chennai within 15 days from the date of publication of University results.

Paper I

APPLIED ANATOMY AND PHYSIOLOGY

Unit I: Tissue cell: Cell structure- groups of Tissue- Epithelial tissue, muscular tissue, connective tissue their functions

The skeletal system- Bones, joints and muscles of the skeleton- tendons and ligaments- their functions

Unit II: The circulatory system- structure of the heart- the cardiac cycle- composition of blood- Blood pressure- Blood Pressure- Blood vessels- Hematological system- their functions- arteries, veins & capillaries. The Digestive system- alimentary canal- mouth- pharynx- esophagus- stomach- small and large intestine- the peritoneum- Liver- gall bladder- Pancreas- their functions- metabolism- physiology of digestion
The respiratory system - The respiratory passages - nose, pharynx, larynx, bronchi, lungs, their function - oxygen consumption.

The Thoracic cavity: Lungs, Physiology of respiration

The Endocrine system- Hypothalamus, Pituitary gland- thyroid gland, Parathyroid glands- thymus gland- adrenal gland- Pineal gland- their functions

Unit III: the nervous system- The central nervous system- autonomic nervous system- Brain- spinal cord- Sympathetic and parasympathetic systems- their functions- sensory organs-

Skin- eyes- ear- tongue- nose- their functions

Posture- active posture- inactive posture- ideal posture- control of posture

Unit IV: The urinary system- Kidneys, ureters, bladder, urethra, renal function

The reproductive system- puberty- menopause- testes, uterus, ovaries- their functions

Unit V: Impact of yogic practices on the anatomy and physiology of different systems of human body-cells, bones, joints and muscles, skin.

Cardio-vascular system, respiratory system, digestive & excretory system, haematological and immune system, glands, nervous system, body metabolism, special senses, locomotor system

References:

- 1 . Arthur C. Guyton & John Edward Hall (2006), Textbook of Medical Physiology, Florida, United States, Elseiver Standards.
2. Surinder H Singh & Krishna Garg, (2008), Anatomy and Physiology for nurses & allied health sciences, New Delhi CBS Publishers.
3. Sivaramakrishnan S. (2006) , Anatomy and Physiology for Physical Education, New Delhi , Friends Publihers.
4. Anne Waugh & Alson Graunt (2005) Anatomy and Physiology in Health and Wellness, Allahabad, Churhcill Livingtone.
5. Clark Robert K (2005) ,Anatomy & Physiology – Understanding the Human body, Suddury, United States, Jones & Bartiett.
6. Shri Krishna (1985) Notes on Structure and Functions of Human body & Effects of Yogic practices in it, Mumbai. ICYHC Kaivalyadhama.
7. Dutta Ray (2001) Yogi Exercises , New Delhi : Jaypee Brothers.
8. Shirley Telles (2006) A Glimpse of the human , Bangalore : Swami Vivekananda.yoga prakashana
9. Leslie kaminoff (2007) yoga anatomy, champaign : Human Kinetics
10. Peter L Williams & Roger Waswie (1988) Gray's Anatomy, Edinburgh: Chuchill Livingstone.
11. Evelyne C peace (1997) Anatomy & Physiology for Nurses, New Delhi : Jaypee Brothers.
12. Gore M.M. (2003) Anatomy & Physiology for yogic practices , Lonavala : KamhanPrakshan.

THEORY PAPER - II

PGDYN - T2 - NATURO THERAPY

UNIT I :

Basic of

Nature Cure: Definition, History, Philosophy, Nature's Law,
3 Primary causes

Unity of Disease

and Treatment : Natural methods, Results of suppression

UNIT II :

Fasting : Definition, Principle, Methods, Types, Classification,
History, Fasting vs Starvation,
Crisis, Symptoms, Auxiliaries, Breaking a
fast, Benefits, Cautions, Contraindications
Hazards, Misconceptions

UNIT III :

Iridology: Definition, History, Health Benefits,
Cautions, Limitations

Mud Therapy : Definition, Principle, Procedure, Types of
packs, Contraindications

Hydrotherapy: Importance of water, Benefits, General rules,
Various Natural Hydro therapeutic measures,
Trunk pack, Chest pack, Enema,
Barefoot walking, Benefits

UNIT IV :

Nutrition and

Diet : Importance of food, Nutrients and its components,
Important nutrients

Vitamins : Fat Soluble vitamins, RDA, Main Source, Functions,
Water Soluble vitamins, Minerals,
Sources, Trace elements

Diet : Definition, Classification of food, Tamasik diet, Rajasik
diet, Satvik diet

UNIT V :

Massage

Therapy : Definition, Benefits, Effects, Environment,
Massage oils, Contraindications

Acupressure : Definition, Purpose, Shiatsu, Benefits,
Physical benefits

Magneto Therapy: Definition, Terminology, Types, Effects,
Application, Duration, Guidelines,
General precautions, Medium of
Magnetic application, Advantages

THEORY PAPER - III

PGDYN - T3 - THEORY OF ASANAS, PRANAYAMA, MUDRAS, BANDHAS AND KRIYAS

UNIT I :

Asanas : Padmasana, UttithaPadmasana, Utkatasana, Janusirsasana, Paschimotthanasana, Navasana, Halasana, Matsyasana, SuptaVajrasana, Bhujangasana, Salabhasana, Dhanurasana, Vajrasana, Mayurasana, Usartaasana, ArdhaSirsasana, Sirsasana Nindrapadhasana, Piraiasana, Thrikonasana Uttana Padasana, Sarvangasana Ardha, Matsyendrasana, Padahastasana, Konasana, Chakrasana, Padahastaangusthasana, Savasana, Kuvyapadasana, Pavanamukthasana

UNIT II

Pranayama : Seetkari Pranayama, Bhramari Pranayam, Ujjayi Pranayama, Bhastrika Pranayama, Seetali Pranayama, Anuloma Viloma Pranayama

Sun

Salutation : Goodness of yoga, Yoga nidra, Definition and explanation of Sun Salutation, Preparations of Sun Salutation, 12 Steps involved in Sun Salutation, Breathing technique of 12 Steps, Invoking Solar vibrations into our body, Benefits Of Sun Salutation

UNIT III:

Mudras : Definition and explanation about Mudras
Precautions to be noted before practicing

Mudras

Different types of Mudras, Steps to be followed For practicing Mudras, Contraindications related to Mudras, Effect of Mudras on different systems Of Human Body, Benefits of Mudras

Steps for the Following

Mudras: Chin Mudra, Shanmuki Mudra, Nasikagra Mudra

Khechari Mudra, Yoga Mudra, Maha Mudra,
Vipareetha karani Mudra, Aswini Mudra

Bandhas : Definition and explanation about Bandhas
Precautions to be noted before practicing

Bandhas : Different types of Bandhas, Techniques to be
followed for practicing

Bandhas : Contraindications related to Bandhas Effect of
Bandhas on different systems of Human Body,
Benefits of Bandhas, Steps for the following
Bandhas, Jalandhra Bandha, Moola Bandha,
Uddiyana Bandha, Maha Bandha

UNIT IV:

Kriyas : Definition and explanation about Kriyas,
Precautions to be noted before practicing Kriyas,
Different types of Kriyas, Techniques to be followed
for practicing Kriyas, Contraindications related to
Kriyas, Effect of Kriyas on different systems of
Human, Body, Benefits of Kriyas, Steps for the
following Kriyas, Kapalabhati, Neti, Jala Neti, Sutra
Neti, Dhouthi, Jala Dhouthi, Vastra Dhouti, Danda
Dhouti, Nauli Kriya, Madhyama Nauli, Dakshina
and Vamana Nauli, Nauli Chalana, Trataka

UNIT V :

Pranic

Therapy : Divine Healing, Balanced food schedule for one
week, Women & Yoga

THEORY PAPER - IV

PGDYN -T4 - Yoga Therapy

UNIT I:

Yoga : Definition, Explanation, Yoga Tree, Yoga Root,
Branches, Hatha Yoga, Raja Yoga, Karma Yoga,
Bakthi Yoga - Jnana Yoga, Tantra Yoga, Mantra
Yoga, Maharishi Patanjali View, Saint Thirumoolar
View, Eight Limbs, Two great sages of Yoga,
Father of Yoga, Father of Therapeutic yoga

Meditation : Definition, Explanation, Features, Benefits, Factors affecting Yogic Meditation.

Postures: Definition, Explanation, Cautions, Benefits, Misconceptions, Cause of misconceptions, Counter Postures, Similarities and Dissimilarities between Yogasana and Physical Exercises.

UNIT II

Diseases and Prevention:

Not for disease but for happiness, Energy and Disease Diet, Habits and work

Disease Preventive armour :

A healthy life, Thirumoolar and Siddha Medicine, Asanas and counter postures, Harmful addictions, Glands, Hormones & Vital organs

UNIT III:

Disease and Treatment through Yoga :

What constitutes to yogic therapy - How yogic therapy should commence
Yogabhishek or Doctor of Yoga,
Constipation, Diarrhoea and Piles
Appendicitis, Intestinal gas and pain,
Dyspepsia, Disorders of digestion,
Dysentery, Obesity

UNIT IV:

Diabetes :

Rheumatism, Liver Diseases, Pyorrhea, Tonsillitis and Adenoids, Myopia, Leprosy, Anemia, TB, Asthma, Malaria, Splenomegaly

UNIT V:

Skin diseases : Venereal Diseases, Hernia, Diseases of women, Ring worm, Leucoderma, Epilepsy, Jaundice, Sterility, Impotency, Diseases of semen, Blood pressure, Asanas and diet chart for various diseases.

PRACTICALS

PGDYN - P1 : PRACTICE OF SURYANAMASKAR, ASANAS, PRANAYAMA, MUDRAS, BANDHAS, KRIYAS & PREPARATION OF DIET CHART AND YOGIC CHART FOR SPECIFIC DISEASES

PRACTICAL - I

Surya

Namaskar

Asanas:

Padmasana, UttithaPadmasana, Utkatasana, Janusiraasana, Pastchimothonasana, Navasana, Halasana, Matsyaasana, SuptaVajraasana, Bhujangasana, Salabhasana, Dhanurasana, Vajraasana, Mayurasana, Usartaasana, ArdhaSirasana, Sirsaasana, Nindrapadhasana, Piraiasana, Thrikonasana, Uthana Padasana, Sarvangasana, Ardhamatsyendraasana, Pada Hasta Asana, Kon Asana, Chakra Asana, Hastapadaangusthasana, Savasana, Kuvyapadaasana, Pavanamukthasana

Pranayama : Seetkari Pranayama, Bhramari Pranayama, Ujjayi Pranayama, Bhastrika Pranayama, Sheetali Pranayama, Anuloma Vinuloma, Pranayama, Nadi Shuddi Pranayama, Sadanta Pranayama, Pranayama with Bandhas

Mudras : Chin Mudra, Shanmuki Mudra, Nasikagra Dhrishti, Khechari Mudra, Yoga Mudra, Maha Mudra, Vipareetha karani Mudra, Aswini Mudra

Bandhas: Jalandhra Bandha, Moola Bandha, Uddiyana Bandha, Maha Bandha

Kriyas: Kapalabhati, Neti, Jala Neti, Sutra Neti Dhouthi, Jala Dhouthi, Vastra Dhouti, Danda

Dhouti, Nauli Kriya, Madhyama Nauli,
Dakshina and Vamana Nauli, Nauli Chalana,
Trataka

**Preparation of
Diet Chart and
Yogic Chart
for Specific
Diseases :**

Constipation, Diarrhoea and Piles,
Appendicitis, Intestinal gas and pain and
Catarrh, Dyspepsia Disorders of digestion,
Dysentery, Obesity, Diabetes, Rheumatism
Liver Diseases, Pyorrhoea, Tonsillitis and
Adenoids, Myopia - Leprosy, Anemia, TB,
Asthma, Malaria, Splenomegaly, Skin
diseases, Venereal Diseases, Hernia,
Diseases of women, Ring worm,
Leucoderma, Epilepsy, Jaundice,
Sterility, Impotency, Diseases of semen,
Blood pressure

PRACTICAL - I

PGDYN - P2 TEACHING PRACTICE IN
YOGA AND PRESENTATION OF
NATUROPATHIC FOOD.

Eligibility for Admission

Qualification : Any degree from the recognised University. (10+2+3)

Examination will be held in : May / June